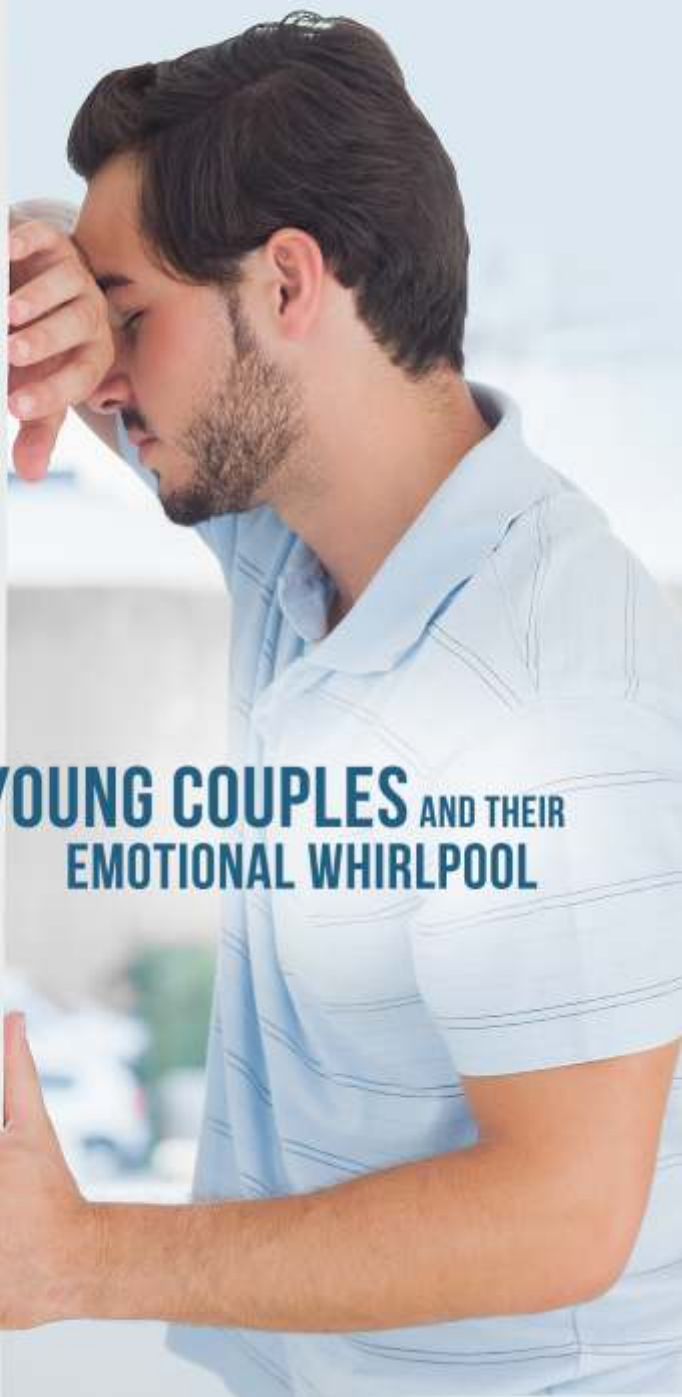


# Kalyan Lantern

NOVEMBER 2018

MAHBIL/2015/63218 MNE/353/2018-20 MR/Tech/WPP-323/NE/2018

Vol. 04 | Issue 08 | MUMBAI | 36 Pages | Price: ₹10/-



**YOUNG COUPLES** AND THEIR  
EMOTIONAL WHIRLPOOL

# FEAST OF MOTHER OF VICTORY

AT MOTHER OF VICTORY SHRINE, TIKUJI-NI-WADI  
Behind D-Mart, Manpada, Ghodbunder Road, Thane (W) Tel.: 2589 0084

**From 16 to 25 November, 2018**



## FESTAL SERVICES

<b>16/11/2018</b>	06.00 pm	Holy Mass, Novena, Litany (English)
<b>Friday</b>	07.30 pm	Flag Hoisting: <b>Mar Thomas Elavanal</b> <i>Bishop, Eparchy of Kalyan</i> Holy Mass, Novena, Litany (Malayalam)
<b>17/11/2018</b>	06.00 pm	Holy Mass, Novena, Litany (English)
<b>Saturday</b>	07.30 pm	Holy Mass, Novena, Litany (Malayalam)
<b>18/11/2018</b>	08.00 am	Raza, Novena, Litany (Malayalam)
<b>Sunday</b>	06.00 pm	Novena, Benediction (English)
	06.30 pm	Holy Mass (Malayalam)
<b>19/11/2018</b>	06.00 pm	Holy Mass, Novena, Litany (English)
<b>Monday</b>	07.30 pm	Holy Mass, Novena, Litany (Malayalam)
<b>20/11/2018</b>	06.00 pm	Holy Mass, Novena, Litany (English)
<b>Tuesday</b>	07.30 pm	Holy Mass, Novena, Litany (Malayalam)
<b>21/11/2018</b>	10.00 am	Novena, Benediction (English)
<b>Wednesday</b>	03.30 pm	Holy Mass, Novena, Adoration (Marathi)
	06.00 pm	Holy Mass, Novena, Litany (English)
	07.30 pm	Holy Mass, Novena, Litany (Malayalam)
<b>22/11/2018</b>	06.00 pm	Holy Mass, Novena, Litany (English)
<b>Thursday</b>	07.30 pm	Holy Mass, Novena, Litany (Malayalam)
<b>23/11/2018</b>	06.00 pm	Holy Mass, Novena, Litany (English)
<b>Friday</b>	07.30 pm	Holy Mass, Novena, Litany (Malayalam)
<b>24/11/2018</b>	06.00 pm	Holy Mass, Novena, Litany (English)
<b>Saturday</b>	07.30 pm	Holy Mass, Novena, Litany (Malayalam)

## FUN FAIR (MOV-YOUTH)

**Nov.  
25  
(Sunday)  
FEAST DAY**

9.00 a.m.: Holy Mass, Novena, Litany (English)  
**Rev. Fr. Jacob Porathur** (Rector: Minor Seminary, Panvel)

4.00 p.m.: **Solemn Holy Qurbana, Ledinju (Malayalam)**

*Main Celebrant* : **Rev. Fr. Biju Mannamcheril** (Director - Catechism, Diocese of Kalyan)

*Festal Message*: **Rev. Fr. Tenny Parakka CMI** (Principal, St. George School, Malad E)

**Procession, Agape**

**We cordially invite you to seek the intercession of our Mother and join the celebration.**

**Fr. Biju Kollamkunnel**  
(Rector)

**Tomy Thomas | James Sebastian**  
(Trustees)

**V. K. Johnson | Sunil Pooniyil**  
(Convenors)

hcg;  
Hcpa... p  
apt dmm



{ } XoE I fmWvPohnXs<sup>-</sup> apt¼m«p \bnj pó  
CÓ\w. Cós<sup>-</sup> { } i \N<sup>-</sup> n\N\msf Hcp<sup>-</sup>  
] cnl mcw D'i ml psaó { } XoE ... Cós<sup>-</sup>  
\\ó! fpw kt<sup>-</sup> mj hpw \msfbpw \ne\ñó; pw  
F ó { } XoE ...

bphXzw Cu { } XoE I fmeppw shñphnfnl fmeppw  
\\nd<sup>a</sup> ncñj pó p. tPmen t\Spl ! hoSvhmS pl !  
PohnXssi en sa<sup>-</sup>s, Sp<sup>-</sup> pl bpw AXnó Ø ncX  
ssl hcñj pl bpw sN<sup>-</sup>pl ! tPmen Ø es<sup>-</sup>  
{ } i \N<sup>-</sup> fpw DXl Wvfbpw adnl Sij pl !  
k m¼<sup>-</sup> nl l mcyS Ä { l as, Sp<sup>-</sup> pl !  
hnhml s<sup>-</sup> i pdñ<sup>-</sup>p Nñ<sup>-</sup> nj pl ! hnhml<sup>-</sup> ntej v  
{ } thi nj pl ! l pSpw<sup>-</sup> i mscbpw ] pXnb  
\_ Öpi sfbpw Duj afambn sl mi<sup>-</sup> pt] ml pl ...  
F ó nS s\ A\ amb shñphnfnl Ä.

apXnÄó htcmsvHcp hmj v bphZ¼Xnamtcmsv  
l cpWbpw l cpXepw DÄ hcml pl . AhcpsS  
am\k nl k wL Äj S Ä a\Ênemj n AhtcmSp  
tNÄó v\ñó; pl . AhÄ \½psS aj fmWv  
\½psS hmj pw k z'mhhpw "F cñXobnó F ®  
Hgnj pó Xpt]mse" B l cptX.

bphZ¼Xnl tfmSvHcp hmj v apXnÄó hÄ  
\\nS Äsj m, api<sup>-</sup> v hn[nj m\ñ; kwcE nj m³.  
AhÄ \\nS Äj mbn { } mÄ<sup>o</sup> nj pó p. Ahcmó  
k m[nj pó F<sup>-</sup> mhi yS Äj pw Hcp  
hnfn<sup>-</sup> mSl se \\nS Äj mbn l mtXmÄ<sup>-</sup> ncñj pó p.  
AhcpsS { } mbt<sup>-</sup> bpw PohnX] cnNbt<sup>-</sup> bpw  
am\\nj m³ { i anj pl . AhÄj v\\nS Ä Hcp  
ssl<sup>-</sup> mS mhm\pw { i anj pl .

] ck v] cw { } mÄ<sup>o</sup> \\l fneqsS Hó mhp l . HmÄj pl ;  
\\½psS ssl l Äj p.F<sup>-</sup> ns, Sm³ ] äm<sup>-</sup> nS<sup>-</sup> v  
\\½psS { } mÄ<sup>o</sup> \\l Äj v sNsó<sup>-</sup> m\ml pw!!!



# Kalyan Lantern

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

NOVEMBER 2018

Vol. 04 | Issue 08

## PATRON

Bishop Mar Thomas Elavanal

## CHAIRMAN

Msgr. Emmanuel Kadankavil

## CHIEF EDITOR

Fr. Biju Mannamcheril

## ASSOCIATE EDITOR

Fr. Shaiju Augustine Kattayath

## MARKETING MANAGERS

Fr. Sebastian Mudakkalil

Mr. Roy Philip

## EDITORIAL BOARD

Fr. Benny Thanninikumthadathil

Fr. Lijo Velliyankandathil

Fr. Raphael Ainickal

Mr. George Chirayath

Mr. A.F. Thomas

Mr. Jimmy Antony

Mr. Antony Cyriac

Ms. Jerin Jacob

Mrs. Elizabeth Dimal

## CIRCULATION MANAGER

Fr. Royas Kalaparambil

## CONSULTORS

Mrs. Rosily Thomas

Mr. Biju Dominic

Dr. C.P. Johnson

Mr. Roy Kottaram

Mr. Babu Mathew

Mr. Joseph John

## OFFICE SECRETARY

Mr. Joseph Chiramal

## DESIGN & LAYOUT

Mr. Josemon Vazhayil

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

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

Website: www.kalyandiocese.com | Matrimonial: www.godsownchoice.com

MAHBIL/2015/63218 | MNE/353/2018-20

# Multi-tasking and Multi-learning:

## Overcoming our Challenges as New and Young Couples

Getting the first job, marrying the partner of one's dreams and having children are some of the happiest occasions in one's life. But beyond the initial euphoria, as the rubber hits the road, these occasions can also be the beginning of one of the most stressful phases of one's life.





The stress begins with the search process for an appropriate job. Many young people do not even initially know what job they should look for. Even with the right educational qualifications, one is not guaranteed of a good job. The level of competition for the few good job openings in the market being intense, so many are forced to take up the first job offer that comes their way.

