

# Kalyan Lantern

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*Let light shine  
out of darkness*



# 25<sup>TH</sup> YEAR OF PRIESTLY ORDINATION CELEBRATION AT DIOCESE



May the  
Grace and Peace  
of our Lord  
be with you  
in all you do.

Msgr. Emmanuel  
Kadankavil

CONGRATULATIONS

TO

NEWLY  
ORDAINED  
PRIESTS

OF

DIOCESE OF KALYAN



Fr. Jitin Kottarathil



Fr. John Kochuveetil



Fr. Jojit Koothungal



Fr. Dhanoop Chungath



Fr. Bibin Mattaparambil



Fr. Fabin Kanjiraparambil

# GOD NEVER TIRES OF FORGIVING US

Pope Francis has continually emphasized the infinite mercy of a God who never tires of reaching out. Throughout his teachings, the Holy Father has put forth the Sacrament of Reconciliation as a gift that permits each one of us to encounter the mercy of God in a personal and profound way.

"The Sacrament of Reconciliation is a Sacrament of healing. When I go to confession, it is in order to be healed, to heal my soul, to heal my heart and to be healed of some wrongdoing," describes Pope Francis. (General Audience Feb. 2014).

Pope Francis invites all to focus on the Sacrament of Reconciliation as an important dimension of experiencing God's mercy. The Holy Father says: "So many people, including young people, are returning to the Sacrament of Reconciliation; through this experience they are rediscovering a path back to the Lord, living a moment of intense prayer and finding meaning in their lives. **Let us place the Sacrament of Reconciliation at the centre once more in such a way that it will enable people to touch the grandeur of God's mercy with their own hands.** For every penitent, it will be a source of true interior peace."

(*Misericordiate Vultus*, #17)

Canadian Conference of Catholic Bishops

Dear Friends,

Sacrament of Reconciliation has the potential to change us if we allow it and have the desire to live out the graces that have been bestowed on us as a result.

In John 8:3-11 we see that, there was no condemnation but a demand: "go now and sin no more". It was not enough for Jesus to forgive but, He now demands from us a change of heart, that our life be different and absent of sin. He demands full conversion, a turning away from all sin and a desire, to live a life of holiness.

***Lent is a beautiful time to grow in a deeper love with Christ.***

***Let light shine out of darkness....***



## Kalyan Lantern

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

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A photograph of a man with grey hair, wearing a dark blue suit, sitting in a wooden church pew. He has his head buried in his hands, which are clasped together, suggesting a state of distress, prayer, or exhaustion. The background shows the interior of a church with stone arches and warm lighting.

# MENTAL HEALTH

&

## THE SACRAMENT OF RECONCILIATION

Dr. G. Menachery

PhD in Education Psychology from Pune University (1985)  
Professor at Bethlehem Minor Seminary, Elinjipra, Thrissur

Periodically, all of us are subjected to threefold experiences that provoke strong negative emotions within us, such as shame, fear and guilt feelings that can upset our well balanced life that everyone tries to maintain. Fear is always in the light of some impending accident, serious illness, impending doom etc. Shame takes place when our well-maintained self-esteem is threatened by an unexpected incident such as removal from a job due to some malpractice or a false accusation from someone that can even land us in jail. Guilt

feelings arise when we violate some moral code or the commandments of our religion, whether it is known to others or not. On account of this, people who have built up a delicate conscience over the years experience strong feelings of guilt. All these three can bring an upheaval in our life, making a normal, happy life impossible.

Christians have Ten Commandments, and some laws and holy customs of the Church which we are expected to follow in the normal course of our lives. When a violation of these takes place voluntarily or due to pressure from others, it brings about strong resentments within ourselves and one begins to feel internal disturbances. Coupled with that, one also tends to feel that the crime one committed is unpardonable and that God will not forgive us or rather will punish us.

Depending on the gravity of the situation and delicateness of our conscience, it begins to have its toll on our body and mind. We experience abnormality in the day-to-day functioning of our body such as disturbances in blood circulation, digestion, breathing, and ovulation, menstruation in women etc. This disturbed state of mind reflects in one's work in the form of lowered work performance, slips of tongue, forgetting, misreading and misspelling etc. One begins to experience nightmares in one's sleep, insomnia, fear of unknown dangers, accident proneness, and sometimes even self-annihilation

as in the case Judas Iscariot.

Psychotherapy can be used to relieve a person of these guilt feelings and restore his mental health. But the Sacrament of Reconciliation of the Catholic Church is the best lasting solution to this problem. This sacrament heals the person of his guilt feelings in two ways. It provides a forum for him/her to pour out whatever is in his/her mind. Confessing of one's sins with all their emotional baggage behind them is itself a moment of healing. It is as effective as the cathartic method, a talking cure, advocated by Josef Breuer, a predecessor of Sigmund Freud who helped patients alleviate anxieties through 'free association', another method of talking over the problem. If a penitent gets a good confessor, the confessor will provide an atmosphere to help him/her explore his/her personal life without any shame or fear. In this non-threatening ambience, one can even touch an area lying hidden in the recess of one's unconscious mind. Secondly, based on Jesus' words, 'If you forgive the sins of any they are forgiven' (John 20/23) The Church possesses the power to relieve all the guilt of the person due to his vitiated life of sin in the past however serious it was. The person is relieved of his past life and restored back to his original innocence. All other religions have various means of purification, like washing with water, taking a dip in the holy river etc. But none of them give a feeling that one is made new. The painful memories can haunt one again and again. Here, the penitent is washed in the blood of Jesus through the sacrament of reconciliation and restored back in his/her former state of grace. This conviction is the base of one's mental health.

