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## Personality Development



# ബൈബിൾ കൺവെൻഷൻ 2017

ആന്റോപ്പിൾ ഫൊറാനെ

2017 ഒക്ടോബർ 27, 28, 29 (വെള്ളി, ശനി, ഞായർ)

നയിക്കുന്നത്: Bro Sabu Aruthottiyil & Team  
(King Jesus Ministry, Erumely)

സ്ഥലം: Assisi Nagar Ground, Near Sree Narayana College,  
P.L. Lokhande Marg, Chembur (W), Mumbai-400 043.

For any Query  
Mr. Robinson  
9820066746  
Mr. Johnson  
9821137656

27/10/2017 & 28/10/2017 (Friday and Saturday)

5.15 p.m. Rosary

5.45 p.m. Mass

7.00 p.m. to 10.00 p.m. Preaching, Adoration, Healing Prayer

29/10/2017 (Sunday)

4.30 p.m. Rosary

5.00 p.m. Mass

6.15 p.m. to 10.00 p.m. Preaching, Adoration, Healing Prayer

**For Counselling**

**Contact: Mr. Jacob - 9869248253**

Fr. Biju Chittilappilly  
Forane Vicar



# Know Thyself

“We are losing our attitude of wonder, of contemplation of listening to creation and thus we no longer manage to interpret within it what Benedict XVI calls ‘the rhythm of the love story between God and Man’ - Pope Francis

What is integral Human Development?

It means development of each man and the whole man - today and in the man future?

- Integrating the different peoples of the earth.
- Offering viable models of social integration.
- Integration in development of all those elements of which it is truly constituted.
- Integrating individual and community dimensions.
- Integrating body and Soul.

God has made himself fully known in Jesus Christ: In Him, God and man are not divided and separated. God became man to make of human life, both personal and social, a concrete path to salvation. So the manifestation of God in Christ. It shows the way and the form of service that the church intends to offer to the world: in this light, it is possible to understand what “Integral” development means, a development that harms neither God nor man, since it takes on the consistency of both.

The very concept of person, born and matured in Christianity, helps in the pursuit of a fully human development. Because “person” means relation, not individualism; it affirms inclusion not exclusion; unique and inviolable dignity rather than exploitation; freedom not coercion.



## Kalyan Lantern

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

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Diocese of Kalyan, Plot No. B/38, P.B. No. 8434, IIT P.O., Powai, Mumbai, Maharashtra, India - 400076.

Tel. (+91) (022) 2578 5515, 2578 2385 | E-mail: kalyanlantern@gmail.com

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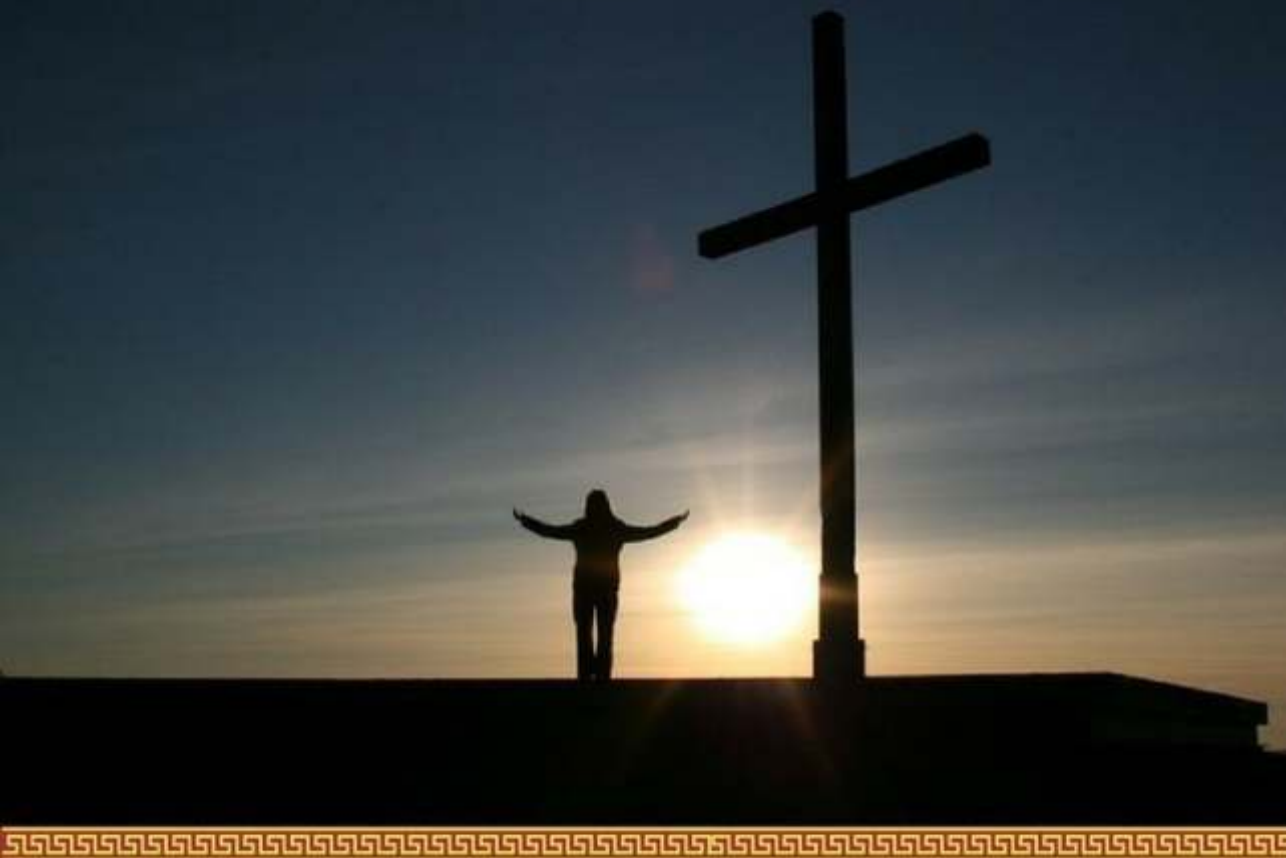


For the past 5 years

**FR. SHEEN CHITTATUKARA**

was the Chief Editor of Kalyan Lantern

Thank you for your valuable contribution and your loyal dedication. Your service played an integral role in our success. Prayerful wishes for the future ministry...



# RELEVANCE OF SPIRITUAL QUOTIENT IN PERSONALITY DEVELOPMENT

## EXECUTIVE SUMMARY

- IQ, EQ and SQ are the milestones in the measurement of intelligence
- SQ is considered as the Ultimate Intelligence
- SQ is transformational, healing and transcendental in its effects
- Parents need sensitisation towards SQ
- Consumerism and materialism stunt development of SQ
- The Bible and the sacraments are a rich source of spiritual intelligence

The World, since long, gave much importance to Intelligence Quotient [IQ], i.e. problem solving ability through use of logic. Then in the mid-1990s, psychologists proposed Emotional Quotient [EQ] i.e. the ability to respond skillfully to pleasure and pain keeping in mind the feelings of others and oneself. In the year 2000 Spiritual Quotient [SQ] came into the limelight. Humans are essentially spiritual beings, evolved to question their own purpose with questions like “Who am I?”, “Why I was born?” Spiritual quotient is the ability to answer questions like these which leads to the personal growth of the seeker.

Danah Zoher and Ian Marshal in their book *Spiritual Intelligence—The Ultimate Intelligence*, say “While computers have IQ and animals can have EQ, it is essentially SQ that sets human beings apart”. It is the principle that makes us alive and humane. It is the intelligence that makes us whole, that gives us our integrity. It is the soul’s intelligence, the intelligence of deep self, that with which we ask fundamental questions and with which we frame and reframe our answers. Spiritual intelligence motivates a person to balance his/her work schedule and monitor his own activities keeping in view his inner growth, rather than working to earn money only. It leads him to introspect and transform himself, heal relationships, cope with adverse situations and move beyond pre-conditioned habits.

A person with high SQ is called a spiritual man, whilst a person with low SQ is called a carnal man. The spiritual person gives more importance to the soul than to the body. He knows that the body is perishable but the soul is immortal and

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Humans are essentially spiritual beings, evolved to question their own purpose with questions like “Who am I?”, “Why I was born?” Spiritual quotient is the ability to answer questions like these which leads to the personal growth of the seeker.

therefore he weighs all his decisions on the scale of eternal life. He realizes that gaining the whole world at the expense of his soul is as foolish as Esau selling his birthright to Jacob for a mere plate of food. A person with high SQ transcends himself and reaches the heights of human potential. He exhibits faith, i.e. an inexplicable confidence in what he hopes for and assurance about what he does not see. He is guided more by an internal moral compass than by the external environment. He can recognize falsehood in whichever situation or form it occurs. The Spiritually evolved man tends to take a long term view of situations and people. He learns to keep control over his tongue because he knows that though it is a small member, it can drive him to destruction if left untamed. He learns to



keep control over his thoughts because he knows that thoughts become words, words flow into deeds, repetitive deeds translate into habits and habits form character that ultimately determines his destiny. In the dictum "Be still and know that I am God" the spiritually evolved person recognizes the value of quietude and discovers a secret route to stress control and better decision making.

The spiritually evolved man never stops learning. He keeps abreast not only of current events but also of past history, because he very well knows that those who ignore the lessons of history are condemned to repeat them. The spiritual man's best friends are books. He reads voraciously and may also write prolifically. He associates with other spiritual people and exchanges ideas with them. You will never see him in dubious company. Humility and prayerfulness mark his entire demeanor. Humility, because its

## വ്യക്തിത്വ വികസനത്തിൽ SQ-വിന്റെ പ്രാധാന്യം

ബൗദ്ധികാവലോകനത്തിന്റെ നാഴികകല്ലുകളാണ് Intelligence Quotient (IQ), Emotional Quotient (EQ), Spiritual Quotient (SQ) എന്നിവ. ഇതിൽ SQ വിന് പരമോന്നത സ്ഥാനം കൽപ്പിച്ചേ മതിയാവൂ.

