Festal greetings

to our beloved bishop

mar thomas elavanal

from your loving children

of the eparchy of kalyan
“I don’t dream at night, I dream at day
I dream all day.
I’m dreaming for a living”

– Steven Spielberg

If you want to accept the challenge to fight yourself ...

☞ Stop fighting against your brothers ....
☞ Recognize the real threat ...
☞ Analyze what you are up against ...
☞ Learn how to fight your past self ...
☞ Attack when he is strongest ...
☞ Fight yourself now ...
☞ Prepare for the fight to come ...

You can, and you will ...

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Identifying and Defeating Your Greatest Opponent—Yourself

The human species is distinguished by its ability and ardour for competence. Early on in our lives, we are taught, unintentionally, to misidentify our true competitors. Had you asked me the title question while I was pursuing my schooling, I guarantee that you would have heard my
impromptu reply, "Of course, the greatest success is to be the best among all, in all that you do." With time, the pressure to excel, to be the absolute best bogged me down and trapped me inside this vociferous cage, a living cage in the guise of the society around me where I could no longer be a 'girl like any other'.

Well, time had significant lessons to teach me. Lessons which, I today realise, no social lineage ever even tries to address. Flitting between academics, extra-curricular and multicultural activities, my childhood whirled by in the blink of an eye. I enjoyed every bit of it- the tingling sense of anxiety before every competition, the dreaded fear before every exam, the anticipation of results and of course, the joy of winning. My only goal back then was to be the best among everyone I knew, in all that I did. This enjoyment transited to being a constant, bugging pressure in no time.

Worked up with academia and its challenges, I once desperately asked my university professor, "How do we survive amidst such tremendous competition with everyone unstoppably charging ahead in this mad rat race?" She replied, very stoically, "By focusing just on your track and competing only against your own records". This is exactly what Jay Z also intends to mean when he raps, "I look in the mirror to see my only opponent".

I realised soon enough, that life, though undoubtedly a competition, was definitely NOT a race against anyone else. On the contrary, the challenge was not to beat others, but to beat myself and all the past versions of myself in order to grow, to improve and to be my best, and not the best.

Racing asks you to beat others down, to be the sole winner. The term competitor is defined as any person or entity which is a rival against another. In the said context, I personally find this definition problematic. I would rather call my competitors my co-players or more precisely, my co-winners. Each of us has a unique race to run, an important competition to win- the one with ourselves. The most significant part of contesting against yourself is that you get to set your own goals depending on what you want. You are free to set your own values, your own timeline, your own metrics. And, yes, sometimes you lose, you end up performing worse than before. The idea is that when you start competing with yourself, you won’t be enticed or coaxed into other people’s competition. You are your own judge, your sole evaluator.

Our collective aim should be to constantly work towards refocusing this competitive nature, this spirit to be better than everyone else into active productivity.

In today’s time of excessive social media sharing, it is easy to compare yourself against other people especially as they tend to flood our mobile and computer screens with so called frequent ‘win-win’ images. What we need to remember when we compete virtually...
against other people is that we end up judging ourselves based on their values and metrics, their timelines, their goals. The problem with this is that even if you win, you only do something that’s important to them, not you.

I once overheard a conversation between two colleagues talking about how they could work their way to the top at our workplace. The ideas they shared weren’t really about how better they could be as individuals, but how they had to be better than their coworkers. Though I do get that we have to differentiate ourselves from our peers to stand out among the rest, it seems almost futile to think that we would be better off by redirecting our focus from self-improvement to direct comparison and competition with others.

A few noteworthy positive factors I embraced after realising this need for a shift in personal growth perspectives are as follows:

• I get to define my own success.
• I never get time to rest on my achievements, because I have to keep striving to be better.
• I have grown over people’s judgments.
• I love to now take risks, to embrace opportunities than help me learn and grow.
• I have a better sense of my capabilities as well as my vulnerabilities.

The truth is that our only real competition is with ourselves. We are our greatest opponents. If we can be the best version of who we are and focus only on being better today than we were yesterday, then who we are competing against shouldn’t really matter. Our collective aim should be to constantly work towards refocusing this competitive nature, this spirit to be better than everyone else into active productivity. This race is yours, to both organise and win. Do not let anyone else lay down its rules for you.

Ms. Jerin Jacob
Kandivli East Parish
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പ്രും കോലാലത്തെയും പ്രും ക്ലാസുകൾ കൊണ്ട് പഠനധരിതയോരും മാത്ര തുറന്നതാണ്. 

