The Mountains are Calling

Let us help you plan your summer getaway in Himachal!

6 Nights / 7 Days
2 N. Shimla, 3 N. Manali,
1 N. Chandigarh

Tour cost
₹16,999/- PP

* Sightseeing by Private AC Car, Breakfast & dinner
  Ex Delhi / Chandigarh
  Valid from 01 April to 15 July

Toll free 1800 266 9599 | www.trinityairtravel.com

35 years of excellence | Sister concern of “Trinity Air Travel & Tours Pvt Ltd”

Trinity World Holidays Pvt Ltd, 401, Kumar Plaza, Kurla-Kalina Road, Santacruz (E), Mumbai-29.
+91 22 66847792 / 93 | India Offices: Mumbai / Pune / Delhi / Kerala / Bangalore

*Conditions Apply*
YOUR WORD IS A LAMP TO MY FEET AND A LIGHT TO MY PATH
MARCH 2018
Vol. 03 | Issue 09
People once worked in order to live; they seem to live to work now. Our work has become our identity; the measure of our worth. Thanks to technology that has made everything ‘here and now’, we are always ‘switched-on’. There’s never enough time in the day as we’re constantly juggling our responsibilities to our employers, our families, our society, our church. Our ‘busyness’ has become as automatic as breathing. Worse; we worry that if we aren’t always working, we’re doing something wrong, or we’ll be left behind. This kind of behaviour is not confined to any gender or occupation. The stress it generates is toxic.

The body’s sympathetic nervous system triggers a ‘fight or flight’ response to help us cope with sporadic instances of stress. However, according to the American Psychological Association, when this stress becomes chronic, it can affect the immune, cardiovascular, neuroendocrine and central nervous systems and cause brain changes that contribute to anxiety, depression and addictions.

But the body also has a parasympathetic nervous system that restores it to a state of calm; and allows it to ‘rest and digest’. This happens when we indulge in relaxing activities.

Rest should have a two-point focus – getting some ‘Me’ time and getting some ‘Family’ time. Sleep is the most obvious and effective form of rest. But other forms of relaxation, which release feel-good hormones, are equally important. These could be meditating, taking a walk, exercising, swimming, dancing, cooking, painting, playing with a child or pet, praying, hanging out with friends. We can incorporate these into our daily life; have bursts of work intertwined with bouts of relaxation; or make time before or after work, or on the weekends. It is also important to have longer periods of rest from time to time, such as a vacation or a sabbatical, to recharge our batteries and connect with our inner selves and change direction if needed.

Often our excuse for a fixation with work is that we’re slaving away not for ourselves, but for our loved ones; to give them comfortable, high-quality lives. But if we don’t spend time with these loved ones, our family life will suffer. We should make it a habit to do small, relaxing things together with our families – eat together, watch a movie, repair something broken, play games, read a book, have a sing-song, pray. Our family members will feel loved and cherished. Our children will feel secure because we are involved in their lives and that

Workaholism is said to be a 21st century addiction. Of course we need to work; it enables us to fulfil our individual needs and aspirations, and our collective work helps humankind advance to a better way of life. But if we feel compelled to work all the time; if work is not accompanied by rest; we will get stressed out, we risk becoming physical and emotional wrecks, and could end up with broken relationships.

Vacations taken together will foster strong ties, especially if we can include time to visit grandparents and relatives. We will build invaluable, loving memories to cherish as we grow older.
People once worked in order to live; they seem to live to work now. Our work has become our identity; the measure of our worth. Thanks to technology that has made everything ‘here and now’, we are always ‘switched-on’. There’s never enough time in the day as we’re constantly juggling our responsibilities to our employers, our families, our society, our church. Our ‘busyness’ has become as automatic as breathing. Worse; we worry that if we aren’t always working, we’re doing something wrong, or we’ll be left behind. This kind of behaviour is not confined to any gender or occupation. The stress it generates is toxic.

The body’s sympathetic nervous system triggers a ‘fight or flight’ response to help us cope with sporadic instances of stress. However, according to the American Psychological Association, when this stress becomes chronic, it can affect the immune, cardiovascular, neuroendocrine and central nervous systems and cause brain changes that contribute to anxiety, depression and addictions.

But the body also has a parasympathetic nervous system that restores it to a state of calm; and allows it to ‘rest and digest’. This happens when we indulge in relaxing activities.

Rest should have a two-point focus – getting some ‘Me’ time and getting some ‘Family’ time.

Sleep is the most obvious and effective form of rest. But other forms of relaxation, which release feel-good hormones, are equally important. These could be meditating, taking a walk, exercising, swimming, dancing, cooking, painting, playing with a child or pet, praying, hanging out with friends. We can incorporate these into our daily life; have bursts of work intertwined with bouts of relaxation; or make time before or after work, or on the weekends. It is also important to have longer periods of rest from time to time, such as a vacation or a sabbatical, to recharge our batteries and connect with our inner selves and change direction if needed.

Often our excuse for a fixation with work is that we’re slaving away not for ourselves, but for our loved ones; to give them comfortable, high-quality lives. But we if don’t spend time with these loved ones, our family life will suffer. We should make it a habit to do small, relaxing things together with our families – eat together, watch a movie, repair something broken, play games, read a book, have a sing-song, pray. Our family members will feel loved and cherished. Our children will feel secure because we are involved in their lives and that
in turn will help them develop into confident adults. We can keep an eye on the values our children are growing up with; can give them the emotional and spiritual guidance they need; bring them back on track if they go astray. Vacations taken together will foster strong ties, especially if we can include time to visit grandparents and relatives. We will build invaluable, loving memories to cherish as we grow older.