മാനുഷിക ചിന്താധാരകൾക്കതീതമായി ആത്മീയ നവോത്ഥാനമാണ് Spiritual Quotient (SQ) കൊണ്ട് സാധ്യമാകുന്നത്.

IQ, EQ എന്നിവയെക്കാൾ SQ പരിപോഷിപ്പിക്കുമ്പോൾ അത് സ്വന്തം ജീവിതവിജയത്തിൽ മാത്രമല്ല, സഹജീവികളുടെ പ്രശ്നങ്ങളിലും വിജയവീഥികളിലും ഇടപെടലുകൾക്ക് കാരണമാവുകയും ആശ്വാസകരമാവുകയും ചെയ്യും. അതുകൊണ്ടു തന്നെ മക്കളിൽ SQ വളർത്തിയെടുക്കാൻ അവരുടെ ചെറുപ്പകാലം തൊട്ടേ മാതാപിതാക്കൾ ശ്രമിക്കേണ്ടതുണ്ട്.

ഇന്നത്തെ ജീവിത സാഹചര്യങ്ങളും, പരസ്യങ്ങളും പകിട്ടും നോക്കി എല്ലാം സ്വന്തമാക്കാനുള്ള ആഗ്രഹവും, സമ്പത്തിനോടും സ്ഥാനമാനങ്ങളോടും ആർഭാടം ജീവിതരീതിയോടും പുലർത്തുന്ന അഭിനിവേശവും SQ വളരുന്നതിന് വിഘാതമാണ്.

വിശുദ്ധഗ്രന്ഥവും കൂദാശകളും വേണ്ട രീതിയിൽ SQ പരിപോഷിപ്പിക്കുന്നതിനായി നമുക്ക് ഉപയോഗിക്കാവുന്നതാണ്.

IQ, EQ എന്നിവ കൂടാതെ SQ വും വളർത്തി വ്യക്തിത്വവികസനം സാധ്യമാക്കാൻ വേണ്ടതൊക്കെ പരിശുദ്ധ വേദപുസ്തകത്തിലും സഭയുടെ മാർഗ്ഗനിർദ്ദേശങ്ങളിലും ധാരാളമായി ഉണ്ട്.



opposite, i.e. pride, is the gravest of sins and was the cause of the downfall of an archangel (Lucifer); prayer, because it is the only way to keep in touch with the Creator.

The person with high SQ also turns out to be a responsible citizen. He cares for the environment because he feels that he holds it in trust for the generations yet to come. He feels an obligation to give back to the planet more than what he takes from it. He does not fudge his taxes or evade any of his financial obligations. He is honest to the core and neither bribes nor takes bribes, for a bribe blinds the clear-sighted and subverts the cause of those who are in the right. He doesn't need to be told to take care of his parents or to respect his elders – it comes naturally to him. He also tends to defend the cause of the poor, the widow and the orphan.

When Jesus asked his disciples not to hinder the little children from coming to him, he was implying to start them early on the spiritual path. Unfortunately in this competitive world, parents are more interested in perfecting their children's IQ. Pursuing high paying careers, they neither have the time to develop a personal relationship with God, nor do they give any importance to catechesis. When children do not see their parents praying and tithing, their minds get moulded in a rationalist and selfish way. In today's technologically advanced world, television and gadgets equally trap parents and children into a consumeristic and materialistic culture. Overindulgence in social media promotes superficial interactions that take up a chunk of time that could otherwise be invested in real relationships. This is poisonous to the development of SQ.

The spiritual quotient of all religious scriptures is very high and especially so of the Holy Bible, for it is nothing less than the inspired word of God. Prayer and frequent reception of the sacraments directly nourish the SQ of a person and indirectly uplift his EQ and IQ as well. Conversely, worldliness and indifference

“

The person with high SQ also turns out to be a responsible citizen. He cares for the environment because he feels that he holds it in trust for the generations yet to come.

stunt the growth of SQ and suppress the EQ and IQ. Jesus undoubtedly had the highest SQ, but the saints of the Church (most notably Mother Mary) are also good role models for anybody who wants to flower his SQ. The world would certainly be a much kinder and gentler place if SQ development were emphasised from early childhood itself!





# Why are some people more successful?

‘Why are some individuals more able to succeed in life than others?’ asks Dr. Reuven Bar-On, a Clinical Psychologist. Dr. Bar-On’s research then revealed that IQ (Intelligence Quotient) is not always the sole predictor of success. There are people who have high IQ but have not done well. On the contrary, people with modest IQ have performed well. Research shows that people with strong Emotional Intelligence are more likely to succeed than those with high IQs. The interest in Emotional Intelligence (EQ or EI) skyrocketed when Daniel Goleman popularized this new concept by publishing his famous book ‘Emotional Intelligence’ in 1996. According to Goleman, Emotional Intelligence is an important factor in determining personal success as a student, teacher, parent,

manager, and leader and EQ plays a major role in shaping the personality of an individual.

What is Emotional Intelligence?

Emotional Intelligence is the ability to understand and express ourselves, understand others and relate with them, and cope with daily demands and pressures. EQ (Emotional Quotient) enables a person to enhance overall quality of life. For instance, Mark Zuckerberg, the current Face Book CEO sitting in his college dormitory writing millions of codes in creating Face book, Bill Gates spending hours to command respect by building relationships by getting along well with people or situation. A person with high EQ will be able to handle his emotions well by identifying the nature of his own emotions, expressing emotions, regulating emotions, and utilizing emotions in solving problems.

Motivation – an important component of EQ

The five components in Emotional Intelligence are: Self Awareness, Self Regulation, Motivation, Empathy, and Social Skills. Out of these five skills the earliest success is provided by Motivation.

Motivation is what pushes us to achieve our goals, to attain fulfillment and gether in developing Windows, Sachin Tendulkar playing for India at the age of 16, the legendary foot ball player Pele becoming the first player to score 1283 goals in 1363 games, American tennis player Serena Williams winning 23 Grand Slam singles titles!

The convocation address Mark Zuckerberg CEO of FB delivered recently on May 25th 2017 at Harvard university



reveal his high EQ considering his connectivity with the audience, sense of humour and motivational approach. With his cheerful disposition and emotionally intelligent delivery keeping in mind the emotions of the audience, he swept every member of the audience off his feet! He stressed during the course of his speech, "Purpose is that sense that we are part of something bigger than ourselves, that we are needed, that we have something better ahead to work for. Purpose is what creates true happiness."

Motivation is all about loving what we do, and doing what we love. When we enjoy what we do, we are known to be more productive and deliver better results. It enables us to overcome challenges, produce high-quality work, or interact well with team members you like and trust. Employers who are emotionally intelligent provide a healthy work-life balance level and create an environment that helps the team members remain motivated and happy.

## EQ in Marriage

The world's leading researcher in making marriage work, Dr. John Gottman, states: "Happily

# കുറേപ്പേർ കൂടുതൽ ജീവിത വിജയം നേടുന്നു. എന്തുകൊണ്ട്...?

കൃത്യ - Intelligence Quotient (ബുദ്ധികുർമ്മത) എല്ലായ്പ്പോഴും ജീവിത വിജയത്തിന് കാരണമാകുന്നില്ല. IQ കുറവുള്ള പലരും പ്രായോഗിക ജീവിതത്തിൽ ഉന്നത വിജയം കരസ്ഥമാക്കു ന്നോൾ IQ കൂടുതലുള്ള പലരും പരാജിതരാകുന്നത് നാം കാണുന്നു. ഇവിടെയാണ് ബുദ്ധിപരവും വൈകാരികവും ആയ സമീപനം ഉറപ്പാക്കുന്ന Emotional Quotient എന്ന EQവിനെ കുറിച്ച് നാം ചിന്തിക്കേണ്ടത്.

EQ - വാൻ ജീവിതവിജയത്തിന് പ്രധാനം എന്നാണ് പഠനങ്ങൾ വ്യക്തമാക്കുന്നത്. സ്വന്തം കഴിവും ബലഹീനതയും വ്യക്തമായി മനസ്സിലാക്കുക, ചുറ്റുമുള്ളവരെയും സാഹചര്യങ്ങളെയും വേണ്ട രീതിയിൽ പഠിക്കുക, മറ്റുള്ളവരുമായി ആരോഗ്യകരമായ ബന്ധം സ്ഥാപിക്കുക, ദൈനംദിന സാമൂഹിക സാഹചര്യ വ്യതിയാനങ്ങളെ ശരിയായ വിധം ഉൾക്കൊള്ളാൻ സാധിക്കുക ഇവയൊക്കെയാണ് EQ ന്റെ പ്രധാന മേഖലകൾ ചുരുക്കി പറഞ്ഞാൽ സ്വയാവബോധം, ആത്മനിശ്ചിതത്വം, പ്രേരണാസാഹചര്യം, തുറന്ന സമീപനം, സാമൂഹിക കാഴ്ചപ്പാട് എന്നിവയിലൂടെ സാഹചര്യത്തിനനുസരിച്ച് ഉയരുക എന്നതു തന്നെ.

വിവിധ മേഖലകളിൽ ജീവിതവിജയം നേടിയവരുടെ അനുഭവങ്ങളിലൂടെ യാത്ര ചെയ്ത്, അത്തരത്തിലൊരു വിജയം ലക്ഷ്യമാക്കി ഉറച്ച ചുവടുവെയ്പ്പുകളോടെ മുന്നോട്ട് നീങ്ങുമ്പോൾ വിജയം ബാലികോദമല ആകില്ല. ഏതു തൊഴിൽ മേഖലയിലാണെങ്കിലും ചെയ്യുന്ന ജോലി ആസ്വദിച്ച് ചെയ്യാൻ പറ്റണം.