Therefore, a genuine and sincere confession is the ultimate solution to many of the psychological problems we suffer due to our past sinful life. All what is required is a straight forward admission of our sins like David did and who simply said, 'I have sinned against the Lord' (2 Sam 12/13).

# WHAT A PRIEST THINKS OF A PENITENT AT THE CONFESSIONAL

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Rev. Dr. Emmanuel Manuel Kadankavil,  
who just completed 25 years as a priest, shares  
how a priest views a penitent at the confessional

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**Fr. Emmanuel, what do you think about me when you listen to my sins at the confessional?**

My son, sitting in the confessional I think of Jesus, you and myself. When you confess your sins, I think of Jesus who is so compassionate and unconditionally forgiving. Sitting in the confessional, I think of myself, and realize how awful a sinner I myself am. When you confess, I feel for you as my own child, I think of you as a child of God, and in you I see a brother, in you I see God, in you I see myself. For me, you are more important than your sins. This is what every priest feels at the confessional.

Remember that a priest goes through lot of thoughts, feelings, and inner struggles as he listens to your confession but absolutely nothing in terms of judging you or condemning you, but only loving you and feeling lot of compassion for you, because you are on your knee, having humbled yourself, declaring yourself a sinner, with the great hope of being forgiven and desiring the inner peace and serenity which comes from the Lord. How can I deny you all that you hope to get from the confessional? It is my duty to provide you all that you seek. So, you must know, how much greater is my

preoccupation at the confessional than yours. So, is the case with every priest at the confessional.

**What are some of your unique experiences at the confessional?**

- Listening to a confession for the first time was a memorable one. I was already feeling a bit nervous because while heading towards the confessional I saw a man of 65 standing right at the head of the queue – the queue comprised of women and children. I wondered what would I tell an old man of 65 and these elderly women and little children. All need different pieces of advice. However, being conscious of the fact that they expected an anonymous confession, I closed my eyes to give them the impression that I was not going to pay attention to who they are. But when it came to giving advice and the penance, I fumbled. And with regards to the absolution formula, though I had it memorized, I forgot and searched around for the paper containing the formula of absolution and while taking it from the pocket it slipped off my hand and fell right in front of the penitent. I was embarrassed - but I had to get up, pick up the paper and



recite it because:- *I had learned that the formula of absolution makes the sacrament valid and that it is essential for the penitent to go fully and sacramentally healed.*

I was a mere 27 years old when that happened, and the confessions seemed really complicated. It shocked me when my own father and mother for the first time asked me to hear their confessions. Later on, they have done that at least three times. But, the first time when they asked me, I was breathless, but agreed to. Imagine what sentiments I could have gone through as a child who received life from them – to be a judge over their spiritual life! – to advise them!

Soon the realization came to me that I was not at the judgement throne, but at the seat of mercy, love and compassion - a place to

realize and admit my own utter unworthiness. It is amazing to see the trust people put in priests when they come to us. We have to believe that God will work through us. We priests are overcome by awe and wonder when we sit at the throne of mercy and forgiveness– the confessional.

On a Christmas night, an Italian Mayor walked up to the front pew in the Church, dressed in his official attire and all people in the church stood up in respect for him as was the custom. I was seated at the sanctuary, praying. Seeing all the commotion in the church, I asked the catechist who he was and he explained to me all about him. In a few minutes he moved up to me and said, 'Padre, I would like to make my confession'. Shocked for a moment, I said, 'you are the Mayor and I do



not know much Italian, could you confess to the Italian Parish Priest who would guide you better'. He replied saying, 'I know you are an Indian, but you are a priest, you are Christ, I need to speak to Christ, not to any Italian Parish Priest'. I was taken aback by his words. I hastened to the confessional and he came and knelt before his 'Christ' for his confession.

He taught me a lesson - a lesson that I will never forget in my life - that, at the confessional I am not Fr. Emmanuel, I am Christ. And that is the truth, my child. And every priest knows this truth and is fully aware of it at the confessional.

**What has changed about how you heard confessions early in your priesthood and how you hear them now?**

Now I am 25 years old a priest. The first person to come to me for confession after my jubilee on 29<sup>th</sup> December 2018, was a priest himself. The main thing I've learned is to encourage people to go deeper with their confessions. What tends to happen is that people say what they did and didn't do, and that's fine; but the deeper question is why? What are the deeper drives? I find that I'm more skilled now at being: - able to listen to the things people tell me and understand how they are related to their human struggles and search for the Divine and thence inspire them with the wisdom for living a happy and holy life.