Alex Soojung-Kim Pang, author of the bestseller Rest: Why You Get More Done When You Work Less, makes the case that rest, in the form of restorative activities that give us a complete break from our normal work, is crucial to improved productivity and creativity. Our relaxed minds work subconsciously, rebooting, organising our learnings and our memories, and developing bits and pieces for ideas that will pop up as ‘Aha!’ moments when we get back to work. He says Work and Rest are partners, not competitors.

William Henry Davies was spot on when he wrote in his famous poem Leisure -“A poor life this if, full of care, we have no time to stand and stare”. So let’s not feel guilty about taking rest. Remember; on the seventh day, even God rested.

TO RECAP:
• Rest is good for our physical and mental health.
• Rest refreshes and refuels us, it prevents burnout.
• Rest recharges and deepens our family and social relationships.
• Rest makes us more productive and creative at work.
• Rest helps us retain learnings and create memories.
• Rest helps us connect with our inner selves, and with God.

Rosemary Arackaparambil
Borivali
in turn will help them develop into confident adults. We can keep an eye on the values our children are growing up with; can give them the emotional and spiritual guidance they need; bring them back on track if they go astray. Vacations taken together will foster strong ties, especially if we can include time to visit grandparents and relatives. We will build invaluable, loving memories to cherish as we grow older.

Alex Soojung-Kim Pang, author of the bestseller Rest: Why You Get More Done When You Work Less, makes the case that rest, in the form of restorative activities that give us a complete break from our normal work, is crucial to improved productivity and creativity. Our relaxed minds work subconsciously, rebooting, organizing our learnings and our memories, and developing bits and pieces for ideas that will pop up as ‘Aha!’ moments when we get back to work. He says Work and Rest are partners, not competitors.

William Henry Davies was spot on when he wrote in his famous poem Leisure -“A poor life this if, full of care, we have no time to stand and stare”. So let’s not feel guilty about taking rest. Remember; on the seventh day, even God rested.

TO RECAP:
• Rest is good for our physical and mental health.
• Rest refreshes and refuels us, it prevents burnout.
• Rest recharges and deepens our family and social relationships.
• Rest makes us more productive and creative at work.
• Rest helps us retain learnings and create memories.
• Rest helps us connect with our inner selves, and with God.
Fr. Lijo Velliyamkandathil
Vice Rector, St. Thomas Minor Seminary

"...

KALYAN LANTERN
APRIL - MAY 2018

COVER STORY
“Fr. Lijo Velliyamkandathil
Vice Rector, St. Thomas Minor Seminary”

(2017 മുതൽ 2019 വരെ)

VCE ന്റെ തലസ്ഥാനത്തിൽ ഹോണിയാക്കം ഉപവാസം നടത്തിയിരുന്നു.

“അനുബന്ധിയും പിന്നിലുള്ള പ്രഥമ ഭാഗത്തിന്റെ പ്രാരംഭമായ പ്രബന്ധമാണ്” (കേരള സിഖി) 6.31. സാഹിത്യ പ്രതിപാദം നടത്തിയത് പ്രഥമ ഭാഗത്ത് പ്രാരംഭിച്ചതാണ്.

വിവേകാനന്തര ദേവാലയത്തിന്റെ മൂന്നാം ഭാഗത്ത് പ്രബന്ധമാണ് പ്രാരംഭിച്ചത്.

തുടെ പ്രബന്ധത്തിന്റെ അവസാനത്തിലേക്ക പ്രാന്തീകരണം ചെയ്ത വിവേകാനന്തര ദേവാലയത്തിന്റെ ചുഴൽ രഹസ്യം പ്രാരംഭിച്ചതാണ്.

“അനുബന്ധിയും പിന്നിലുള്ള പ്രഥമ ഭാഗത്തിന്റെ പ്രാരംഭമായ പ്രബന്ധമാണ്” (കേരള സിഖി) 6.31. സാഹിത്യ പ്രതിപാദം നടത്തിയത് പ്രഥമ ഭാഗത്ത് പ്രാരംഭിച്ചതാണ്.

വിവേകാനന്തര ദേവാലയത്തിന്റെ മൂന്നാം ഭാഗത്ത് പ്രബന്ധമാണ് പ്രാരംഭിച്ചത്.

തുടെ പ്രബന്ധത്തിന്റെ അവസാനത്തിലേക്ക പ്രാന്തീകരണം ചെയ്ത വിവേകാനന്തര ദേവാലയത്തിന്റെ ചുഴൽ രഹസ്യം പ്രാരംഭിച്ചതാണ്.

“അനുബന്ധിയും പിന്നിലുള്ള പ്രഥമ ഭാഗത്തിന്റെ പ്രാരംഭമായ പ്രബന്ധമാണ്” (കേരള സിഖി) 6.31. സാഹിത്യ പ്രതിപാദം നടത്തിയത് പ്രഥമ ഭാഗത്ത് പ്രാരംഭിച്ചതാണ്.