വിദ്യാഭ്യാസരംഗത്ത്, ഓരോ അധ്യാപകരും തന്റെ വിദ്യാർത്ഥികൾ വിദ്യ പകർന്നു നൽകുന്നതിനൊപ്പം EQ വളർത്തിയെടുക്കുന്നതിൽ പ്രധാന പങ്കു വഹിക്കാൻ പറ്റും.

വിവാഹജീവിതത്തിൽ പങ്കാളിയെ മനസ്സിലാക്കി ആദരവോടും പരസ്പരബഹുമാനത്തോടും നന്മയിലും തിന്മയിലും ഒരു പോലെ വർത്തിക്കുന്നത് EQവിന്റെ ബഹിർസ്ഫുരണമാണ്.

കൂടുംബജീവിതത്തിൽ മക്കളുടെ ജനനം മുതലേ EQന്റെ കാര്യത്തിൽ ശ്രദ്ധ വേണം. പ്രത്യേകിച്ച് ആദ്യ മൂന്നു നാലു വർഷങ്ങളിൽ മാതാപിതാക്കളിൽ നിന്നും അവരിലേക്ക് പകരുന്ന സൂക്ഷ്മചിന്താഗതികൾ, വളരുമ്പോൾ അവരുടെ EQ-നെ നിയന്ത്രിക്കും.

വികാരനിയന്ത്രണത്തിലൂടെയും സമചിത്തതയോടെ കാര്യങ്ങൾ കൈകാര്യം ചെയ്തും ശാന്തമായി ലക്ഷ്യത്തിലേയ്ക്ക് പ്രയാണം ചെയ്യാൻ നമ്മുടെ കർത്താവിന്റെ പ്രഘോഷണങ്ങളും പ്രവൃത്തികളും നല്ല പാഠമായി നമ്മുക്ക് മുന്നിലുണ്ട്. കർത്താവിനോട് ചേർന്ന് നിന്ന്, മാനുഷിക ചിന്താഗതികളെ വേണ്ട രീതിയിൽ സ്ഫുടം ചെയ്ത് അച്ചടക്കത്തോടെ ജീവിക്കുന്നത് EQ-നെ പരിപോഷിപ്പിക്കാൻ ഏറ്റവും ആവശ്യമാണ്.

സ്വയം വിലയിരുത്തി നമ്മുടെ തന്നെ നന്മയും തിന്മയും തിരിച്ചറിഞ്ഞ്, തളണ്ടത് തളളി, കൊള്ളേണ്ടത് കൊണ്ട്, ഉയർന്ന ആത്മ വിശ്വാസത്തോടെ നമുക്ക് ജീവിതവിജയത്തിലേയ്ക്ക് നടന്നടക്കാം.

married couples aren't smarter, richer, or more psychologically astute than others. But in their day-to-day lives, they have hit upon a dynamic that keeps their negative thoughts and feelings about each other (which all couples have) from overwhelming their positive ones. They have what I call an emotionally intelligent marriage."

An emotionally intelligent marriage is a happy marriage .Dr. Gottman continues: "In the strongest marriages, husband and wife share a deep sense of meaning. They don't just 'get along'—they also support each other's hopes and aspirations and build a sense of purpose into their lives together. The more emotionally intelligent a couple, the better able they are to understand, honor, and respect each other in this manner." You cannot build or fix a relationship in which you are not paying attention to one another .So the first step is to pay attention, watch for cues, learn your partner's patterns of moods or feelings, and see how they react when they are low or upbeat. If certain situation makes them sad or unhappy or depressed, learn to watch them and find out what they are. Build your EI by first becoming more aware of your partner's needs and wants.

### EQ in family

Studies indicate that the parents' emotional nature impacts the emotional life of their children. A social and behavioural science journal ScienceDirect (2014) writes, 'The first 3 or 4 years of life cover a period during which the child's brain reaches approximately two thirds of its dimension at maturity and evolves in terms of complexity more than ever. It's during this time that certain knowledge is

acquired mostly than any time later, especially if we refer to the emotional kind of knowledge. The emotional abilities that will be acquired later depend on those formed during the first years of life, and those capacities are the fundamental basis of learning.'

Right kind of parenting provides right kind of emotions to children. Four styles of parenting have been identified: authoritative, authoritarian, permissive, and neglectful. Children of authoritative parents have been found to score better than children of authoritarian, uninvolved, and permissive parents in measures of adjustment ,attachment ,school achievement and pro social behavior thus providing them good personality traits . When parents encourage children to express their own emotions and discuss emotional events with them, children develop higher emotional competence, problem-solving and conflict resolution skills (Denham & Grout, 1994).

### Lead by Example

Children and adolescents learn about emotions and Emotion Regulation by observing parents' emotional displays and interactions. Children learn that certain situations provoke emotions, and they observe the reactions of people around in order to know how they 'should' react in similar situations. If parents display a wide range of emotions freely, children learn about the appropriateness of different emotions across different situations, as well as about a variety of emotional responses. When children live in a consistent environment in which they feel accepted and nurtured, they feel

emotionally secure because they are certain their emotional needs will be met. Children also feel secure emotionally when they know what behaviors are expected and what the consequences will be when they misbehave.

#### Social referencing.

Another way that children and adolescents learn about emotions is through social referencing. Social referencing is the process of looking to another person for information. During adolescence, it is likely that peers also are utilized as social referencing agents. Adolescents often look towards peers in order to gain information about how to respond to social and emotional situations.

#### EQ and Academic Achievement

There is a significant relationship between emotional intelligence and academic achievement. Academicians in the teaching line often cater to the Intelligence Quotient in order to drive the students' academic performance. However, if the teacher caters to the Emotional needs of the students, it will have far reaching consequences on their academic performance and future. Teachers, counselors and advisors at educational institutes and universities play a vital role in the nurturance and development of youth and children with quality characteristics.

#### Emotional Intelligence of Jesus

Jesus while on earth was a person of high EQ who showed us how to use positive emotions in the service of humanity and how to overcome negative emotions, through his teachings. His love, compassion, pity, empathy, anger were in

the service of humanity. He is moved by the plight of the poor and of suffering humanity. He was never a sympathizing spectator of human suffering. His anxiety, anguish, sorrow, sadness, fear, loneliness, frustration and pain he kept to himself. An interesting aspect of Jesus' life is that whilst during his ministry he very often expressed the emotion of anger to convey his displeasure, but he comes through as rather passive in the passion narratives. It is not that he was incapable of anger but rather that he was capable of controlling his anger. He never demonstrated this emotion in front of the accusers or Pilate, or even before his own disciples like Judas or Peter for betraying him or denying him. He is mocked, slapped, spat on, but there is no reaction of anger on his part. He is not incensed over personal insults but remains patient. The emotions of patience, love, compassion and hope helped Jesus to keep under control all other negative emotions like – anger, hurt, frustration, and revenge.

Positive emotions help individuals establish spiritual and social relations with God and with human beings respectively. At the same time the negative emotions call on us to examine our behavior and take corrective measures to transform life. Grief helps us to turn to God and fellow human beings. Fear helps us to seek help from God and fellow beings alike.

High emotional intelligence helps to maintain a state of harmony in oneself, with others and with the environment and finally be more self confident in dealing with the challenges in life.



# THE ROLE OF FAMILY IN PERSONALITY DEVELOPMENT

The family is the cradle of personality development and if certain key elements are managed properly, it can increase the productivity of the family as a whole. For parents, maintaining a healthy work-life balance, time scheduling and focus on parenting skills will promote healthy self-esteem among all members of the family.

Here are six tips that you can use to improve your parenting skills and increase the productivity of all family members: -

1. **Know your family's Achilles Heel:** Identify those areas that are pain points for your relationships. Do you procrastinate on family decisions? Are you lacking focus in your approach to the children? Does your family have negative emotions which make your relationships strained? These are your obstacles in getting to your family goals, the real reasons why you haven't achieved your desired results in the past. Know where you need to focus your attention and what you need to change in your emotions; find out the positive and negative emotions





within the interpersonal approaches.

2. Start your day early: To increase productive relationship between the couple and among your children, start the day early. The more time you devote to sitting down with your family, thinking and planning things with them, the better organized you will be in every area of your family life. Start with the basics, including eating healthy, dining together, praying together, outing together, drinking plenty of water, being physically active and getting enough sleep.
3. Prepare your family work list: It is a good exercise for you to prepare your family work list for the following day and plan your entire next day as the last thing you do before going to sleep. When you plan this way your subconscious mind works on your plans and goals while you are asleep. Very often you will wake up in the morning with very good ideas and insights.
4. Have a place for everything and everything in its place in the family: Create your own family system and put things where you know you and your family members can find them. Vow to stop being scattered. Disorganized space often leads to a disorganized mind and both will hinder progress towards the most important matters and goals in your family life. Don't hesitate to get rid of some of the things that create clutter, and develop a system that works for your family in a systemic way.
5. Appreciate one another at the

## വ്യക്തിത്വ വികസനത്തിൽ കുടുംബത്തിന്റെ പങ്ക്

വ്യക്തിത്വ വികസനം രൂപം പ്രാപിക്കേണ്ടത് സ്വന്തം കുടുംബത്തിൽ നിന്നുതന്നെയാണ്. കുടുംബത്തെ ചലനാത്മകമാക്കാനായി, കുടുംബാംഗങ്ങളുമായി നല്ല ആശയവിനിമയത്തിന് സമയം കണ്ടെത്തണം. അടുക്കും ചിട്ടയോടും കൂടി കുടുംബ കാര്യങ്ങൾ ആവിഷ്കരിക്കുന്നതും സമയബന്ധിതമായി അവ നടപ്പിലാക്കുന്നതും പരമ പ്രധാനമാണ്.