Stress levels do not abate even after getting a job. For that matter, it might only increase. Long commutes to and from work and long working hours are very common. Getting an understanding and caring boss often remains just a dream. Not getting a salary that is commiserate with the effort one puts in, only adds to the tension. Even if you get a reasonable salary raise at the end of the year, the moment you hear that a colleague got a higher increment than you, the feeling of injustice and stress levels only increase...

### The Tension of Getting Married

Finding a wonderful partner in marriage is a significant step in one's life. This new companionship brings lots of joy. But marriage also makes big shifts in one's life, more so for the girls. From having a fairly pampered life with one's parents to a life of taking care of one's husband and in-laws is not an easy change. Before marriage, getting up early in the morning or helping in the kitchen was an option which many young girls chose not to honor, most of the time. Marriage usually changes it all. Getting up early in the morning and preparing food for all at home, doing the household chores do not come easy for most young girls.

Adding to the sadness of leaving their parent's home, girls have the onerous responsibility of adjusting to the new home environment of her husband. Any change in status quo is difficult to adjust to. But a new environment, more so in-laws who no more treat you with kids gloves as one's parents did adds to the stress levels.

### Babies Coming Home

Just as you thought that you were getting used to the demands of married life, life takes new turns with the arrival of babies. The coming of little ones in our life turn even best prepared plans upside down. The baby crying for a bit longer time than usual is enough to increase the young parent's anxiety levels. Taking care of the baby, husband and in-laws and home and at the same time managing to do justice to one's career is quite demanding and challenging a task.

There are no ready-made solutions that perfectly fit all the problems. One needs to attempt trial-and-error methods while devising one's own solutions to reduce one's stress levels. Here are some broad solutions



### Quality Time Together

Finding a little time for family prayer and having at least one meal together in a day can make a big difference. Several studies have shown that families that pray together and have a meal together tend to have lower tensions. Kids in these families grow up to be far more responsible than those families that do not spend some time together everyday.

## The Power of Touch

Touch, or rather little gestures of care and intimacy, have a powerful way of dissolving even greatest of stress. Young couples should find opportunities to express their love and support to one another many more times during the day. A little peck on the cheek, a small hug, just holding each other's hand for a few moments can bring in a rush of positive hormones, in an otherwise stressful day. Malayalis, more so the men, are very poor in displaying these little signs of affection and care. We could all try saying at least one decade of rosary with all the family members holding hands together and see the difference in the relationship between the family members post that.

## Young Men Please Step in

Young men do not have to shift their environment after marriage. Many of them continue to live with their parents as before. They are not bogged down with the assumed or expected responsibility of looking after the children.

Young men should be sensitive and realize that the lives of their partners dramatically change post marriage more so after having a baby. Husbands should play an active role in taking care of the children and helping their wives in managing the household. This helping attitude of husbands will not only reduce the work load

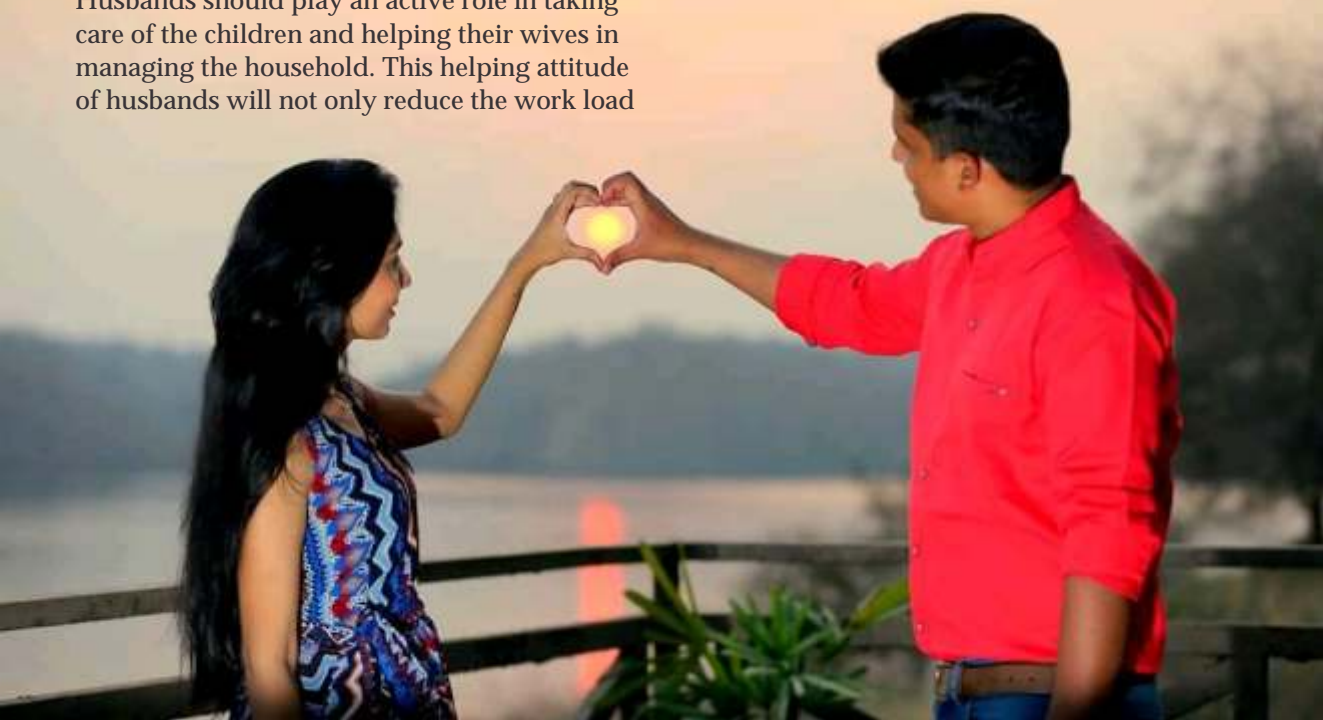
of his wife but will also help strengthen the bond between them.

## Initial Focus of One's Career

The initial years of one's career are some of the most stressful days of one's life. Avoid the tendency to shift too many jobs in the initial days of one's career. The focus should be to learn the intricacies of one's job very well. Staying on in an organization that gives you more opportunities to learn should always be preferred over moving jobs too many times just for some immediate financial gains. Stability in the initial days of one's career provides much needed peace of mind at work and proves to be far more beneficial in the long run.

Undoubtedly, the initial years of one's working career, married and family life are one of the most difficult phases. However, once you get over this phase successfully, the experience and learnings provide young couples enough confidence to face any other problems in life.

**Mr. Biju Dominic**  
is the chief executive officer  
of Final Mile Consulting,  
a behaviour architecture firm



# *Together is the Way to Be, Come what May.*

**A**s my partner-in-crime always tells me, the only friends I had before marriage was my family. Once I got married, I was in for a big surprise. I saw the great joy (and pains) in being a part of a huge family comprising my in-laws, many uncles, aunts, cousins, and loads of children (and believe me most of them also came to live with us time and again, and that too in a city like Mumbai!). We were also expected to help out in this extended family's various problems, even the financial ones. Besides that, I also had my first-hand experiences of situations straight out of our favourite 'Karuthamuthu', though not that grotesque.

I always thought that I would take care of my parents, especially since we stayed very close to them. However, all through the ups and downs it was they who stood like a rock behind me, constantly giving me

the support I needed to survive. They also helped me understand the challenges of living in a new family and giving my best to it.

Very recently, our elder daughter was diagnosed with a major illness. All through the trials and tribulations, bad and worse times, both my family and my husband's entire family have been a major support system for us. By the Grace of the Almighty and thanks to everybody's sacrifices and efforts, she is doing much better and is on her road to a complete recovery.

I would like to emphasize that as married women, it is our responsibility to love and respect both our parents and our in-laws. We need to take care of and look out for both parties equally, come what may. We need to understand that the world we live in is not an ideal world. Everyone has their good traits and flaws, it just may be at times more prominent in the person-in-law. But hey, the glass is always half full. We all have lots of good qualities as well.

We need to remember that in difficult situations, it is only our family (both sides) who will be by our side. So we need to ensure that we make time for our parents and parents-in-laws, take good care of them, respect their differences and work together to get the larger picture going.

*We need to remember  
that in difficult situations,  
it is only our family (both  
sides) who will be by our side.*

**Anonymous**

# Our Family: Our Strength and our Weakness



After 2 weeks of hospital life, and reaching home the real nightmare started when the elder one was upset with younger one.

Being in a metropolitan city like Mumbai where priorities are one's job, amenities, home, vehicle, weekly enjoyments and relaxation, the decision to have a child is challenging. A number of families, especially those well settled, decide to restrict the number of their kids to one.

Everyone welcomes a first kid with excitement. Saying a yes from the bottom of one's heart to a second child, that too right after the first, is always challenging due to the insecurities couple face about being able to give enough attention to the first child, doing justice to one's job, the challenge of taking care of kids, space limitations and so on. It

was not a good news at the beginning, and we were literally disappointed, but we couldn't say no too because it was our replica in the womb. Romal supported me to the core. He started spending more time taking care of Eva, helped more with the household chores and all other works too as I would be exhausted each day after work. He also kept reminding me that this was God's gift and that we need to accept it with open arms.

Relying on prayers, my pregnancy period passed by without much hassle. Tensions started after the delivery as there were complications and the baby had to be kept at the NICU for almost a week due to





jaundice. Staying away from my elder one during this period was difficult. After 2 weeks of hospital life, and reaching home the real nightmare started when the elder one was upset with younger one. Seeing a new child with her mother and not being able to sleep with her mother, she started showing signs of enmity. She would beat the younger one whenever she got a chance, but slowly, her nature changed and she started accepting her sister. My mother was there to help me. She ensured that she pampered Eva more and soon Eva accepted the little one. The major challenge was whether or not to quit my job. I had already resigned once due to my delivery and had doubts whether I would be able to manage ahead. After being at home for a while, I felt that I should continue working so that I wouldn't regret later. Romal too was of the same opinion. Getting a teaching job is not too easy in the engineering field, that too in Mumbai but I kept faith and started giving interviews. I was blessed and offered a job in the same college with a better package. But tensions were mounting up as we had not found anyone reliable to take care of our kids and around the same time, my husband got an official project abroad. Doubts as to how to manage things alone in Mumbai without getting household help kept nagging me, but faith, hope and passion made everything possible.

I came to Mumbai with my mother in law. I managed to get a maid as suggested by a family friend and managed to start working. But at home, the elder one was behaving very differently thinking that everyone had deserted her. We brought her back after a month and by then, my husband came back too.

Visits to the hospital with two kids to manage, and that too almost 4-5 times in a year tested our perseverance. Managing my job along with my kids was not an easy task and I started thinking of quitting the job. Thankfully enough, sensing my difficulties, my mother was able to get a maid from Kerala who could stay along with us and take care of the kids in a better

way. Situations improved as kids got a friend to be with them, and gradually the number of times they got diseases reduced. The bond between my kids improved as they started spending time with each other.



Life is a journey with twists and turns, which always surprises us. Parenting life is not an easy job and not hustle free too, but the smiles on the faces of the kids is the ultimate joy. Children change our entire life. It is important for the husband and wife to support each other. This journey of mine would have been difficult had it not been for the support of my husband. Be it childcare, cooking, cleaning and anything else, we overcame these together and he was always there to share our responsibilities. Though hardships are there, the joy in the family keeps increasing with the presence of kids. We often joke about how we don't need to go for a trip to have fun. Every day is fun when kids are around.

### Anooja & Jis Romal

belong to St. Alphonsa Church, Mankhurd, Jis Romal is Scientific Officer at Bhabha Atomic Research Center and Anooja is a faculty at K J Somayya College of Engineering, Vidhya Vihar

# Life in a Place called Home

I belonged to a lovely family of four, a family that has always been spiritually bonded and active in the church. My day began and ended with a 'forehead kiss' and a cross on the forehead by my mother. Throughout the day, my father or mother would keep a check on me to know if I was doing good; and the day ended with the four of us chatting or watching a TV show and dining together. Every stage of my life then had been a blessed journey; school life, junior college, under-grad, post-grad and professional life. Post this, marriage happened!