അവിഥവ റേഖക്ക് പോറും ഉപയോഗിക്കുന്നതിന് ഉപയോഗിക്കുന്ന ഏകദേശം കാലം പ്രാമാണ്യത. അതുമുതൽ പ്രും ക്ലാസുകൾ തീരെ കാണുന്ന സ്ഥലത്തടക്കു പഠിച്ചു പഠിക്കുന്നതിന്റെ വഴിയൊഴികേക്കുന്നു.

അതുമുതൽ പൊതുജാതിക്ക് അംഗമായിത്ത പഠിക്കുകയും അതുമുതൽ ക്യാമാസി പ്രാദേശിയോടും, പ്രുമുഖത്തെയും ഉപയോഗിക്കുന്ന ഏകദേശം കാലം പ്രാമാണ്യത, പാരമ്പര്യം പെടുന്ന അതിന്റെ മാതൃകാംഗങ്ങൾ അപ്രായോപായും ദൃശ്യത്തിന്റെ സംബന്ധം പഠിക്കുന്നതിന്റെ വഴിയൊഴികേക്കുന്നു.

അതുമുതൽ അതു അഭിപ്രായക്കൂടി ശുദ്ധിയും കെട്ടിയതും കെട്ടിയതും സ്വാഭാവികമായി പ്രായോഗികമായി പ്രവാഹം അര്‌ഥാന്വേതിക്കാറി പ്രായോഗികരും, പൊതുജാതിക്ക് അംഗമായിത്ത പ്രാദേശിയോടും, പൊതുജാതിക്ക് പേർന്നിവിശ്വസിക്കും അപ്രായോപായും അവിഥവ പ്രാധാന്യമുണ്ട്.
ഇരുപ്പുക്കിട്ടു അധ്യയനത്തിനകതത്രിയായ 
മൂലായി ശീലീകൃതനായെതുക്കപ്പെട്ട്. 
തുടർന്ന് കാരണം അണണിയായാണ്
സ്റ്റോറി കാരണം അജഞ്ഞസാക്കിയാണ്
ആദ്യിത്തി കിതളുടെ കടനലലാക്കിയാണ്
താഴെ കൊണ്ടുള്ളതിന്റെ സ്വാല്പികേറ്റം
ജോചയിടക്കാണെന്നെയാണ്.
"നാടോളട്ടുപുരുഷനിമയിൽ ഓളിക്കിൽ" (മലയാള. 20 : 14)

നാടോളട്ടുപുരുഷനി

2000 വരെ പുല്ലൻ കേരളത്തിൽ നിന്നും പ്രസിദ്ധീകരിച്ച ഒരു കഥ കണ്ടുവരുന്നു. പലപ്പോഴും പ്രതിപാദിക്കുന്നത് പുല്ലനിമയിൽ നിന്നുള്ള ഒരു സാമൂഹ്യമാർഗ്ഗമാണ്. പല പുല്ലൻ വ്യക്തികളാണ് അതിനു പ്രതിപാദിക്കുന്നത്. പല പുല്ലൻ വ്യക്തികളാണ് അതിനു പ്രതിപാദിക്കുന്നത്.

നാടോളട്ടുപുരുഷനി എന്നത് ഒരു സാമൂഹ്യമാർഗ്ഗമാണ്. പല പുല്ലൻ വ്യക്തികളാണ് അതിനു പ്രതിപാദിക്കുന്നത്. പല പുല്ലൻ വ്യക്തികളാണ് അതിനു പ്രതിപാദിക്കുന്നത്.

"നാടോളട്ടുപുരുഷനിമയിൽ ഓളിക്കിൽ" (മലയാള. 20 : 14)

നാടോളട്ടുപുരുഷനി
SSC Model (Prelims) Exam ന്റെ result

എന്നാൽ സ്റ്റാമ്പ് കിട്ടിയാൽ നിർത്തി
പ്രവൃത്തിയെത്താൻ തുടങ്ങുക കത്തയിട്ട്
നിരവധിരീതികളിൽ കിട്ടുന്നത്രേ നാളിൽ

മേഖല അവരെ...? എന്തെങ്കിൽ നിർത്തി...? എന്തെങ്കിലും താഴെ...? എന്തെങ്കിലും ക്കൊണ്ട് പോകാറുണ്ട്.

(സെർവറോഫ് കെല്ല് അപ്പോൾ)

ഷ്പി..... എന്തെങ്കിൽ Percentage නട്ടെ...?

അനുബന്ധിച്ച് എന്തെന്തെന്തെന്തുമായി എന്തായായി?

എന്തെന്തെന്തെന്തെന്തെന്തെന്തെന്തുമായി എന്തായായി?

(സെർവറോഫ് കെല്ല് അപ്പോൾ)

എന്തെന്തെന്തെന്തെന്തെന്തെന്തെന്തുമായി?