വിവേകാനന്തര ദേവാലയത്തിന്റെ മൂന്നാം ഭാഗത്ത് പ്രബന്ധമാണ് പ്രാരംഭിച്ചത്.

തുടെ പ്രബന്ധത്തിന്റെ അവസാനത്തിലേക്ക പ്രാന്തീകരണം ചെയ്ത വിവേകാനന്തര ദേവാലയത്തിന്റെ ചുഴൽ രഹസ്യം പ്രാരംഭിച്ചതാണ്.

“അനുബന്ധിയും പിന്നിലുള്ള പ്രഥമ ഭാഗത്തിന്റെ പ്രാരംഭമായ പ്രബന്ധമാണ്” (കേരള സിഖി) 6.31. സാഹിത്യ പ്രതിപാദം നടത്തിയത് പ്രഥമ ഭാഗത്ത് പ്രാരംഭിച്ചതാണ്.

വിവേകാനന്തര ദേവാലയത്തിന്റെ മൂന്നാം ഭാഗത്ത് പ്രബന്ധമാണ് പ്രാരംഭിച്ചത്.

തുടെ പ്രബന്ധത്തിന്റെ അവസാനത്തിലേക്ക പ്രാന്തീകരണം ചെയ്ത വിവേകാനന്തര ദേവാലയത്തിന്റെ ചുഴൽ രഹസ്യം പ്രാരംഭിച്ചതാണ്.
10 MOVIES WITH CHRISTIAN THEME
3. The Encounter (2011)
4. The Case For Christ (2017)
5. The Mission (1986)
7. God's Not Dead (2014)
8. Ben-Hur (1959)

NINE AMAZING IDEAS FOR SUMMER VACATION
Vacation is a time of fun and creative learning. Kalyan Lantern presents 9 amazing ideas. Come on! Let's make this vacation unique and different!

12 Catholic SHRINES to Visit in Maharashtra
1. Shrine of Don Bosco's Madonna, Matunga, Mumbai
2. St Michael's Church, Mahim, Mumbai City
3. Mount Mary Church, Bandra, Mumbai Suburban
4. Infant Jesus Shrine, Nashik Road, Nashik District
5. Shrine of Our Lady of Remedies, Vasai, Palghar
6. St Gonsalo Garcia Church, Vasai, Palghar District
7. St Alphonsa Church, Kalewadi, Pune District
8. St Anthony Shrine, Camp, Pune District
9. Shrine of Our Lady of Fatima, Karjat, Raigad District
10. Mother of Victory Shrine, Tikujiniwadi, Thane District
11. Our Lady of Vailankanni Shrine, Uttan, Thane District
12. St Thomas Cathedral, Kalyan, Thane District

10 MOVIES WITH CHRISTIAN THEME

Christian ideals have greatly influenced cinema & literature everywhere. Kalyan Lantern suggests 10 phenomenal movies with Christian theme. Watch & Enjoy!

3. The Encounter (2011)
4. The Case For Christ (2017)
5. The Mission (1986)
7. God's Not Dead (2014)
8. Ben-Hur (1959)
12 Local SNACKS to Eat while in Kerala

1. Achappam
2. Ada
3. Ayinaas (Kaaja)
4. Avil vilayichath
5. Avilosunda
6. Bonda
7. Chakka varatti
8. Kappa & Meen curry
9. Kinnathappam
10. Kokku vada
11. Kozukotta
12. Kuzhalappam
13. Madhura seva
14. Mutta churul
15. Mutta appam
16. Neyyappam
17. Noolappam (Idiappam)
18. Pappada vada
19. Parippu vada
20. Pazham pori (Ethakka appam)
21. Puttu & Kadala
22. Sukhiyan
23. Undampori
24. Vattayappam

12 Local GAMES to Play while in Kerala

1. 7 stones/tiles
2. Eerkkil vettu
3. Eru/olapanthu
4. Goli (marbles)
5. Kallanum policum
6. Kavidi
7. Kuttiyum Kolum
8. Maas
9. Njondi thodeel
10. Olichu kali (Hide & seek)
11. Pambaram
12. Vattu kali

12 Local FRUITS to Taste while in Kerala

1. Aatha chakka
2. Arinellikka
3. Cashew fruit
4. Chaambakka
5. Jack fruit
6. Kambili (Babloos) naaranga
7. Loobikka
8. Mango (local varieties like moovaandan, prior, kilichundan, neelan, etc.)
9. Njaaval pazham
10. Passion fruit
11. Rambutan
12. Star fruit (Chathurapuli)
24 Local SNACKS to Eat while in Kerala

1. Achappam
2. Ada
3. Ayinaas (Kaaja)
4. Avil vilayichath
5. Avilosunda
6. Bonda
7. Chakka varatti
8. Kappa & Meen curry
9. Kinnathappam
10. Kokku vada
11. Kozhukotta
12. Kuzhalappam
13. Madhura seva
14. Mutta churul
15. Mutta appam
16. Neyyappam
17. Noolappam (Idiappam)
18. Pappada vada
19. Parippu vada
20. Pazham pori (Ethakka appam)
21. Puttu & Kadala
22. Sukhiyan
23. Undampori
24. Vattayappam