പ്രധാനാനുമനസരിച്ച് ചെയ്യേണ്ട കാര്യങ്ങൾ ക്രമപ്പെടുത്തുകയും, എല്ലാത്തിനും ആവശ്യത്തിന് സമയമുണ്ടെന്നും, അത് വേണ്ട വിധം ക്രമപ്പെടുത്തി വിനിയോഗിച്ചാൽ കൃത്യമായി തീർക്കാവുന്ന തേയുള്ളുവെന്നുമുള്ള ബോധം കുടുംബാംഗങ്ങളിൽ സൃഷ്ടിക്കുക. വിവിധ ഉത്തരവാദിത്തങ്ങൾ കുടുംബാംഗങ്ങൾക്കിടയിൽ പങ്കുവയ്ക്കുവാനും, ഒരേരൂത്തരും സ്വയം ഏറ്റെടുത്തു പൂർത്തീകരിക്കാൻ ശ്രമിക്കുകയും, അതേസമയം എല്ലാ കാര്യങ്ങളിലും എല്ലാവർക്കും കൂട്ടുത്തരവാദിത്തമുണ്ടെന്ന് മനസ്സിലാക്കുകയും വേണം.

കുടുംബത്തിലെ ഓരോ സാധനസാമഗ്രികൾക്കും നിശ്ചിതസ്ഥലം കണ്ടെത്തുകയും അതാത് സ്ഥലങ്ങളിൽ തന്നെ അവ സൂക്ഷിക്കുന്നതിന് എല്ലാവരും ഒരുപോലെ പഴിശ്രമിക്കണം.

കുടുംബാംഗങ്ങളുമായി സംസാരിക്കുമ്പോൾ ദുരനുഭവങ്ങൾ ആവർത്തിച്ച് നെഗറ്റീവ് എനർജി പ്രദാനം ചെയ്യുന്നതിനുപകരം, പ്രത്യാശ പകരുന്ന നല്ല ചിന്തകൾ പങ്കുവെയ്ക്കുകയും അതിനായുള്ള പ്രവർത്തനങ്ങൾ രൂപപ്പെടുത്തുകയും വേണം. ചെറിയ കാര്യങ്ങളിൽ പോലും പ്രശംസ നൽകാൻ മറക്കരുത്.

അടുത്ത ദിവസം ചെയ്യേണ്ട കാര്യങ്ങളുടെ സമയബന്ധിത പട്ടിക തലേദിവസം ഉറങ്ങുന്നതിനു തൊട്ടുമുമ്പായി തയ്യാറാക്കി ചർച്ച ചെയ്യുന്നത് ഗുണകരമാണ്.

കുട്ടികളുടെ കഴിവനുസരിച്ച് ജോലികൾ ക്രമപ്പെടുത്തുകയും അതു പൂർത്തിയാക്കുന്നുണ്ടെന്ന് ഉറപ്പുവരുത്തുകയും ചെയ്യണം.

Social Media, Mobile, Internet, T.V. തുടങ്ങിയവയുടെ ഉപയോഗത്തിൽ സമയനിയന്ത്രണം കൊണ്ടു വരിക. ഒരുമിച്ച് പ്രാർത്ഥിച്ച് ഒരുമിച്ച് ഭക്ഷിച്ച് ഒരുമിച്ച് ഉല്ലസിച്ച് അടുക്കോടും ചിട്ടയോടും ജീവിക്കുന്നത് വ്യക്തിബന്ധങ്ങൾ കെട്ടിയുറപ്പിക്കുകയും അത് വ്യക്തിത്വവികസനത്തിന്റെ ആദ്യ പാഠങ്ങളായി മാറുകയും ചെയ്യും.



dinner table: Studies show that we speak to ourselves at least 10,000 times a day and 80 percent tends to be negative. Affirmations or positive self-talk counter those negative messages with empowering ones. In addition, appreciate the good things that family members have done. This will be a magnet for them to come on time for family meals.

6. Learn the art of scheduling: Scheduling means planning your family activities giving priority to your children, so that you can achieve your relationship goals and priorities in the time available to you. The undermentioned steps can be followed:

- a) Identify available time: Begin by deciding as to how much quality time you want to spend with your family as a unit. By increasing the family time and the level of integrity in thought, word and deed, you will transform all your family relationships, including the one with yourself. Understand what your family can realistically achieve within the quality time spent together. Start the day with the positive affirmation that “We have more than enough TIME and energy to get the important things done today in our family.”
- b) Schedule high-priority activities: Review your To-Do List, and list out high-priority and urgent activities, as well as essential maintenance tasks that cannot be delegated or avoided. Allocate household tasks to family members so that children understand that

they are living in a house and not a hotel. What are you most passionate about in the family? What brings you joy in the family? Try to arrange these for the times of day when you are most productive. Avoid insisting on more than your child can handle. Encourage your children to work steadily toward their personal and career goals.

- c) Schedule contingency time: Schedule some extra time to cope with contingencies and emergencies in family life. Leaving some open space in your schedule gives you the flexibility you need to rearrange tasks and respond to important and unforeseen issues as they arise.
- e) Mobile games and social media are real time guzzlers: Regulate internet usage and have limits on ‘screen time’, i.e. the time spent in front of television, tablets and smart phones.

These strategies can improve relationships within the family and put together, they complement one another. Start with the one that resonates the most with you and then add another and another until they all become your family’s habit or culture—that will ultimately lead to your family’s success. Children will imbibe the discipline. Time management in the family as well as other values paves the way for proper personality development in children.



# My Body, My Choice, *My Personality*

I am not merely a soul and spirit; I am an embodied human being. God inhabits my body, making it a place where I can meet and know Him.

If St. Paul were to meet me today and ask how am I maintaining my own temple of the Holy Spirit, my body, how would I possibly respond?

I may try to hide within the inadequacies of my priorities and answer – I have many mouths to feed, many lives to touch and many tasks to accomplish... Where is the time? O, for the rigmarole of life!!

And what does Bible teach us about “Body, the temple of God”?

*“For you were bought with a price, therefore glorify God in your body.” 1 Corinthians 6:20*

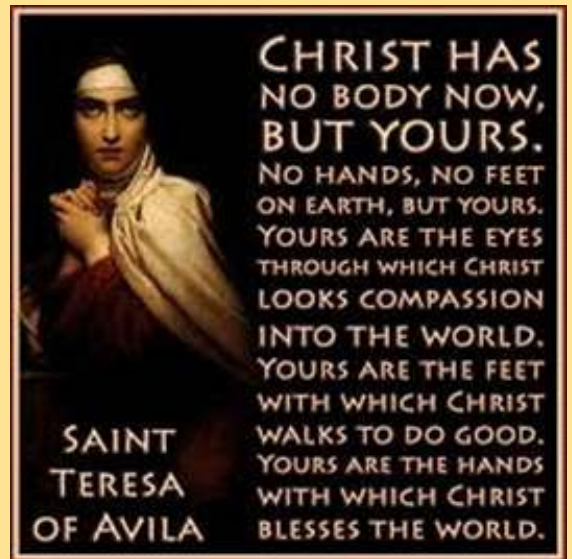
What it might look like to glorify God in my body?

Caring for this body begins with slowly shifting living patterns - eating better, drinking more water, getting more rest, paying attention to personal hygiene and a more active lifestyle that includes walking, running, and exercising.

What is in it for me?

- First of all, I will begin to have more energy and experience a real lift in my spirits. I will experience one of God’s gifts to me in the body - the endorphins released during exercise that are soothing to the emotions, that ease pain (yes, these feel-good chemicals help us overcome pain!) and elevate my mood.

- When I exercise outdoors, I will build significant connection with God through the expansiveness of the creation, the beauty of nature, and my gratitude for the opportunity to enjoy life in a healthier body. I will look



around and be amazed at the little things in nature that are marvelous.

- When I preserve my beautiful body that God has gifted to me, I show respect and gratitude to the Lord almighty for His ineffable gift. When I present this body to myself and to the world, it cannot not be in a way that is unclean or disgusting for those around or near me. It is then inevitable that I keep my body clean and treat issues like body odor and bad breath.

- When I honor my body by “listening” to tension, discomfort, pain, or joy, often God speaks into that awareness with truth and insight. I can catch early warning signals for course corrections. Many life-style diseases like late onset diabetes, hypertension and joint disorders can be prevented and managed early if I am able to listen to indicators like frequent urination, water retention and postural pain.



typical of a lot of people who probably have a lot more on their mind than experimenting with clothes each day. Steve Jobs, Narendra Modi, Sushma Swaraj, Queen Elizabeth are popular examples of signature clothing icons each with a different flavor. While Steve Jobs

Along with care for the body comes the way we present ourselves to those around us. Have you noticed that when you wear a particular type of outfit, you tend to behave slightly different? We perceive ourselves as a sum total of our mind and physical appearance and this perception influences our behavior and confidence.

When I look around I can broadly bucket external appearances under three differentiators:

1. Relevance - “Dress to the occasion” is an important aspect of our appearance. Being well dressed at events shows respect for the host, wearing modest clothes in church shows respect to God and His Church and so on. While our society sees spurts of diktats and rebels to “dress codes”, relevant dressing does influence the way we think and also the way we attract attention of those around us.
2. Signature- Having a consistent pattern, similar colors, fabric and design reflects key aspects of an individual’s personality and what the individual wants to be perceived as. While some people prefer variety, monotonous pattern or signature style is

is said to have avoided decision fatigue with a style statement that is more casual, political leaders present themselves in traditional formal attire. Either ways, our dressing choice reflects the social perception we want to create.

3. Modesty vs Flamboyance - Modesty still remains a well-respected appearance and is associated with our culture that we so vehemently strive to preserve. Unwarranted flamboyance can be linked to attention disorders and be a social menace, so is best avoided. The same goes for extravagance in clothing.

To conclude, while it is my body, my mind and my choice, my choice is defined by my perception which in turn is defined by my personality, culture and spirituality. Then it becomes God’s choice, His Body and I become a custodian of this gift that I need to nurture, respect and preserve well for the Glory of God.



# Being Grounded in this world of Social Media

Thoughtful communication is a vital aspect of one's personality. This article highlights the significance of responsible communication on social media.

