

# Kalyan Lantern

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കാലചക്രം തിരിയുമ്പോൾ

എന്തിനെന്നറിയാത്ത നെട്ടോട്ടത്തിന് ഇടയിൽ  
ഓരോ ദിനവും കൊഴിഞ്ഞത് നാം അറിയാതെ പോയി.  
ചിലർക്ക് നേട്ടങ്ങളുടേയും ആനന്ദത്തിന്റെയും വർഷം,  
മറ്റു ചിലർക്ക് ദുരിതങ്ങളുടേയും തീരാനഷ്ടങ്ങളുടേയും,  
ഓരോ പുതിയ ദിവസവും ഓരോ പുതിയ അവസരങ്ങളാണ്.  
മനസ്സിനെ നന്മകളാൽ നിറച്ച് ഒരു പുതുലോകം നിർമ്മിക്കാം.

**ഏവർക്കും പുതുവർഷസന്ദേശം.**



# പുതുമകളുടെ ലോകം

ആഘോഷങ്ങളും ആർപ്പുവിളികളുമില്ലാതെ, ദുരന്തങ്ങളുടെയും വേദനകളുടേയും ഓർമ്മകളുമായി, എന്നാൽ ചില സന്തോഷങ്ങളും ചാർത്തി, 2018 കടന്നുപോയി. ഹെറാക്ലിറ്റസ് പറഞ്ഞു; “ഒരു മനുഷ്യനും ഒരേ പുഴയിൽ രണ്ടു പ്രാവശ്യം നീൽക്കാൻ പറ്റില്ല”. കാരണം ഓരോ നിമിഷത്തിലും പുഴ മാറിക്കൊണ്ടിരിക്കും, എന്നപോലെ പുതുമകളുടെ സ്വർണ്ണപ്രഭവിതറി, ഓരോ പ്രഭാതത്തിലും സൂര്യൻ നമ്മെ തഴുകി കടന്നുപോകുന്നു.

ഓരോരുത്തരും ആശ്ക്കുട്ടത്തിൽ തനിയെ തിടുകത്തിൽ ലക്ഷ്യങ്ങളിലേക്കുള്ള യാത്രയാണ്. മുഖത്ത് പരിഭവങ്ങളും വേഷപകർച്ചകളുമുണ്ട്. എന്നാൽ ഈ യാത്രകൾക്കെല്ലാം ഒരു ലക്ഷ്യമുണ്ട്. അതിന്റെ പിന്നിൽ ചില കരുതലുകളും. അമ്മയുടെയോ, അച്ഛന്റെയോ, ഭർത്താവിന്റെയോ, ഭാര്യയുടെയോ, മക്കളുടെയോ, സഹപാഠികളുടെയോ ആകാം. എല്ലാറ്റിനുമുപരി നാമോരോരുത്തരേയും മെന്നെത്തടുത്ത തമ്പുരാന്റെയും.

**ഈ ലക്കത്തിൽ നിങ്ങളെ ഓർമ്മപ്പെടുത്തുന്നത് “ഇക്കാലമത്രയും ആരാണ് നിങ്ങളെ നയിച്ചത്”?**

‘ഒരു മനുഷ്യായുസ്സിന്റെ ജീവിതവീഥിയിൽ ആരൊക്കെയാണ് നിങ്ങൾക്ക് വഴികാട്ടികളായിട്ടുള്ളത്’ എന്നതിലേക്ക് വെളിച്ചം വീശുന്ന ചില ചിന്തകൾ പങ്കുവയ്ക്കുന്നു.

**പുതുമകളുടെ ലോകത്തിലേക്ക്  
പുതുവർഷം നമ്മെ എതിരേല്ക്കുമ്പോൾ**

ഏവർക്കും ഹൃദയം നിറയെ  
നന്മയുടെയും  
സ്നേഹത്തിന്റെയും  
ശാന്തിയുടെയും  
സമാധാനത്തിന്റെയും  
പുതുവത്സരാശംസകൾ



## Kalyan Lantern

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

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# Mentoring Millennials

## Why, When and How?

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*"A lot of people have gone further than they thought they could because someone else thought they could."*

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**Jerin Jacob**

is the COO at One Future Collective,  
Chief Editor at The Thought Project,  
India and a Doctoral Researcher at  
Tata Institute of Social Sciences



Over the past decade or so, it's been fascinating and reassuring to see how the traditional image of the mentor has been turned on its head, has been normalized, accepted, adopted more comfortably and more than anything else, it is gratifying to see the millennial population

using this age-old practice in their stride and benefitting magnanimously from it.

**What exactly is mentoring?**

Mentoring is a two-way, trusted relationship and a meaningful commitment. The role of a



mentor ideally is to use their experiences and knowledge over the years towards helping a mentee work carefully and passionately towards reaching their goals. The millennials, however, may neither want nor respond to an age-old system that dictates rules and glorifies the avoiding of risks and challenges.

Rather, the millennials crave for mentors who guide them and inspire them; mentors who give a little and then ask them to look for the rest themselves; mentors who do not advise but rather share insight; mentors who do not help them find their way, but rather equip and empower them to find their own. A guiding hand, in more ways than one, helps Generation Y build confidence, take calculated risks and look out for themselves, thus contributing to their overall well-being.

**Why?** You can certainly be successful in your career without mentors, but mentors can bring a richness and perspective to your life beyond measure.

**When?** Now. It's better late than never.

**How?** In the way and manner that you feel suits you best.

I have had the blessed opportunity to be mentored by supremely amazing people at different stages of my life and also mentor an amazing bunch of youngsters from different backgrounds. The best facet of the millennial crowd is that they are constantly on the lookout for more.

## Debunking Taboos Related to Mentoring

- It is absolutely okay, and even healthy to seek out a mentor for your emotional, mental and professional well-being, to aid your academia, life goals and even more.
- It is important at times, to reach out to multiple mentors for better perspectives and insights. It is very rare that one person will be able to give you everything you need to grow.
- The onus is on each of us to head out and seek a mentor. Mentors barely seek mentees.

I shall list four people who I (and Cue Ball Group CEO, Anthony Tjan) strongly feel you should have amid your mentoring circles. These roles could overlap too in people you consider as or have the prowess to be your mentors. You will probably already know them. If not, maybe go seek them out after reading?

### #1. The Master of Your Craft

If you want to be the best in your field, ask yourself who is the right person to approach in



Your anchor is your root, your confidante and your sounding board. These anchors are usually your friends or family members the best. They are the ones who look after your mental well-being when you are at your lowest.

more than just boosters and also constantly help you connect with others in your field and remind you of your goals, push you to challenge yourself more and strive harder.

### #3. The Co-Runner

Your co-runner is your peer/s who knows what you want best and will hear you out when you rant about your challenges and troubles. This relationship is fruitful when you and your peer/s are committed to supporting each other and helping each other grow, collaborating and holding each other accountable which contributes to greatly improve the quality of your work and your engagement levels.

### #4. The Anchor

We are all going to hit speedbumps and go through uncertainties in life. This is when we need someone who can give us a psychological lift and aid us to see through the cracks

during challenging times. Your anchor is your root, your confidante and your sounding board. These anchors are usually your friends or family members the best. They are the ones who look after your mental well-being when you are at your lowest.

Remember, it is always a positive boost and a massive advantage to have your own super-people rooting for you as you spread your wings, learn to fly and thrive. Go out then, and find your true mentor.



your area - a living, walking embodiment of the success you one day want yourself to be. He/she should be able to help you identify, realize and hone your strengths towards the closest state of perfection as possible. It is invaluable to find a mentor whose journey is complementary to yours, who is open and honest about his/her experiences so that you could learn from them.

### #2. The Champion of Your Cause

These are the people who believe in you and all that you aspire to be. They are your advocates and will always have your back. They are way



# ആഴങ്ങളിലേക്ക് സഞ്ചാരം

Fr. George Vattamattam  
Manager, St. Mary's High  
School, Andheri (W).

കുറേ ഉപദേശങ്ങൾ നൽകുന്ന  
വനോ ശിഷ്യസമ്പത്തുള്ളവനോ  
അല്ല യഥാർത്ഥ ഗുരു. ശിഷ്യനിൽ  
നിന്നുപോലും നന്മയുടെ പുതിയ  
പാഠങ്ങൾ പഠിക്കാൻ തക്ക എളിമ  
യുള്ളവനാണ് യഥാർത്ഥ ഗുരു.