10 Great Catholic Personalities

1. ST. FRANCIS: The Reformer
2. ST. THOMAS AQUINAS: The Theologian
3. BL. JOHN HENRY NEWMAN: The Convert
4. ST. CATHERINE of SIENA: The Mystic
5. G.K. CHESTERTON: The Evangelist
6. ST. BENEDICT: The Monk
7. MICHELANGELO: The Artist
8. ST. AUGUSTINE: The Teacher
10. FLANNERY O’CONNOR: The Storyteller

10 YouTube Channels

1. Catholic Answers
2. FOCUS - Fellowship of Catholic University Students
3. Bishop Robert Barron
4. Ascension Presents
5. Steubenville Youth Conferences
6. 10 Reasons Why We Love Being Catholic
7. The Catholic Apologist
8. New Catholic Generation
9. Catholic Words
10. Cathlete4Christ
12 Fascinating THINGS to Do at Home in Kerala

1. Paala valikkal (get pulled on a areca palm leaf)
2. Ola medayal (twine coconut leaves)
3. Thenga pothikkal (clean coconut)
4. Rubber vettal (tap rubber)
5. Bathe cows / Milk goats
6. Run and catch hens/ducks
7. Water garden-plants and farm-trees
8. Taste honey from banana flower
9. Make hammock between trees and take rest
10. Tie oonjaal on trees and swing
11. Cut a jackfruit, clean it and take out all the edible petals from it
12. Roast cashew nut in fire and take out the seed
24 Memorable ACTIVITIES to Do Outdoors in Kerala

1. Catch fish from streams using a towel (thorth) or hook (choonda)
2. Make paper boats and put in running water
3. Wander through the paddy fields
4. Walk through the villages and markets
5. Identify ayurveda plants from your surroundings and know their benefits
6. Identify different types of vegetable / fruit plants and trees
7. Take a local boat (vallam) ride through the backwaters / rivers
8. Ride on an elephant
9. Walk over wooden bridges
10. Dance in the monsoon rain
11. Chart your family tree
12. Visit elderly relatives and neighbours
13. Visit any of the churches built by St Thomas
14. Visit the shrine of a Kerala-born saint / blessed
15. Attend a church feast
16. Travel in a local private bus
17. Watch a Malayalam movie with friends and family
18. Watch any local art forms (kathakali, kalaripayattu, mohiniyaattam, etc.)
19. Stroll on a nearby beach and collect some rare shells
20. Visit museum / palace / fort / zoo etc.
21. Visit hill station / sanctuary / forest / backwaters etc.
22. Go on a trek with cousins and friends
23. Get wet under the waterfalls
24. Do bon-fire with friends and family

Compiled by:
Dr. CP. Johnson, Bhandup & Fr. Shaiju Kattayathu
"The Poem of the Man - God"
"ക്ലായന്റെന്റൽ പോetry എഴുതിയ പേരുകാരന്‍ അക്കുതു‍ം ചിതറിയാശിയാണ് പ്രതിമുഖം കണ്‍ക്രീയമായുണ്ട്. ഓയിലിലേക്കു നിലവില്‍ ഈ പോetry കണ്ടെത്താനുള്ള പ്രതിമുഖം നിരവധി കണ്ടില്‍ക്കാന്‍ സജീവമായ പോetry എഴുതാന്‍ കഴിയുമന്നു ചെയ്യുന്നു."
Fr. Shaiju Kattayathu
A h [ ni me - ns â w

s h Å° nô t X mA° v h o i n] rô n° I p³ p
a o\( ns \ A ½ s\) nc n° p X ô X rô s â k zmt Z Ma° v
E nô v rô b pw h ô hô t X m° ns e l ë n° ts
b nô I ñ v a\( s\) W ô p l c p X n t N c] m° ì ns \( rô X p w \) rô s â A X rô s \ l p s³ v X m s g b nh v
h ô rô ej vt t S rô m° rb X p w F ŋ nw C ô s e b m
s W ô l X mô pó p. C ô m s l m° v t X m s v X sô
C ô M X mb nc rô p. A h [ ni v A ½ p h ô nô t] mb X p w l k n° k n
s m, w l ÂÅ \ pw t] me ok pw l f n° X p w, k mâ p
I f n° m° H f n° rc pô \( rô mb ñô F e n b
I i vt \) S n° X p w, j rô ì d A a c n°, mb n b
s h «rb l t ¾ m l p l p g n° p a o s X l ¾ w p
I c ri nê b p n v a q s n° A X rô l k n° k r s
] ô w l] â n° v h o ç v nh X p w D A° nô N n° c n
]S ã° pò p. F sâ l p r ri A j v l m s f H M a° v
N nc n° m° H M a° l Â j W nb m° A h c p w
] t] m l b M W nô A V A ½ p h ô n° .
] rô s ô s b s ô n mw... H m e , , p w, H m e , m° p w,
H me ] o, nb p w, a° rô b p w C u Â j e nb p w
h ô pi m° rô ] ¾ c h p w, j rô s â A , , sâ
h ô rô s e ] p c, p ô t° l v N m° v l no t] c c c
t s e t} c i b p s k z m Z rô A ] ] S a d rb ms X
l b d rb X p w t] c c h p s a m s n° v l p s d H M s p w
Joseemon Vazhayil
Nerul Parish
কল্যাণ লাংটাণ
ফাপ্লে মায় - অপ্রিল-মাই ২০১৮