"Mirror, Mirror, on the wall..Who's the fairest of them all?"

A familiar line from Disney Classic story 'Snow White & the Seven Dwarfs' reminds us of the angst we live with in today's world of Social Media and the eagerness to garner 'Likes', 'Comments' and 'Shares'..

A generation is growing up with an eye on how many likes they are likely to garner for every Selfie of theirs, every Pout of theirs, every Experience they share and every Breaking News they share. It is an interesting window that has been made available to every smart phone user today. It's a window that opens up to this wide world and in a jiffy you have a million likes..



JimmikiKammal had a strange coincidental similarity to the famous TV Host Jimmy Kammal of US and Lo and Behold the JimmikiKammal video gets over 7 million views and likes in a matter of days.. There are others like VidyaVox (a US born Indian musician), who has become a global sensation – not only because she is a talented and trained musician, but also because an entire generation was exploring the YouTube channels like never before and Vidya became an Iconic star to her millions of YouTube fans!

As Bishop of Los Angeles Fr. Robert Barron (a renowned Catholic evangelist on YouTube – Word of Fire channel) says – “For those who have come of age in the Social Media era have swum in the sea of YouTube and Instagram and Face books and the likes.. have a very interesting relationship with reality, because they were trained not just to have an experience, but to be ‘Always Aware of having an Audience’, to be recording their experience (Selfies, Photos, Videos etc) to be presented to that Audience who would then Critique it or React to it or Comment on it. This produced an interesting ‘Distancing’ of the individual from the ‘Reality’. It’s a constant awareness of having a potential audience all the time. It is like carrying your ego on your shoulder all the time!”

Bishop Barron concludes by saying that in today’s world, there is a need to have ‘humility’ – coming from ‘HumilitasVeritas’ meaning ‘Humility is Truth’ derived from Latin word ‘Humos’ meaning to be ‘Grounded’. The True Humility is not when you are performing to an Audience and waiting for an



appreciation. It is to be in the moment, enjoying the company of friends, soaking in the first rain, laughing out to a joke, hugging in joy. Not to impress anybody, not to show it to an audience. But to be there, humble,



grounded and shaved off ego and waiting for comments. To experience life and the moments of life in its purity – not to show it to an audience but to savor it for what it is.

That brings us to an important aspect of sharing information and opinions.

In a connected world of today, there is always a news waiting go viral, a video that will spread like fire or a harmless joke poking at somebody. How should we be responsible Digital Citizens in this world that takes pride in the numbers game..a million views, a billion shares, trolling, memes and instagramming.

On one hand we would like to show our appreciation for a genuinely good message or piece of information (come to us on social media platforms like whatsapp, instagram etc), and at the same time we would not want to propagate a wrong information and be a tool in spreading false news or videos.

So where do we draw the line? What to share and when to not? When to be an audience and when to seek Humility / be grounded?

There are few basic rules to remember:

1. Always count till 10 before we click Share / Forward/ Like – Yes, it is as simple as that! Think twice before sharing and ask yourself why you would want to share it or what good will it bring if it is shared.
2. Always check for Authenticity – Ask yourself: Is this real? Most of us are victims to videos or news links that can create wild reactions inside us. We are immediately infuriated or disappointed at seeing the content. Remember – all such videos / contents are

made exactly for that purpose. To create strong reactions. We become puppets in the hands of these perpetrators! Always check for authenticity of such content. There are several sites like StopFake.org etc where it helps in verification of content.

3. To choose between being Grounded Vs playing to an Audience–An ace photographer once said, When in Leh/Ladhak, it is difficult to choose between taking a picture or just to see it and enjoy it. Sometimes moments are best experienced not by waiting for 'comments from audience' but by experiencing that situation in purity.
4. Sharing what is genuinely good – once you have checked the source and you believe that it's a fantastic piece of information that will do good to all your friends / relatives etc, you must share the video / article. But the ground rule remains: with every share you must write your own opinion or thoughts on why you are sharing it and how it is relevant.
5. Nothing is Private in Digital Space–We don't blink before sharing our personal information, pictures and family details on social media platforms. In the



eagerness to sign up with different platforms nobody thinks twice before agreeing to all terms & conditions. Reality is that there is no way to delete anything from any site once uploaded. Beware of what you share and post!

Digital platforms are here to stay. It will only advance rapidly. It is important for us to remember to remain 'grounded in reality' and 'not playing to an audience'. To 'share useful information' and 'not seeking ego boost'. To use Digital Platforms to 'Do good to others' and 'Not be Puppets in the hands of propagandists'.





# കുശാപ്പാപ്രർത്ഥന

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## ദൈവം പരിശുദ്ധൻ

സ്വർഗ്ഗത്തിൽ മാലാഖമാർ ദൈവം 'പരിശുദ്ധൻ' എന്നു പാടുന്നതിന്റെ തുടർച്ചയായിട്ടാണ് പുരോഹിതനും ദൈവം പരിശുദ്ധനെന്ന് ഏറ്റുപറയുന്നത്. ത്രിത്വത്തിലെ മൂന്നാളുകളായ പിതാവും പുത്രനും പ. ആത്മാവും പരിശുദ്ധനാകുന്നു എന്നും അവിടുത്തെ ദിവ്യ പ്രവർത്തനങ്ങളേതെല്ലാമെന്നും അനുസ്മരിപ്പിക്കുന്നതാണ് 'ദൈവമേ അങ്ങ് പരിശുദ്ധനാകുന്നു' എന്നു തുടങ്ങുന്ന, പുരോഹിതന്റെ ഈ പ്രാർത്ഥന. കാരണം വി. പൗലോസ് അനുസ്മരിപ്പിക്കുന്നതുപോലെ ദൈവമാണ് സ്വർഗ്ഗത്തിലും ഭൂമിയിലുമുള്ള എല്ലാ പിതൃത്വങ്ങൾക്കും നാമകാരണമായിരിക്കുന്നത്. (എഫേ. 3:14) "അങ്ങു മാത്രമാകുന്നു യഥാർത്ഥ പിതാവ്" എന്നാണ് ഇവിടെ പ്രാർത്ഥിക്കുന്നത്. സത്യത്തിൽ ദൈവമാണ് എല്ലാവരുടേയും പിതാവ് എന്നർത്ഥം. കാരണം "രക്തത്തിൽ നിന്നോ ശാരീരികാഭിലാഷത്തിൽ നിന്നോ പുരുഷന്റെ ഇച്ഛയയിൽ നിന്നോ അല്ല" ജീവൻ ഉണ്ടാകുന്നത്. (യോഹ. 1:13). ദൈവമാണ് ജീവന്റെ കാരണഭൂതൻ. അതുകൊണ്ടാണ് ഈശോ പറയുന്നത് "ഭൂമിയിൽ ആരേയും നിങ്ങൾ പിതാവെന്ന് വിളിക്കരുത്. എന്തെന്നാൽ നിങ്ങൾക്ക് ഒരു പിതാവേയുള്ളൂ സ്വർഗ്ഗസ്ഥനായ പിതാവ്." (മത്താ. 23:9).

"നിത്യനായ പുത്രം... സമസ്തവും അങ്ങു വഴി സൃഷ്ടിക്കപ്പെട്ടു". (യോഹ. 1:3). പുത്രനിലൂടെയാണ് ദൃശ്യവും അദൃശ്യവുമായ സമസ്തവും സൃഷ്ടിക്കപ്പെട്ടതെന്ന് കൊളോസോസുകാർക്കുള്ള ലേഖനം 1:16ൽ നാം വായിക്കുന്നുണ്ട്. പ. ആത്മാവാണ് എല്ലാം പവിത്രീകരിക്കുന്നതെന്ന് തിരുവചനം നമ്മെ പഠിപ്പിക്കുന്നു. (2 തെസ്സ. 2:13; 1 കൊറി 6:11; 1 പത്രോ 1:2) റൂഹാക്ഷണപ്രാർത്ഥനയിൽ. പരിശുദ്ധ ആത്മാവ് കുർബ്ബാനയിൽ ആവസിച്ച് അതിനെ ആശീർവ്വദിക്കയും പവിത്രീകരിക്കുകയും ചെയ്യുവാൻ കാർമ്മികൻ പ്രാർത്ഥിക്കുന്നു.

## ഇത് ദൈവത്തിന്റെ ഭവനം

"ഹാ എനിക്ക് ദൂരിതം! ഞാൻ അസ്വസ്ഥനായിരിക്കുന്നു. കാരണം എന്റെ അധരങ്ങൾ അശുദ്ധമാകുന്നു". എന്ന് കാർമ്മികന്റെ പ്രാർത്ഥന തുടരും

ന്നു. ഏശയ്യായുടെ ദർശനത്തിൽ കാണുന്ന പ്രവാചകന്റെ പാപബോധത്തിന്റേയും അയോഗ്യതാബോധത്തിന്റേയും വാക്കുകൾ തന്നെയാണ് ഇവിടെയും പ്രാർത്ഥനയാക്കിയിരിക്കുന്നത് (6:5). ഈ അയോഗ്യതാബോധത്തിനുള്ള കാരണവും ഏശയാ ഏറ്റുപറയുന്നുണ്ട്. "ബലവാനും കർത്താവുംമായ രാജാവിനെ എന്റെ നയനങ്ങൾ ദർശിച്ചു". അതുപോലെ ഇവിടെ സ്വർഗ്ഗംതുറക്കപ്പെടുന്നതായും മാലാഖമാർ ദൈവത്തെ പരിശുദ്ധനെന്ന് പാടിസ്തുതിക്കുന്നതായുമുള്ള അനുഭവത്തിലേയ്ക്കുയരുമ്പോൾ മാത്രമേ കാർമ്മികന്റെ ഈ പ്രാർത്ഥന അർത്ഥവത്തായിത്തീരുകയുള്ളൂ. തുടർന്ന് യാക്കോബിന്റെ സ്വർഗ്ഗീയാനുഭവത്തിലൂടെയും പ്രാർത്ഥനയിലൂടെയുമാണ് കാർമ്മികൻ പോകുന്നത്. "ഈ സ്ഥലം എത്ര ഭീതിജനകം, ഇത് ദൈവത്തിന്റെ ഭവനമല്ലാതെ മറ്റൊന്നുമല്ല. സ്വർഗ്ഗത്തിന്റെ കവാടമാണിവിടം" (ഉല്പ. 28:17). ബെഥേലിൽ വച്ച് യാക്കോബിന് എന്നതുപോലെ ഈ സമയം മദ്ബഹായിൽ നിൽക്കുന്ന കാർമ്മികനും ദൈവത്തെ മുഖാമുഖം കണ്ടാലെന്നതുപോലെ സ്വർഗ്ഗീയ സാന്നിദ്ധ്യം അനുഭവിക്കാൻ സാധിക്കണം. വി. കുർബ്ബാനയിൽ മാലാഖമാരോടൊപ്പം പരിശുദ്ധൻ എന്ന ഗാനമാലപിക്കുമ്പോൾ അത് യഥാർത്ഥത്തിൽ സ്വർഗ്ഗീയ നിമിഷങ്ങളായി അനുഭവപ്പെടും. അപ്പോൾ നമ്മളും ഏശയ്യായുടെയും യാക്കോബിന്റേയും അനുഭവങ്ങൾ സ്വന്തമാക്കുന്നവരാകും.