My life currently completely revolves around a house of three working adults and a two-year-old child. My morning chores begin at 4am and continues till 6am preparing meals for the day, (breakfast and lunch) for all family members; continued by a quick



bath, getting ready, waking up my child, preparing my child's meal, feeding and dropping my child off at the babysitter. My office hours begin from 7.30 and continue up to 3.30. On my way back, I shop for household groceries, pick up my child and rush home, bathe my child, prepare my child's meal, feed and begin to read out some books to my child. Post this, I begin my chores for the dinner meal, cleaning up the house side by side. And who offers help? ABSOLUTELY no-one. I have a mother in law who wishes to only play with the child, and never offers to contribute to even 1 percent to the back hand or the house responsibilities. My husband reaches home by 9 or sometimes even 10. By this time, my child has already dozed off, and so has my mother in law. I stay awake to give my husband company and also because I wish to spend some time off with my partner talking about how our day was. Weekends are days when my child plays along with my mother in law and husband and I spend most of the day managing the house chores. There are very few days where I could cover up for the lack of sleep I have, or where I could go out with my husband, or spend time with the child wholly like any woman would have wished for. The best part is if I wish to or involve my

husband in the chores even to an extent of 10%, my mother in law hates it. She tells me that he is tired after his hectic work schedules and that he needs to rest. And what about me? I am a mother now and apparently "there is no rest after being a mother" she says. And in return as blessings? - She blames, cribs, and talks ill about me in his family. So how do I survive? - those dinner time talks with my husband, those few hours of play with my child, those rare outings with my husband and child, and those ever-loving, never ending phone calls of my parents soothe my day.

Overall, I observe this stark comparison from 'being loved' and 'craving for love'. My meagre expectations range from spending some quality time with my partner, spending more time with my child and working towards his intellect and conduct, some contribution from the in-laws end in running the house so that I can spare some time for myself - my wishes, my hobbies etc. and the most important need being my husband speaking up for me against his family who disregard me outrightly and stop being as dutiful a son as one can be.

So this is me, a 30 year old, suffering joint pains already, with no quality time off for anything that I crave for. Who is to be blamed? Why is it that we as a couple are expected to give into the needs of his demanding parents who have adopted a maid and not a daughter into the family?

Why can't I enjoy the freedom that my parents or my in-laws enjoyed as nuclear couple families? Why can't I just voice out and move away from this chaotic mess? Why should I be the only one making all the sacrifices?

Why is it that we as a couple are expected to give into the needs of his demanding parents who have adopted a maid and not a daughter into the family?

Anonymous

# *fear not, I will help you*



With the strong support of my partner and my in-laws, I could concentrate very well on my academics.

God blessed us with Daniel, our second son just before our 3rd wedding anniversary this August. Looking back to the initial days of our marriage, things have changed A LOT. Nixon worked at a company where he used to have shifts and I was studying (M.Sc.). With the strong support of my partner and my in-laws, I could concentrate very well on my academics. We always found it difficult to spend time with each other. Going for outings together is still a dream. We kept thinking of spending time on outings after my studies, which could not happen as I was soon midway through my pregnancy. With the arrival of Samuel, our first child, time constraints were only increasing. Now we even have Daniel added to our family and the outing plans are still being postponed.



All throughout this phase, we have constantly prayed together. Saying 10 Hail Mary's together is a must every day before going to bed. For the children, we place our hands on their head and say the Apostles creed prayer every day. This for us, ensures the spiritual protection that the family needs. Nixon was blessed with a new job last year which lets him spend more time with us. I too was blessed with a job last year after a long maternity break.



Until few months back when both of us were working, we used to find it difficult to manage both work and home. We both used to try our best to finish all our work by evening everyday so that we could get time to interact. Yet, few days are those typical busy days. Our parents help us with household work and they help us look after our children. This makes it possible for both of us to work conveniently. This however, does not make us free from our responsibilities towards the family. We do household work daily as well as try taking Samuel out on weekends. Nixon spends most of his time with Samuel once he gets back from work. The days when more time needs to be spent at work place brings a very tight schedule at home.

There were days where I and Nixon could not even talk at home and those talks took place over the phone when we were at the work place the next day.

Now that I have taken a break, we are considering various options to opt for that will let me take up my career and at the same time let me spend good time at home. It is not always necessary to have a 9 to 6 office work to be able to earn. We are trying to focus more on options that will be of our interest. For example, teaching at coaching centers near home such that it'll let me be in touch with my field and also give me experience and let me spend time at home as well.



To conclude, it is a fact that it takes many years for couples to settle in life with their families and career. Let us all seek the help of the Almighty to help us in this settlement as Isaiah 41:1 says- "For I, the Lord your God, will hold your right hand, saying to you- Fear not, I will help you."

#### Simi & Nixon Peter

belong to St Alphonsa Church, Vasai West  
Nixon works as the Deputy Manager at  
Agility Logistics, Andheri. Simi is a  
Lecturer at Viva College, Virar.

# CHALLENGES OF SETTLING DOWN AFTER MARRIAGE: FROM A NEW BRIDE'S PERSPECTIVE

The worst is when you can't share it with your loved ones who already sense something fishy going on. Thus, life turned around soon from a rosy picture to a dark canvas.

Being a newlywed bride was both exciting as well as fearful. I was both excited to start a new phase of life and fearful due to its uncertainties ahead. During the initial days, I considered myself lucky to be a part of this new family with my in laws. My mother-in-law, a home maker, seemed very considerate and understanding. I remember my mother-in-law telling, "You don't have to rush back home from work, there is hardly any work for me here", "There is no stipulated method of cooking, you can cook in the way you are comfortable with" and so on... This convinced me that I had an amazingly understanding mother-in-law. I did household chores to the best of my ability to ensure that I equally participated in the home affairs as well. This, later became a part of my routine and my life revolved around this newly formed routine. I and my mother-in-law shared a loving bond with each other.

But after a few months, as the initial wedding bliss faded off, the initial attitude where I was made to believe that I was the 'daughter of the family' slowly changed. The evident signs started with a change in the tone of voice, lack of eye contact while talking, deliberately avoiding me out of conversations, not speaking to me unless required,



sarcastic comments etc. This scenario was very new to me. It was around this time that I had just taken up a new job, which disrupted my already created routine at home. Coping with these changes were stressful resulting in absolute confusion, guilt and some teary nights ultimately making me extremely home sick. Thus, from being the 'daughter of the family', I became the 'daughter in law'. This led to a loss of the initial loving bond that I shared with my mother-in-law.

All this happened in the span of a year. My life now revolves around wondering why the rosy picture was shown in the first place. A new bride during her initial days struggles to understand and familiarise herself with the routines of each member of the new family. And, it's disheartening to realise, after a while, that your initial inference was wrong. The worst is when you can't share it with your loved ones who already sense something fishy going on. Thus, life turned around soon from a rosy picture to a dark canvas. But, I hope this

phase is temporary and fades off soon.

In such a scenario, it's your partner who is expected to stand by you as an unbiased rock showing you a way forward. I'm fortunate to have the strongest rock by my side who constantly reminds me to continue putting my best efforts as there will definitely be light at the end of the tunnel. In this current phase, despite the turmoil, I continue my usual routine irrespective of the comments or anger that may pour out. Though it does not change the existing situation, it acts as a coping mechanism to confront my conscience at the end of each day without guilt. Occasional walks, sharing with friends, spending time in personal prayer, reading the Bible and keeping myself engaged in hobbies are a few useful methods I found to channelize my negativity into positive energy thus ensuring efficiency in my routine activities at home and at my work place.

Anonymous

# അമ്മയിലമ്മയും ഒരിക്കൽ മരുമകളായിരുന്നു

[saas bhi kabhi bahu thi]



90 l fñð aebmf at\mca B gñ N<sub>2</sub> Xñ nð  
{ } k n<sup>2</sup> ol ci' k n. hn. \nAae F gpXñb Hcp  
l nāv t\mhembncpó p "k {Xo[ \w". ] mhw Hcp  
`mcybpsSbpw `b| cnbmhb Hcp  
A ½mbnb½bpsSbpw, H<sub>2</sub>w ChÅ; nSbnð  
s] «t] mb Hcp k m[ mcW `A` mñsâbpw l Y  
] d<sup>a</sup> Cu t\mhð ] nð oSv  
shÅ n` ncbnepsa` n. B gñ N<sub>2</sub> Xñ nð Cu  
t\mhð Ahk m\ñ`v l pd`v \mfpl Å; vti j w  
tPmbk n F gpXñb "mcy" F ó asâmc  
t\mhð l qSn { } k n<sup>2</sup> ol ci; s<sub>2</sub> «p. CXpw  
k n\ nabm; s<sub>2</sub> «p. CXñsâ CXñhr` m' w  
B ZyW { } k n<sup>2</sup> ol ci' t\mhensâ t\sc  
hñ] coXhi w B bñcpó p. `b| cnbmhb Hcp

`mcybpw ] mhhpw k t\l \n[ nbpamb Hcp  
A ½mbnb½bpsw ChÅ; nSbnð \«w Xñcnbpó  
Hcp `A` mhpw. Cu ci' vt\mhēpl Å; nSbnð  
F hñsSsbms; tñm l mWmw Rm\ S; apÅ  
hñhml nXPohñXw \bn; pó bphXeapdbñse  
`mcytbbpw `A` mhñt\bpw H<sub>2</sub>w  
amXm] nXm; tfbpw.

Hcp t\mhēñ hññ<sup>3</sup> A ½mbnb½ B sW; nð  
aāXñð `mcy B bñcpó p hññ<sup>3</sup>. bmYmÅ°  
PohñX` nð ] sE. ] et<sub>2</sub> mgpw Hcp hyà n  
B hmdññ hññ<sup>3</sup> ... k ml NcyS fmWv hññ<sup>3</sup>  
thj w ] l cm<sup>3</sup> \s½ t{ } ci; n; pó Xv Rm<sup>3</sup>  
] et<sub>2</sub> mgpw Nñ` n`ñkpi v k t\l n; m\pw



emfij; m\pw ] cn] men; m\pw am{Xadnbmhpó  
Hcp A ½ A sñ! nō I pSpw\_\_ nsā  
mY\mbn, s\SpwXpWmbn, aj fpsS I otdm  
B b Hc<sup>3</sup>, F S s\ B WvHcmfpps  
A ½mbnb t\m A ½mbnb½tbn B bn hnñ<sup>3</sup>  
] cnthj w [ ] m] n; pl ? AtXt] mse Xsó  
F S s\bmWv Hcp I pSpw\_\_ nse Gāhpw  
anSp; \mb A sñ! nō anSp; nbmb I p«n  
hnhml w I gn<sup>3</sup> Xn\p ti j w asāmc  
I pSpw\_\_ n\vapó nō hnñ<sup>3</sup> B hpl ?  
hnhml w I gnbp t¼mÄ s] «óv F S s\  
NnecpsS SmKpl Ä amäs, Spó p?