বিশ্বাসভাবে গ্রন্থমালিকায় তথ্য বাংলা 'তাক্ষেত্র' অংশ নিকটস্থ তথ্যিকায় অনুসারে গ্রন্থসম্পাদক হালেম থাকার জন্য সম্পাদনা পরিচালনা করার জন্য সম্পাদনা পরিচালকরী সংস্থার কক্ষপটিত্তে ‘কল্যাণ লাংটাণ’ অলিয়া ২০১৮ সালের ২১ এপ্রিল অফিসিয়াল প্রকাশিত করে।

বিশ্বাসভাবে গ্রন্থমালিকায় তথ্য বাংলা 'কল্যাণ লাংটাণ' অলিয়া ২০১৮ সালের ২১ এপ্রিল অফিসিয়াল প্রকাশিত করে।

বিশ্বাসভাবে গ্রন্থমালিকায় তথ্য বাংলা 'কল্যাণ লাংটাণ' অলিয়া ২০১৮ সালের ২১ এপ্রিল অফিসিয়াল প্রকাশিত করে।

অলিয়া ২০১৮ সালের ২১ এপ্রিল সালের অপরাজ্ঞী প্রকাশিত করে।
We commemorate His Death

The response: Amen

The community responds 'Amen' at the end of institution narrative. In the O.T. Covenant when Moses read out from the 'Book of the Covenant' the people replied saying “we will observe all that Yahweh has decreed”. Then Moses took the blood and sprinkled on the people saying “This is the blood of the covenant that Yahweh has made with you” (Ex. 24:7-8). So too in the Qurbana when the priest says “This is the body broken for you” and “blood shed for you” the community responds saying Amen.

As we say Amen to the words of Jesus we are also agreeing to a covenant with Jesus that we too are ready to drink from the chalice of suffering and that we too are ready to be broken for the life of the others. We are reminded of Jesus words to the sons of Zebedee “can you drink the cup that I must drink?” (Mk. 10:38). In every Qurbana as we say Amen we too are agreeing to Jesus’ question. We are drinking from the blood of the New covenant as a sign of agreement. The content of the covenant is that we too shall love one another as Jesus loved. Hence every Qurbana is a call and a mission. Let us remember that, it is a life dedicated for love and self giving that completes and gives meaning to our celebrations at the altar.

Bowing of the Head

After the words of institution the community bow their heads in respectful adoration. As part of the act of consecration and blessing words of institution is spoken over the bread and wine separately. But in order to manifest that they are one reality of Jesus body and blood we have only one act of bowing in adoration at the end.

We commemorate the death

Though we commemorate the passion, death and burial already at the presentation of the bread and wine on the altar, institution narrative is a special moment of the commemoration of the death of Christ. At the institution narrative the body and blood of Christ is presented separately on the paten and in the chalice. This is also symbolic of the death of Christ. In O.T. sacrifice the victim was killed and the blood of the animal was collected and was poured on the altar (Lev. 1:1-9). According to O.T. understanding life consists in the blood. So, separating the blood from the body was considered as the sign of death and as important element of the act of sacrifice. This is also symbolically represented in the sacraement of blood and wine.

In our Qurbana the words of institution and its narration is qualified as the ‘commemoration of His passion’. In most of the anaphoras the prayer after the words of institution always includes the words: ‘remembering, therefore your death and resurrection’. The sacrifice of Jesus’ body broken and blood shed on the cross is sacramentally made present on the altar. Jesus is fully present in the consecrated bread and wine. Yet their separation into two symbols specially signifies the death of Christ.

Our participation in the Qurbana should not become merely a ritual. But it should being an occasion to understand and proclaim the truth that Jesus my God, loves me so much as to die for me, that I may live for ever. God died for me in order to give me life and to teach me through example that I should also be ready to die, so that I may be able to live for God and for others.
ETHICAL & PASTORAL APPROACH TO RESTORE HUMAN DIGNITY & ADVOCATING A CULTURE OF LIFE IN FAMILY AND SOCIETY

FINDINGS AND RECOMMENDATIONS OF THE SYMPOSIUM

CONCLUSIONS

30. Accolades to the organizers of this Symposium that has brought forth many valuable insights on openness to life, choosing life and respect for life and sanctity of human life upholding the dignity of the deep conviction of the need to proclaim, celebrate and serve the Gospel of life through prayer, research and advocacy. We raise our hearts and minds in gratitude to the spirit of the Lord who is moving the humanity to form a right conscience, who guided us all through this symposium, kept our faith always alive and helped to go ahead with a renewed hope.

Philippians 2:1-2 declares, “If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, make my joy complete: Be of the same mind, having the same love, being in full accord and of one mind.

Dear All in Christ,
Greetings from Kalyan Eparchy Youth Centre!!!

We bring to you the next awaited event for HSC and SSC students, KOINONIA 2018. This summer when the 10TH GRADE and 12TH GRADE are done with their annual exams, we at KEY, with a joyful heart, invite each one of them for the awaited camp – KOINONIA 2018. A platform for these young stars of KEY which aims at transforming them into active and Christ- centered personas through enlightening sessions and discussions.

Koinonia’s primary meaning is “Fellowship, Sharing In Common and Communion”. We hope to give our younger youth three days filled with fun, fellowship, enjoyment and a lot of learning experiences so as to ensure that these great minds take away an amazing learning experience which will definitely help them in near future.