(മേഖല നടത്തുക)

Phone Cut

അനുബന്ധിച്ച് എന്തെന്തെന്തെന്തെന്തെന്തെന്തെന്തുമായി?

മേഖലക്കു എന്തെന്തെന്തെന്തെന്തെന്തെന്തെന്തെന്തുമായി?

Phone Cut

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മേഖലക്കു എന്തെന്തെന്തെന്തെന്തെന്തെന്തെന്തെന്തുമായി?
Thomas intervenes, saying: “Lord, we do not know where you are going; how can we know the way?” (Jn 14:5). His words provide Jesus with the opportunity to pronounce his famous definition: “I am the Way, and the Truth and the Life” (Jn 14:6). Thus, it is primarily to Thomas that he makes this revelation, but it is valid for all of us and for every age. Every time we hear or read these words, we can stand beside Thomas in spirit and imagine that the Lord is also speaking to us, just as he spoke to him. At the same time, his question also confers upon us the right, so to speak, to ask Jesus for explanations. We often do not understand him. Let us be brave enough to say: “I do not understand you, Lord; listen to me, help me to understand”. In such a way, with this frankness which is the true way of praying, of speaking to Jesus, we express our meagre capacity to understand and at the same time place ourselves in the trusting attitude of someone who expects light and strength from the One able to provide them.

Thomas reacts with the most splendid profession of faith in the whole of the New Testament: “My Lord and my God!” (Jn 20:28). St Augustine comments on this: Thomas “saw and touched the man, and acknowledged the God whom he neither saw nor touched; but by the means of what he saw and touched, he now put far away from him every doubt, and believed the other” (In ev. Jo. 121, 5).
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Satan often attacks Christians through our emotions. We can be thinking with correct beliefs, yet still fall victim to evil through feelings that tempt us to sin: lust, anger, fear, jealousy, discouragement, etc. Here are 5 ways you can win spiritual battles in your emotions:

1. Fill your mind with timeless truth so you can focus on that despite changing emotions.
The more biblical truth you have in your mind when Satan attacks through your emotions, the more likely it is that you’ll win the battle. So make a habit of reading the Bible and meditating on the words you read. Every day, ask the Holy Spirit to renew your mind. Then God’s truth will come to your mind in any situation where your emotions are shouting at you to make a certain choice. As the Bible’s powerful words come to you during emotional moments, they will remind you of what’s really true so you can make decisions from an accurate perspective.

2. **Give yourself a timeout when you notice your emotions spiraling out of control.**

Stop to reflect and pray during times when you realize that a feeling is overwhelming you. Take a timeout and check in with your heavenly parent – God – when strong emotions come to your attention. During those breaks, consider what you’re really feeling, and why.

For instance, if you feel lust pulling you toward your cell phone and compelling you to look at pornography on it, stop the process by taking a timeout. Try to figure out why you’re feeling that way (maybe you’ve been dealing with stress that you’re trying to relieve through porn). By forcing yourself to step out of the situation and study it, you can stop unhealthy impulsive behavior and gain a wiser perspective on what’s happening.

3. **Deal honestly with the uncomfortable emotions you feel.**

You may sometimes deny, ignore, or suppress emotions that trouble you. For example, when you feel jealous, you also feel ashamed about feeling that way. Yet if you don’t deal with it, which will leave you vulnerable to Satan’s attacks, because Satan will twist the truth to get your attention; if you’re confused you may believe what he tells you.

So whenever you notice you’re feeling an emotion that makes you uncomfortable, acknowledge it, and try to check in with God about it in that moment or soon afterward (through a silent prayer). So if you feel jealous of another person, you can feel that way and still be right with God if you confess how you feel to God and rely on his help to respond faithfully.

4. **Take care of your physical health, which is connected to your emotional health.**

If your body isn’t feeling well, your emotions can be difficult to manage. Ask God to help you develop healthy physical habits that will nurture your body, mind, and spirit as they work together according to God’s design. Do your best to eat nutritious foods, drink plenty of water, exercise regularly, and get enough sleep on a regular basis. The more physically stable you are, the more emotionally stable you can be.

5. **Learn lessons God wants to teach you through your emotions.**

God often uses emotions as teaching tools. Emotions are gifts from God, whom the Bible describes as having an emotional essence (“God is love.” – 1 John 4:8). Think of your emotions as school bells ringing for you to pay attention, and the Holy Spirit as your teacher who communicates with you once you come to class. Rather than just reacting to your emotions (as Satan tempts you to do), respond to them with the purpose of learning and growing closer to God in the process.

As long as you’re living in this fallen world, you’ll have to deal with spiritual attacks that come at you through your emotions. But you can win those battles, every time, by relying on the Holy Spirit.