### ck v] cpa\k nem; ð

ChrsSbmWv\mw Hmtcmcp<sup>-</sup> cpw Ccp<sup>-</sup> n  
Nn<sup>-</sup> nt; i " ] ck v] cpa\Ê nem; ð" I Só p  
hcopó Xv Xsā I pSpw\_\_ nte; v I Só p  
hcopó Xsā ] pXnb (acp) al Ä A sñ! nō  
Xsā mcy I gn<sup>a</sup> ci v] Xnäm i ntesdj mew  
asāmc I pSpw\_\_ nō Hcp] mSv  
k t\l i n; s<sup>3</sup> «pw emfij; s<sup>3</sup> «pw  
] cn] men; s<sup>3</sup> «pw I gn<sup>a</sup> ncpó XmsWópw,  
ChntSj v Hcp ] pXnb PohX<sup>-</sup> nte; v I Só p  
hcopó Xv Xsā k z<sup>3</sup> ambncpó ho«nō  
I n«nbncpó k t\l hpw emf\hpw  
] cn] me\hpw Hcp \nY nX ] cnanXnbñō  
F ! nepw I n«psaó pÄ i p [ ] XoE bnepw  
B WvF óva\k nem; m<sup>3</sup> XbmdmhpI . Xm<sup>3</sup>  
Xsā aj sf ] Tn<sup>3</sup> n<sup>3</sup> PohXcoXnl Ä  
B bncij nñ Xsā ] pXnb acpal Ä / acpal<sup>3</sup>  
] Tn<sup>3</sup> v hónai; pó Xv B bXn\mō Xsó  
PohXssi enbnepw \ne] mSpl fnepw  
amäs fpi mhmw. Nnet<sup>3</sup> mÄ Xm<sup>3</sup> Xsā aj sf  
] Tn<sup>3</sup> n<sup>3</sup> PohX] mTŠ sfj; mÄ sa<sup>3</sup> s<sup>3</sup> «Xmhv  
] pXnb al Ä / al<sup>3</sup> ] Tn<sup>3</sup> v hónai; pó Xv  
CsXmsj; a\k nem; i k t\l<sup>-</sup> nsābpw  
emf\<sup>-</sup> nsābpw m j bnō Xncpt<sup>-</sup> i Xv  
Xncp<sup>-</sup> mw, A Xnepw [ ] [ m\ambXv sNdnb \ñ  
I mcyS fnepw [ ] i wk n; m<sup>3</sup> adj mXncij pl  
F óXmWv

### "cmt[ , A Xnat\ml cambncij póp"

] si<sup>3</sup> tŠ m tl «p adó Cu ] ck yhmNI w Có v  
] e mcyamcpw Ä<sup>-</sup> mhnō \nóv  
tl Ä; m\m{Kl i; pó Hó mWv "Hcp \ñ hmi v  
" A sñ! nō C<sup>-</sup> ncn [ ] i wk , A XmÄ; mWv  
Cā amhm<sup>-</sup> Xv? Nne thZ\mP\l amb  
\nanj Š fñō t] mepw Hcp \ñ hmi v  
Nnet<sup>3</sup> mÄ thZ\mk wI mcnbmb amdmw. Nne  
t\cŠ fñō Ä<sup>-</sup> mhnō \nóv mcy A {Xbpta  
[ ] XoE n; póp i mhp. ] sE A hnsSbpw  
Rm\Si apÄ Ä<sup>-</sup> m j òmÄ Hcp tXmōhn  
B hmdpi v A Š s\ hcpt¼mÄ k qNn

Nne t\cŠ fñō Ä<sup>-</sup> m  
hñō \nóv mcy A {Xbpta  
[ ] XoE n; póp i mhp.  
] sE A hnsSbpw Rm\  
Si apÄ Ä<sup>-</sup> m j òmÄ  
Hcp tXmōhn B hmdpi v.!!

sl msi Spj mambncpó Xv ] nó oSv Xq¼  
sl mi pw F Spj m\mhm<sup>-</sup> kml Ncy<sup>-</sup> nte; v  
amäs, Smw . Hcp \ñ k zmZpÄ<sup>-</sup> E Ww  
Di<sup>3</sup> m j n Xcpt¼mÄ, "CXv A Sns] mfn" B sWóv  
] d<sup>a</sup> mō A Xnō mcy i pi mhpó k t<sup>3</sup> mj w  
hepXmWv A hnsS F<sup>-</sup> n\mWv ] ni pi v  
I m«pó XE A Š s\ A hsf ] pl gv<sup>-</sup> nbmō  
A hÄ ] nsó CXnepw \ñ Xv Di<sup>3</sup> m j m<sup>3</sup>  
[ i an; mXncpó mtem F ó Nn<sup>-</sup> bmWv  
\nŠ sfs; mi<sup>3</sup> v A hsf [ ] i wk n; pó Xnō  
\nópw ] n<sup>3</sup> Xncn<sup>3</sup> n; pó Xv F ! nō A dñ<sup>a</sup> p  
sl mÄ pl . \nŠ fpsS Hcp sNdnb \ñ hmi v  
\nsf CXnepw k zmZnā amb<sup>-</sup> E Ww,  
A sñ! nō \nŠ Ä; mbn I qSpXō  
\ñ Xv sNz phm<sup>3</sup> A hÄ; v [ ] tNmZ\w  
B hpw. CXmWv k Xyw. CsXñmw Xncn<sup>-</sup> v  
mcy i pw \_\_ m [ I amWv

sshZol Ä; nSbnse Hcp Xami I gn<sup>a</sup> Znñk w  
Hcp sshZol<sup>3</sup> ] dbpl bpi mbn. Nne  
hoSpl fñō sshZol Ä<sup>-</sup> E Ww I gn; m<sup>3</sup>  
sNñpt¼mÄ A hnsS \ñ Hó m<sup>-</sup> cw  
k zmZnā amb<sup>-</sup> E Ww I gn; m<sup>3</sup> I n«pw.  
E W<sup>-</sup> n\vti j w A Xpi m j nb ho«½bmb  
tN<sup>-</sup> nsb Hó v [ ] i wk n; Wsaó vtXmó pl  
100% k zm\mhnl w. ] sE Ä<sup>-</sup> òmÄ ] dbpw  
A Š s\bpÄ A hk cŠ fñō [ ] i wk n; m<sup>3</sup>  
] mSnñm F ó v I mcWsas<sup>-</sup> tó m C{Xbpw  
k zmZnā amb<sup>-</sup> E Wapi m j pó tN<sup>-</sup> nsb,  
tN<sup>-</sup> nbpsS Ä<sup>-</sup> m hmv Hcn; ð  
t] mepw [ ] i wk n<sup>-</sup> n«pi mhnñm. A Š s\bpÄ  
kml Ncy<sup>-</sup> nō Ä<sup>-</sup> sâ [ ] i wk Nnet<sup>3</sup> mÄ  
Ä<sup>-</sup> \vXsó ] mcbmtbj mw. I meL «s<sup>-</sup>  
t] Snj Wat{X...!! Cu Xami bnō \nóv Xsó  
a\k nem; mw Hcp sNdnb [ ] i wk bpsS hne.

### \nsó Rm<sup>3</sup> a\k nem; póp

CubnsS CdŠ nb Hcp I ngn k n\abnse Hcp  
k o<sup>3</sup> Rm<sup>3</sup> HmÄ; póp. Ø ncw  
I pSpw\_\_ k n\nal fnse cwKw p F<sup>-</sup> n\pw  
GXn\pw acpal sf I pás, Sp<sup>-</sup> pl bpw



al s\j pdn\vs] m; n, dbpl bpw sN, pó  
Hc½mbnb½. {} mbamb A ½mbnb½bpsS  
F ñmj mcyS fpw A WphnS sXämsX  
t\mj pó acpal Ä. kn\ nabpsS I Ysj m, w  
aptódpó Cu kml NcyS Äj nSbnö Hcp  
thfbrö Cu A ½mbnb½bpsS sl «n\ b  
kz' w s] - aj Ä, Cu acpal sf  
A\mhi yambn I pSpw\_\_ - nsâ  
A\ nam\ s\_ i pdn\ v] dâ vthZ\ n, nj pó  
Hcp kml Ncyw hcpó p. I psd t\cw A Xv  
tl «ncpó Cu A ½mbnb½ s] «óv  
NmSnsbgptó d\ Xsâ kz' w s] - aj tfmSv  
tNmZnj pó Hcp tNmZyapi v "C{X {} mbamb  
Rm³ I gnj pó acpópl Ä Fs' msj  
F tó m.... Asñ! nõ AXv I gnj pó XvF' v  
Ak pJ S Äsj tó m, Fsâ kz' w aj fmb  
NñS Äj dnbmtam? NñS Äj dnbñ  
F só\ nj dnbmw. F ó mð ChÄj v (acpal Ä)  
A Xdnbmw. ChÄsj A Xdnbq...! {} mbamb  
F \nj v XpW ChÄ am(Xta  
Cóp Ä p. {} mbamb A ½sb Xncnâ p  
t\mj m' \ñS Ä, F só Poh\ v Xpeyw  
] cn] menj pó F sâ acpal sf I pSpw\_\_ - nsâ  
A\ nam\ s\_ i pdn\ v] dâ v] Tn ntj i m...!"  
F ó v A Xphscbpw F' n\pw G\Xn\pw  
acpal sf I päw ] dâ ncpó B  
A ½mbnb½bpsS k\ t\l - nsâ asâmc p apJ w  
I i vacpal Ä k t' mj m(i pi Ä  
s] mgn' t, mÄ R S fpsSbpw (Rm\pw mcybpw)  
I @pl Ä Cud\ Wnâ p. ] dbmsX ] dâ  
Hcp] mSv I mcyS Ä Di mbncpó p B  
hmj pl frö. GXv t\chpw I päw  
] dâ ncpsó i nepw B A ½ Xsâ acpal sf  
A(Xtbsd a\k nemj nbncpó p. Xsâ  
Ahk m\ mfp I frö X\ nj v XpWbpw  
XmS pambn Cu acpal Ä am(Xta Di mhp  
F ó B A ½ F tó bdnâ ncpó p. ] sE  
] et, mgpw "nsâ k\ t\l hpw I cpXepw Rm³

a\k nemj pó p" F ó v] dbm³ I mWñj pó  
aSn. A XmWñhnsS ] eÄj pw p mcyj v  
Ä- mhnt\mSv Ä- mhn\ v mcytbmSv  
A ½mbnb½j v acpal tfmSv acpal Äj v  
A ½mbnb½t\bmSv al \v A t\mSv A \v  
al t\mSv..! HtómÄj pl ] i p hby pt¼mÄ  
] I pXnbmhpó XmWv ZpxJ S sf! nõ ] i p  
hby pt¼mÄ Cc«nj pó XmWv k\ t\l hpw  
H, w k t' mj hpw.

**E anj q F só mcp hmj v**

] cmXnl fpw ] cn\ hS fpw Cñm  
PohnXS fpi mhnñm. k\ t\l apÄ ns- v  
I el S fpi mhmw. ] sE AsXmó nsâbpw  
Ahk m\ amhnñ. Nne sNdnb I el S Ä  
] ck v] cw I qSpXö A dnbm³  
I mcWamhpó pi v F ó v F \nj v  
tXmó nbñ«pi v F ó mð I el S sft, mgpw  
I qSpXepw sXämb coXnbñö \_m[ nj pó Xv  
I pâ pS sf B sWó k Xyw Rm\ñhnsS  
adj pónñ Xm\pw. ] e sNdnb ] i \ñS fpw  
"E anj q" "tk mdn" F só msj bpÄ sNdnb  
hmj nõ Ahk m\ nj mhpó tX Di mhp.  
] sE A XmcnZyw ] dbpw F ó tNmZyamWv  
ChnsS {} k à aml pó Xv tk mdn ] dbpó bmÄ  
B tcm A bmfmhWatñm sXäpl mc\pw. Rm\ñ  
\obmWv sXäpl mc³ / I mcn F ó hmZ- n\ñsS  
adópt] ml pó XmWo E abpsS ] mTS Ä.  
sXäp ] änbXmcpsS \mK- v F ó Xvadó v...  
Rm³ \nsó thZ\ n, n' psh! nõ E anj p  
F ó ] dâ v I el - nsâ apÄ pl Ä I Sóv  
A Xn\p apl frö k\ t\l - nsâ tdmk m, q  
I mWm³ {} anj mw.