“ഗുരോ, അങ്ങ് എവിടെയാണ് വസിക്കുന്നത്?  
അവൻ പറഞ്ഞു; വന്നു കാണുക. അവർ ചെന്ന്  
അവൻ വസിക്കുന്നിടം കാണുകയും അന്ന്  
അവനോടു കൂടെ താമസിക്കുകയും ചെയ്തു”.  
(യോഹ. 1:38-39).

ഒരു വ്യക്തിയുടെ ആത്മാവിന്റെ ആഴത്തിൽ വേരു  
പിടിച്ച ബോധ്യങ്ങളെ ഉദ്ധരിക്കാൻ സഹായിക്കുന്ന  
വനാണ് ആത്മീയഗുരു. മനസിന്റെ കെട്ടുറപ്പിനെ  
യും, വിശ്വാസശൈലികളെയും നല്ല വിളനിലത്തേ

ക്ക് പഠിച്ചു നടുവാനും വളർത്തുവാനും കഴിവുള്ളവനാണ് അദ്ദേഹം. ആത്മാവിന്റെ അനന്തതയിലേക്ക് ഗുരു ഒരുവനെ നയിക്കുന്നു. അസംതൃപ്തമായ ആത്മീയബോധങ്ങളെ ഉപേക്ഷിച്ച്, ഹൃദയം ആഗ്രഹിക്കുന്ന ആത്മീയ സന്തോഷത്തിലേക്ക് അവനെ കൈപിടിച്ചുയർത്തുന്നു.

ചില പഴയകാല അനുഭവങ്ങൾ ആത്മീയ വളർച്ചയുടെ പാതയിലും, ആത്മീയ അനുഭവ സമ്പാദനത്തിനും തടസ്സം നിൽക്കാറുണ്ട്. ഇവയുടെ സ്വഭാവവും അവസ്ഥയും കൃത്യമായി തിരിച്ചറിഞ്ഞ്, അവയെ മാറ്റുവാൻ ആത്മീയ ഗുരു സഹായിക്കുന്നു. ഈ തടസങ്ങൾ ബന്ധങ്ങളിലോ, ആത്മീയ അനുഭവങ്ങളിലോ, തീരുമാനങ്ങളിലോ അങ്ങനെ ജീവിതത്തിന്റെ ഏതു ഭാവങ്ങളിലും ആകാം.

തികച്ചും പുതിയ ജീവിതവഴിയിലൂടെ നടക്കേണ്ടി വരുമ്പോൾ അത് മനസ്സിലാക്കി നിന്നെ നയിക്കാൻ ആത്മീയ ഗുരുവിനാകും. നിന്റെ തന്നെ ശക്തിയും ബലഹീനതയും മനസ്സിലാക്കിത്തന്ന് ആത്മീയ അന്വേഷണം എന്ന സ്വയം പ്രക്രിയയെ അവൻ നിനക്കു പരിചയപ്പെടുത്തുന്നു. വളരെ വ്യക്തിപരമായും, കൃത്യമായും, സ്വകാര്യമായും നടക്കുന്ന ഈ പ്രക്രിയ ശിഷ്യന് അത്ഭുതാവഹമായ ദൈവാനുഭവവും ആത്മപ്രകാശവും ദൈവമകൻ / മകൾ അവബോധവും പ്രദാനം ചെയ്യുന്നു. അപ്രകാരം, ഒരു വ്യക്തിയുടെ സമഗ്രമായ മാറ്റം സംഭവിക്കുന്നു.

വിവിധങ്ങളായ ആശയവിനിമയങ്ങളിലൂടെ തന്റെ തന്നെ അന്തഃസത്ത തിരിച്ചറിഞ്ഞ് ജീവിതത്തിന്റെ എല്ലാ അവസ്ഥകളെയും പ്രകാശമയമാക്കാൻ ആത്മീയഗുരു ഒരുവനെ സജ്ജമാക്കുന്നു. ഇതുവഴി പഴയശീലങ്ങൾ മാറ്റി പുതിയ ശീലങ്ങളും,

പുണ്യങ്ങളും സ്വായത്തമാക്കി ഒരാൾ പൂർണ്ണനായ വ്യക്തിയായിത്തീരുന്നു.

പൂർണ്ണനായ ഒരു ആത്മീയ ഗുരുവിനെ കണ്ടെത്തുക എന്നത് വലിയൊരു നേട്ടമാണ്. കൂറേ ഉപദേശങ്ങൾ നൽകുന്നവനോ ശിഷ്യസമ്പത്തുള്ളവനോ അല്ല യഥാർത്ഥ ഗുരു. ശിഷ്യനിൽ നിന്നുപോലും നന്മയുടെ പുതിയ പാഠങ്ങൾ പഠിക്കാൻ തക്ക എളിമയുള്ളവനാണ് യഥാർത്ഥ ഗുരു.

തികച്ചും വ്യക്തിപരമായ അനുഭവങ്ങളിലൂടെ ശിഷ്യൻ നടക്കുമ്പോൾ കൂടെ സഞ്ചരിക്കുക മാത്രമാണ് ആത്മീയ ഗുരു ചെയ്യുക; വിധിയാളനായല്ല, കൂട്ടുകാരനായി. അവനെ മനസ്സിലാക്കി, ദയാപൂർവ്വം ശ്രവിച്ച് അവനോടൊപ്പം നടക്കുന്നു. ശിഷ്യന് ഒത്തിരി കുറവുകളുണ്ടായിരിക്കാം. എന്നാൽ അവന്റെ ശക്തികേന്ദ്രങ്ങളെ ബലപ്പെടുത്താൻ ഗുരു സഹായിക്കുന്നു.

ജീവിതമാകുന്ന ചെടിയിൽ പുതിയ അസ്ഥിത്വനാമ്പുകൾ തളിരിടുവാൻ സഹായിക്കുകയാണ് ഗുരുവിന്റെ ധർമ്മം. വെട്ടിയൊരുക്കാൻ പരിശ്രമിക്കുമ്പോൾ, വെട്ടിനശിപ്പിക്കപ്പെടുന്നില്ല എന്ന് ആത്മീയ ഗുരു ഉറപ്പുവരുത്തണം. പഴയ ശീലങ്ങളും ബോധങ്ങളും ഇങ്ങനെ കാലപ്പഴക്കത്തിൽ ഉണങ്ങി വീണുകൊള്ളും. പഴയതിനെ നിശിതം വെട്ടി മാറ്റുകയല്ല, പുതിയതിനെ വളർത്തിയെടുക്കുകയാണ് ആത്മീയഗുരു ചെയ്യേണ്ടത്.

ഗുരുവിനെ കണ്ടെത്തുക. അവനോട് സംവദിക്കുക. അവൻ നിന്നോടു പറയും, “വന്നു കാണുക”. ഗുരു വസിക്കുന്നിടം കാണുക. അവിടെ നീയും വസിക്കുക.





# Saints with Saint Mentors

There are many saints in the Catholic Church, who had saints as their spiritual mentors.