## അധരങ്ങളെ പവിത്രീകരിക്കണമേ.

തുടർന്ന് ഏശയ്യായെപ്പോലെ കാർമ്മികനും അയോഗ്യത ഏറ്റുപറഞ്ഞ് "അശുദ്ധരായ ഞങ്ങളെ ശുദ്ധീകരിക്കയും ഞങ്ങളുടെ അധരങ്ങളെ പവിത്രീകരിക്കയും ചെയ്യേണമേ" എന്ന് പ്രാർത്ഥിക്കുന്നു. പ്രവാചകൻ പാപമോചനം നല്കപ്പെട്ടു. സെറാഫുകളിലൊന്ന് ബലിപീഠത്തിൽ നിന്നെടുത്ത തീക്കനൽകൊണ്ട് ഏശയ്യായുടെ നാവിനെ സ്പർശിച്ചു. അദ്ദേഹത്തിന്റെ മാലിന്യം നീക്കപ്പെട്ടു, പാപം ക്ഷമിക്കപ്പെട്ടു (6:7). ഇവിടെ പ്രതിപാദിക്കുന്ന അശ്വത്താരയിൽ നിന്ന് എടുത്ത തീക്കനൽ യഥാർത്ഥത്തിൽ അശ്വത്താരയിലെ വി. കുർബ്ബാനയുടെ പ്രതീകമാണെന്ന് സഭാപിതാവായ എഫ്രേം പഠിപ്പിക്കുന്നുണ്ട്. പരിശുദ്ധ ആത്മാവായ

അഗ്നിയാൽ പൂരയതമായി പാപമോചനം പ്രദാനം ചെയ്യുന്ന തീക്കട്ടയാണ് വി. കുർബ്ബാന. അങ്ങനെ ശുദ്ധീകരിക്കപ്പെടുമ്പോൾ നിസ്സാരരായ നമ്മുടെ കീർത്തനങ്ങൾ മുഖ്യദൂതന്മാരുടെ സേതാത്രങ്ങളോട് ചേരുവാൻ യോഗ്യമായിത്തീരുന്നു. അപ്പോൾ, 'ഭൂവാസികളെ സ്വർഗ്ഗവാസികളോടൊന്നിപ്പിച്ച അനന്തകാരുണ്യത്തിന് സ്മൃതി' എന്ന് പ്രാർത്ഥിക്കുവാൻ നമ്മളും പ്രേരിതരായിത്തീരും.

## Kusappa Prayer

### God is Holy

The Kusappa prayer of the celebrant 'God the Father, you are holy', is a proclamation of the divine actions and of the holiness of the three persons in the Trinity, the Father, the Son and the Holy Spirit. The priests' prayer: 'Father you are holy ...' is to be understood in the light of the angelic hymn 'holy, holy, holy'. Then the prayer continues: "you alone are the true Father". This means, in truth God alone is the Father of all. St. Paul reminds us of this truth, "this, then, is what I pray, kneeling before the Father, from whom every family, whether spiritual or natural takes its name" (Ep. 3:14). St. John speaks about the divine plan that "he gave power to become children of God to all who believe in the name of him" (1:12). Ultimately all life comes from God. Hence Jesus teaches us "You must not call anyone here on earth 'Father' because you have only one father in heaven" (Mt. 23:9).

The prayer continues: "Eternal Son, everything was created through you" (Jn. 1:3). St. Paul says "for through Him God created everything in heaven and on earth, the seen and the unseen things" (Col. 1:16). Again the word of God teaches us that it is the Holy Spirit who sanctifies all. (2 Thess. 2:13; 1 Cor. 6:11; 1 Pet. 1:2). In the invocation of the Holy Spirit the Priest prays that the Holy Spirit may dwell on the Qurbana and bless and sanctify it'.

### This is the House of God

The Kusappa Prayer continues 'Woe to me, I

am dismayed: For my lips are unclean'. These are the words of prophet Isaiah, words expressing his sinfulness and unworthiness at the sight of heaven opened and the angels singing holy (6:5). These same words are used by the priest. Isaiah

mentions the reason for unworthiness in these words "My eyes have seen the King, the almighty Lord". So too if the priest too have the same experience of heaven being opened and the angels singing 'holy, holy, holy' this prayer becomes personal and meaningful for him.

This leads to vision and experience of Jacob and the priest makes his prayer his own "How awe inspiring is this place where today I have seen the Lord face to face. This is none other than the House of God" (Gen. 28:17). As for Jacob at Bethel, the priest in the sanctuary too is called to have the same heavenly experience of encountering God personally. If the singing of the hymn 'holy, holy, holy' together with the angels gives us the same heavenly experience then the prayers of Isaiah and Jacob become personal and really meaningful and relevant.

### Sanctify the Lips

The priest like Isaiah confesses his unworthiness and prays: "Clean us who are unclean and sanctify our lips". The sins of Isaiah was forgiven. The angel touched the lips of Isaiah with the burning coal taken from the altar in heaven and said 'your sins are forgiven' (6:7). St. Ephrem the father of Syriac Church teaches that this burning coal taken from the altar is the symbol of Eucharistic bread, filled with the fire of Holy Spirit that cleanses and purifies the believers in the Holy Qurbana. When we are cleansed of our iniquities our hymns too become worthy to be joined with the praises of the angels in heaven. Then we too will pray in thanksgiving, the same prayer "praise be to your mercy that has unified the inhabitants of heaven and earth".

# HAVE YOU DISCOVERED YOURSELF YET?

## WHAT MAKES YOU DISTINCT?

Have you ever thought over this question? Given the current situation, where you loyally distribute your time evenly and generously to social media sites, you will have to set aside a little time to know and learn about personality to answer that question. You definitely have to answer that question since you are living in a world of human interaction and you have to keep proving your worth to keep moving upwards.

Personality in simple words is the combination of qualities that form the person's distinctive character, and personality development refers to the overall development of these qualities that set the individual apart.



## DO YOU BELIEVE YOU ARE CONFIDENT?

Physical appearance plays an important role in personality development. We must remember that 93% of our communication is non-verbal! We are often told by our parents to behave or present ourselves in a particular appropriate way when we are at a social gathering because of the importance given to physical appearance. A good personality is a pleasant one. One must take care to not equate good personality with flawlessness. Physical appearance is undoubtedly beyond our social media profile pictures. Given below are a few commonly acknowledged traits of confident and less-confident persons.

### PHYSICAL APPEARANCE

| Body Language | Confident Person                             | Less Confident Person                       |
|---------------|--|---|
| Standing      | Straight & Erect                             | Slouch                                      |
| Sitting       | Still lower body, Feet planted on the ground | Entwined/Twitching Legs                     |
| Head & Chin   | Upright and at chin level                    | Lowered chin                                |
| Hands         | Lightly held in front or behind the back     | Fidgeting with things or inside the pockets |
| Eye Contact   | Maintains eye contact                        | Avoids eye contact                          |
| Handshake     | Firm   | Loose                                       |

People closely examine the physical appearance of a person to evaluate him, for words alone cannot be trusted easily. The study of physical appearance becomes interesting when the words and actions contradict each other. An individual with a strong personality will have his physical appearance in place. The first and the best way to a pleasing physical appearance is to love and accept yourself!

Physical appearance is just one aspect of personality development. Spend sometime everyday with yourselves; explore who you are and frame your own opinions on things, cultivate a hobby and know your innate ability and then you can answer the question: What makes you distinct?

### WEAR YOUR THINKING CAPS ON!

Given below are two situations.

How would you react to them?

- 1) You have a group presentation and you are the leader of the group. You have been given a week's time to prepare. Mid way through the week you realize that none of your group members are cooperating and you have to do something to make a decent presentation. Finally you manage to assign



responsibilities to the members and ask them to prepare. On the day of your presentation, one of your group members fails to turn up.

- 2) You are the captain of your school football team. Your team loses the match because you miss a goal.

### What is Emotional Quotient?

"Your EQ is the level of your ability to understand other people, what motivates them and how to work cooperatively with them," says Howard Gardner, the influential Harvard theorist. In other words, Emotional Quotient is being smarter with feelings. Sudden outbursts of emotions have done more harm than good. Quick reactions to the feelings of happiness or anger have resulted in irreversible changes caused due to lack of thoughtfulness.

EQ, being a major component of personality development, needs to be understood in the right way.

### Emotions have to be perceived clearly:

We must observe emotions carefully to understand them. Emotions have to be noticed from words, tone and facial expressions for a better clarity.