**What has listening to people's sins taught you about human nature?**

We all have our follies and our struggles. Love the sinner, not the sin. Condemn the sin, not the sinner. Hate sin, not the sinner. Reject sin, not the sinner. There is a call to take sin seriously, but accept the sinner tenderly. Most of the people are tired dealing with their own struggles. Jesus loves them to the core. It is my conviction that Jesus loves every sinner, however hardcore a sinner he or she is. Added to this I've discovered that: - their weaknesses and their strengths are closely related. Maybe a person is great at getting along with people in the society, but

they fail at home and vice versa. But they are ready to struggle. This has taught me to be more patient with the multiple and complicated human conditions.

**What are the feelings and sentiments that a priest goes through at the confessional?**

- The first feeling that a priest has, when someone comes to confession is one of relief, that a humble soul has come seeking God's mercy. He esteems their sense of repentance and the desire for grace, along with the hope they place in the efficaciousness of the sacrament. He knows that it is a moment to treat them gently and listen to them patiently.
- Sitting at the confessional, a priest grows into a greater awareness that there is a saint in a sinner and a sinner in every saint. After all, Mary Magdalene, the worst of sinners found favour in the eyes of Jesus and became St. Mary Magdalene. The Samaritan woman who had seven husbands was given special audience by Jesus. She too may have become a saint in the sight of God, though the church has not declared her to be one. Zacchaeus, whose hobby was cheating people, was visited by Jesus at home and being completely transformed, he received the fullness of salvation. Mathew, who was a traitor of his own nation, was made a disciple and perhaps the worst sinner, Augustine became St. Augustine. Moses, who was a murderer became the leader of Israel. David, who was an adulterer and murderer became the most renowned king in the lineage of Jesus. In fact, Jesus is called the 'Son of David'.
- The priest realizes the great truth that everyone is a sinner including him and therefore he must be merciful, compassionate and forgiving towards everyone. He realizes that it is a miracle that from among the sinners, he, a sinner, is chosen to forgive their sins.
- He is overcome by compassion, sympathy and affection for the penitent.



- He feels he's a doctor and he desires that his patients go fully cured and consoled. He wants them to come back if they fall sick again, so that he can give them healing and forgiveness and lead them to holiness.



Now I am 25 years a priest.  
The first person to come to me for confession after my jubilee on 29th December 2018, was a priest himself. The main thing is that I've learned to encourage people to go deeper with their confessions.

- He prays for all the persons who come to him for confession and asks the Lord to bring them to his house of mercy and forgiveness, all who shy away from the sacrament.
- At the confessional, he really feels he's a father – a loving father – to the soul that comes repentant and begging for forgiveness. There arises a great eagerness

and desire to protect these souls from the attack of the devil and his traps just as a father wants to protect his child from the worldly dangers.

- He feels he's sitting in the place of Jesus and he needs to be merciful and forgiving. He feels humbled by their humility, simplicity, sincerity and above all their divinity. He knows that it is God who dwells in a repentant sinner. Therefore he /she is a child of God.
- At the confessional, a priest realizes the need for reconciliation in his own life. I remember a priest telling me, "I ran to confession after a penitent finished his confession because he was so sincere to himself and to God and to me. I could see God approaching him and I could see Satan flee with fear. Realizing how great a sinner I am and how much I have the need for reconciliation with God and a need to liberate myself from the snares of the devil, I hastened to make my confession".
- At the confessional, a priest feels the joy of having forgiven someone and of having brought great consolation, joy and spiritual contentment to a soul.
- He knows that every penitent is a 'good thief' who, the last moment, comes and steals the grace of God and enters His Kingdom. His prayer is, 'Lord, let every 'thief' enter your Kingdom, through the instrumentality of the Confessional – through the grace of the sacrament of confession'.
- He knows that God values a repentant sinner 100%. If this is the case, why should a priest remember the sins of any and judge them harshly? Are they not worth more than any other creation in this world? Are they not worthy of the love and mercy of God? "I tell you, not just seven times, but 'seventy times seven' times they are worthy of God's forgiveness and love.



# കുമ്പസാരം മനസ്സിനെ ശക്തിപ്പെടുത്തുമോ?



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കുറുബോധവും, ഭയവും, അപമാനവും പലതരം അനുഭവങ്ങൾ നമ്മിൽ ജനിപ്പിക്കാറുണ്ട്. ജീവിതത്തിന്റെ ശാന്തമായ ഒഴുക്കിനെ തടസ്സപ്പെടുത്താൻ മാത്രം ശക്തമായ വികാരങ്ങളാണ് അവ. സുചനലഭിച്ച അപകടസാധ്യതകളോ, കണ്ടുപിടിക്കാൻ സാധ്യതയുള്ള രോഗങ്ങളോ, കയ്പേറിയ അനുഭവങ്ങളോ ഒക്കെയാകാം ഭയത്തിന് കാരണം. അഭിമാനത്തെ വ്രണപ്പെടുത്തുന്ന അപ്രതീക്ഷിതമായ സംഭവങ്ങൾ ഒരുവനെ

അപമാനിതനാക്കുന്നു. ജോലിയിൽ നിന്ന് പുറത്താക്കപ്പെടുന്നതോ, അടിസ്ഥാനരഹിതമായ കുറ്റാരോപണം നേരിടുന്നതോ, ജയിൽ ശിക്ഷ ലഭിക്കുന്നതോ ഒക്കെ ആകാം അവ. വേറൊരാൾ അറിഞ്ഞോ അറിയാതെയോ ധാർമ്മിക നിയമങ്ങളെ ലംഘിക്കുമ്പോൾ ഒരു വ്യക്തിയിൽ കുറുബോധം ഉടലെടുക്കുന്നു.