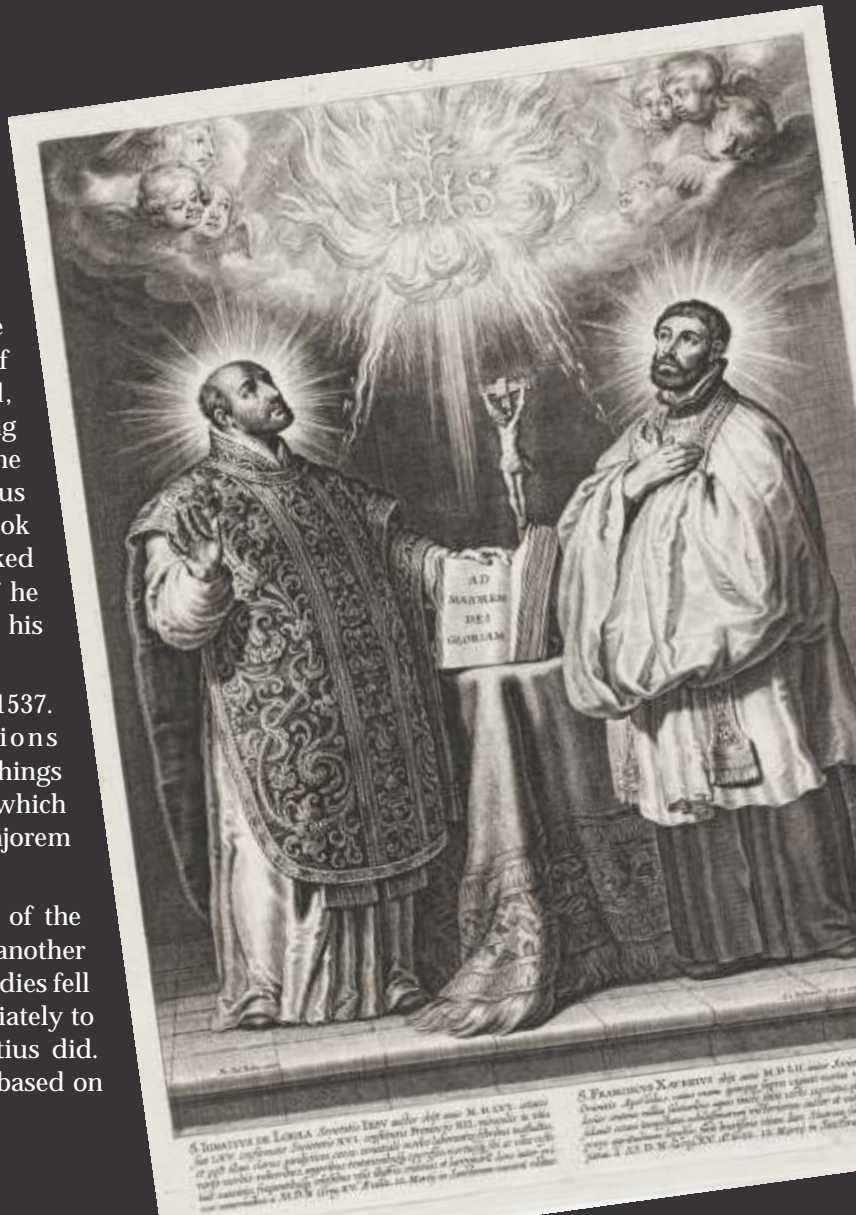
Fr. Shaiju Kattayath  
Vicar, St. Alphonsa Church,  
Mankhurd

## St. Ignatius of Loyola & St. Francis Xavier

St. Ignatius Loyola (1491-1556) was from a noble family, like his beloved disciple and friend St. Francis Xavier (1506-1552). When Ignatius met his roommate Francis Xavier in the University of Paris, Francis was a proud, autocratic, ambitious man wanting to accomplish great deeds in the world. For three years Ignatius patiently encouraged Francis to look at his life differently. Ignatius asked Francis, "What profits a man, if he gains the whole world and loses his soul?"

Francis Xavier was ordained in 1537. Ignatius and his companions committed themselves to do all things for the "greater glory of God", which became the Jesuit motto: Ad Majorem Dei Gloriam—"A.M.D.G."

Since one of the main elements of the Jesuits was evangelization, when another Jesuit who was to be sent to the Indies fell ill, Francis Xavier replied immediately to Ignatius, 'Send me!' And Ignatius did. Their friendship was a free one, based on their common love for Jesus.



## St. Francis of Assisi & St. Clare

Between Francis (1182-1226) and Clare (1194-1253) there was certainly a very strong human bond - paternal or fraternal in kind. Clare regarded herself as "the unworthy handmaid of Christ and the little plant of the most blessed Father Francis."

The extraordinarily profound understanding between Francis and Clare, does not come from "flesh and blood,". Being in love does not mean looking at each other, but looking together in the same direction. That is how it was for Clare and Francis.

They looked at the same God, the same Lord Jesus, the same crucified one, the same Eucharist, but from different angles, each with their own gifts and the sensitivity proper to a man and a woman: masculine and feminine. Together, they understood more than two Francises or two Clares could have done.



## St. Ambrose of Milan & St. Augustine



Augustine (354-430) wrote about his relationship with Ambrose (340-397), "To him was I unknowing led by Thee, that by him I might knowingly be led to Thee."

Ambrose influenced Augustine in two ways. First, Ambrose's exemplary life, as a knowledgeable philosopher and a powerful ecclesiastical lord, dearly loved and admired by all who knew him, made him a role model to Augustine. Second, during his sermons, by using allegorical interpretations of the Bible, Ambrose was able to reveal to Augustine the deeper truth contained within the texts.

Augustine believed that, no one can rationally explain the objections raised by heretics about the teachings of the Catholic Church, until he met Ambrose. Ambrose was able to show Augustine the truth of Christianity so that he might accept it, and serve as a role model that Augustine was able to emulate, and eventually, outshine. Augustine received baptism from Ambrose at Milan in AD 387.

## St. Teresa of Avila & St. John of the Cross

When they met first, Teresa (1515-1582) was 52 years of age and the newly ordained John (1542-1591) was 25. At the time of their first conversation, John was considering leaving the Carmelite Order for a more prayerful and secluded life. Teresa had begun her reform to establish houses closer to the original spirit of Carmel. She was in need of a male counterpart to begin the foundation. This would require a like-minded person, one who shared a common vision.

Teresa appreciated in this new acquaintance the richness of his deep interior life and soon selected him as her spiritual director and confessor. Their similarities went beyond this in their ardent desire to embrace the



primitive rule of Carmel, their longing for a deeper prayer life, their practice of poverty in the simplicity of their lives, the compassion evident in their love for others, being active reformers and yet mystics.

Both were among the acclaimed writers of spiritual life and able to articulate well their own mystical experiences; both became saints and Doctors of the Church.



## St. Don Bosco & St. Dominic Savio

Dominic (1842-1857) met John Bosco (1815-1888) in October 1854. John Bosco notes that Dominic would happily listen to his talks and sermons, and would, without hesitation, ask for clarification on points that were not clear to him.

Once Dominic had an occasion to listen to a talk on sainthood. John Bosco records that the talk had three main points that impressed Dominic:

1. It is easy to become a saint.
2. It is God's will that each one should become a saint.
3. There is a great reward waiting in heaven for those who try to become saints.

This inspired Dominic to take a conscious decision to become a saint. On learning that his first name meant "belonging to God", his desire to be a saint intensified. Dominic's spiritual growth progressed under the guidance of Don Bosco.



# IMPORTANCE OF CATHOLIC MENTORING

Dr. Keezhangatte James Joseph  
is a Life Coach and  
encourages people to be achievers.

A mentor is an experienced and prudent advisor. Jesus mentored his disciples by asking them to be with him (Mk 3:14). For the twelve, their proximity to Jesus and everything that they did together had a purpose – be an apostle. A Catholic Mentor helps mentees to

reach a higher level of commitment to Christ by building deeper levels of personal relationships through their prudent advice and example. In confidence, a catholic mentor guides, counsels, tutors and coaches the mentee to be a good catholic human being.





In the footsteps of Jesus, catholic mentors emphasise on 'purposeful proximity'. They walk shoulder to shoulder with their mentees, at times, holding their hands. They use appropriate mentoring tools available to them as they teach, listen, and encourage a mentee to follow Christ in this challenging world. Catholic mentoring is done in charity. The importance of mentoring is briefly highlighted in this article.

#### Catholic mentoring in the family

Family is the most suitable place where a person's mentoring can begin. As every family is unique, they are the best judge to decide on an appropriate time for mentoring.

Some families choose the time around dinner and family prayer for mentoring work. While seated around for evening prayer, they informally chat and catch up with each other about the day's events. Parents actively listen to the children without judging. Through advice and encouragement, they support the children to plan for the next day. They worship and pray together. The head of the family leads all the family members to a higher level of family relationship around Jesus Christ.

In a catholic family, parents are the mentors. As an active listener and prudent advisor, they teach and guide family members. While some parents are effective catholic mentors, others need support. Family apostolate is the best platform to train parents to be effective catholic mentors.

#### Youth and Catholic mentoring

St. John Bosco, the founder of the Salesian society worked with youth. He mentored youngsters like Dominic Savio to become

saints. 'Reason', 'religion' and 'long-kindness' are the three pillars on which Don Bosco built his unique mentoring strategy called the 'preventive system'. The sacrament of confession was central in Don Bosco's youth apostolate. The youth flocked to him because of his 'loving presence' among them. He insisted that his youth workers must always be present in a friendly way among the youth.

Today, more than any other time in history, the youth of Kalyan Diocese are looking for mentors who can navigate them through the wild swings of social media and rapidly changing educational and career scenarios. At this critical juncture, catholic mentors can stretch out a helping hand in a purposeful and friendly way and be available to them always. Like Jesus who chose his apostles, the catholic mentor goes in search of young mentees.