WHEN :
6th - 8th April: SSC (1st batch).
10th - 12th April: HSC.
27th - 29th April: SSC (2nd batch)

Venu: ARC Panvel
Pope institutes feast of Our Lady, Mother of Church (CWN)

Pope Francis has decreed that the ancient devotion to the Blessed Virgin Mary, under the title of Mother of the Church, be inserted into the Roman Calendar. The liturgical celebration, B. Mariae Virginis, Ecclesiae Matris, will be celebrated annually as a Memorial on the day after Pentecost. In a decree released by the Congregation for Divine Worship and the Discipline of the Sacraments, Cardinal Robert Sarah, its Prefect, said the Pope’s decision took account of the tradition surrounding the devotion to Mary as Mother of the Church.

Nearly 50,000 baptisms registered in China in 2017 (CNS)

The Catholic Church in China registered 48,556 baptisms in 2017, reflecting the missionary strength of the Catholic communities there. The figures are likely incomplete, given the difficulty of procuring data from Catholic communities in the rural parts of China. But the numbers still “reflect the vitality and the missionary dynamism of a community that fully lives faith,” said the organisation conducting the annual survey: The Faith Institute for Cultural Studies, a church-run organisation based in Shijiazhuang. The province of Hebei – which consistently has the highest number of baptisms each year of all the Chinese provinces – topped the list again with 11,899.

Paul VI and Oscar Romero will be canonized (CNA)

The Vatican announced that Pope Francis has recognized a second miracle allowing five people on the path to sainthood to be canonized, the most prominent being Bl. Pope Paul VI and Bl. Oscar Romero. With a second miracle approved, the path has been cleared for a date to be set for the canonization of each of the five candidates, allowing them to officially be declared a saint. Though no date has yet been announced, both Paul VI and Oscar Romero are expected to be canonized together during the Synod of Bishops in October.

Stephen Hawking, Member of PAS, Dies at 76 (zenit)

Vatican media announced the death of British astrophysicist Stephen Hawking, at 76. Author of the scientific theory that the creation of the universe “doesn’t require the intervention of a supernatural being or a god,” Hawking was elected member of the Pontifical Academy of Sciences in 1986. He was decorated by the Academy with the Pius XI medal for his studies on “black holes” in 1975. The famous scientist met Pope Francis in November 2016, during the Academy’s Plenary Session. Hawking also met three other Popes: Paul VI, in April 1975, John Paul II in October 1981, and Benedict XVI in October 2008.
Indian Bishops oppose court allowing euthanasia (ucan)

CBCI has opposed Supreme Court allowing euthanasia, saying the Indian constitution and teachings of the Catholic Church assert the right to life, and those teachings do not include right to die within its scope. “No one can in any way permit the killing of an innocent human being, whether a foetus or an embryo, an infant or an adult, an old person, or one suffering from an incurable disease, or a person who is dying,” the bishops said in response to recent court verdict. Euthanasia is immoral according to Catholic teachings, they said.

Patriarch Sako: Nominated for the Nobel Peace Prize 2018 (asianews)

Mar Louis Raphael Sako, the Patriarch of Babylon and Head of the Chaldean Catholic Church, has been named for the 2018 Nobel Peace Prize. For him receiving a prize “is not important”, he said. What counts is “the symbolic value of the gesture” because it helps “keep alive the focus on the Iraqi people, on the Christian community”, which is still today the victim of attacks. It also helps working “for the future of the country”. Becoming a nominee for the prize “flow from this and represents an extraordinary contribution to overcoming marginalisation and indifference towards our suffering and that of other minorities.”

Church in India marks 5 years of Pope Francis (cruxnow)

Cardinal Oswald Gracias of Bombay, Apostolic Nuncio Archbishop GiambattistaDiquattro and 33 bishops from all over India celebrated Holy Qurbana to mark the 5th anniversary of the election of Pope Francis. The bishops also held a half-hour of Eucharistic adoration to mark the day. Cardinal Gracias, who is president of the CBCI, said the bishops were also praying for all bishops in India and the rest of Asia, that they understand and put in the practice the “mind of the Holy Father - inspired by the Holy Spirit - on how to live their episcopacy and be bishops of today: Beacons of mercy and good shepherds.”

BISHOP’S DIARY

APRIL - 2018

1st Easter - Cathedral
4th Curia Meeting - Bishop’s House
5th Blessing of School - Boisar
7th Ordinations - Panvel
8th Communion & Confirmation - Malad (West)
10th Presbyterium & Recollection
11th Curia Meeting - Bishop’s House
13th MPC - Panvel
14th Communion & Confirmation - Sakinaka
15th Communion & Confirmation - Vasai (East)
16th-17th Eparchial Ordination - Sagar
18th-21st CLC Meeting - Kakkanad
22nd Ordinations - Panvel
25th Curia Meeting - Bishop’s House
26th Communion & Confirmation - Akhurdip
28th Communion & Confirmation - Powai
50th Wedding Anniversary
6th May 2017

Wishing you both all the happiness and the best of health, together in the years to come...