**C¼apÄ I pSpw\_\_ w**

Hcmbncw XhW tl «v adó, "I qSpt¼mÄ  
C¼apÄ XmWv I pSpw\_\_ w" F ó  
B ] Xhml y- nõ F ñmapi v k\ t\l hpw  
emf\bpw ] cn] me\hpw I cpXepw  
\_I pam\hpw F ñmw I qSpt¼mÄ B Wv  
I pSpw\_\_ aml pó Xv ] Ä nbmÄ- mc apó nõ  
C\ nbpw tl Äj pw " ] pXnb I pSpw\_\_ n³  
I Xncpl fpbcó p...  
Xncpk\ hnPb- n³ sXmSpl pdn A Wnbpó p...."  
F ó v I qSpXö I cpXtemsS I qSpXö  
k\ t\l t- msS I qSpXö  
] ck v] c\_ I pam\ t- msS  
bphXeapdbnen\ nbpw I Xncpl fpbcs« p  
] pXnb I pSpw\_\_ - nsâ, Xncpk\ hnPb- nsâ.

**Josemon Vazhayil**

belongs to St. Thomas Church, Vashi.  
He works as the Art Director at an Ad Agency  
in Vashi and is the Designer of Kalyan Lantern.

# Young Couples and the Expenditure Trap:

## *How do we work around it?*

Instances wherein one's expenses are higher than one's earnings is quite natural in the lives of young people who are in the process of discovering their finances in the early part of their married life. We often tend to spend more than we earn. But when it becomes persistent, we call it an expenditure trap or even a debt trap. But the distance from a very simple occasional mismatch in expenses and income, to a debt trap is not quite far. By careful planning, and by reorganizing finances we can avoid such a trap. The heart of the matter is that we should pick up the signals when we get the first raw indications about the state of our finances. However, it should be borne in mind that it is not a bad idea to borrow funds and

acquire assets or build assets. But we need to keep this in mind- only one thing that can take you out of this position is your inner will and resolve. Some practical suggestions with respect to this context are detailed in this article.

### Eliminate Unproductive Expenses

Quite often our saving capacity and the capacity to repay debt is clogged by a lot of impulsive, avoidable and unnecessary expenses. Identify those expenses like eating out frequently, buying new clothes whenever you visit a new place or a mall, too many mobile phone connections etc. A classic example is the expenditure on food of people



Eliminating credit card dues should be one of the first targets. Or spend less from the credit card limits if you still have free limits.

who work in offices in urban centres, which can be reduced considerably by carrying home cooked food.

#### Replace or Repay High Interest Loans

Replacing high cost or high interest loans with low cost borrowing is something that is resorted to, to reduce monthly outgoings. This would require you to speak to a few banks and find out how this can be operationalised. This is a favourite product with many private banks, but make sure that the loans do not carry any pre-payment or foreclosure penalty.

#### Make Dead Assets Work for You

Assets which give us no income or returns are dead assets. Their value may go up over time but they do not provide any regular income like a bank deposit. Best examples are real estate and gold. Against the security of such assets it is possible to borrow money at lower interest rates from banks, and this money can be utilized to retire high cost debts.

#### Curtail Credit Card Spends

Credit cards come in handy while having to meet some expenses when we travel or while we shop and the steep limits usually given by banks act as a stimulant to spend more as you don't shell out anything immediately. This accumulates over time till the limit gets exhausted. The interest which these credit cards charge you are often exorbitant, to say the least. Eliminating credit card dues should be one of the first targets. Or spend less from the credit card limits if you still have free limits.

#### Buy Life and Health Insurance

A very important step that one needs to take today is to buy insurance, both life and health insurance. We may be following a generally healthy life style but unforeseen things happen in life. In situations where the family loses its earning member, the rest of the family will find the journey difficult financially in addition to the emotional toll. Those who have created debts and have huge repayment obligations should ideally buy insurance and get an adequate cover. Same is true of health insurance for the whole family, as nowadays the expenses on health care are high. This is probably one of the most important aspects of managing our finances and liabilities better.

#### Take up Part -Time Jobs

Mumbai and its satellite cities offer opportunities for young people to take up part time jobs and earn some extra money. From being private tutors to teaching at coaching classes or working in BPOs there are plenty of positions open for those who would like to spend a few more hours to earn an extra income. This is a measure to positively boost your monthly earnings. Those who are skilled can also land in good consulting assignments some of which compensate really well.

#### Talk to Select People

In situations of excessive expenditure, it is important that you speak to select people whom you trust, in confidence. Quite often, some of the best solutions come out of your discussions with people whom you trust for their helpful nature and their wisdom. In fact, sharing such issues and problems with others will reduce the mental stress and even help ease one's burden.

The secret is in paying great attention to the little or smaller details, while you plan your finances, for you to get the desired results.

#### Dr. Joseph Kanayamplakkal

has about three decades of experience in both domestic and overseas financial markets. He specializes in research, advisory, and portfolio management. He has also been associated with the RBI, the RPG Group and the Aditya Birla Group.



# Isi Wnsb kq£ ni pl

വിവാഹത്തിന്റെ ആദ്യനാളുകളിൽ കുടുംബ ബഡ്ജറ്റിന് താളം കണ്ടെത്താൻ സമയം എടുക്കും. പലപ്പോഴും വരവിനേക്കാൾ ചിലവ് കൂടി നിൽക്കുന്നത് സ്വാഭാവികം. പക്ഷെ, എത്രയും വേഗം അത് നിയന്ത്രണവിധേയമാക്കിയില്ലെങ്കിൽ കരകയറാനാകാത്ത കെണിയിൽ അകപ്പെട്ടുപോലെയാകും.

ആദ്യമൊക്കെ ചെറിയ അന്തരമേ കാണൂ. പക്ഷെ, ചെറുതിൽ നിന്ന് വലുതിലേയ്ക്കുള്ള ദൂരം വളരെ ചെറുതാണെന്നോർക്കുക. കൃത്യമായ **Planning** ആണ് പ്രധാനം.

1. തിരിച്ചടയ്ക്കാനുള്ള പ്രാപ്തിക്കനുസരിച്ച് ലോൺ തിരഞ്ഞെടുക്കുക.
2. അപ്രതീക്ഷിത പിഴകൾ ഇല്ലാത്തതും അനുകൂല പലിശ നിരക്കിലുള്ളതും ആയ ബാങ്കുകൾ കണ്ടെത്തി അവരെ സമീപിക്കുക.
3. വസ്തു, സ്വർണ്ണം തുടങ്ങിയവ മാസവരുമാനം നൽകാത്തതും എന്നാൽ മൂല്യം ഉയരുന്നതും ആയ സമ്പത്താണ്. ഇവ പണയം നൽകാനായാൽ താരതമ്യേന കുറഞ്ഞ പലിശ നിരക്കിൽ ലോൺ എടുക്കാൻ സാധിക്കും.
4. ആരോഗ്യ, കുടുംബ പദ്ധതികളിലെ പ്രയോജന പ്രദമായ **Insurance** സംവിധാനം ഉപയോഗപ്പെടുത്തുക.
5. വളരെ സൂക്ഷിച്ച് മാത്രം **Credit Card** കൾ ഉപയോഗിക്കുക. അക്കൗണ്ടിൽ ലഭ്യമായ പണത്തെക്കുറിച്ചും ഓരോ ഇടപാടുകളിലും

ഉണ്ടാവുന്ന കുറവുകളെക്കുറിച്ചും ബാധ്യതകളെക്കുറിച്ചും മനസ്സിലാക്കി നിയന്ത്രണം ഏർപ്പെടുത്തുക.

6. അനാവശ്യചിലവുകൾ നിയന്ത്രിക്കുക. ദിവസവും അല്ലെങ്കിൽ മിക്കപ്പോഴും പുറത്തുനിന്ന് ഭക്ഷണം കഴിക്കുന്നതിന് പകരം വീട്ടിൽ നിന്ന് തയ്യാറാക്കി കൊണ്ടു പോവുക. ഒന്നിൽ കൂടുതൽ **Mobile Connections** ഒഴിവാക്കുക. മാളുകളിലും മറ്റും കാണുന്ന ആകർഷകവസ്തുക്കളും തുണിത്തരങ്ങളും അത്യാവശ്യമല്ലെങ്കിൽ ഒഴിവാക്കുക.

7. വരുമാനത്തിനുകുന്ന ലഭ്യമായ **Part Time Job** സമയത്തിനനുസരിച്ച് കണ്ടെത്തി ചെയ്യുക.

8. സാമ്പത്തിക കാര്യങ്ങൾ തുറന്നു സംസാരിക്കാനും ശരിയായ നിർദ്ദേശങ്ങൾ ലഭ്യമാക്കാനും ഉതകുന്ന വ്യക്തികളെ കണ്ടെത്തി സൗഹൃദം സ്ഥാപിക്കുക.

ഓർക്കുക, ചെറിയ കാര്യങ്ങളിലേ ശ്രദ്ധവെച്ചാൽ, വലിയ അപകടങ്ങൾ ഒഴിവാക്കി കിട്ടും.

Translated by

**Roy J Kottaram**

belongs to St. Thomas Parish, Borivali, She is retired from India Oil Corporation and is a member of the prayer group.





# അങ്ങു ഞങ്ങളെ പഠിപ്പിച്ചതുപോലെ

amĀ tXmakıCeh\mĀ  
I ejm- cq] XbpsS sa{Xm³

നാലാം പ്രണാമജപത്തെ മൂന്നു ഭാഗങ്ങളായിത്തിരിക്കാം. 'കർത്താവായ ദൈവമേ, അങ്ങ് ഞങ്ങളെ പഠിപ്പിച്ചതുപോലെ' എന്നു തുടങ്ങി 'ഭൂവാസികൾ എല്ലാവരും അറിയട്ടെ' എന്നു വരെയുള്ളതാണ് ഒന്നാം ഭാഗം. കുർബ്ബാനയുടെ സമാപനവിവരണത്തിനുശേഷം മൂന്നാം പ്രണാമജപത്തിന്റെ രണ്ടാം ഭാഗം ആരംഭിച്ചത് ഇതുപോലെ, 'കർത്താവായ ദൈവമേ നീ ഞങ്ങളോടു കല്പിച്ചതുപോലെ' എന്നാണ്. കാരണം അത് കർത്താവായ ഈശോയെ അഭിസംബോധന ചെയ്തുള്ള പ്രാർത്ഥനയായിരുന്നു. എന്നാൽ കൂദാശ വചനങ്ങൾ ആരംഭിക്കുമ്പോൾ പിതാവായ ദൈവത്തോടുള്ള പ്രാർത്ഥനയായതിനാൽ 'അങ്ങയുടെ പ്രിയപുത്രൻ ഞങ്ങളെ പഠിപ്പിച്ചതുപോലെ' എന്നാണ് തുടങ്ങുന്നത്. ഇവിടെ നാലാം പ്രണാമജപവും പിതാവായ ദൈവത്തെ അഭിസംബോധന ചെയ്തുള്ള പ്രാർത്ഥനയാണ്. എങ്കിലും 'അങ്ങ് ഞങ്ങളെ പഠിപ്പിച്ചതുപോലെ' എന്നാണ് ചൊല്ലുന്നത്. പിതാവായ ദൈവമാണോ അൾത്താരയിലെ അർപ്പണത്തെക്കുറിച്ച് നമ്മെ പഠിപ്പിച്ചത് എന്ന് ചിന്തിച്ചേക്കാം. അതെ, ഈശോ നമ്മെ പഠിപ്പിച്ചതെല്ലാം പിതാവായ ദൈവം പുത്രനിലൂടെ നമ്മെ പഠിപ്പിച്ചവയാണ്. അതുകൊണ്ട് പുത്രൻ പഠിപ്പിച്ചതെല്ലാം പിതാവായ ദൈവം പഠിപ്പിച്ചതുതന്നെയാണ് എന്ന് ഈ പ്രാർത്ഥന നമ്മെ അനുസ്മരിപ്പിക്കുന്നു.