#### Mentoring in Pithruvedi and Mathrusangham

In the Kalyan Diocese context, Pithruvedi and Mathrusangham are two groups where catholic mentoring has great potential. While the Pithruvedi and Mathrusangham members are mature and independent adults engaged in various activities, encouraging the mentees to critically reflect on what they do and to achieve personal spiritual growth would be the essence

Family is the most suitable place where a person's mentoring can begin. As every family is unique, they are the best judge to decide on an appropriate time for mentoring.



of catholic mentoring. Driven by a desire to change, the catholic mentee goes in search of exemplary persons who can be their catholic mentors. They walk shoulder to shoulder, where the catholic mentor gently nudges the mentee to see the possibilities of growth that lie ahead of him or her.

Fruits of genuine Christ-centred mentoring among members of Pithruvedi and Mathrusangham would be the emergence of a new group of catholic mentors, willing and able to mentor the youth, senior citizens and others.

Senior citizens

Finally, senior citizens, particularly for

those who have lost a spouse, may experience emptiness and loneliness. In these moments, a catholic mentor who is a good listener and a companion in prayer can bring much needed comfort to their lives.

Catholic mentoring as a form of relationship is built around Jesus. It is in a prayerful context that the mentor and mentee meet to discuss challenging possibilities and ways to deal with them. Their relationship, which is built around prayer, nourishes the entire process.



# Professional Mentoring: A Quick View Guide

*“Having a good mentor early in one’s career can mean the difference between success and failure in any field.”*

(Compiled from an article published in the scientific journal, Nature.)

**Dr C.P. Johnson**

is Associate Director at C-DAC Mumbai, heading its Education & Training Division.

A mentor is a wise and trusted counsellor, usually a more experienced person. In Greek it means “one who thinks”. Mentors help mentees/protegees enhance their education, advance their careers, and build their networks. Mentees obtain good examples, expertise and advice as they advance under the guidance of their mentors. Mentors see all their interactions with mentees as lifelong.



## PERSONAL CHARACTERISTICS OF MENTORS

### 1. Enthusiasm

- Positive attitude towards work and life
- Passionate about the work they do
- Infectious exuberance that creates a wonderful atmosphere
- Active participation even in non-work related activities

### 2. Sensitivity

- Show compassion and understanding
- Provide advice, direction and support
- Understand the importance of work-life balance

### 3. Appreciating individual differences

- Understand all types of people and deal with them differently
- Craft development activities to enhance personal strengths
- Assign right tasks to mentees
- Non-biased approach to individuals

### 4. Foresight & Respect

- Broad vision, big-picture view, novel insight
- Is a role model
- Give and earn respect
- Treat people with high regard

### 5. Unselfishness

- Magnanimity in sharing own ideas
- No intellectual jealousy
- Push mentees into the limelight and stand back in the shadows
- Assist mentees in fulfilling their dreams
- Delight in seeing others succeed

## TIPS FOR MENTORS

### 1. Availability

- Always be accessible
- Have a routine that all are aware of
- Give quick responses to requests/e-mails/messages
- Conduct regular/informal meetings and discussions

### 2. Inspiration and Optimism

- Inspire mentees to seek and know more
- Mentees may walk into the cabin dispirited and feeling as a failure, and yet they need to walk out inspired and optimistic
- Encourage promising ideas and critical thinking
- Give them the freedom to expand their ideas

### 3. Directing

- Give direction to mentees
- Rein mentees in when they go off track
- Recognise and warn them of the dead-end

### 4. Advising

- Do not micromanage mentees
- Give advices in the form of suggestions
- Do not ridicule failure, rather encourage them to learn from mistakes

### 5. The art of questioning and listening

- Ask the right questions to allow mentees to come up with their own theories and ideas
- Always encourage questions from mentees
- Listen patiently, even when you know better
- Never impose your will on them

### 6. Awareness

- Be abreast with the latest trends
- Explore research outside and share it with them
- Be open to ideas from other disciplines
- Be ready to admit that you might be wrong





## 7. Acknowledgement

- Understand that celebration is a powerful motivator
- Give personal appreciation and public recognition
- Reward success

## 8. Criticism

- Give specific and constructive advice about their strength and weakness, etc.
- Do critical analysis and do not encourage gossip
- Carry out rapid reviews with clear feedback
- Resist the temptation to rewrite for mentees, but assist them to rewrite several times

## 9. Communication

- Encourage mentees to participate in workshops/seminars/trainings/teaching
- Improve oral presentation by giving inputs through mock/practice sessions
- Create opportunity to speak at forums/debates/meetings
- Arrange tea outings, birthdays, dinner parties, cinemas, sports/cultural events, picnics, charity work, etc.

## 10. Networking

- Utilise your contacts and networks to promote mentees
- Take mentees along with you and introduce them to eminent personalities
- Make sure others are aware of mentee's good work

## 11. Career Development

- Advise on career decisions
- Develop strategies, action and task setting
- Tireless attention to mentee's career development
- Help find placements, if required



# BENEFITS OF MENTORING FOR YOUNG PEOPLE

**Dr. Avinash De Sousa**

Consultant Psychiatrist & Psychotherapist  
Founder Trustee – Desousa Foundation

Mentoring is often a program that involves other elements, such as tutoring or life skills training and coaching. The supportive, healthy relationships formed between mentors and mentees are both immediate and long-term, and contribute to a host of benefits for mentors and mentees.

Some of the visible benefits of mentoring youth include:

- Higher college enrollment rates and higher educational aspirations
- Better attitude about school/college
- Lower high school/college dropout rates
- Healthier relationships and lifestyle choices
- Enhanced self-esteem and self-confidence
- Improved behavior, both at home and at school/college
- Stronger relationships with parents, teachers, and peers
- Improved interpersonal skills
- Decreased likelihood of initiating drug and alcohol use



Evaluations of mentorship programs have shown that the majority of such programs effectively help young people to be more aspirational, to pursue opportunity, and to make choices and engage in behavior that improve their own life chances.



Mentoring can help youth as they go through challenging life transitions, including dealing with stressful changes at home or transitioning to adulthood. Close, healthy, supportive relationships between mentors and mentees that last for a significant period of time (say, more than a couple of years) are central to the success.

People are constantly engaging in these naturally occurring relationships – relationships in which one person's developmental needs match another person's expertise and know-how. These are often informal and casual, and yet they can have significant spin-offs and benefits. They can be formed with many people and many times in our lives – from extended family members, peers and neighbors to teachers and colleagues in our places of learning and work.

Research from around the world shows how having a close relationship with a caring, competent adult (other than one's parent) can provide both protection from adversity for young adults, as well as open up important opportunities – helping young people to avoid difficult situations and reach their full potential.

Evaluations of mentorship programs have shown that the majority of such programs effectively help young people to be more aspirational, to pursue opportunity, and to make choices and engage in behavior that improve their own life chances.

Given that we have such a large youth population in India, we don't have enough programs that provide a platform for the mentoring of young people across the country. Churches, schools and colleges must start these programs to enable the youth meet and work under like-minded mentors that shall help our youth realize their true potential.



# EFFECTIVE MENTORING *Begins at Home*

*"Mentoring is a brain to pick, an ear to listen,  
& a push in the right direction." - John Crosby*

**Rosily Thomas**  
belong to St. Thomas Parish  
Borivali West





Take a minute to think about the best mentor you ever had. Many may give credit to their own parents as good mentors or an elder brother/sister, or a relative. Now, think of what made them stand out. Is it the example they set? Is it that they really understood your aptitude, creativity, talents or goals? Is it that they directed you to the right resources or offer the right advice when you needed it keeping your best interest in mind?

Parents are the best mentors who have the power to bring out the hidden talents that are waiting to unfold within the children. They turn children into functioning adults by being their mentors. Take a look at any great achiever and you will find at least one parent who instilled exceptionalism in their children. The family is the child's primary social group and it is here that the physical, emotional, social and intellectual development of a child takes place.

Indira Gandhi as a child was an extremely shy, fearful and reserved girl. It is difficult to believe that this shy and fearful child became the courageous, confident and charismatic personality we know of today. Her father, Jawahar Lal Nehru was her mentor, who moulded her personality through his letters.

Effective mentoring at home calls for making time everyday to talk to your child and it sends a clear message to the child that what goes on at school is important to you. When children know that parents are interested in their academic lives, they will take school seriously as well. Once the child develops confidence in his ability to confide in his parents, he becomes confident of expressing his difficulties and sharing his bitter experiences with his parents.

Thomas Alva Edison was labelled 'addled' by his teachers who failed to understand his scientific curiosity. Edison's mother

took the child out of school and created an atmosphere at home to satisfy his potential, thus pushing him to go on to become a world-famous scientist.