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Adapted from Crosswalk.com

Written by Whitney Hopler, who has served as a Crosswalk.com contributing writer for many years, produces the About.com angels and miracles.
In Memory of me

The whole Qurbana is one and the same action of sacrifice. The relation between institution and elaboration of the words of celebration of the Qurbana is a way the institution words summarize the whole celebration of Qurbana. The four actions of the Eucharist are: taking and giving, breaking and sharing. According to the command of Christ: ‘you do this in my name’ (Matt. 26:28). The full life of Jesus from his birth, through passion and death, is a sacrifice. Jesus said: ‘You have prepared a body for me’ (Heb. 10:5). The whole life of Jesus from his birth to the Last Supper are mentioned there. The four actions of the Eucharist are: taking and giving, breaking and sharing. The celebration of the Eucharist is the celebration and fulfillment of the sacrifice of Christ at last Supper. In Memory of me and ‘memorial’ have deep significance and meaning. Through memorial celebration we are understanding the meaning of ‘in memory of me’. So sacrifice of Christ is made a present reality at every celebration of the Qurbana the redemptive actions of God. Hence Qurbana is not merely the memorial of the past event. It is an actualization of the past event. This is the deep significance of the words “in memory of me.” In the New Testament we do not see these words “in memory of me” as words of Jesus. However, these words are taken from the teachings of St. Ephrem and the Institution words are not merely a reminder of a past event but we try to understand the meaning. Through memorial celebration we are actualizing and making the past a present reality. When we commemorate and celebrate the salvific events of our Lord Jesus Christ, it is not only remembering a past event but we try to understand the meaning. Through memorial celebration we are understanding the meaning of ‘in memory of me’ as words of Jesus.

In Memory of me is the memorial celebration. Understood to explain the institution of the Eucharist they might be the words of Jesus. Aphrates, the teachers of our Church. As they explain the institution of the Eucharist they took from the teachings of St. Ephrem and the Institution words are not merely a reminder of a past event but we try to understand the meaning. Through memorial celebration we are understanding the meaning of ‘in memory of me’. In the New Testament we do not see these words ‘in memory of me’ as words of Jesus. However, these words are taken from the teachings of St. Ephrem and the Institution words are not merely a reminder of a past event but we try to understand the meaning. Through memorial celebration we are actualizing and making the past a present reality. When we commemorate and celebrate the salvific events of our Lord Jesus Christ, it is not only remembering a past event but we try to understand the meaning. Through memorial celebration we are understanding the meaning of ‘in memory of me’ as words of Jesus.
In Memory of me

When you gather together in my name

In the New Testament we do not see these words ‘when you gather together in my name’ in the context of the institution of the Eucharist. This is taken from the teachings of St. Ephrem and Aphratus, the teachers of our Church. As they explain the institution of the Eucharist they include these words ‘when you gather together in my name’ as words of Jesus.

In Memory of me

In the context of O.T. Passover ‘commemoration’ and ‘memorial’ have deep significance and meaning. Through memorial celebration we are not only remembering a past event but we try to actualize and make the past a present reality. When we commemorate and celebrate the salvific events they sacramentally become a present reality. It was in this perspective that the Passover celebration was understood by the Israelites. At the Last Supper, Jesus instituted the Eucharist. He commanded us to do it in His memory. When we remember His command we remind ourselves that it is in accordance with His command that we celebrate this mystery. Because of His divine command and because the Church in faith accomplishes and fulfills His command, the past redemptive action of Christ, in divine plan become a present reality. This is the deep significance of the words “in memory of me”.

Institution words are not merely a reminder of a historically past reality. But it is the surety and guarantee of the divine plan to actualize and make present through the memorial celebration the redemptive actions of God. Hence Qurbana is not merely the memorial of the past event. It is an actualization through commemoration. Through the celebration of the Qurbana the redemptive sacrifice of Christ is made a present reality at every time. We are all made partakers in the mystery of Christ. it is in this perspective that we should understand the meaning of ‘in memory of me’. So Qurbana is the memorial celebration.

You do this

In a way the institution words summarizes the whole celebration of Qurbana. The four actions of Christ at last Supper are mentioned there. He took bread and wine, gave thanks (blessed) broke and gave to the disciples. The celebration of the Eucharist is the celebration and fulfilment of the these four action.