In the first situation given above (group presentation), the most immediate emotion will be that of anger and panic. In second situation (football match), the emotion

will be that of loss and sorrow.

### Analyse the emotion and its reaction:

Once you have understood the emotion, it is very important to know its reactions to avoid any unpleasant consequence. In the first situation, anger and panic will result in a disordered presentation. In the second situation you may want to give up the post of captain and may not want to play football ever.

### Manage your emotions:

When you are aware of the reactions of emotions, it is easier for you to manage them and that is what emotional quotient is all about. In the first situation, you can avoid anger and panic and do your part well and encourage your members to do the same. You can always inform your teacher about the absent member and ask for guidance. In the second situation, you can always believe that victory and failure are part of any game and it is completely fine to lose.

This simple practice can be done in everyday lives so as to avert unpleasant situations resulting from emotional outbursts.

## ACTIVITY

Can you identify the characters in the New Testament with the help of the given personality traits?

- 1) He was a silent man and played a very important role. His thoughts and actions were very pleasing to God.
- 2) He failed to believe in the message he received and he was mute for a while.
- 3) He valued money more than someone very precious. He realised his mistake, but it was too late.
- 4) She obeyed her mother and that in turn killed an innocent man.
- 5) She repented on her sins as she washed Jesus' feet.

Email your answers along with your name, catechism section and parish to [lanternkidsroom@gmail.com](mailto:lanternkidsroom@gmail.com) before 20th October, 2017. Names of the selected winners will be published in the next issue of the Lantern.





## Pope: Protect “the Gift of Life” in Face of Ethical Challenges (Zenit)

In the course of the General Audience in St. Peter's Square, Pope Francis invited doctors and health professionals to protect “the gift of life” in face of “urgent ethical challenges.” After his catechesis, the Holy Father addressed “the numerous doctors and health professionals present,” encouraging “their efforts dedicated to respect and protect the gift of life in face of the urgent ethical challenges of our time.”



## 3 new Bishops for the Syro-Malabar Church (CBCI)

The Synod of the Syro-Malabar Major Archiepiscopal Church, having received prior papal assent, canonically elected to the office of: Auxiliary Bishop of the Archeparchy of Trichur, Rev. Fr. Tony Neelankavil; Auxiliary Bishop of the Archeparchy of Tellicherry, Rev. Fr. Joseph Pamplany and Curia Bishop Rev. Fr. Sebastian Vaniyapurackal.



## CBCI thanks Sushma for Fr Tom's rescue (Ucan)



The Catholic Bishops' Conference of India has lauded the role of External Affairs Minister Sushma Swaraj in securing the release of Fr. Tom Uzhannalil, abducted by the Islamic State in Yemen in March 2016. CBCI Secretary General wrote to Sushma Swaraj expressing gratitude, saying “I am very touched by your compassionate nature and for the very personal interest which you undertook the matter. Every time we met you, we came re-assured that sooner or later Fr. Tom would be released”

## Supreme Court ends dispute over status of priest, nuns (Ucanindia)

The Supreme Court of India has ruled that Catholic priests and religious are not in a “professional engagement” for profit but a way of life, ending a long-



drawn legal dispute over their status in the country. The country's top court ended a clash that began in 2004, when a catholic priest and 2 nuns were not allowed to enrol in the Kerala unit of the Bar Council of India. The priest and the nuns said that a religious vocation cannot be equated to a profession while the Bar Council of India said its rules do not permit people in other professions to practice law.



Pope bumps head in pope-mobile, hurts left eye (CNBC)



Pope Francis lost his balance while riding in the pope-mobile through a crowd during his apostolic visit to Colombia, bruising his left cheekbone and eyelid, but he was not seriously hurt. Video images showed the pope hitting the left side of his face against a vertical bar of the pope-mobile. A few drops of blood were seen on his white cassock and the area around his left eye looked bruised and swollen. "I was punched. I'm fine," the pope joked.

In Ranchi 5,000 protest against the anti-conversion law (Asianews)  
About 5,000 faithful of various confessions gathered in Ranchi to protest the anti-conversion law approved by the Jharkhand State Assembly and the land law amendments that the local government wants to dispose of tribal property to the best bidder. Cardinal Telesphore Toppo, Archbishop of Ranchi, who opposes the law and told AsiaNews: "Forced conversions do not exist. We are free people, with a free will and a free consciousness and intelligence."



Syro Malabar Church holds meet for hearing impaired (Mattersindia)

Ministering to differently-abled is the Church's responsibility, says Cardinal George Alencherry. The head of the Syro-Malabar Church was delivering homily at the Holy



Qurbana celebrated for the hearing impaired at Mount St. Thomas, Kakkanad. The event was jointly organised by the Pro Life Apostolate of the Church and the Ernakulam St Thomas Catholic Deaf Community. The Holy Qurbana, along with the homily was translated in sign language. More than 200 people between the ages of 7 and 80 representing different dioceses and institutes participated.

# BISHOP'S DIARY

OCTOBER - 2017

|             |                                 |             |  |
|-------------|---------------------------------|-------------|--|
| 1st         | Pastoral Visit - Chembur        | 20th        | Qurbana - Tabor, Kalyan                |
|             | Qurbana - ARC                   | 21st        | Communion - Kalyan (East)              |
| 2nd         | Catechism Teachers Day          | 22nd        | Communion - Bhandup                    |
|             | Qurbana - Khopoli               |             | Marriage Jubilearians meet - Mira Road |
| 3rd         | Recollection & Presbyterium     | 23rd        | Minor Seminary - Class                 |
|             | Qurbana - Anugraha - Hagimalang | 24th - 26th | Bhadravathy Diocesan celebration       |
| 4th         | Curia Meeting                   | 27th        | Minor Seminary - Class                 |
| 8th         | Pastoral Visit - Sewri          |             | Forane Convention - Antophill          |
|             | Qurbana - Byculla               | 28th        | Communion - Kalyan (West)              |
| 9th         | Minor Seminary - Class          | 29th        | Church Jubilee celebration             |
| 11th        | Curia Meeting                   |             | - Wagale Estate                        |
| 12th        | Meeting Sr. Provincial LSMS.    |             | Qurbana for Marathi Community          |
| 13th        | MPC - Panvel                    |             | - Bhiwandi                             |
| 14th - 17th | Satara Solapur Mission visit    | 30th        | Minor Seminary - Class - Panvel        |
| 18th        | Curia Meeting                   |             | Year Planning meeting - Bishop's House |
| 19th        | Talentia - Prize Distribution   | 31st        | Meeting FCC Provincial                 |

## IS CHRIST CALLING YOU?

"Before you were born in your mother's womb I consecrated you" (Jer 1:5).  
**Do you want to respond to this call of God by becoming a priest to serve Him and His people? Here is an opportunity to discern your vocation: the upcoming vocation camp.**

Eligibility: Those boys who really feel called by God and are in 9th Std and above.

Date: Begins on **14th October** at 09.00 AM  
and Ends on **15th October** at 04.00 PM  
Venue: **ARC, Panvel**

NB: For further information contact  
**Fr. Lijo Velliyamkandathil**  
(Vocation promoter) **9769820353**

Cordial Welcome,  
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## JNF ONAM Day Celebrations





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Own Vehicle



## Contact:

|                         |            |            |
|-------------------------|------------|------------|
| C. L. DAVID VALAPPILA   | Dombivali  | Thane      |
| 9323196882 / 9821222065 | 8879229738 | 9167534571 |

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Navi Mumbai - 400 709  
Tel.: 022 - 2754 6884

## PITHRUVEDI

### Silver Jubilee Memorial TUG OF WAR Competition

Pithruvedi is conducting Tug of War Tournament as part of its Onam Celebration on Sunday 15th October, 2017, 9.00 am at Sanket Police Ground, Kalve-Balkum Road, Thane. Each parish can submit maximum two entries for the tournament. Registration should reach the Director, Pithruvedi, Diocese of Kalyan along with registration fee of Rs.

1000/- per team.

First 32 team registered will be entitled to participate for the tournament.

First three winners will be rewarded with cash prize of Rs. 25000/-, Rs. 20000/-, Rs. 15000/- and Trophy respectively.

For more details contact Vitus Joseph  
Mob.: 9867063645

## KEY

### Talentia 2017

It's October and the Diocesan KEY Centre is here with the most awaited and the most competitive event amongst the youth- Talentia 2017. The cultural phenomenon which sees a gathering of around 1000 youth from all over the diocese, has proven to be an all-inclusive talent hunt competition and which has been a mighty platform for the energetic youth to exhibit their talents, over the years, through events like musical skit, one minute to fame, breakthru, debate, mime, dubsmash, etc. This year we have introduced a new set of events, making Talentia 2017 one of its kind.

#### Trailer - Remake

A group event where you can remake the trailer of your favourite movie.

#### Group Events:

1. Tickle your funny bone: A live comedy skit.

2. Break-thru: The most popular dance event amongst the youth.

3. Debate: A debate on current affairs for which topics would be given on the day of the event.

#### Solo Events:

1. Boomerang: An event where you have to create a one second video showcasing your talent at combining videography and ability in adapting to the digitally socialized world.
2. Blank Canvas: An art event for all the artists to put their imagination onto a canvas.
3. The open mic challenge: An open challenge for you to entertain the crowd using the mic and your vocals

When: 19th October, 2017.

Where: St. Thomas Cathedral, Kalyan (West).





**KCCRS**

**ELOHIM** MINISTRIES  
*the NAME above all names*



**MARIYAN RETREAT**

**(RESIDENTIAL)**

Led by

**ELOHIM DIOCESAN TEAM**

LANGUAGE:  
Malayalam

DATE:  
29th Oct. 4 pm to  
1st Nov. 4 pm

For More Information & Booking: P. A. Joseph, Chairman, KCCRS (9820672917)  
Retreats Please Contact: Tomy Thomas, Vice Chairman, KCCRS (9820482788)

For online booking visit: [www.kccrsatelohim.org](http://www.kccrsatelohim.org)

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Santhome Nagar, Kolke Village, Opp. Kolke Petrol Pump, ONGC P.O, Panvel.