The right kind of mentoring can be offered when there is proper communication. Family dinner, preparing meals, family outings, car trips, or standing in line at a store are the times when children share their views. The parent-mentor needs to learn how to unlock this information by asking the right questions, reading their body language, being open-minded, and even acknowledging and controlling their own emotions.

Mallika Srinivasan (Chairman and CEO of TAFE), Tractor Queen of India, is a person mentored by her father. It was a dinner table conversation that triggered her interest in the tractor business. The influence of her father as a mentor was so much that she was able to produce in 15 days what her father used to produce in a year.

Helping children set specific and moderately challenging goals to increase self-efficacy and build toward larger goals is important while mentoring. After experiencing success with moderately challenging proximal goals, they will be more likely to become transitional risk takers, which is one of the most significant attributes of achievement-oriented individuals.

In recent years, parent-mentor roles have become very challenging as traditional family roles have shifted with children being exposed to various technologies and developing expertise that their parents do not master. The challenging role a parent-mentor has here is becoming more aware of their natural role vs. their desired role, and learning new tools and strategies to better scaffold their child's learning process, the bottom line being that effective mentoring at home is rooted in love, trust and sacrifice.

# CATHOLIC MENTORS

## – Inspiring to Aspire



**Fr. Franklin Joseph**  
For Catholic Mentors Team

What is 'Catholic Mentors'?

Catholic Mentors is a movement initiated by the Kalyan Media Cell (KMC) of the Eparchy of Kalyan in 2018, with the aim of guiding teenage students from our diocese to take informed career choices.

It is normal for any migrant community to face numerous challenges in reaching their destination and need support to 'settle down' with suitable career options in a constantly evolving job market. It is in this context that the Eparchy of Kalyan felt the need to organise career workshops for teenage students of our diocese to explore

options other than the regular choices like engineering and science which fetched them easy and respectable jobs.

The motto of 'Leading the faithful to be successful in life' is correlated to the vision of the Eparchy of Kalyan. As per the vision, a special focus is required for the formation of its members holistically. The time has come to provide a qualitative support system to facilitate success in the career and life of each faithful. In one way mentoring would help the next generation to obtain knowledge and on the other hand, benefit from the experiences of seniors.



## Role of Catholic Mentors

Focus areas of the Catholic Mentors include:-

- Provide expertise on the various courses available in student's preferred stream
- Guide students to prepare for the course of their choice
- Enable students to evaluate and choose his/her own career
- Suggest/recommend preparation strategy and other learning paths
- Provide career options in terms of branching out of standard streams

### Aspire 2018 – Let's Talk Career

With the conviction that one's personality and career interests are closely connected with each other, Catholic Mentors decided to provide the knowledge about personality and vocation interests which can help to plan a successful career. The outcome was Aspire – Let's Talk career, a half day orientation programme for students from grade 8 to 12.

Aspire 2018 was held at six different locations in the Eparchy of Kalyan, wherein a total of 609 teenage students participated. The orientation commenced with an Aptitude test, which helped students map their personality and areas of career interest. It also provided them an opportunity to be aware of their strength and thereby explore to choose a career closer to their innate interest. A graphical representation of the career interests of students who participated in the aptitude test is given below.

Each Aspire programme ran parallel tracks on identified fields such as Civil Services, Defence, Law, Engineering, Medicine,

Science, Banking & Finance, Media, etc. Participants were privileged to meet Experts, successful professionals from various fields who shared their personal experiences, tips and various steps that are involved in the selection process in their respective fields. This gave a good idea to the participants to be better prepared for



the possible challenges that may arise on the way to achieve their dream goals.

Along with the Experts, we had Inspirers who shared their stories. Inspirers are either brilliant students of prestigious institutes or young professionals who have just started working. Participants could connect very well with these inspirers. The program was concluded with a Question & Answer session.

### Future Plans of Catholic Mentors

Catholic Mentors would like to connect with the youngsters via different career related activities.

- Career Counselling sessions
- Online Career guidance platform
- Career guidance videos via YouTube
- Placement Orientation Workshops

With these, we wish to help our youngsters secure their future by opting for careers of their choices that are best suited to their personality.

The best advice I've ever received is from my Papa. He always said, "In total surrender, you'll see miracles. Do all that you can, and if nothing happens as per your expectation, surrender it to HIM. It's in the helplessness of man, the divine steps in." His life and choices are enough examples for me to live his advice. When I started following his advice, I too witnessed wonders. When I look back at those moments now, I realise that they were indeed difficult times and I sailed through them because of the total surrender.

**Aju Charles**  
Deputy Manager,  
Kotak Mahindra Bank



When I was working as an engineer at a construction project site, I always used to eye 100% perfection in whatever I do. After observing my work for a while, the project manager noticed that I am taking much more time for some tasks that would have been done very quickly. He then gave me this valuable piece of advice.



"Always prioritise your tasks in terms of the accuracy you are supposed to achieve. If something is to be quickly responded to, you should not sit on it for too much of time. But, try to achieve reasonable accuracy and move forward." I felt this suggestion as very relevant in several domains, as things may not get finalised in one round, and hence getting things done faster becomes important. Eventually this way of managing things will transform you as an efficient multitasker.

**Dr Albert Thomas**  
Asst Professor, IIT Bombay

The best advice I received from my mentor. You are defined by your attitude you drape. Remember, life has not promised you sunshine or a pretty rainbow all along, get up every time you fall because now you know it ain't work that way. So, be agile and keep iterating the path to fulfill your dreams. Stop running a sprint, enjoy the marathon, make it meaningful and stay blessed.



**Sajita Thomas**  
Sr. Manager Human Resources with a  
Global IT product organization

## The Best Advise I Ever Got

### Jesus, the Super Mentor

After my mother's expiry in 2017, I had suffered severe depression and insomnia. For a while, it felt as if I will never be able to overcome the grief. There was no one, I felt, would understand what I am going through;

more over I didn't have siblings. As I was walking through a season of weeping and depression over the irreparable loss, unable to compose myself, I happened to watch a television programme on Jesus accidentally and felt connected immediately. I found solace through Biblical mentoring offered through this television channel. Gradually Jesus became my Super Mentor. Definitely, I didn't come out victorious in a single go, but steadily my condition improved. I started having peaceful sleep without the sleeping pills on which I had grown so dependant. I regained my confidence and focus. And even today, when I feel upset about my loss, I just think of my Super Mentor, kneel down and pray, thereby allowing spiritual peace to fill me. I

continued to experience His enduring presence further through Bible, spiritual television programmes and magazines. These and other events in my life were indications backed up by His word that God would not leave me alone in my grief and is the ultimate source of tender mercy that brings encouragement and healing.

**Dr. Sneha Mishra**  
Faculty, VJTI Mumbai.



My mother is the most motivating factor in my journey of vocation to priesthood. Her prayers and sacrifices give me strength and courage. My fellow priests always support me. I could see that there are many who like little lamps help me to walk through the light of faith, trust and joy. Each moment of my life is a gift of God and I am thankful and grateful to HIM.

**Fr Biju Mannamcheril**



Few elements of motivation in choosing priesthood as my vocation are family prayers and priority given to God in every single event of my family. Interactions with priests and their lives of service also gave me great inspiration while discerning my vocation

*Fr. John Kochuveetil*



The basic factor which motivated in choosing my vocation towards priesthood was the holy qurbana and the priority given to it in my family. My parents supported me greatly and my parish priests motivated and encouraged me. The dedication and service mindedness of the priests' was an inspiration in discerning my vocation towards priesthood.



*Fr. Jitin Kottarathil*

The rapport with the parish priests in my childhood sowed the seeds of priesthood in my life. The life of St. Augustine and St. Francis of Assisi gave an insight into my vocation. All the good deeds of priests became an inspiration to me to join this divine vocation..The prayerful ambience and encouragement from my family helped me to grow in my priestly vocation.

*Fr. Jojit Koottungal*



My parents had a vital role in my vocation. Their compulsion to join the family prayer even after late night helped me to realize the need of prayer. Priests and sisters who were always seen as happy, loving and caring helped me to recognize the joy of prayer. Parish priests, catechism teachers and a few friends inspired me to choose the way to priesthood but the long years of formation in the seminary reminded me that it is not me who choose this way but God.

*Fr. Fabin Kanjiraparambil*



"Desire, the depth of your desire will decide the success of your life" said Fr Joju Aloor, the parish priest of my parish (Bhandup) in 2002 when I was planning to enter the religious life with apprehensions of my own shortcomings and weaknesses. Since then I remind myself this. I have been telling my students and all those who ask a piece of advice for success."your want for success must be equal to your want for breath".