According to the command of Christ: ‘you do this’ we accomplish what Jesus did, in the celebration of the Qurbana. Following the example of Jesus who took bread and wine we have in the Qurbana the rite of the preparation of bread and wine. The bread and wine are the symbols of Jesus life. Hence as Jesus took bread and wine in His hands He was taking His very life to be offered in sacrifice. Jesus said “You have prepared a body for me” (Heb. 10:5). The whole life of Jesus from incarnation till calvary was a preparation for His sacrifice. Hence as we place the bread and wine on the altar, in the rite of preparation, we remember His passion and death. After the example of Jesus action of ‘giving thanks’ we have the anaphora prayer of thanksgiving and blessing. Through this prayer of blessing, by the power of the word of God and the working of the Holy Spirit, as we believe, the bread and wine become the body and blood of Christ. After the example of Jesus who broke the bread, we have the rite of breaking of the bread and the rite of reconciliation. As Jesus gave His body and blood to His disciples, in our Qurbana we receive Jesus through holy communion. Hence we see that our Qurbana is the elaboration and celebration of the words of institution. That is the relation between institution narrative and Qurbana. Hence we say that the whole Qurbana is one and the same action of blessing and consecration, and commemoration of the salvific events.
"Know Your Faith" is a new column added to the Kalyan Lantern to enlighten the Youth by demonstrating the rationale of Catholic Faith and Doctrines. We introduce the already-known-to-you book, Youcat, which aims to be an aid for youth to better understand the Catechism of the Catholic Church.

Pope Emeritus Benedict XVI, thus mentions in the forward of Youcat:

“You need to know what you believe. You need to know your faith with that same precision with which an IT specialist knows the inner workings of a computer. You need to understand it like a musician knows the piece he is playing.”

“Yes, you need to be more deeply rooted in the faith than the generation of your parents so that you can engage the challenges and temptations of this time with strength and determination.”

“You need God’s help if your faith is not going to dry up like a dewdrop in the sun, if you want to resist the blandishment of consumerism, if your life is not to drown in pornography, if you are not going to betray the weak and leave the vulnerable helpless.”

We also welcome your doubts and questions about the fundamentals of Catholic Faith in particular, and Christianity in general. Send your questions to lanternknowyourfaith@gmail.com. The teachings of the Catholic Church on selected questions will be answered in the forthcoming issues.
Long time ago, there lived a woman called Hannah. She loved God and prayed everyday. She got married to a young man and lived a prayerful and peaceful life with him. But there was something that always made her sad. She did not have a child. She prayed and prayed. She made a promise to God, “Lord if you give me a son, I would give him back to you to serve you throughout his life.” After many years and constant prayers, God gave Hannah the son she asked for. She named him Samuel. Hannah kept her promise. When the boy was still young, she took him to the temple and presented him before Eli the priest. Since then, Samuel served in the temple under Eli.

A strange incident occurred in the life of Samuel which changed his life!

One night, when Samuel was sleeping he heard a voice calling out to him. He got up and ran to Eli and said, “Here I am; you called me.”

“I didn't call you,” Eli answered, “go back to bed.” Samuel went back to bed confused.

Again the LORD called, “Samuel!” Samuel jumped out of bed and went to Eli and said, “Here I am; you called me.”

“I didn't call you, go back to bed,” Eli answered a second time.

Samuel heard the voice a third time. Again he went to Eli and said, “Here I am; you called me,” he said.

This time Eli realized that it was God who was calling Samuel. With closed eyes and a smile Eli said to Samuel, “Go and lie down, and if he calls you again, say, ‘Speak LORD. Your servant is listening to you.’”

Samuel went back to bed and sure enough, again he heard the voice of God calling, “Samuel! Samuel!” This time Samuel answered as Eli had told him, “Speak, for your servant is listening.”

And then... they continued to talk.

What was happening all this while? God was talking to Samuel. I personally love this story because; here God is not talking to grown-ups. He is talking to a young child. Samuel was a young boy and God was talking to him by his name. God, our Father knows the names of each and every child of His.

In the Book of Isaiah (30:21) it is written “Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, “This is the way; walk in it.”

When at school, we may come across many evil temptations or good opportunities to help others. At that point of time our mind may be confused with so many questions about the good and evil. Should I cheat in the examination? Is it ok to copy during exam? Why is this girl crying? Should I go and talk to her? Should I help my classmate?

There are so many question marks that worry us all the time and many more that show us to lead the right life of a faithful. At such instances, what should we do? Take a pause and listen carefully. Listen to the inner voice that is trying to talk to you. God will tell you what to do. He will show you the way. Listen for God's call and answer just as Samuel did, “Here I am!”