കുറുബോധത്താലും, ഭയത്താലും, അപമാനത്താലും വേട്ടയാടപ്പെടുന്ന വ്യക്തികൾക്ക് സന്തോഷകരമായ ജീവിതം

നയിക്കുക സാധ്യമല്ല. ഒരു ക്രിസ്ത്യാനിയുടെ ജീവിതത്തെ നയിക്കുന്നത് പത്ത് കല്പനകളും കാലകാലങ്ങളിൽ സഭ വ്യാഖ്യാനിക്കുകയും പഠിപ്പിക്കുകയും ചെയ്യുന്ന മറ്റു നിയമങ്ങളും വിശ്വാസ സംഹിതകളുമാണ്. സ്വന്തം താല്പര്യത്തോടെയോ, മറ്റുള്ളവരുടെ നിർബന്ധം മൂലമോ ഏതെങ്കിലും നിയമങ്ങൾ ലംഘിക്കാൻ ഇടയായാൽ ഒരു വ്യക്തി വലുതും ചെറുതുമായ മാനസിക സംഘർഷങ്ങൾ അനുഭവിക്കാൻ തുടങ്ങും. തന്റെ തെറ്റുകൾ മനുഷ്യന്റെ ദൃഷ്ടിയിലും ദൈവത്തിന്റെ മുമ്പിലും പൊറുക്കപ്പെടാത്തതാണ് എന്ന ഒരുവന്റെ ചിന്ത ഈ അവസ്ഥയെ കൂടുതൽ ഗുരുതരമാക്കുന്നു.

സാഹചര്യത്തിന്റെ ഗൗരവവും മനസിന്റെ ആരോഗ്യവും അനുസരിച്ചാണ് ഈ കുറ്റബോധം ശരീരത്തെയും മനസ്സിനെയും ബാധിക്കാൻ തുടങ്ങുക. അനുദിന ജീവിതത്തിലെ ശാരീരിക പ്രതിഭാസങ്ങളായ രക്തസംക്രമണം, ദഹനം, ശ്വാസോച്ഛവാസം, മാസമൂറ തുടങ്ങിയവയിൽ വ്യതിയാനങ്ങൾ സംഭവിക്കാൻ തുടങ്ങും. ക്രമേണ, ജോലി, വ്യക്തിബന്ധങ്ങൾ തുടങ്ങിയവയെ പ്രതികൂലമായി സ്വാധീനിക്കുകയും, മറവി, ഉറക്കക്കുറവ്, ദുഃസ്വപ്നങ്ങൾ, ഭയം എന്നീ അവസ്ഥകൾ ഒരു വ്യക്തിയിൽ ഉടലെടുക്കുകയും ചെയ്യും. ഈ മാനസിക അവസ്ഥയിൽ നിന്നും ഒരു വ്യക്തിയെ പുറത്തു കൊണ്ടു വരാനും മാനസികാരോഗ്യം വീണ്ടുനൽകാനും സൈക്കോതെറാപ്പി വളരെ ഉപകാരപ്രദമാണ്. അതുപോലെ തന്നെ കത്തോലിക്കാസഭയിലെ കുമ്പസാരമെന്ന കൂദാശ ഈ അവസ്ഥക്ക് വളരെ ഫലപ്രദവും ദീർഘകാലം നീണ്ടു നിൽക്കുന്നതുമായ പരിഹാരവും ആശ്വാസവും നൽകുന്നു.