ഈശോ പറയുന്നുണ്ട് എന്റെ വാക്കുകൾ എന്റേതല്ല എന്റെ പിതാവിന്റേതാണ്. എന്റെ പിതാവ് എന്നെ പഠിപ്പിച്ചതുപോലെ ഇക്കാര്യങ്ങൾ ഞാൻ സംസാരിക്കുന്നു (യോഹ. 8:28). അതുപോലെ ഞാൻ പറയുന്നതെല്ലാം പിതാവ് എന്നോട് കല്പിച്ചതുപോലെ തന്നെയാണ് (യോഹ. 12:50). വീണ്ടും ഈശോ പറയുന്നു : "എന്നിൽ വസിക്കുന്ന പിതാവ് തന്റെ പ്രവൃത്തികൾ ചെയ്യുകയാണ്" (യോഹ. 14:10) അതിനാൽ പിതാവിനോടുള്ള ഈ പ്രാർത്ഥനയിൽ "അങ്ങ് ഞങ്ങളെ പഠിപ്പിച്ചതുപോലെ" എന്ന് ചൊല്ലുന്നത് പിതാവും പുത്രനും തമ്മിലുള്ള ബന്ധത്തെ എടുത്തു കാട്ടുന്നു.

## നിർമ്മലവും വിശുദ്ധവുമായ ഈ ബലിപീഠം

ഈശോയുടെ ശരീരരക്തങ്ങൾ അർപ്പിക്കപ്പെടുന്ന ബലിപീഠത്തെ 'നിർമ്മലവും വിശുദ്ധവുമായ ബലിപീഠം' എന്നാണ് വിശേഷിപ്പിച്ചിരിക്കുന്നത്. ഈ ബലിപീഠം നിർമ്മലവും വിശുദ്ധവുമായിരിക്കുന്നത് അതിന്മേലർപ്പിക്കപ്പെടുന്ന ബലി വസ്തുവിന്റെ വിശുദ്ധിയും നൈർമ്മല്യവും നിമിത്തമാണ്. ഈശോയുടെ ശരീരരക്തങ്ങളാണ് ബലിപീഠത്തെ വിശുദ്ധമാക്കുന്നത്. കുർബ്ബാനയിലെ അനുതാപശുശ്രൂഷയുടെ സമയത്ത് പുരോഹിതൻ ചൊല്ലുന്ന കൂശാപ്പാ പ്രാർത്ഥനയിൽ ഇങ്ങനെ ചൊല്ലുന്നുണ്ട്. "കർത്താവായ ദൈവമേ അങ്ങയുടെ നിർമ്മലവും പരിശുദ്ധവുമായ ബലിപീഠത്തിങ്കൽ നിന്നുകൊണ്ട് ഈ കുർബ്ബാന അർപ്പിക്കുവാൻ ഞങ്ങളെ യോഗ്യരാക്കിയല്ലോ". ബലിപീഠം ദൈവത്തിന്റെ സിംഹാസനവും നമ്മുടെ കർത്താവിന്റെ കബറിടവുമായിട്ടാണ് നമ്മുടെ കുർബ്ബാനയിൽ വിശേഷിപ്പിച്ചിരിക്കുന്നത്. അതുകൊണ്ട് ബലിപീഠം വിശുദ്ധമാണ്. 'വിശുദ്ധീകരണത്തിന്റെ ബലിപീഠം' എന്നും നമ്മുടെ പ്രാർത്ഥനയിൽ വിശേഷിപ്പിക്കുന്നുണ്ടല്ലോ. ബലിവസ്തുക്കളെ വിശുദ്ധീകരിക്കുന്ന ബലിപീഠത്തെക്കുറിച്ച് ഈശോ പഠിപ്പിക്കുന്നുണ്ടല്ലോ. (മത്താ. 23:19).

## സ്വർഗ്ഗത്തിലെ ബലിപീഠം

സ്വർഗ്ഗത്തിൽ ദിവ്യകുഞ്ഞാടിന് നിരന്തരം അർപ്പിക്കപ്പെടുന്ന ആരാധനയോട് ബന്ധപ്പെടുത്തിയാണ് (വെളി. 5:6,13) ഭൂമിയിലെ നമ്മുടെ ആരാധനയേയും അൾത്താരയേയും മനസ്സിലാക്കേണ്ടതെന്ന് വി. ഇരനേവുസ് പഠിപ്പിക്കുന്നുണ്ട്. "നമ്മുടെ ബലിപീഠവും ദൈവാലയവും സ്വർഗ്ഗത്തിലാണ്. അവിടേക്ക് നമ്മുടെ ബലി ഉന്മൂലമായിരിക്കുന്നു". (Adv. Haer. IV, 18) 'കർത്താവുതന്നെയാണ് അൾത്താരയും കുഞ്ഞാടും' എന്ന് വി. അപ്രമോ പഠിപ്പിക്കുന്നു. (Scrip. Syri. 109) ഏശയ്യായുടെ ദർശനത്തിൽ കാണുന്നത് സെറാഫുകളിലൊന്ന് സ്വർഗ്ഗത്തിലെ ബലിപീഠത്തിൽ നിന്നെടുത്ത തീക്കനലുകൊണ്ട് ഏശയ്യായുടെ അധരങ്ങളെ സ്പർശിച്ച് അദ്ദേഹത്തെ വിശുദ്ധീകരിക്കുന്ന

തായാണ് (6:6-9) നമ്മുടെ ആരാധനയെ സ്വർഗ്ഗീയ രാധനയോടു ബന്ധപ്പെടുത്തി മനസ്സിലാക്കുമ്പോഴാണ് നിർമ്മലവും വിശുദ്ധവുമായ ബലിപീഠം എന്നത് നമുക്ക് മനസ്സിലാവുക. നമ്മുടെ ആരാധനാക്രമപാരമ്പര്യവും നിയമവുമനുസരിച്ച് വിശുദ്ധ തൈലംകൊണ്ട് പവിത്രീകരിക്കപ്പെട്ട ബലിപീഠത്തിൽ മാത്രമേ വി. ബലി അർപ്പിക്ക

പ്പെടാൻ പാടുള്ളൂ. കാരണം കർത്താവിന്റെ തിരുശ്ശരീരരക്തങ്ങൾ 'വിശുദ്ധവും നിർമ്മലവുമായ ബലിപീഠത്തിന്മേൽ' ആണ് അർപ്പിക്കപ്പെടേണ്ടത്. അതുകൊണ്ട് നമ്മുടെ ബലിപീഠത്തെ എത്രമാത്രം പരിശുദ്ധമായി കാണുകയും കാത്തുസൂക്ഷിക്കുകയും ചെയ്യണമെന്ന് ഈ പ്രാർത്ഥന നമ്മെ അനുസ്മരിപ്പിക്കുന്നു.

## As you have taught us

The fourth Gehantha begins with this prayer 'Lord, Our God, as you taught us'. This prayer can be considered as having three parts. From the prayer 'Lord, Our God as you taught us' to the prayer 'let all the people on earth know' is the first part of the Gehantha. After the institution narrative the second part of the third Gehantha too begins like this 'Lord as you have commanded us'. That was a prayer addressed to Christ Jesus. At the beginning of the institution narrative, the prayer to the Father mentions 'As your beloved son taught us'. This fourth Gehantha in general is addressed to the Father. But the prayer is 'Lord, our God, as you taught us'. But there may be a doubt as to how can we say 'you taught us'. Is it God the Father who taught us to offer the body and blood of Jesus on the altar? Yes it is true that all that Jesus taught us have been really taught by the Father through His Son. This is clearly expressed in this prayer.

The words of Jesus too makes it very clear. Jesus said "what the Father has taught me is what I preach" (Jn. 8:28) and "What the Father has told me is what I speak" (Jn. 12:50). He wanted to emphasize this point again as He said: "The words I say to you, I do not speak as from myself; It is the Father, living in me, who is doing this work" (Jn. 14:10). Hence the prayer 'Lord, our God, as you taught us' referring to the Father manifest clearly the union between the Father and the Son.

On this pure and holy Altar

The altar on which the Body and Blood of Jesus is offered is qualified as 'the pure and holy Altar'. This altar is considered to be holy because of the purity and holiness of the sacrifice offered on the altar. It is the Body and Blood of Christ on the altar that makes the altar holy. While the deacon recites

the prayer of reconciliation before communion, the priest recites the Kusappa prayer where we see "Lord our God, You made us worthy to stand before your 'pure and holy altar' and offer you this Qurbana". In our Qurbana altar is qualified as the throne of God and the Sepulchre of Our Lord. Hence the altar is holy and so we consider the altar as the altar of sanctification'. Jesus teaches about the "altar that makes the offering sacred" (Mt. 23:19).

The Altar in Heaven

St. Irenaeus teaches us that our worship and altar here on earth is to be understood in relation to the worship incessantly offered to the Lamb of God in heaven (Rev. 5:6, 13). He says: "Our Church and altar is in heaven. Our worship is orientated towards heaven" (Adv. Haer. IV, 18). St. Ephrem teaches us that "Christ Himself is our altar and the Lamb" (Scrip. Syri. 109). In the vision of Isaiah we see that one of the seraphs flew to him, holding in his hand a live coal which he had taken from the altar in heaven with which he touched his mouth and purified him (6:6-7). If only we try to understand our Qurbana in relation to heavenly worship, we will be able to understand the meaning of these words 'pure and holy altar'.

This again reminds us that we should take special care to keep and to perceive our altar as sacred and pure. According to the age old tradition of our Church, Qurbana can be offered only on the altar that is consecrated with sacred oil because the Body and Blood of Christ can be placed only on pure and holy altar. So we should always bear in mind that it is not at all proper to place the bouquet, candles etc. on the altar. Let us try to show proper respect to the altar of God.

## Winners of 'Kurishinte Vazhi' Word Puzzle (February 2018)

1. Nancy James K	Pre-confirmation section	Infant Jesus Church ,Kharghar.
2. Serah Rose George	Communion Section	St Bartholomew church, Kalyan east.
3. Joel Shaji	Pre-comfirmation Section	San Jos Church, Wagle Estate
4. Aaliya Varghese	Pre – Confirmation Section	Infant Jesus Church, Vikhroli
5. Liza Rajan	Confirmation Section	St.GeorgeForane Church, Panvel
6. Arackal Treasa Rose	Confirmation Section	St. Thomas Catholic Church, Mira Road
7. Angela Merlin Thomas	Youth Section	St. Thomas Catholic Church, Wanowarie
8. Jisha Joseph	San Jos Church	Wagle Estate
9. Alpha Joy	Pre-Confirmation Section	AmalaMatha Church, Mulund W).
10. Nikhita LEO	Post Communion	AmalaMatha Church, Mulund(W)
11. Albin Thomas	Youth Section	San Jos Church, Wagle Estate
12. Sybille Benny John	Youth Section	St. Alphonsa Church, Mankhurd
13. Joel Kodiyan	Confirmation section	St.Sebastian Church, Mahim
14. Sibil Sebastian	Pre-Confirmation Section	Tilaknagar
15. Hannah Maria Deepak	Pre confirmation Section	St. Thomas Church Dapodi
16. Diya Bridgit	Post Communion Section	Dapodi
17. Shaunna Pallikunnath	PostCommunion Section	St.Joseph Church, Airoli
18. Kevin David	Pre-Confirmation Section	St. Paul's Church, Ulhasnagar
19. Abinsony	Post Communion Section	Sacred Heart Catholic Church, Bhayander
20. NosholeDony	Post Communion Section	St. Thomas Church, Vasai East
21. Allan Allwyn	Pre-Communion Section	St. Sebastian Catholic Center, Kanjurmarg
22. Margret Shoney Ayallore	Communion section	Mother of Victory Shrine, Tikujiniwadi
23. Aaron Binoj	Post Communion Section	St. George Forane Church, Panvel
24. Ryan Antony	Post Communion section	Immaculate Conception Church ,Dombivali.
25. Maria Pinto	Post Communion section	Mother of Victory Shrine, Tikujiniwadi
26. Asher Abraham,	Confirmation	Mary Matha Church, Kamothe
27. Thomson Joseph	Post Communion Section	Sacred Heart Church, Bhayandar
28. Reynaldo Reji	Communion Section	St. Peter's church, Satpur, Nasik.
29. Selwyn Saji	Pre- Confirmation Section	Our Lady of Rosary Parish, Katraj, Pune.
30. Sandra Xavier	Youth Section	Infant Jesus Church, Kharghar
31. Abila Francis	Confirmation Section	St. Thomas Cathedral Church, Kalyan West
32. Abeena Francis	Pre-Confirmation Section	St. Thomas Cathedral Church, Kalyan West
33. Joylin Joseph	Youth Section	St.Joseph's Parish Chembur
34. Irine Mariya Thomas Padiyil	Pre-Confirmation	St.Sebastian Catholic Center, Kanjurmarg (E)
35. Eric Mathew Valliara	Confirmation Section	AmalaMatha Church, Mulund
36. Angeline Shaji	Post communion Section	AmalaMatha Church, Mulund
37. Sherlyn Shaji	Communion Section	AmalaMatha Church, Mulund
38. Ann Maria Andrews	Confirmation section	Little Flower Forane Church Nerul,
39. Rini Babu	Pre – Confirmation Section	St. Thomas Catholic Church, Vashi
40. Lloyd Jose	Confirmation Section	Sacred Heart Church, Bhayander East
41. Kevin Siby	Pre-Confirmation Section	St.GeorgeForane Church Panvel
42. Jeeva Varghese	Confirmation section	St.Thomas Church Vartak Nagar
43. Riya Pauly	Pre-confirmation Section	Immaculate Conception Church, Dombivali
44. Mathew Thomas	Confirmation Section	Mary Matha Church , Sakinaka
45. Benita Sijo	Pre-Communion Section	Infant Jesus Church, Koparkhairne.
46. Aishwarya Sajan	Confirmation Section	Dehu Road.
47. Alvin Shijo	Post Communion Section	St. Alphonsa Forane Church, Kalewadi