As we are back at school, let us all start our day with a prayer:

Heavenly Father, today we are listening for your call. Perhaps you have something special for us to do. When you call, we will answer, "Here I am." Amen.
Read 1 SAMUEL 3 : 1-20 and answer the following questions:

**DOWN**

2  "The boy _____ ministered to the LORD before Eli."
3  "The_____ called Samuel. And he answered, 'Here I am!' "
5  "Now the LORD came and stood and called as at other times, 'Samuel! Samuel!' And Samuel answered, 'Speak, for Your servant _____.'"
6  "And the LORD called Samuel again the _____ time. So he arose and went to Eli, and said, 'Here I am, for you did call me.' Then Eli perceived that the LORD had called the boy."
8  "So he ran to _____ and said, 'Here I am, for you called me.' And he said, 'I did not call; lie down again.' And he went and lay down."

**ACROSS**

1  "Then the LORD said to Samuel; 'Behold I will do something in _____ at which both ears of everyone who hears it will tingle.' "
4  "And all Israel from Dan to Beersheba knew that Samuel had been established as a _____ of the LORD."
7  "And the LORD _____ yet again, 'Samuel!' "
9  "So Samuel grew, and the LORD was with him and let none of his _____ fall to the ground."
Pope: Gossip is the devil's weapon (CNA)

“Division is the weapon the devil employs most to destroy the Church from within,” the Pope told bishops of mission territories. “He has two weapons, but the main one is division: the other is money. The devil enters through our pockets and destroys with the tongue, with idle chatter that divides, and the habit of gossiping is a habit of ‘terrorism’.” “The gossip is a ‘terrorist’ who throws a grenade - chatter - in order to destroy,” he added. “Please, fight against division, because it is one of the weapons that the devil uses to destroy the local Church and the universal Church.”

Pope Francis announced that he will create 14 new Cardinals coming from all over the world, including Iraq, Pakistan, Italy, Poland, Peru, Japan, Madagascar, and several Vatican officials. 11 of those new cardinals are under 80, meaning they’re eligible to participate in an eventual conclave to choose Francis’s successor. The consistory will take place in Rome on June 29, the feast of Saints Peter and Paul. Francis also created 3 new cardinals who are above the age of 80, deciding to honour them for their service to the Church.

Pope to create 14 new Cardinals (cruxnow)

Vatican reports ‘crisis of vocations’ (catholicheald)

The number of seminarians has fallen amid what a Vatican document calls a “crisis of vocations”. Between 2012 and 2016, the number of men in seminary training for the priesthood fell by nearly 4,000, to 116,160. The decline has been especially concentrated in the Americas and Europe. In Africa, seminary numbers have steadily increased, providing an especially large number of future priests. The figures come in the Vatican’s official statistical record, the Annuarium Statisticum Ecclesiae. They show that the world’s proportion of baptised Catholics stayed around the same from 2010-16: it was an estimated 1.299bn in 2016, more than a sixth of the world’s population.

Pope: Abortion Reflects Nazi Mentality (lifenews)

Pope Francis mourned how frequently unborn babies with disabilities are aborted, comparing their slaughter to “white glove” Nazi eugenics. Addressing the growing use of prenatal testing, the Pope said abortion often is proposed as the first option if tests detect a problem with the unborn baby. “To have an easy life, they get rid of an innocent.” The Pope lamented that it is “painful” to think that society would accept the killing of children simply because they are sick or disabled, but this is the current mentality. “Children are the greatest gift,” he said, even when they are sick.

Pope: Abortion Reflects Nazi Mentality (lifenews)
Kerala closer to getting another saint (ucan)

The canonisation process of Blessed Mariyam Thressia, is a step closer now. An expert team in Vatican has approved a miracle of Christopher, son of Joshy and Shibi from Choondal, Thrissur, who was baptised the day he was born as doctors feared he would not live long. The child’s lungs were underdeveloped. His heart had three holes. He could have died any day. But he survived, and the doctors testified that the boy was cured. Christopher’s family avers that they owe the child’s life to the prayers of Blessed Thressia.

Yoga doesn’t lead to God: Syro-Malabar Church (timesofindia)

While the central government has taken several steps to promote yoga in the country, the Syro-Malabar Church’s doctrinal commission report has said that it was not a medium to attain divine experience. The report, prepared by Bishop Mar Joseph Kallarangattu of Pala, was approved by the Syro Malabar Church Synod recently. “Yoga is not a way to reach the God. It is not right to believe that it will be helpful to experience God or to have a personal encounter with the Almighty. The laity and church heads should take care to avoid paying attention to yoga and other spiritual movements, which are totally against the Catholic faith,” said the report.

1000 Sister Doctors dedicated to health care (Agenzia Fides)

More than a 1000 sister doctors in India silently contribute to the health care of the poorest and most marginalized. The "Sister Doctors Forum of India" (SDFI) is a group of about a 1000 religious women who are also specialized in the medical profession, with highly qualified studies. The sisters belong to 104 religious congregations, which are dedicated to serving Indian people, with compassion. Most of them are specialized in gynaecology, paediatrics, surgery. Devoting themselves to the poor and the oppressed, the nuns face difficulties every day, such as the lack of qualified personnel, poor infrastructure, unequipped centres.
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Kerala closer to getting another saint
(ucan)
Koinonia Camp 2018 for HSC and SSC students was held in the month of April at Animation and Renewal Centre (ARC), Panvel. Interactive sessions on Faith and Relationship helped the youth to know each other and also gave them an insight on how to face difficult situations in life.