*Sr. Tesslin Puravathan SABS, Ujjain*

An ex-boss who later became a friend told me: Thomas, its important to be correct, but it's much more important to be nice, because people always remember how you made them feel.

*AF Thomas, Borivali*

From my mentor and guide - "When it comes to learning, your motive should be to know something of everything and everything of something."

*Ms. Jerin Jacob, Kandivali*



I have received a lot of advice on cricket and life at different points in my life. But I feel the one piece of advice that stands out and was critical for me was in the year 2005 when I was dropped from the Mumbai Ranji trophy team .and I was sure there was no way of ever coming back. I became very bitter and started thinking "why me?" It was then that my coach told me something that I've not forgotten to this day ...which was, "Abhishek, what is meant to be will be and you will get what you deserve at the time which you are supposed to. So work hard and don't get bitter- get better.



*Abhishek Nayar,  
International Cricket Player*

My 12th class teacher, Dr Jebin Joel's words inspired me, "The only difference between ordinary and extraordinary is the word extra"

*Mr. Denis Jacob  
Medical Student, Sion*



**മാർ തോമസ് ഇലവനാൽ**  
കല്യാൺ രൂപതയുടെ മെത്രാൻ

## പാവനസ്മരണ

### കന്യകാമറിയത്തിന്റെ സ്മരണ

അൾത്താരയിലെ ബലിയർപ്പണവേളയിൽ ദൈവ മാതാവായ കന്യകാമറിയത്തിന്റേയും നീതിമാനായ പിതാക്കന്മാരുടേയും പാവനസ്മരണയ്ക്കായി പ്രാർത്ഥിക്കുന്നു. കാൽവരിയിൽ കർത്താവിന്റെ കുരിശിൻ ചുവട്ടിൽനിന്നു പ. കന്യകാമാതാവ് അൾത്താരയിലെ ബലിയർപ്പണവേളകളിലെല്ലാം അനുസ്മരിക്കപ്പെടണം. മാതാവാണ് ഈശോയുടെ രക്ഷാകരകർമ്മത്തിൽ ഏറ്റവും അടുത്ത് ഭാഗഭാക്കായി വ്യക്തി. ഇവിടെ മാതാവിനെ അനുസ്മരിച്ചശേഷം പിതാക്കന്മാരുടെ പാവനസ്മരണയ്ക്കായി പ്രാർത്ഥിക്കുന്നു.

### സംപ്രീതി കണ്ടെത്തിയ പിതാക്കന്മാർ

പിതാക്കന്മാർക്ക് രണ്ടു വിശേഷണങ്ങൾ ചേർത്തിട്ടുണ്ട്. അങ്ങയുടെ സന്നിധിയിൽ സംപ്രീതി കണ്ടെത്തിയവരാണവർ, അതുപോലെ അവർ നീതിമാന്മാരും വിശുദ്ധരുമാണ്. ഈശോയുടെ പീഡാനുഭവത്തേയും മരണത്തേയും ഉത്ഥാനത്തേയും നിരന്തരം ധ്യാനവിഷയമാക്കിയവരും ഈശോയുടെ രക്ഷാകരരഹസ്യവുമായി താദാത്മ്യപ്പെടുവാൻ പരിശ്രമിച്ചവരുമാണവർ. വി. പൗലോസ് പറയുന്നതുപോലെ 'ഈശോയുടെ മരണം സ്വശരീരത്തിൽ സംവഹിച്ചവരാണവർ' (2 കൊറി. 4:10). അതുകൊണ്ടാണ് അവരുടെ സ്മരണയും ഈശോയുടെ ബലിയോടും ഓർമ്മയാചരണത്തോടും ചേർത്തു വയ്ക്കുന്നത്. പ്രാർത്ഥിക്കുന്ന സമൂഹത്തിനുവേണ്ടി അവരും ദൈവസന്നിധിയിൽ മദ്ധ്യരാകുന്നു. നമ്മൾ വിശ്വസിക്കുകയും ഏറ്റുപറയുകയും ചെയ്യുന്ന പുണ്യവാന്മാരുടെ ഐക്യത്തെയാണ് (ഹെബ്രാ. 12:22-24) ഇത് അർത്ഥമാക്കുന്നത്.

ഈ അനുസ്മരണം പിതാക്കന്മാർക്കുവേണ്ടിയുള്ള പ്രാർത്ഥനയായിട്ടല്ല മനസ്സിലാക്കേണ്ടത്, അവരുടെ അനുസ്മരണത്തിലൂടെയുള്ള മാദ്ധ്യസ്ഥം അപേക്ഷിക്കലായിട്ടാണ്. കാരണം അവർ ദൈവസന്നിധിയിൽ സംപ്രീതി കണ്ടെത്തിയവരാണ്. ദൈവത്തിന് പ്രീതികരവും നിർമ്മലവുമായ അവരുടെ ജീവിതവും ബലികളും ദൈവം അനുസ്മരിച്ചാൽ അവരുടെ യോഗ്യതയാൽ മക്കൾക്കും അനുഗ്രഹം ലഭിക്കുമെന്ന പ്രത്യാശയാണ് ഇതിൽ ഉൾക്കൊണ്ടിരിക്കുന്നത്. മോശ

ഇസ്രായേൽ ജനത്തിനുവേണ്ടി ദൈവസന്നിധിയിൽ മാദ്ധ്യസ്ഥം അപേക്ഷിക്കുമ്പോൾ അങ്ങയുടെ ദാസന്മാരായ പിതാക്കന്മാരെ ഓർക്കണമേ എന്ന് അപേക്ഷിക്കുന്നുണ്ട്. (നിയ. 9 : 27) ദൈവം പിതാക്കന്മാരോട് ചെയ്ത ഉടമ്പടി അനുസ്മരിച്ചാൽ ജനത്തോട് കരുണ കാണിക്കും എന്ന് തിരുവചനം സാക്ഷ്യപ്പെടുത്തുന്നുണ്ട്. (ഉല്പ. 19:29; പുറ. 2:24-25; 32:13). പ. അമ്മ മുതൽ നീതിമാന്മാരായ പൂർവ്വികന്മാരെ അനുസ്മരിച്ച് ദൈവത്തിന്റെ കരുണയ്ക്കായുള്ള അപേക്ഷയാണിത്.

### പാവനസ്മരണ സംജാതമാക്കണമേ

ദൈവത്തിന്റെ ഭാഗത്തു നിന്ന് പിതാക്കന്മാരെ ഓർക്കണമേ എന്നപേക്ഷിക്കുന്നതോടൊപ്പം, കർത്താവിന്റെ പെസഹാരഹസ്യത്തെ ഞങ്ങൾ സ്മരിക്കുന്നു എന്നാണ് പ്രണാമജപത്തിന്റെ അവസാനഭാഗത്ത് ചൊല്ലുന്നത്. നമ്മൾ കർത്താവിന്റെ രക്തത്തിലുള്ള ഉടമ്പടി അനുസ്മരിക്കുമ്പോൾ പിതാക്കന്മാരോടുള്ള ഉടമ്പടി ദൈവം ഓർക്കണമേ എന്നാണപേക്ഷിക്കുന്നത്. ദൈവത്തിന്റെ കൃപ അവർണ്ണനീയവും സമൃദ്ധവുമാണ് എന്നേറ്റു പറയുന്നു. ആ കൃപയിലാശ്രയിച്ചാണ് നമ്മൾ പാവനസ്മരണയ്ക്കായി പ്രാർത്ഥിക്കുന്നത്. വി. പൗലോസ് അനുസ്മരിപ്പിക്കുന്നതുപോലെ ദൈവത്തിന്റെ കൃപ കൂടുതൽ സമൃദ്ധമാകുന്നതു വഴി ദൈവത്തിന് കൂടുതൽ കൃതജ്ഞത അർപ്പിക്കപ്പെടുന്നു. (2 കൊറി. 4:15).

### ശാന്തിയും സമാധാനവും നല്കണമേ

തുടർന്ന് 'അങ്ങയുടെ ശാന്തിയും സമാധാനവും ഞങ്ങൾക്കു നല്കണമേ' എന്നാണ് പ്രാർത്ഥിക്കുന്നത്. നീതിമാന്മാരായ പിതാക്കന്മാർ ദൈവത്തോടു ചെയ്ത ഉടമ്പടിയിൽ വിശ്വസ്തരായിരുന്നതുകൊണ്ട് ദൈവം ശാന്തിയും സമാധാനവും നല്കി അവരെ അനുഗ്രഹിച്ചതുപോലെ നമുക്കും അവിടുത്തെ ശാന്തിയും സമാധാനവും വി. കുർബ്ബാനയാകുന്ന ഉടമ്പടിയിലൂടെ നല്കണമേ എന്നാണ് പ്രാർത്ഥിക്കുന്നത്.