Rev. Fr. Jinto Edattukunnel & Rev Fr. Kiran Eluvathingal  
(Director, KCCRS -9820730569) (Asst. Director, KCCRS 7045085936)

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**25th Death Anniversary**

*Fondly remembered by*

Wife : Mary Paul  
Sons : Joseph, Joy  
Daughter : Vinita  
Son-in-law : George  
Daughter-in-law : Sheeba, Mini  
Grand Children : Jerry, Alisha, Janet, Ashley

**Mr. A.J. Paul**  
**Alappat House**  
Birth: 27-10-1935  
Death: 4-10-1992





Fair, 26 / 163 / 66 / M. Com in Advanced  
Accounts / Presently working as Sr. Associate  
/ Parents from Thodupuzha / 9833400504  
johnsonc0811@gmail.com  
GOC201745411



Fair (Latin) 25/163, B.Sc. Post Graduate in  
Social Sciences (TISS), works for reputed  
Research Institution / 9820897178,  
9820897174, 02227665787 /  
thaikatil1234@gmail.com  
GOC201743161



Fair, 25 / 165 / 58 / MCA /  
Parents from TCR /  
9763204454 / 9730823647 /  
nehathomas42@gmail.com  
GOC201741841



SMRC Girl / Fair, 25 / 166 / 55 / BE Comp.  
Sc. / Presently working in an IT MNC as  
Business Analyst / Parents from TCR /  
Settled in Mumbai / 0251-2488564 /  
09702660926 / jacobjosepho367@gmail.com  
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THANKSGIVING TO ST. JUDE  
Shuba Srinivasan

THANKSGIVING TO ST. JOHN PAUL II  
Louis Martin V.A. & Family

## FAMILY APOSTOLATE & KUDUMBA KOOTTAYMA (Diocese of Kalyan)

"Greetings from Family Apostolate & Kudumba Koottayma"

Family Apostolate and Kudumba Koottayma jointly organizing a Get Together of the Jubilarians who are celebrating their 25th & 50th Wedding Anniversary in the year 2017 (those who got married in the year 1967 & 1992) especially with their children and grand children

You are hereby requested to inform the Office the Name, Address, Date of Marriage of the Jubilarians and the No. of Members who will be participating in this Get Together on or before 8th October-2017

We solicit your valuable co-operation by attending the function. We will be grateful for your presence and your valuable feedback.

**Date:** October 22nd 2017.

**Venue:** St. Thomas Church, Mira Road

**Address:** Sai Baba Nagar, Mira-Bhayander Road, Mira Road (E),

**Time:** 10.30 am to 4.00 pm

Rev. Fr. Shaji Parickappallil  
Director: 8879091711

Fr. Kiran Eluvthingal  
Asst Director: 7045085936

Sr. Merlit  
Animator: 9167515845

Mr. C.G Varghese  
President: 9821379009

Mr. P.J Antony  
Secerotery: 9004111305

**For Registration and more details: Mr.Siby M E - 9870316880.**



## Kalyan Eparchy Pro-life Movement in collaboration with Catechism Department Presents **‘LIFE display Competition’**



1. The ‘LIFE display Competition’ on the occasion of ‘EVA – Symposium on Life’ is being conducted for the catechism unit/ department of every parish of Eparchy of Kalyan.
2. Theme: ‘HUMAN LIFE: A Precious Gift of God’
3. A display area of black cloth background of size 3.5 by 5 feet will be provided to each Catechism unit at the venue of the Symposium of Life to display their project.
4. The display can include any form of expressions related to theme (made by catechism students only): text, painting, sketching, drawing, craft, collage etc.
5. The display should be a creation of the Catechism children only (not the teachers).
6. Every parish can send a representation of 5 people (with minimum 3 catechism students) who would fix up the display between 9 am to 6pm on 28th Nov in the area allocated to each parish. Note each unit is to carry their own materials required to fix up the display. Eg: Glue, scissors, staplers, pins etc.
7. The display will be judged on the criteria of content, creativity, presentation.
8. The displays will be judged during the days of the symposium and will also include the vote of the registered delegates participating in the symposium
9. The winning entries will be given trophies along with cash prizes as follows:  
1st Prize – Rs.7000 & Trophy  
2nd Prize – Rs.5000 & Trophy  
3rd Prize – Rs.3000 & Trophy
10. Decision of the Judges will be final
11. Last date for Entry is 30th October 2017, 6 pm
12. For registration form kindly contact your Catechism Head Teacher.

**ANTOPHILL FORANE ORGANISES**

# **PIRAVI 2017**

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|-----------------------------------|---|--|-----------------------------|

**DATE: DECEMBER 17, 2017 | TIME: 4 PM TO 10 PM | VENUE: C.G.S GROUNDS ANTOPHILL**

# Choose Life... (DEUT 30:19)



SYMPOSIUM ON LIFE

NOVEMBER 30<sup>TH</sup> TO DECEMBER 2<sup>ND</sup>, 2017

## ETHICAL AND PASTORAL APPROACH TO RESTORE HUMAN DIGNITY & ADVOCATING A CULTURE OF LIFE IN FAMILY AND SOCIETY

ORGANISED BY:  
EPARCHY OF KALYAN

WITH THE SUPPORT OF: SYRO-MALABAR SYNODAL  
COMMISSION FOR FAMILY, LAITY AND LIFE

VENUE: ANIMATION AND RENEWAL CENTRE (ARC), PANVEL, MUMBAI | DATE: NOVEMBER 30<sup>TH</sup> THURSDAY TO DECEMBER 2<sup>ND</sup> SATURDAY, 2017

### സിംപോസിയത്തിന്റെ വിജയത്തിനായുള്ള പ്രാർത്ഥന



ജീവന്റെ ഉറവിടമായ ഈശോയെ, ഞാൻ വന്നിരിക്കുന്നത് ജീവനുണ്ടാകാനും അത് സമൃദ്ധമായി ഉണ്ടാകാനുമാണ് എന്ന് (യോഹ. 10:10) അവിടുന്ന് അരുളിച്ചെയ്തിട്ടുണ്ടല്ലോ. മാതാവിന്റെ ഉദരഫലത്തിൽ സ്വഷ്ടാവിന്റെ മഹനീയമായ കരവേല കാണുവാൻ ഞങ്ങൾക്ക് കൃപ നല്കണമെ. ജീവിതത്തിലേയ്ക്ക് കടന്നു വരുന്ന ഓരോ കുഞ്ഞിനേയും വിശാല മനസ്കതയോടെ സ്വീകരിക്കുവാൻ ഞങ്ങളുടെ പുണ്യങ്ങളെ തുറക്കണമെ. ഞങ്ങളുടെ രൂപതയിലെ എല്ലാ കുടുംബങ്ങളെയും അനുഗ്രഹിക്കണമെ. ദമ്പതികളുടെ ഐക്യത്തെ വിശുദ്ധീകരിക്കുകയും അവരുടെ സ്നേഹം ഫലം ചൂടാൻ ഇടയാക്കുകയും ചെയ്യണമെ. മക്കളില്ലാത്തതിനാൽ ദുഃഖിക്കുന്ന വിവാഹിതരായ ദമ്പതികളെ ആശ്വസിപ്പിക്കുകയും അവിടുത്തെ സ്വർഗ്ഗീയ സമൃദ്ധിയിൽ നിന്ന് കുഞ്ഞുങ്ങളെ നല്കി അവരുടെ ജീവിതം ധന്യമാക്കുകയും ചെയ്യണമെ. ജനിക്കാതെ പോകുന്ന ജീവിതങ്ങളോടുള്ള ബഹുമാനം ഞങ്ങളിൽ വീണ്ടും ഉണർത്തണമെ. സ്വർഗ്ഗീയപിതാവേ, അങ്ങയുടെ പ്രിയപുത്രനിൽ വിശ്വസിക്കുന്ന ഓരോ വ്യക്തിയും തികഞ്ഞ ആത്മാർത്ഥതയോടെ ജീവന്റെ സുവിശേഷം പ്രഘോഷിക്കുവാനും സഹജീവികളോട് കരുണ കാണിക്കാനും ഇടവരുത്തണമെ. സ്നേഹനാഥനായ ഈശോയെ ജീവന്റെ സംരക്ഷണം ലക്ഷ്യം വെച്ചുകൊണ്ട് നവംബർ 30 മുതൽ ഡിസംബർ 2 വരെ നടത്താനിരിക്കുന്ന സിംപോസിയത്തെ പരിശുദ്ധ അമ്മയുടെ നിർമ്മല കരങ്ങൾ വഴി ഞങ്ങൾ അങ്ങേക്ക് സമർപ്പിക്കുന്നു. ഞങ്ങളുടെ രൂപതയെ നയിക്കുന്ന അഭിവന്ദ്യ പിതാവിനെയും, ഈ സിംപോസിയത്തിൽ പങ്കെടുക്കുന്ന എല്ലാവരെയും പ്രത്യേകിച്ച് വൈദികർ, സന്യാസ്തർ, അൽമായ പ്രേഷിതർ എന്നിവരെയും പരിശുദ്ധാത്മാവിനാൽ നിറക്കണമെ. അവരിലൂടെ അങ്ങയുടെ സദൃശ്യം ലോകം മുഴുവനിലും ജീവന്റെ സുവിശേഷത്തിന്റെ മഹത്വം അറിയുവാനും അംഗീകരിക്കാനും ബഹുമാനിക്കുവാനും ഇടയാക്കട്ടെ.

പരിശുദ്ധ അമ്മേ, ഞങ്ങളുടെ ആശ്രയമെ, ഓരോ ജീവനേയും അമ്മയുടെ കരങ്ങൾ വഴി ഈശോക്ക് ഞങ്ങൾ ദരമേല്പിക്കുന്നു.

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