Sessions on Cyber Security, First aid helped them to learn the practical threats of Internet and how to deal with emergency medical situations. Different games, activities and the Koinonia night added a lot of enthusiasm and fun, in making the camp even more enjoyable. This year the camp witnessed a very high participation. We, the Kalyan Eparchy Youth, would like to thank all the parents and catechism teachers for encouraging their children for such camps. Truly it was an overwhelming and joyful experience for all.
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KALYAN EPARCHY YOUTH

PITHRUVEDI

Pithruvedi Badminton Tournament
Pithruvedi, Kalyan Diocese organized Badminton Tournament at Sports Complex Andheri on 6-5-2018. Inauguration of the program was done by Pithruvedi Director fr. Shibu Pulickal.

Winners of the Badminton Tournament

Category A - Below 40 yrs. Age
1st Prize - Holy Trinity Church, Thane (W)
2nd Prize - St. Mary’s Church, Nashik
3rd Prize - Christ The King Church, Bhandup

Category B - 40 to 55 yrs. of Age
1st Prize - St. Sebastian Church, Kalamboli
2nd Prize - Amala Matha Church, Mulund
3rd Prize - St. Thomas Church, Dapodi

Category C - 55 yrs. and above
1st Prize - Amala Matha Church, Mulund
2nd Prize - St. Thomas Church, Vasai (E)
3rd Prize - Mary Matha Church, Sakinaka

Prize distribution was done by Fr. George Vattamattam and Fr. Paul Kunduparambil

Winners of the Badminton Tournament with Pithruvedi Central Committee Members

Annual Generalbody Meeting
Annual General Body meeting of the Pithruvedi will be held on Sunday 29th July 2018. 3.00 pm at St. Joseph Forane Church, Powai. Unit Animator, President, Secretary, Treasurer and Two Forane Committee Members can attend the meeting.

KAIROS - 2018
Pithruvedi is conducting Bible Quize and Cultural Competition on Sunday 15th July, 2018 at ARC Panvel. The following competition will be held:

Bible Quize
Poetry Recitation (Malayalam)
Extempore Speech Competition (English & Malayalam)
Street Play Competition

For any queries regarding the same please contact
Joy Varghese (President) 9821354824
Jose Mahew (Secretary) 9821075619

J N F
Welcome to our New Director Jesus’ Nurses’ Fraternity (J NF)
Rev. Fr. Joseph Chalissery

BISHOP’S DIARY
JULY - 2018

1st Pastoral Visit - Mumbai Central
11th-12th WRBC - Goregaon
2nd KMS Patron’s Day Celebration - Kanjurmarg
14th Extraordinary ministers for communion
3rd Minor Seminary Class - Panvel
15th Pastoral Visit - Rasayany
4th Curia Meeting
16th-20th Retreat - Panvel
6th MPC Class - Panvel
21st-22nd Eucharistic Team Meeting - Aluva
7th Dream Big for SSC - Powai
23rd-24th Propria Subcommittee - Kakkanad
8th Pastoral Visit - Khopoli
25th-27th CLC Meeting - Kakkanad
9th KMC Patron’s Day - Bishop’s House
28th Pastoral Council - Bishop’s House
11th-12th Pastoral Visit - Mira Road
30th Minor Seminary Class - Panvel

Diocese of Kalyan, felicitates the children who scored 90% and above in SSC and 80% and above HSC examinations.

Date: 7th July 2018
Venue: St. Joseph Forane Church, Powai
Time: 10.00 to 2.00 pm

It aims to empower the students to create victories each day by moving towards a simpler, smarter and stronger living.

Bishop of Kalyan, will do the honours

His Excellency Mar Thomas Elavanal,
LANTERN FAMILY PICTURE COMPETITION

The tan will fade, but the memories made along with your family will last forever.

Akhila Aji
St. Thomas Parish, Mira Road

Happiness is small road trips with family and stopping in between of nowhere to enjoy the moment together.

K.A. James
St. Thomas Church, Vasai (East)

"And Annette Vava pouts again"

Siji Bitto Thazhakkaden
St. Sebestain Church, Kalamboli

"We googled 'WORLD' and this is what we found!"

Thomas Joseph & Simi Thomas
St. Alphonsa Forane Kalewadi, Pune

‘Ohana’, "Every family has a story to tell. Welcome to ours."