വി. പൗലോസ് പറയുന്നു : "ക്രിസ്തുവിന്റെ സമാധാനം നിങ്ങളുടെ ഹൃദയങ്ങളെ ഭരിക്കട്ടെ. ഈ സമാധാനത്തിലേയ്ക്കാണ് നിങ്ങൾ ഏകശരീരമായി വിളിക്കപ്പെട്ടിരിക്കുന്നത്". (കൊളോ. 3 : 15). അന്ത്യത്താഴ്വേളയിൽ ഈശോയുടെ പുരോഹിതപ്രാർത്ഥനയിൽ ശിഷ്യന്മാർക്ക് പ. ആത്മാവിനെ വാഗ്ദാനം ചെയ്തശേഷം ശിഷ്യന്മാരോട് പറയുന്നത് "ഞാൻ നിങ്ങൾക്ക് സമാധാനം തന്നിട്ടു പോകുന്നു. എന്റെ സമാധാനം നിങ്ങൾക്കു ഞാൻ നല്കുന്നു". (യോഹ. 14:27) എന്നാണ്. ഇതിന്റെ പ്രത്യുത്തരമെന്നോണമാണ്

അങ്ങയുടെ ശാന്തിയും സമാധാനവും ഞങ്ങൾക്കു നൽകണമേ എന്ന പ്രാർത്ഥനയെ കാണേണ്ടത്. ഈ ഗേഹത്തെ പ്രാർത്ഥനയ്ക്കുശേഷം പ. ആത്മാവിന്റെ ആഗമനത്തിനുവേണ്ടിയാണല്ലോ പ്രാർത്ഥിക്കുന്നത്. ഈശോയുടെ തിരുരക്തത്തിലുള്ള പുതിയ

ഉടമ്പടിയുടെ ഫലമായി ദൈവം നമുക്ക് നൽകുന്ന ദാനമാണ് ദൈവത്തിന്റെ സമാധാനം. ഓരോ വി. കുർബ്ബാനയിലും ദൈവം നമുക്ക് ഈ ദാനം നൽകുന്നു. അതിനായിട്ടാണ് നമ്മൾ പ്രാർത്ഥിക്കുന്നത്.

## Sacred Memory

### Mary the Virgin Mother

During the celebration of Qurbana on the altar we pray for “the sacred memory of Mary the Virgin Mother of God and of the just Holy Fathers”. Bl. Virgin Mary who stood at the foot of the cross during the sacrifice of Christ should be remembered at the altar during all the Eucharistic sacrifice. Virgin Mary is the one who participated closely in the redemptive works of Christ. Afterwards we pray for the sacred memory the Fathers.

### Holy Fathers who found Favour

Here they are given two qualifications, namely that they are just and holy Fathers and that they are those ‘who found favour in your presence’. They are those who constantly meditated upon the Paschal mystery of Christ and thus tried to identify with these mysteries of Christ. They are those who lived these words of St. Paul: “Wherever we may be, we carry with us in our body the death of Jesus” (2 Cor. 4:10). Hence we join their remembrance together with the remembrance of the sacrifice of Christ. They too intercede before God for the community. This is a manifestation of our faith in the communion of saints that we believe and proclaim (Heb. 12:22-24).

So, here our prayer is not to be understood as a prayer for them. But through their remembrance we pray for their mediation, for they are those who already ‘found favour in God’s presence’. Here the hope of the community is expressed that if God remembers the sacrifices and the holy life of these Fathers who were pleasing before God we their children also will be blessed by God. As Moses intercedes for the people of Israel for His mercy he prays God to remember your servants, the fathers who were pleasing before Him (Deut. 9:27). The word of God reminds us that if God remembers the covenant

God made with these holy Fathers God will be merciful to His people (Gen. 19:29; Ex. 2: 24-25; 32:13). So this is a prayer invoking the mercy of God remembering all the just and Holy ones beginning with the Bl. Virgin Mary.

### We invoke the Sacred Memory

After mentioning the remembrance of the Fathers this Gehantha prayer culminates in the remembrance of the Paschal Mystery of Christ. As we remember on the altar the covenant of Jesus in His blood we pray that God may remember His covenant with the Fathers.

Here the prayer is ‘in your infinite mercy we invoke the sacred memory’. The mercy of God is great and ineffable; here let us remember the words of St. Paul: “the more grace in multiplied among people, the more thanksgiving there will be, to the glory of God” (2 Cor. 4:15).

### Grant us Peace and Tranquility

Here the prayer is for peace: “Grant us your peace and tranquility all the days of our lives”. Just as God blessed with peace and tranquility all the Fathers who were faithful to the covenant we pray for peace and tranquility as we renew the new covenant in Jesus’ blood in the Eucharist. Again St. Paul reminds us: “May the peace of Christ reign in your hearts, because it is for this that you were called together into one body” (Col. 3:15). Jesus during His priestly prayer at Last Supper, after having spoken about the Holy Spirit promised them peace saying “I give you my peace, not as the world gives peace do I give it to you” (Jn. 14:27). It is in relation to this promise of Christ that we should understand this prayer ‘grant us your peace and tranquility’. After this Gehantha we are going to pray for the gift of the Holy Spirit. The peace of Christ is the fruit and the precious gift of the new covenant in His blood. We receive this gift every time we participate in the Qurbana.



## Pope Francis calls for unity with Orthodox Churches



On the feast of St. Andrew the Apostle, Pope Francis told the Ecumenical Patriarch of Constantinople that while the Holy Spirit has in recent years prompted a "fraternal dialogue" between the Catholic and Orthodox Churches, both Churches should work to achieve full communion with one another.

The Ecumenical Patriarch of Constantinople, the de facto leader of Orthodox Christianity, is believed to be the successor of St. Andrew. While the various Orthodox Churches around the world are not subject to his administrative authority, he is generally regarded as *primus inter pares*, or "first among equals" in relationship to the patriarchs of other Orthodox Churches. The current patriarch is Bartholomew I, who has held the position since 1991, and is widely seen to have fostered collaborative dialogue with Pope Francis and his predecessors, Pope Benedict XVI and Pope St. John Paul II.

## Pope Francis explains symbolism of Vatican Christmas tree and sand nativity

As the Vatican illuminated its 65-foot Christmas tree in St. Peter's Square Friday, Pope Francis shared the deeper meaning found in the traditional festive spruce. The signs and symbols found in Christmas traditions can "help us to contemplate the mystery of God made man to be close to each one of us," Francis said Dec. 7.

"The Christmas tree with its lights reminds us that Jesus is the light of the world, the light of the soul that drives away the darkness of animosity and makes room for forgiveness," he continued. The great height of this year's Christmas tree -- cut from Italy's Cansiglio forest -- symbolizes that the Son of God, who lowered himself in assuming the human condition to draw man up to himself, the pope explained.

## Advent starts with Manila's Grand Marian Procession December 03, 2018

Every year, more than a hundred images of the Blessed Virgin Mary are paraded around the old city of Manila in the "Grand Marian Procession" ahead of the "Solemnity of the Immaculate Conception" celebration on Dec. 8.

The procession of beautifully and elaborately-adorned carriages bearing the images of the Blessed Virgin Mary starts at four o'clock in the afternoon in front of Manila Cathedral and slowly winds its way through the streets of the Walled City.

Held every first Sunday of December, thousands of Marian devotees, holding lighted candles and rosaries, take part in the religious procession, which is considered to be the largest and grandest of its kind in the country.



The Vatican also unveiled the annual nativity scene in St. Peter's square, this year sculpted entirely out of sand. The 52-foot-wide sand sculpture of Mary, Joseph, the Child Jesus, and an angel was created by four international artists using around 700 tons of sand brought from the Dolomites.

Pope Francis reflected that sand is a humble, poor material that "recalls the simplicity, the smallness with which God showed himself at the birth of Jesus in the precariousness of Bethlehem."



## Remote northeast Indian village in Arunachal Pradesh gets region's biggest church

Neotan, one of the remote villages in the northeast Indian state of Arunachal Pradesh bordering Myanmar, witnessed the inauguration of the biggest church in the state on December 5. Blessing the brand new Sacred Heart Church, the small Mossang tribal community of Neotan in Changlang district celebrated the day when they first embraced the Catholic faith 19 years ago.