With prayerful wishes from Leo, Leena, Roy, Smitha, Adrian, Nikhita, Rohan, Arnel and all your loved ones.
Interactive class by Dr. Finto Francis

First time in the History of KMS, 900 mothers from the different parishes participated in the Women’s Day Celebrations

Prayer Dance by Goregaon East parish

Dance by Kharghar parish

Dance by Kalyan forane I

Dance by Kalyan forane II

Dance by Kalyan forane III

Dance by Kalyan forane IV

Dance by Kalyan forane V

Dance by Kalyan forane IV

Dance by Kalyan forane IV

Inauguration of Women’s Day celebrations by H.E. Mar Thomas Elavanal, Bishop of Kalyan
Conclusive Statements of the 8th meeting of the 11th Pastoral Council meeting held on 10th March 2018 at Bel Air Hospital in Panchgani

Respect and care for elders:
1. The Sacramental needs of those who are less mobile or immobile are to be catered to especially on important and obligatory days and on first Fridays.
2. At the parish level, there shall be provisions for the special care to help elders especially those with lesser mobility or housebound.
3. The Associations of Pithruvedi, Mathrusangam, and the Youth shall form teams of volunteers for the visits and forms of helps such as paying pay utility bills, charge mobile phones etc.
4. The eparchial associations shall take up different formative sessions for the elders and the youngsters to facilitate good relationship and cooperation.
5. Parish level Pakalveedu (Pakalveedu similar to Day club) to create a place of gathering for the elders of the parish.
6. The administrative bodies at the parish, forane, and eparchial levels shall be created with sufficient number of elders and the youngsters.
7. It is the duty of the elders of the parish to accept the youngsters as they are and give them responsibilities in different activities without being judgemental about the outcome.
8. Pithruvedi shall take up initiatives to avail government subsidies and other services for the senior citizens.
9. Social Security Scheme in the Eparchy has a one-time plan of extending some financial help to its bedridden members towards their palliative care.
10. The catechism and youth departments of the eparchy shall promote ‘SAFE’ (Stand for Elders) program in all parishes.

Parish, Forane and Pastoral Council meetings:
1. All meetings shall be structured and should only on the agenda and shall maintain the allotted time for each topic.
2. The matter for discussions for the four meetings in a year shall be prepared and sent together in advance.
3. The given matter shall be discussed first at Family Unit meeting, and then the reporting of each discussion shall be done in parish council, followed by forane and pastoral councils. Each council should reflect the opinions expressed in the lower bodies.
4. All subsequent councils and the Family unit meetings shall have the reporting from its representatives about the plan of action and conclusive statements taken in the upper councils.
5. As elections are taking place for different executive bodies, there shall be orientation sessions for different councils, as they take charge to explain their duties and scope of activities.

General:
1. ‘2018’ will be celebrated as ‘the Year of Young Spouses and Working Youth Next with the aim of seeking out to them and catering to them pastoral care. The year will be inaugurated on 23March at Mother of Victory Shrine, Tikonjiniwadi in the starting of Mahatheerthadanam. The detailed programmes of the year will be informed later.
2. 30th year celebration of the Eparchy of Kalyan will be on 1 May 2018 at St Thomas Cathedral Church, Kalyan West.
Kerygma Bible Quiz Top 5 Rankers Certificate Distribution 2017


1st Death Anniversary

Those we love don’t go away,
They walk beside us everyday,
Unseen, Unheard, but always near still loved,
Still Missed and Very Dear

Deeply Missed & Fondly
Remembered by
Daughters, Son-in-laws
and Grand Children

ELSY AUGUSTINE
Date of Birth: 28th June, 1941
Date of Eternal Abode: 13th April 2017

1st Death Anniversary

Your life was a blessing
Your memory a treasure
Loved & respected beyond words
And missed beyond measure

Deeply missed and
fondly remembered by:

Wife : Omana Francis
Son : Larin Francis
Daughter : Marin Justine
Son-in-law : V.J. Justine
Grand daughter : Alisha Celin

Shri K.L. Francis
Date of Birth: 25-05-1950
Date of External Abode: 03-04-2017
1st Death Anniversary

Unprepared we were that morning
To bear the sorrow that day would bring
The call was sudden, The shock severe
To part with you, ‘we loved so Dear’

A Light from our Household is gone A voice we loved is stilled,
A place is vacant in our home Which can never be filled.

We miss you, your thoughtful ways,
With you we spent our Happiest days,
Deep in our hearts you will Always stay,
Loved and remembered everyday.

Fondly remembered by
Wife : Mary Paul
Son : Jacob Paul
Daughter : Cigi
Son-in-law : Sunil
Daughter-in-law : Niji
Grandchildren : Godwin, Viaan, Janice

C.C. Paul, Chakkedan House
Born: 16-06-1951   Died: 01-05-2017
Matunga

In Loving Memory 1st Death Anniversary

What though the radiance
which was once so bright
Be now forever taken from my sight,
Though nothing can bring back the hour
Of splendor in the grass, of glory in the flower;

We will grieve not, rather find
Strength in what remains behind

You are MISSED each and every day,
for you were SOMEONE SPECIAL
who meant more than words can say.

Deeply Missed and Lovingly Remembered By:
FAMILY, FRIENDS & RELATIVES

Mrs. Darly Lazar
Left for her heavenly abode on February 18, 2017
On the occasion of the completion of 25 years of the establishment of St. Thomas Cathedral Church and Pilgrim Centre, Bishop Mar Thomas Elavanal requested for the grace of Indulgentiam Plenariam for the Cathedral Church to Penitenzieria Apostolica, Rome. Now the Cathedral Church has the privilege of Plenary Indulgence till 31st July 2018. It is indeed a blessed opportunity for all the faithful of the eparchy to avail this grace by means of pilgrimage to the Cathedral.