ഒരു വ്യക്തിയിലെ കുറ്റബോധത്തെ രണ്ടു തരത്തിലാണ് കുമ്പസാരം സുഖമാക്കുന്നത്. ഒന്നാമതായി, മനസ്സിലുള്ള എല്ലാ കുറ്റബോധങ്ങളും തുറന്നു പറയാനുള്ള വേദിയാണ് കുമ്പസാരക്കൂട്. ഈ ഏറ്റുപറച്ചിൽ മാനസികസൗഖ്യം പ്രദാനം ചെയ്യുന്നു. പ്രശസ്ത മനശാസ്ത്രജ്ഞനായ ജോസഫ് ബ്രോയറിന്റെ കത്താർട്ടിക് രീതി (Cathartic Method) യിലുള്ള മാനസിക പരിചരണശൈലിയെ, കുമ്പസാരം മൂലം ലഭ്യമാകുന്ന മാനസികസൗഖ്യവുമായി താരതമ്യം ചെയ്യാറുണ്ട്. തന്റെ മുൻപിൽ വരുന്ന കുമ്പസാരാർത്ഥിക്ക് നാണവും ഭയവും കൂടാതെ മുഴുവൻ ആത്മദുഃഖങ്ങളും ഇറക്കിവക്കാനും പാപങ്ങൾ ഏറ്റുപറയാനും ഉള്ള സാഹചര്യം ഒരുക്കിക്കൊടുക്കുകയുമാണ് ഒരു നല്ല കുമ്പസാരക്കാരൻ ചെയ്യുന്നത്. ഇത്തരത്തിലുള്ള ഭയരഹിതവും ആശ്വാസപ്രദവുമായ അന്തരീക്ഷത്തിൽ നടത്തുന്ന നല്ല കുമ്പസാരത്തിന്, അബോധമനസ്സിന്റെ അഗാധതയിലെ മുറിവുകൾ വരെയും

സുഖപ്പെടുത്താനാകും.

രണ്ടാമതായി, “നിങ്ങൾ ആരുടെ പാപങ്ങൾ ക്ഷമിക്കുന്നുവോ, അവ അവരോടു ക്ഷമിക്കപ്പെട്ടിരിക്കും” (യോഹ. 21 : 23) എന്ന വാക്കുകളിലൂടെ ക്രിസ്തു സഭക്കു നൽകിയ അധികാരംവഴിയായി, ഒരു വ്യക്തിയുടെ വലുതും ചെറുതുമായ പാപങ്ങളെ ക്ഷമിക്കാനും കുറ്റബോധത്തെ ഇല്ലാതാക്കാനും സഭ ശക്തയാണ്. ഇങ്ങനെ കുമ്പസാരത്തിലൂടെ ഭൂതകാല പാപങ്ങളുടെ കുറ്റബോധത്തിലും അപമാനത്തിലും

**കുമ്പസാരമെന്ന കൂദാശ സ്വീകരിക്കുന്ന ഒരു വ്യക്തി യേശുവിന്റെ രക്തത്താൽ കഴുകപ്പെടുകയും ദൈവ കൃപ നിറഞ്ഞ അവസ്ഥയിലേക്കു പുനഃപ്രവേശിക്കുകയും ചെയ്യുന്നു.**

നിന്നും ഒരുവൻ വിമുക്തനാവുകയും നഷ്ടപ്പെട്ടുപോയ ആത്മീയചൈതന്യം വീണ്ടും ലഭിക്കുകയും ചെയ്യുന്നു. ഓരോ മതങ്ങൾക്കും അവരുടേതായ രീതികളിലുള്ള ആത്മീയ - മാനസിക ശുദ്ധീകരണ പ്രക്രിയകളുണ്ട്. എന്നാൽ “വീണ്ടും ജനിക്കുന്ന” ആത്മീയ ബോധ്യം നൽകാൻ അവയ്ക്കു കഴിവില്ല. വേദന നിറഞ്ഞ ഓർമ്മകളാൽ അവർ വീണ്ടും വീണ്ടും വേട്ടയാടപ്പെടുന്നു. എന്നാൽ കുമ്പസാരമെന്ന കൂദാശ സ്വീകരിക്കുന്ന ഒരു വ്യക്തി യേശുവിന്റെ രക്തത്താൽ കഴുകപ്പെടുകയും ദൈവകൃപ നിറഞ്ഞ അവസ്ഥയിലേക്കു പുനഃപ്രവേശിക്കുകയും ചെയ്യുന്നു. ഈ സത്യമാണ് ഒരുവന്റെ മാനസിക ആരോഗ്യത്തിന്റെ അടിസ്ഥാനം.

ആയതിനാൽ ആത്മാർത്ഥമായ കുമ്പസാരം പാപത്തിൽ നിന്നും ദുഃശീലങ്ങളിൽ നിന്നും ഉത്ഭവിക്കുന്ന മാനസികരോഗങ്ങളെ പൂർണ്ണമായും അകറ്റി നിർത്തുന്നു. കുറ്റബോധവും, അപമാനഭാരവും, ഭയവും നീക്കിക്കളയുന്നതിനുള്ള അടിസ്ഥാനമാകട്ടെ, ദാവീദിനെപ്പോലെ “ഞാൻ കർത്താവിനെതിരായി പാപം ചെയ്തുപോയി” (2 സാമു. 12 : 13) എന്നുള്ള ഏറ്റുപറച്ചിലുമാണ്.

# LENT OVERCOMING SPIRITUAL ROAD BLOCKS

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The most common thing that is associated with the New Year is a New Year Resolution. One plans to exercise more, sleep better, drop bad habits, nurture relationships and learn new skills at the onset of the year. Our dreams and plans are fueled by an anticipation of a fresh start, an opportunity to hit the reset button and become a new person. Who does not like a fresh start?