Leading the December 5 celebration was Bishop Theodore Mascarenhas, the visiting Secretary General of the Catholic Bishops' Conference of India (CBCI). Among others were Bishop Joseph Aind of Dibrugarh, local Bishop George Pallippambil of Miao Diocese, Auxiliary Bishop Dennis Paniptichai of Miao, Coadjutor Bishop Albert Hemrom Dibrugarh and some 2000 people from across the district.

Prior to the inauguration of the Church, the Bishops planted saplings around the Church premise, to stress the importance of conserving and promoting the environment.

Bishops Joseph and George who introduced Neotan village to the Catholic faith 19 years ago congratulated the people for their new church and appreciated them for all the sacrifices they made to realize it.

"It is like our dream come true", said local catechist Mr. Chomjung Mossang, echoing the sentiments of the entire village.

The new church that can accommodate 2000 faithful took two years to complete and was possible mostly because of the people's sacrifices and local fundraising.



## Catholics call Assam church attack a hate crime



Church officials in India want police to conduct a thorough probe into an attack on a Catholic church in Assam, saying it could be part of a plan to create religious-based divisions in the northeastern state ahead of Christmas.

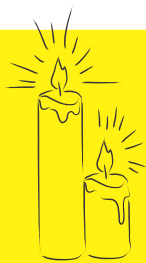
Parishioners of St. Thomas Church in Chapatoli, in Dibrugarh Diocese said they found their church vandalized on Dec. 15.

The church's crucifix, stations of the cross and prayer books were allegedly destroyed, while a Marian statue was removed from its plinth in a grotto and thrown to the floor.

"Somebody did this to destroy a harmonious atmosphere in this area," parish priest Father Cyprian Lakara told [ucanews.com](http://ucanews.com). Nothing like this has happened before at the 88-year-old church, he added.

Despite police arresting two "drunk" men in connection with the vandalism, church officials believe those arrested were scapegoats and that the motive behind the attack was more sinister.

Bishop Joseph Aind of Dibrugarh demanded "a high-level inquiry" and said "certain forces with ulterior motives were seeking to sow seeds of hatred" among peace loving people living in the tea garden areas of the state.



# KNOW YOUR FAITH



## Question:

If God knows everything and will do the best for us, then why do we need to pray?

## Answer:

The question itself betrays a lack of understanding of who God is. God is not an artificial intelligence computer that can auto-detect and remote-solve your problems. God is a person. The defining characteristic of 'person' is relationship. God, in creating man in his "own image and likeness" (Gen 1:26), gave him the same capacity for interpersonal relationship as exists between the members of the Holy Trinity. Though the gap between man and God is vast, yet God extends his hand of friendship to man from on high. The Psalmist acknowledges this when he says: "What is man that thou art mindful of him, and the son of man that thou dost care for him?" (Ps 8:4).

The essence of friendship is communication. Man's role as the junior partner in the relationship is to tell the senior partner everything, right down to his most intimate thoughts. This demands maturity. Asking God for our needs is actually a way of telling him that we are dependent upon him. This is the way God intended it from the very beginning. The fall of Adam and Eve was the offshoot of an unholy desire to be independent of (or equal to) God.

This had disastrous consequences for them and for the whole of mankind.

In the exchange between the blind Bartimaeus and Jesus in Mk 10:46-52, Jesus asks him: "What do you want me to do for you?" Bartimaeus replies: "Lord that I may see". Jesus replies: "Go, your faith has made you well". The clear message is that God wants us to ask, even though he knows in advance what we are going to ask for! It could be his way of 'working the relationship'. Again, Mt 7:7-8 tells us "for every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened".

When we pray with persistence, does it change God's mind? No, rather it changes us! Indeed, even as we are petitioning him, He is working to change our heart to be more like His. The more time we spend with Him, the more we become like Him. So please go ahead, work at the relationship: open up, ask unashamedly, say thanks, say sorry, praise him profusely, worship him reverently, full-on communicate!

*Lantern Team*  
*A.F. Thomas*



## Kalyan Eparchy Youth

The Lord says "For where two or three gather in my name, there am I with them" (Matthew 18:20-22)

Three days of Spiritual Renewal and Revival, was organized for the Kalyan Eparchy Youth.

More than 100 youth across the Diocese came together for the miraculous rejuvenation experience.

The Retreat was blessed with the presence of Fr. Dibin Alluvasery VC.

He gave insights about how a youth's life should be centred around faith and spirituality.

With Eucharistic Celebrations, individual reflections the experience was overwhelmingly positive with each youth gaining insights about oneself and each other. Through the Sacrament of reconciliation each youth prepared themselves to receive the mercy, forgiveness and grace to start a new life all over again.

Thus, Kalyan Eparchy Youth came together and experienced the love and presence of the Lord Almighty.



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*In Loving Memory Of Our Dearest Appachan  
On His Tenth Death Anniversary*



**MATHEW. O. CHERAMAL**  
BORN: 25-03-1940 DIED: 02-01-2009

Greatness rest in quiet places, in quiet strong people.  
Appachan demonstrated this throughout his life.  
A great who lived quietly but with strength, with values,  
with respect for himself and others.

Thank you Appachan for your inspirational values,  
sacrifice & love.

Thank you, Lord  
For an excellent Appachan,  
May he rest in peace forever.

**A TRIBUTE OF LOVE FROM**

Beloved Wife - Cicily Mathew

Ever Loving Children - Joe, John, Jim

Daughter In Law - Shobha, Angela

Grand Children - Syona Joe, Genesis John

&

All Cheramal Family Members



*2<sup>nd</sup> Death Anniversary*

Those we love don't go away,  
They walk beside us everyday,  
Unseen, unheard, but always near  
Still Loved, still Missed and Very Dear.

*Deeply Missed and Fondly remembered by:*

**Mrs. Kathreena Varghese**  
**Jacob & Sindhu, Shaiju & Nisha,**  
**Sherly & Robert,**  
**Johann, Angelin, Jezwyn,**  
**Christen, Maryn, Ryan & Shawn**

**MANJALY CHACKO VARGHESE**

**Date of Birth - 28th February, 1937**

**Date of Eternal Abode - 28th January, 2017**







Medium Fair, 25 / 163 / 70 / BDS / Presently working as Doctor / Parents from Thrissur / 022-27463901/7710091876 / nathomas74@hotmail.com  
**GOC201852327**



Medium Fair/27/157/57/M. Arch / M.Com / Presently working as Architect, Urban Planner in MNC / Parents from Muvattupuzha / 022-25220092 / 9869192245/jkgeorge51@gmail.com  
**GOC201852757**

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**GOC201630029**

Moderate Fair, 27 / 155 / 65 / MBA Energy and Environment / Presently working as Senior Conference Manager / Parents from TCR / 9665255804 / 7030485707 / ancyantony737@gmail.com  
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Alphonsa Sebastian — Vasai (W)  
Rosmy Davis — Antop Hill  
**THANKSGIVING TO ST. ALPHONSA**  
Alphonsa Sebastian — Vasai (W)

## BISHOP'S DIARY

JANUARY - 2019

- |                 |                                       |             |                                |
|-----------------|---------------------------------------|-------------|--------------------------------|
| <b>1st</b>      | Priestly Ordination - Kannamkulangara | <b>21st</b> | Minor Seminary Class - Panvel  |
| <b>2nd</b>      | Priestly Ordination - Chethipuzha     | <b>22nd</b> | Ecumenical Prayer - Vashi      |
| <b>3rd</b>      | Priestly Ordination - Mundur          | <b>23rd</b> | Curia Meeting - Bishop's House |
| <b>4th-6th</b>  | Committee Meeting - Kakkanad          | <b>26th</b> | Holy Communion - Borivil       |
| <b>7th-18th</b> | Syro-Malabar Bishops Synod - Kakkanad | <b>27th</b> | Holy Communion - Bhayandar     |
| <b>19th</b>     | Holy Communion - Varthak Nagar        |             | Qurbana - Marol                |
| <b>20th</b>     | Holy Communion - Vikhroli             | <b>28th</b> | Minor Seminary Class - Panvel  |
|                 | Holy Communion - Tikujiniwadi         | <b>30th</b> | Curia Meeting - Bishop's House |

All Glory to thee, Lord who loves so much

**50<sup>th</sup> Wedding Anniversary**  
27-01-2019

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

**Happy Anniversary Mummy & Pappa.**

*With love & prayers*

**Reena & Tomy  
Joseph & Deepa  
Bency & Jose  
Joel & Rabeca  
Jayden & Naythan  
Joshua & Aaron**

**Mathew & Thresia**  
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