*Congratulations to the Young Readers!!!!*



## Answer to the Activity for October Issue

The various 'Tools for Evangelization' hidden in the puzzle are as follows:

- |                  |                |                 |
|------------------|----------------|-----------------|
| 1. BIBLE STUDY   | 14. EUCHARIST  | 27. NETWORKING  |
| 2. BLOGS         | 15. EXAMPLE    | 28. NEWSPAPERS  |
| 3. CATECHESIS    | 16. FRIENDSHIP | 29. PHOTOGRAPHY |
| 4. CHURCHES      | 17. HOLIDAYS   | 30. PILGRIMAGES |
| 5. CLASSES       | 18. INTERNET   | 31. PRAYER      |
| 6. CONCERTS      | 19. INVITATION | 32. RETREATS    |
| 7. CONVERSION    | 20. LIFESTYLE  | 33. ROSARY      |
| 8. COURSES       | 21. MAGAZINES  | 34. TELEVISION  |
| 9. DIRECTION     | 22. MASS       | 35. TOURS       |
| 10. DISCIPLESHIP | 23. MEETINGS   | 36. TRAVEL      |
| 11. DISCUSSION   | 24. MENTOR     | 37. WORD        |
| 12. EDUCATION    | 25. MOVIES     | 38. WORKSHOPS   |
| 13. E-MAIL       | 26. MUSIC      | 39. YOUTH GROUP |

## Winners to the Activity for October Issue

The list of Lantern readers who found the maximum number of 'tools for evangelization' is as follows:

- |                                    |   |
|------------------------------------|---|
| 1. John Jacob and Thomas Jacob     | St. George Forane Church, Panvel          |
| 2. Shanelle & Shaunna Pallikunnath | St. Joseph's Church, Airoli               |
| 3. Jinsu Biju, Sacred Heart Parish | Goregaon West                             |
| 4. Glennis Joy                     | St. Kuriakose Chavara Church, Kandivili E |
| 5. Glen Johny                      | Infant Jesus parish, Tilaknagar           |
| 6. Emmanuel Josy                   | St. George Church, Nalasopara             |
| 7. Sonia Denzil                    | St. Joseph's Church, Akurdi, Pune         |
| 8. Jeslyn Josy                     | St. George Church, Nalasopara             |
| 9. Jordan Mecheriyal               | St Alphonsa Forane Church, Kalewadi       |
| 10. Jessica Toyson                 | St. Mary's Church, Malad East.            |
| 11. Marylene Francis               | St. Alphonsa Church, Mankhurd             |
| 12. Lincy Biju                     |   |
| 13. Joel Wilson Mulakkal           | St. Bartholomew Church Kalyan East        |
| 14. Joel Joy                       | St. Mary's Catholic Church Dehuroad, Pune |
| 15. Reshma Ruby                    |   |
| 16. Nikhita Leo and Rohan Leo      | Amala Matha Church, Mulund west           |
| 17. Aaron Binoj                    | St. George Forane Church Panvel           |

## Remote north-east Indian village celebrates St. Francis amidst God's creation



School children of a small village in remote north-east India, celebrated the Feast of St. Francis of Assisi in a novel way, learning to love the animals and nature's bounty that surround them. The students of Newman School Neotan in Changlang District of Arunachal Pradesh state were taught to treat animals and birds as brothers and sisters to mark the October 4th feast of the popular 13th century Italian saint regarded as the patron of animals and ecology. Fr. Felix Anthony, the Principal of the school celebrated an open-air Mass in a fitting praise of God amidst His creation. Those in-charge of the various livestock in the school campus brought rabbits, chicken, duck, goats, cat, pig and lovebirds to be blessed. The students were taught to treat the animals as siblings and to foster love for the environment like St. Francis. Known for his love for animals and creation, St. Francis composed the famous Canticle of the Creatures that proclaims God's praise and thanks Him for some of the wonders of His creation which he believed deserve to be appreciated and valued. St. Francis thus referred to the sun, wind, air, and fire as his brothers, and to the moon, stars, earth, water, and death as his sisters.

## Catholic University professor leads response to French president's remark on large families

Following a comment by President Emmanuel Macron, in which he expressed skepticism that any well-educated woman would decide to have many children, women with large families have been using the "#Postcards For Macron" hashtag to send the French president pictures of their happy families. Macron stated that when women are educated, they do not have many children. "I always say: 'Present me the woman who decided, being perfectly educated, to have seven, eight or nine children,'" said Macron. In response, many women took issue with the French president's apparent disbelief that academically successful women would choose to be mothers of several children.

Dr. Catherine R. Pakaluk, a professor of social research and economics at the Catholic University of America, started the hashtag by sharing a photo of herself and six of her eight children. She followed up that tweet explaining that she holds both a Master's degree and a Ph.D. from Harvard University and has, as she phrased it, "Eight children by choice." Her post garnered thousands of views, and other women followed her lead.



## Young people of Bombay Archdiocese in "Synodgy" with Rome Synod

Young Catholics from all over the Archdiocese of Bombay in India came together in Mumbai on October 7 to participate in a novel way in the Synod of Bishops on young people currently taking place in the Vatican. Mumbai's young Catholics celebrated what they called Synodgy2018 that aimed at inspiring young people to work together with the Church, with the promise that the Church would listen and

respond to them. The synod has as its theme "Young People, the Faith and Vocational Discernment." Father Magi Murzello, the rector of St Andrew's College, explained that he coined the word "Synodgy" combining the words 'synod' and 'synergy', which means synod and youth working together. Sunday, October 7, being the feast of Our Lady of the Rosary, Synodgy2018 kicked off with a rosary pilgrimage by more than 1,000 young people at the Basilica of Our Lady of the Mount, Bandra.

## More than 100 Young Missionaries Witness with Lives Since 2000

More than 100 young Catholic missionaries died for their faith since the year 2000, according to a report issued October 6, 2018, by the Vatican Press Office.

The report, prepared by Fides News Agency, offers a dozen brief stories of missionaries killed while serving the Church during the period. And it lists another 90 who perished during the same period.

While these 102 missionaries have the common characteristics of having died for the faith and being under the age of 40, their backgrounds and stations in



life varied vastly. And the site of their deaths spanned the globe. They include priests, nuns, and lay people – professionals and volunteers.

At the end of the Great Jubilee of the year 2000, which introduced the Church into the new millennium, Pope John Paul II strongly exhorted “The missionary mandate accompanies us into the Third Millennium and urges us to share the enthusiasm of the very first Christians: we can count on the power of the same Spirit who was poured out at Pentecost and who impels us still today to start out anew, sustained by the hope “which does not disappoint”, the Fides report recalls.

## Pope Francis Canonizes Paul VI, Oscar Romero and 5 Other Saints

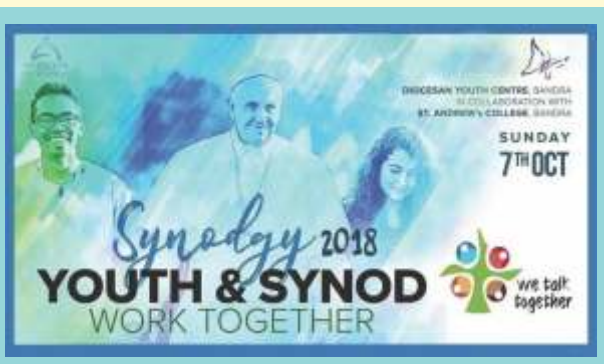


Pope Francis has canonized Pope Paul VI, Archbishop Oscar Romero and five other saints in St. Peter's Square, before a crowd of about 70,000 people on October 14. He also proclaimed canonized saints Francesco Spinelli, Vincenzo Romano, Maria Caterina Kasper, Nazaria Ignazia of Saint Teresa of Jesus, and Nunzio Sulprizio.

St. Paul VI, like St. Paul, Francis observed, “spent his life for Christ's Gospel, crossing new boundaries and becoming its witness in proclamation and in dialogue, a prophet of a Church turned outwards, looking to those far away and taking care of the poor.” “Even in the midst of tiredness and misunderstanding, Paul VI bore witness in a passionate way to the beauty and the joy of following Christ totally. Today he still urges us, together with the Council whose wise helmsman he was, to live our common vocation: the universal call to holiness.” “Not to half measures, but to holiness,” the Pope reminded.

“It is wonderful that together with him and the other new saints today, there is Archbishop Romero, who left the security of the world, even his own safety, in order to give his life according to the Gospel, close to the poor and to his people, with a heart drawn to Jesus and his brothers and sisters.”

Pope Francis said we can say the same about Francesco Spinelli, Vincenzo Romano, Maria Caterina Kasper, Nazaria Ignazia of Saint Teresa of Jesus, and “our young boy” from Naples, Nunzio Sulprizio.





There is a saying that Jesus was not raised physically, that he was raised in a "spiritual body" instead of a physical body. He says Paul teaches this. What is the straight story?

This canard is often used by Jehovah's Witnesses to buttress their idea that Jesus is Michael the Archangel. In attempting to prove that Jesus did not physically rise, 1 Peter 3:18 and 1 Corinthians 15:45 are cited, stating that Jesus was, "put to death in the flesh, but made alive in the spirit" and "[Jesus] became a life-giving spirit . . . [for] flesh and blood cannot inherit the kingdom."

In 1 Corinthians 15 Paul demonstrates that the resurrected body is endowed with qualities of imperishability, glory, power, and spirituality--in contrast to man's current perishable, dishonorable, weak, and physical body (42-44). Paul then speaks of man's nature putting on incorruptibility and immortality.

He is not suggesting that matter is an evil to be discarded. Rather, grace builds upon nature, and so the resurrected body is a fulfillment of the natural body, not the destruction of it. The tendency to think otherwise is Manichean, regarding matter as evil and spirit as good. Christians have

always rejected this misconception since it contradicts the goodness of God's creation--and the Incarnation itself.

In Luke 24:39, the risen Jesus says to the disciples, "See my hands and my feet, that it is I myself; handle me, and see, for a spirit does not have flesh and bones as you see that I have" (emphasis added). This verse is sufficient to debunk the idea that Jesus did not rise bodily, but John 2:19-22 provides another nail in the coffin. Here, Jesus claims, "Destroy this temple, and in three days I will raise it up." Two verses later, it is made clear what Jesus has in mind; "he spoke of the temple of his body." Thus, Jesus prophesied that his body would rise.