The liturgical season of the Church calls us with a

similar opportunity to start anew, to discard the old self and put on the new, in the coming month with the Season of Lent. Lent offers the occasion for a spiritual rejuvenation, to wake up from the slumber of a spiritual winter and bring forth new shoots of a closer union with God. This is apparent in the origin of the word Lent, which is a Germanic word for Spring, the season for new life. Lent is also a season of special grace. It is a shot in the arm for running the race with renewed vigor.

But so many times, like the New Year Resolutions, our resolve fizzles away and we are left frustrated and disappointed because we are unable to meet the goals

In practical life, this may be the difference between trying to pray a complete rosary or reading one chapter of the bible each day and completing five decades of the rosary or reading one page of the bible each day.





we set for ourselves. Especially in the case of Lent, one stumbles on spiritual roadblocks and gives up the journey disheartened, relapsing into the old ways of one's behavior. In this article, we will look carefully into this issue and see some practical suggestions that can be applied immediately to equip us better for this lent.

The fundamental idea that one needs to grasp at the onset is that all good things come from God and that we are not capable of doing anything good without His help. God loves a humble soul. We should approach this walk with humility surrendering ourselves to God and ask Him to make us the best version of ourselves - according to His will and not our will. This requires a total, unconditional surrender and asking His opinion about all things we resolve to do. With this thought underpinning our efforts, we can strive to improve our Lenten experience.

One practical aspect which can aid our growth is to understand the difference between intensity and consistency in our efforts. For eg. You might go to a dentist to fix a toothache (intensity), but if you fail to brush your teeth every day (consistency), you will not see any significant deterioration immediately, but ultimately will end up losing all your teeth. Consistency matters more than intensity in the long run, hence, resolve to be consistent in the spiritual practices you wish to develop. In our practical life, this may be the difference between trying to pray a complete rosary or reading one chapter of the bible each day and completing five decades of the rosary or reading one page of the bible each day.

A second practical idea which can help the Lenten experience is to modify your environment to aid you in your practices. When you resolve to read the Bible every morning, keep the Bible next to your bed as you go to sleep. In case you wish to attend daily morning mass, keep a set of freshly pressed clothes assembled the previous night. If you resolve to recite a rosary during the day, keep a rosary in your purse or pocket.

The Bible tells us to flee temptation, not entertain it at a distance. One is taught to avoid near occasions of sin. Many people give up Facebook or watching their favorite media programs, video games etc for lent. For these kinds of resolutions, it is easy to fall back since it is too easy to access those which you wish to avoid. We can strengthen our commitment by countering this ease of access and making it more difficult to slip into old habits. You can put the mobile on silent mode and

lock it in a drawer as soon as you reach home. Similarly, remove the charger of the laptop and keep it separate from the Laptop and keep the laptop in a bag, away from the living room. After watching TV, switch off the plug and physically remove the plug from the socket. You can have someone change the password of your social media account and reveal it only after the Lenten season has passed. The key is to make each bad habit you wish you avoid, out of sight in your daily life thus making it more difficult to indulge in.

Another practical idea would be to break up the good habits you wish to accomplish for Lent into small portions which can be done without much difficulty throughout the day. For eg., if you wish to recite the Rosary, you can break it into five decades and allocate certain times during the day when you have two minutes to recite a decade. Recite one decade while walking to the bus stop, the second one before having breakfast, the third one before lunch, etc. This way you will be able to finish a decade before the temptation comes to stop praying. And you will end up praying throughout the day.

Use technology to set reminders on your phone to remind you at specific times of the day to pray or meditate or do a daily examination. If you wish to start a habit of reading the Bible, start by reading only for two minutes at a time as soon as you get up. Stop as soon as you reach two minutes. You will find over time that you want to read more without feeling distracted.

The last and the most important idea is both practical and spiritual. Since lent is a time of special graces, use this opportunity for frequent reception of the Sacraments of Communion and Confession. Renew each day a promise with Christ to transform you into a new person at Communion. When you fall, do not feel dejected, but in all humility return immediately to the Confessional and start again. Padre Pio invited all believers to confess at least once a week. He said: "Even if a room is closed, it is necessary to dust it after a week."

To wrap up, consistency in our prayer life, reading the scripture daily, reciting the rosary and frequent reception of the sacraments, while rejecting the near occasions of sin, will aid you in overcoming spiritual roadblocks and help you be transformed in Christ this Lent.

Wish you a Happy Lent!



# "WHY TO CONFESS?" AN ALARMING QUESTION

"Why to Confess?" is an alarming question we hear today. Even I used to confess only because my parents used to force me. But while I was in my Xth Std, I heard a talk on confession during a retreat and I realised that confession in itself can be beautiful. It is the Sacrament of Love where Divine Love embraces a sinner like me. Since then, after every confession, I make it a point to be with my best Friend- Eesho in silence. It's like I am once again in the arms of the Almighty, like a lamb in the arms of its Shepherd. After a good confession, I always feel as if all my worries, burdens, hatred, sadness, and even internal wounds are being washed away and I feel reborn. To me, both Sacrament of Eucharist and Reconciliation are the like oars of the boat of my life, without which my life will never reach HIM.