George Joseph
St Theresa’s Church, Kandivali West

At once wildly comic, deadly serious, and strikingly original, C.S. Lewis’s The Screwtape Letters is the most engaging account of temptation—and triumph over it—ever written.

The rosary is a spiritual sword, containing the saving mysteries of the God-Man. It has the power to conquer sin, defeat evil, and bring about peace.

A bestseller for over a decade, this book explains how our emotional spiritual lives interact. Challenges readers to live fuller, more satisfying lives.

This book provides encouragement and direction for the pilgrim who desires to know, love, and serve our Lord. It is destined to be a modern classic on the spiritual life.
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of Marriage

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Shyna & Robin
Kevin, Austin & Celin
James & Alex

Mr. Akkara A. Paul & Mrs. Annie Paul
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25th Wedding Anniversary
16.05.1993
Mr. Maxy Paul V. & Mrs. Jessy Maxy V.

With Lots of Love and Prayers
Ann Marie Maxy (Daughter)
Mr. & Mrs. Eluvathingal Johny (Parents)
& All Family Members
1st Death Anniversary

Those we love don’t go away	hey walk beside us everyday.....
Unseen, unheard, but always near,
still loved, still missed, and very dear....

Fondly remembered by
Wife: Annie
Children: Ajesh & Agy
Daughter in law: Kiran
Son in law: Shaju
Grandchildren: Scarlet and Stalin

K.O. ANTHONY
Born: 3/10/1946
Died: 11/7/2017
St. George Forane Church, Panvel

10th Death Anniversary

"Mummy, Sweet memories of you keep
us going even when the pain of losing
you is still so fresh in our hearts.
WE MISS YOU.. !"

Fondly remembered by
Loving Husband, Children
and Grandchildren.

LEELA MATHEW
DOB: 17th Jan 1947
Deceased: 17th July 2008
1st Death Anniversary

Husband : M.T. Joseph
Son : Bijoy Joseph
Son : Binoy Joseph
Daughter : Jacqueline Joseph
Daughter in law : Tini Bijoy
Daughter in law : Jincy Binoy
Son in law : Justin Antony
Grand Children : Alex, Alvin, Lisa

Chinnamma Joseph

1st Death Anniversary

You left us with beautiful memories your love is still our guide and though we cannot see you, you are always by our side.

Deeply missed & fondly remembered by

Husband : K.A. John
Son : Biju John, Binu John
Daughter : Bindu Varghese
Son-in-law : Varghese Albert
Daughter-in-law : Tiji Biju, Neha Binu
Grand Children : Anjana, Aleena, Alister, Arnold, Alfred

St. Joseph Unit - Kalina

Annie John Kunnilan
Born: 30-04-1952
Died: 29-05-2017
MANGALA CARGO CORPN.

HOUSEHOLD PACKERS & MOVERS

Own Vehicle

Contact:

C. L. DAVID VALAPPILA
9323196882 / 9821222065

Dombivali
8879229738

Thane
9167534571

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GOC201848608

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GOC201848958

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GOC201746884

THANKSGIVING TO ST. JUDE
Sebastian — Malad (East)
Chinnamma George — Kalyan (W)
In Loving Memory of Dad and Mom in Heaven

Jose Varikkassery
DOB: 12-Oct-1952
DOD: 01-May-2017

Rosily Jose Varikkassery
DOB: 22-May-1956
DOD: 15-July-2012

Deeply missed and fondly remembered by
Mini and Francis Chundal
Mindo and Annet
Adriel, Angela and Johann
Family and Relatives.

St Alphonsa Church, Vasai (West)

25th Death Anniversary

“Blessed are those who die in the Lord... for they will rest from their hard work; for their good deeds follow them! (Revelation 13:14).”

“You’ll never be forgotten
And every year We’ll shed a tear,
But it’s only because We Love You
And wish you were still here.

The day You Went Away
They say that time is a healer
But as the time goes on,
We seem to find it just as hard
To face the fact you’ve gone.

Fondly remembered by: Parents
Brother: Reji  Sister-in-law: Sheena
Sister: Rini  Brother-in-law: Sajan
Nephews: Kevin & Mathew
Nieces: Merlin & Karen
Relatives and Friends

Mr. Roy Varghese
DOB: 13th Nov. 1966
DOD: 07th June 1993
1st Death Anniversary
(10-07-2018)

Mr. N.D. Joseph
(1942-2017)

Wife: Rosamma Joseph
Daughters: Jasmin, Jessy
Sons-in-law: Johnson, George
Grandchildren: Alan, Alwin, Marc, Cheryl

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Bhandup, Mumbai
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