The questions to ask are, "If Jesus' body was not raised, where did it go, what was raised, and what is so miraculous?" The idea that Jesus' body was discarded while his spirit rose seems to require more faith than acceptance of the bodily resurrection. In the words of Paul, "if Christ has not been raised, your faith is in vain, and you are still in your sins" (1 Cor 15:17).



KALYAN EPARCHY YOUTH  
Welcome You to a Musical Journey

KEY  
KALYAN EPARCHY YOUTH



**Fr. Sunny**  
Memorial Church Choir  
Competition 2018

DIOCESE OF KALYAN

KALIDAS AUDITORIUM | 7TH NOVEMBER 2018  
MULUND



## MANGALA CARGO CORPN.

### HOUSEHOLD PACKERS & MOVERS

### മംഗള കാർഗോ കോർപ്പറേഷൻ

നിങ്ങളുടെ വീട്ടുസാധനങ്ങളും കച്ചവട സാമഗ്രികളും പായ്ക്ക് ചെയ്ത് പൂർണ്ണ ഉത്തരവാദിത്വത്തോടും ഇൻഷുറൻസോടും കൂടി ഇന്ത്യയിൽ എവിടെയും എത്തിക്കുന്നതിനും തിരികെ കൊണ്ടുവരുന്നതിനും ഞങ്ങളെ സമീപിക്കുക.



Own Vehicle

**Contact:**

C. L. DAVID VALAPPILA

9323196882 / 9821222065

**Dombivli**

8879229738

Thane

9167534571

Shop No. 1,  
Trishul Terraces,  
Plot No. 36, 37,  
Sector 20, Koparkhairane,  
Navi Mumbai - 400 709  
Tel.: 022 - 2754 6884

**Branch Office:**

Kannur, Calicut, Trichur, Ernakulam,  
Kottayam, Kollam and Trivandrum

# #KEY4Kerala #SaveKerala

"No one has ever become poor by giving" - Anne Frank

The initiative that witnessed the togetherness of Kalyan Eparchy Youth who came together and collected money through various activities like paper drive collection, street collection, railway station collection, auction of paintings and used articles, sports tournaments, home dress sale, Rosary sale, chocolate sale, etc.





## A DRIVE WHERE KEY ROSE UP FOR THEIR LAND

Below is a summary of the #KEY4Kerala collection drive done by the various foranes

Forane	Amount Collected
Andheri	727633
Antophill	221670
Borivali	226531
Kalina	395140
Kalyan	289670
Malad	96584
Navi Mumbai	184562
Nashik	101000
Panvel	65802
Powai	249554
South Mumbai	32460
Thane	91111
Vasai	65970
<b>TOTAL</b>	<b>27,47,687</b>



## PITHRUVEDI

### TUG OF WAR COMPETITION

Pithruvedi Kalyan Diocese organizing Tug of War Competition on 30-12-2018 at Vasai (West) ground near St. Alphonsa Forane Church Vasai. Registration from the parish duly attested by the parish priest along with registration fee Rs. 1000/- per team, should reach the Director Pithruvedi Diocese of Kalyan on or before 13th December, 2018. First 32 teams registered will be

entitled to participate the tournament.

1st Prize: Rs. 25000/- +

Silver Jubilee Memorial Ever Rolling Trophy

2nd Prize: Rs. 20000/- + Trophy

3rd Prize: Rs. 15000/- + Trophy

4th Prize: Rs. 10000/- + Trophy

For details contact:

Dominic Pathrose - Convener (9545257379)

## KKK News




On 30th September, bachelors and bachelorettes meet (a matrimonial meet) had organized for our youth who are ready to find out their life partner from Kalyan diocese in the coming months. Kalyan Kudumba Kootayma and Family Apostolate jointly organized this event at ARC Panvel in which fifty two participants enrolled their name and was present there with their parents. A special session was conducted by Fr. Thomas Valanmanal for them followed by introduction, interaction and the event ended with Holy mass. A good

response / feedback received from many parents and requested to continue with the meet at least twice in a year.

"Jubilarians Meet", the event was for silver jubilee and golden jubilee couples and for their families which was celebrated at St. Thomas Cathedral Church, Kalyan on 21st October, 2018. Approximately ninety jubilarian couples and their families enjoyed the Jubilee day; along with thanks giving mass by Mar Thomas Elavanal, jubilee day message by Fr. Thomas Valanmanal, cultural programmes by Cathedral parish. Our bishop honoured every jubilarian personally and enjoyed the "agape" with all jubilarians. Finally, His Exelency Mar. Thomas Elavanal honoured them with a memento followed by photo session with jubilarians and their families. All the jubilarians enjoyed the day and appreciated the Family Apostolate and Kalyan Kudumba Kootayma organisers for respecting them on behalf of our diocese.





*5th Death Anniversary*  
**20/11/2013**

*For certain is death for the born and  
 certain is birth for the dead.  
 Therefore over thou should not grieve.*

**Daisy, Nixon, Nancy, Anwar, Arsh,  
 Nelson, Diana, Tianna & Joanna**

**M R Varghese**



*1st Death Anniversary*  
**25th November, 2018**

*We loved him a lot  
 but  
 God loved him more*

*Deeply missing and  
 fondly remembered by*  
**Mother, Brother, Sister & Niece**

**Mr. M.V. Joseph**  
**Date of Birth: 25th Nov., 1961**  
**Date of Eternal Abode: 25th Nov., 2017**

Sacred Heart Church, Goregaon (W)





Fair, 26 / 163 / 76 / M.Com. / Presently working  
 as Associate -II / Parents from Thrissur /  
 022 - 27547073 / 8898917073 /  
 bsoniya2008@gmail.com  
**GOC201852205**



Fair / 26 / 162 / 48 / right hand amputated above  
 elbow in an accident / M.Com Passed in  
 1st class / Presently Working in Hindustan  
 Logistic Co. Pvt. Ltd. Mumbai. / Parents  
 from Kottayam / 9137699338 / 7738539664  
 kjosejoseph1957@gmail.com **GOC201851835**

Fair / 32 / 156 / 70 / B.Sc. + HR Course /  
 Presently working as HR Officer / Settled  
 in Mumbai / Parents from Cherupuzha,  
 Payyannur / 9867153873 / 8369258751 /  
 9833121136 / aijosephm@gmail.com  
**GOC201849097**



Moderate Fair / 28 / 165 / 64 / BE (Mechanical) /  
 Presently working with Godrej and Boyce  
 Mumbai as Planning Engineer / Parents  
 from TCR / 022 - 27750478 / 9869260478 /  
 varghese\_gv@rediffmail.com  
**GOC201850841**



Fair 28 / 174 / 85 / B.E. in Electronics and  
 Telecommunication / Presently working as  
 Sr. Technical Consultant (Trainer-Juniper  
 Networks) / Parents from Thrissur  
 022 - 25977763 / 9819722673  
 mariamj.86@gmail.com **GOC201852201**



Wheatish, 35/177/70/MS from Florida & BE IT from  
 Mumbai / Presently working in San Francisco, USA  
 as Sr. Software Engr. / Parents from Alappuzha /  
 Seeking alliance from Suitable SMRC, Malankara,  
 preferably based in USA / 9322508358 /  
 ashwinirobin@gmail.com **GOC201852116**



### THANKSGIVING TO ST. JUDE

Paul Antony — Canada  
 T.C. Thomas & Family — Borivli  
 Lissy Devassy — Tikujiniwadi  
 Chinnamma George — Kalyan (W)  
 Mini Jojo — Nerul  
 Pushpi Abraham — Kamothe  
 Rosamma Francis — Nerul

Baby Johny — Lonavala  
 M.O. Raphel & Family — Badlapur  
 Anonymous — Bhayander  
 Sinto Sunny — Kalyan (W)  
 Alphonsa Sunny — Kalyan (W)  
 Leena Jose — Tikujiniwadi  
 Nelwin Jose — Tikujiniwadi

### THANKSGIVING TO SACRED HEART OF JESUS

Anonymous — Bhayander

### THANKSGIVING TO MOTHER MARY

Anonymous — Bhayander

## BISHOP'S DIARY

NOVEMBER - 2018

<b>3rd</b>	Qurbana - Nashik	<b>18th</b>	Holy Communion - Mulund
<b>4th</b>	Holy Communion - Panvel		KMS Competitioin - Panvel
	Holy Communion - Wagle Estate	<b>19th</b>	Minor Seminary Class - Panvel
<b>5th</b>	Minor Seminary Class - Panvel	<b>20th</b>	Minor Seminary day - Panvel
<b>6th</b>	Monthly recollection - ARC	<b>21st</b>	Holy Communion - Dehu Road
<b>7th</b>	Fr. Sunny Memorial Choir Competition - Mulund	<b>22nd</b>	Curia Meeting - Bishop's House
<b>8th-11th</b>	Bible Convention - Airoli	<b>23rd</b>	Feast - Dombivli
<b>11th</b>	Holy Communion - Ambernath	<b>24th</b>	Qurbana - Kalina
<b>12th</b>	Minor Seminary Class - Panvel	<b>25th</b>	Holy Communion - Kalyan (East)
<b>13th</b>	Batch gathering - Panvel		Qurbana - Atma Darsan
<b>14th</b>	Curia Meeting	<b>26th</b>	Minor Seminary Class - Panvel
<b>15th</b>	Salvi Anniversary - Kanjurmarg	<b>27th-28th</b>	Presbyteral Council - Panvel
<b>16th</b>	Qurbana - Tikujiniwadi	<b>29th</b>	Laying foundation - Shirur
<b>17th</b>	Minor Seminary Class - Panvel	<b>30th</b>	Meeting with the Deacons
	Holy Communion - Vasai (West)		- Bishop's House

## 41st day of demise

Holy Mass at 11 am. on Saturday 27th October 2018  
at St. Thomas Cathedral Church, Kalyan (West)

We all be remembered thousands of beautiful memories you left amongst the Parishners of Kalyan through your selfless & dedicated service & for me after 37 years of living together you will be a guidance of my rest of life.

“For whoever desires to save his life will lose it, but whoever loses his life for My sake will save it” (Luke-9:24)

*By: Mr. E.P. Antony,  
Eluvathingal Muttikkal House,  
Shahad, Kalyan (W)*

**Mrs. Ancy Antony**

Born on: 19.07.1957 - Died on: 18.09.2018

## 1st Death Anniversary

*Even though you are gone the prayers you said over us over and over again have kept us going and things will never be the same again but we must let go and adjust to life without you. We miss your caring hand during hard times. But we believe you are with our papa in the god's garden watching us.*

*Fondly remembered and missed by  
Children - Najo & Baijo  
Daughter -in- law - Blessy & Jaiby  
Grand children - Angelina , Abel & Alfred.*

**GRACY THOMAS**

**THALAKOTTOOR HOUSE**

Born - 24.10.1954

Died - 19.11.2017

*ST. Thomas Catholic Church, Virar.*





**Catering,  
Decor,  
Photo & Videography,  
Mc,  
Honeymoon Package,  
Sound,  
Dj And So On...**

# **Catering With Personal Style**

**Marriage | Birthday | Anniversary |  
Sacramental Events  
Get Together | Homely Food |  
Custom Crafted Menus | Live Catering**

**Add.: Unit No.2052/2, Shiv Colony Road, Sector-1, Airoli, Navi Mumbai-400708**

**Contact Albert : 993 002 5171**

 [ajoyfullevents@gmail.com](mailto:ajoyfullevents@gmail.com)



www.southindianbank.com | f /thesouthindianbank



# LOCK YOUR ACCOUNT BE SAFE DIGITAL -LOCK



SIB Mirror+

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

Download from



Toll Free (India): 1800-843-1800, 1800-425-1809 (BSNL),  
Email: sibcorporate@sib.co.in, CIN : L65191KL1929PLC001017