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Psalms 32:5 says, "Then I confessed all my sins. I did not conceal my wrong doing. I decided to confess them to you who forgave all my sins." For me personally, confession is one of the most important sacraments as it helps me know our Lord and his love towards us being sinners, better. During confession, I usually open my self to Jesus via the priest or we could say that it is during confession that I accept the fact that I am a sinner and I just surrender my sins and myself to Jesus, which I know is only between me and him. One of my greatest experiences within confession is that there have been times when I was totally broken or could not concentrate on anything and it was at the confessional that the concerned priest suggested me to be more open to the Lord and to try to be more open to his spirit. He asked me to believe that the Lord loved me even though I was a sinner. He asked me to always remember that through confession, we are constantly trying to be more close to him, thus ensuring the safekeeping of our being.

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"No one who conceals transgressions will prosper but one who confesses and forsakes them will obtain mercy." Proverbs 28 : 13

Both in Scripture and the teachings of the Church, we note that special impetus is placed on the Sacrament of Reconciliation. This sacrament is the only ordinary means for the forgiveness of sins after Baptism that the Church knows of. Forgiveness of sin or guilt and healing of the wound caused by sin are the attributes associated with this Sacrament. All our sins harm our relationship with God and with other members of the community. It is simply not OK to ask God for forgiveness of your sins. Sin creates a separation. The Sacrament of Penance or the Sacrament of Reconciliation is about mending that separation or reconciling ourselves with God and the community.

Each time I make my Confession, my heart is filled with joy and makes me happy. It takes away the burden I often carry from my office and home. At times, when I

am down and low, burdened by the storms of life, I run to the Confessional and empty my sins to Jesus and instantly Jesus fills me with his peace which passes all understanding.

Frequent Confession has enabled me much to grow in my spiritual life since the Sacrament provides me the grace or the anointing to overcome my habitual sins. The fact that when I confess my sins, I am actually transferring my sins unto Jesus who died for my sins and that of the whole world.

Last but not the least, the Sacrament of Reconciliation is a very versatile gift the Lord has provided me through the Church. Prior making major decisions at home or at my work, I ensure that I make my Confession. This has helped me on several occasions as I am able to hear the Lord's voice clearly and therefore enables to take decisions easily.

**Anonymous**



# യഥാർത്ഥപിതാവായ ദൈവം

**മാർ തോമസ് ഇലവനാൽ**  
കല്ലാൺ രൂപതയുടെ മെത്രാൻ

നാലാമത്തെ പ്രണാമജപത്തിൽ തുടർന്നു പ്രാർത്ഥിക്കുന്നത്, 'അങ്ങു മാത്രമാണ് യഥാർത്ഥപിതാവായ ദൈവമെന്നും അങ്ങയുടെ പ്രിയപുത്രനായ ഈശോമിശിഹായെ അങ്ങ് അയച്ചു എന്നും ഭൂവാസികൾ എല്ലാവരും അറിയട്ടെ' എന്നാണ്. ദൈവം നമ്മുടെ സ്നേഹമുള്ള പിതാവാണ് എന്നതാണ് ഈശോ നമ്മെ പഠിപ്പിച്ച അടിസ്ഥാനപരമായ സത്യം. ദൈവത്തിന് നമ്മോടുള്ള സ്നേഹം പ്രകടമാക്കാനാണ് അവിടുത്തെ പ്രിയപുത്രനെ നമ്മുടെ പക്കലേയ്ക്കയച്ചത്. ഇതാണ് എല്ലാവരും അറിയേണ്ടത്. ഇവിടെ ചൊല്ലുന്ന ഈ പ്രാർത്ഥന നമ്മെ അനുസ്മരിപ്പിക്കുന്നത് പഴയ നിയമത്തിലെ സോളമന്റെ പ്രാർത്ഥനയാണ്. ദേവാലയപ്രതിഷ്ഠയോടനുബന്ധിച്ച് സോളമൻ, കർത്താവിന്റെ ബലിപീഠത്തിനുമുമ്പിൽ ഉന്നതങ്ങളിലേക്ക് കരങ്ങളുയർത്തി പ്രാർത്ഥിക്കുന്നുണ്ട്. (1 രാജ. 8: 22-11). ദൈവത്തിന് പ്രിയപ്പെട്ടവരായി ജീവിച്ച പിതാക്കന്മാരെ സോളമൻ അവിടെ അനുസ്മരിക്കുകയും ഇസ്രായേലിന് ശാന്തി നല്കിയ ദൈവത്തെ വാഴ്ത്തുകയും ചെയ്യുന്നു. (8:56-57). കുർബ്ബാനയിലെ പ്രാർത്ഥനയിലും, പിതാക്കന്മാരുടെ ഓർമ്മയോടൊപ്പം, ശാന്തിയ്ക്കും സമാധാനത്തിനും വേണ്ടിയുള്ള പ്രാർത്ഥനയും നമ്മൾ നടത്തി. സോളമന്റെ പ്രാർത്ഥനയുടെ അവസാനത്തിൽ ഇപ്രകാരം പ്രാർത്ഥിച്ചു: "കർത്താവാൻ ദൈവമെന്നും അവിടുന്ന് മാത്രമാണ് ദൈവമെന്നും, ഭൂമിയിലെ സർവ്വജനതകളും അറിയട്ടെ". (8:60) കുർബ്ബാനയിലെ പ്രാർത്ഥനയോട് സാമ്യമായ പ്രാർത്ഥനയാണിത്. കർത്താവിന്റെ ആലയം പ്രതിഷ്ഠിക്കയും ദൈവത്തിന് ബലിയർപ്പിക്കുകയും ചെയ്തപ്പോൾ അനുഭവിച്ച ദൈവകാര്യവും മറ്റുള്ളവരും അറിയണമെന്ന് അവർ തീവ്രമായി ആഗ്രഹിച്ചു. അതുപോലെ, ഈശോയുടെ ബലിയർപ്പിക്കുകയും അനുഗ്രഹങ്ങൾ പ്രാപിക്കുകയും ചെയ്യുന്ന സഭാസമൂഹവും തങ്ങൾക്കു ലഭിച്ച ഈ വലിയ അനുഗ്രഹവും കൃപയും മറ്റുള്ളവരും അറിയാൻ ഇടയാക്കണമെന്ന് തീക്ഷ്ണമായി പ്രാർത്ഥിക്കുന്നു.