Hearty Welcome to St. Thomas Cathedral Kalyan (West)

- Sacramental Confession
- Eucharistic Communion
- Prayer for the intention of the Pope

His Holiness Pope Francis has benevolently granted the grace of plenary indulgence to St. Thomas Cathedral & Pilgrim Centre (Kalyan West) through Bishop Mar Thomas Elavanal.

- 6.00 pm - Holy Rosary in the Eucharistic presence
- 6.00 pm to 6.30 pm - Confession
- 6.30 pm - Holy Qurbana

Novena to Mother Mary after the Holy Qurbana
Novena to St. Thomas after the Holy Qurbana

On Wednesdays:

On Sundays:

- 6.30 pm - Holy Rosary
- 7.00 pm - Adoration
- 7.30 pm - Holy Qurbana

First Friday of the Month

Last Friday of the Month

4.00 pm to 6.00 pm - Confession

6.00 pm - Holy Rosary

6.30 pm - Holy Qurbana

7.15 pm - Adoration

Q. WHAT IS A PLENARY INDULGENCE?

The plenary indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain prescribed conditions through the mediation of the church.

To receive indulgences, it is necessary that the faithful be in the state of grace. In addition, receive the Sacraments of Confession and Holy Eucharist and pray for the intentions of the Pope.

Indulgences can be gained either to oneself or to the bedridden or to the souls of the deceased.

(1 Our Father, 1 Hail Mary, 1 Glory be…)

Plenary Indulgence is granted on all days by the following conditions:

- Liturgical Services on all the days of the week:
Hearty Welcome to St. Thomas Cathedral Kalyan (West)

On the occasion of the completion of 25 years of the establishment of St. Thomas Cathedral Church and Pilgrim Centre, Bishop Mar Thomas Elavanal requested for the grace of Indulgentiam Plenariam for the Cathedral Church to Penitenzieria Apostolica, Rome. Now the Cathedral Church has the privilege of Plenary Indulgence till 31st July 2018. It is indeed a blessed opportunity for all the faithful of the eparchy to avail this grace by means of pilgrimage to the Cathedral.

His Holiness Pope Francis has benevolently granted the grace of plenary indulgence to St. Thomas Cathedral & Pilgrim Centre, (Kalyan West) Through Bishop Mar Thomas Elavanal

Plenary Indulgence is granted on all days by the following conditions

- Sacramental Confession
- Eucharistic Communion
- Prayer for the intention of the Pope

Liturgical Services on all the days of the week:

6.00 pm - Holy Rosary in the Eucharistic presence
6.00 pm to 6.30 pm - Confession
6.30 pm - Holy Qurbana

On Wednesdays:
Novena to Mother Mary after the Holy Qurbana

On Sundays:
Novena to St. Thomas after the Holy Qurbana

First Friday of the Month
6.30 pm - Holy Rosary
7.00 pm - Adoration
7.30 pm - Holy Qurbana

Last Friday of the Month
4.00 pm to 6.00 pm - Confession
6.00 pm - Holy Rosary
6.30 pm - Holy Qurbana
7.15 pm - Adoration

Q. WHAT IS A PLENARY INDULGENCE?

The plenary indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain prescribed conditions through the mediation of the church.

Q. HOW TO RECEIVE THE PLENARY INDULGENCE?

To receive indulgences, it is necessary that the faithful be in the state of grace. In addition, receive the Sacraments of Confession and Holy Eucharist and pray for the intentions of the Pope (1 Our Father, 1 Hail Mary, 1 Glory be...).

Q. WHO CAN RECEIVE THE PLENARY INDULGENCE?

Indulgences can be gained either to oneself or to the bedridden or to the souls of the deceased.
Eparchy of Kalyan

30th Year Celebration

on May 1, 2018 at St. Thomas Cathedral, Kalyan West

Programmes: 4.00pm Holy Qurbana | 5.30pm Public Meeting

2018 - Year of Young Spouses and Working Youth

Objective: To identify and accompany the working youth and young spouses, giving effective pastoral care to them.

Inauguration:
on March 23, 2018
at Mother of Victory Shrine, Tikunjiniwadi.
WHY SETTLE FOR LESS?

SME LOAN
Get hassle-free Federal Bank SME Loans for small businesses

CAR LOAN
Get 100% funding with lower EMIs on Federal Bank Car Loans

SALARY ACCOUNT
Enjoy 80% overdraft facility with Federal Bank Salary Account

HOME LOANS
Enjoy lower EMIs with 30 years repayment on Federal Bank Home Loans

FEDBOOK SELFIE
Enjoy instant transactions on opening a FedBook Selfie Account

FEDERAL BANK
YOUR PERFECT BANKING PARTNER

www.federalbank.co.in

+91 484 2630994/5 (NRI)
Lock your account
Be safe
Digital e-Lock

Lock or unlock your account from anywhere, at the touch of a finger. Protect all your digital transactions.

Download from

Toll Free (India): 1800-643-1800, 1800-425-1809 (BSNL), Email: sibcorporate@sib.co.in, CIN : L65191KL1929PLC001017