അങ്ങയുടെ പ്രിയപുത്രനെ അയച്ചു.

സമൂഹത്തിന്റേയും സഭയുടേയും പ്രേഷിതചൈതന്യത്തിന്റെ അടയാളമാണ് ഈ പ്രാർത്ഥന. ഇവിടെ വി. പൗലോസിന്റെ വാക്കുകൾ നമുക്ക് ഓർക്കാം. "എല്ലാവരും രക്ഷിക്കപ്പെടണമെന്നും സത്യം അറിയണമെന്നുമാണ് അവിടുന്ന് ആഗ്രഹിക്കുന്നത്". (1 തിമോ. 2:4). എന്താണ് എല്ലാവരും അറിയേണ്ട സത്യമെന്നും ശ്ലീഹ പറയുന്നുണ്ട്: "എന്തെന്നാൽ ഒരു ദൈവമേയുള്ളൂ. ദൈവത്തിനും മനുഷ്യർക്കും മദ്ധ്യസ്ഥനായി ഒരുവനേയുള്ളൂ. മനുഷ്യനായ യേശുക്രിസ്തു". (2:5). കൂടാതെ വി. യോഹന്നാൻ എഴുതുന്നു. "ഏകസത്യദൈവമായ അവിടുത്തേയും അങ്ങ് അയച്ച ഈശോമിശിഹായേയും അറിയുക എന്നതാണ് നിത്യജീവൻ" (17:3). ഈ വചനസന്ദേശം തന്നെയാണ് 'അങ്ങയുടെ പ്രിയപുത്രനെ അയച്ചു' എന്ന ഈ പ്രാർത്ഥനയിലും പ്രതിഫലിക്കുന്നത്.

**എല്ലാ മനുഷ്യരും അറിയട്ടെ**

ഗേഹന പ്രാർത്ഥനയിലും യഥാർത്ഥ പിതാവായ ദൈവത്തെക്കുറിച്ചും അങ്ങ് അയച്ച ഈശോമിശിഹായെക്കുറിച്ചും എല്ലാവരും അറിയട്ടെ എന്ന് പ്രാർത്ഥിക്കുന്നു. കൂടാതെ ഗേഹന പ്രാർത്ഥനയുടെ രണ്ടാമത്തെ ഭാഗത്ത് 'മിശിഹാ വന്ന് എല്ലാവർക്കും ആവശ്യമായ വിശുദ്ധിയുടെ മാർഗ്ഗം പഠിപ്പിച്ചു എന്ന് എല്ലാ മനുഷ്യരും അറിയട്ടെ' എന്നും പ്രാർത്ഥിക്കുന്നുണ്ട്. സഭയുടെ പ്രേഷിത ചൈതന്യത്തിന്റേയും സഭാംഗങ്ങളുടെ പ്രേഷിത ചൈതന്യത്തിന്റേയും വ്യക്തമായ പ്രകാശനമാണ് ഈ പ്രാർത്ഥന. ഈ പ്രാർത്ഥന നമ്മെ പ്രേഷിത തീക്ഷ്ണതയിൽ എന്നും വളർത്തണം.

**മിശിഹാ വന്ന്**

"അങ്ങളുടെ കർത്താവും ദൈവവുമായ മിശിഹാ വന്ന്" എന്നു തുടങ്ങി "എല്ലാ മനുഷ്യരും അറിയട്ടെ" എന്നു വരെയുള്ളതാണ് ഈ പ്രണാമജപത്തിന്റെ രണ്ടാം ഭാഗം. ഈ ഭാഗത്ത്, ഈശോ മാനവകുലത്തിനുവേണ്ടി ചെയ്ത

രക്ഷാകരകൃത്യങ്ങൾ ഓർക്കുന്നു. മിശിഹായെ ഇവിടെ, “ഞങ്ങളുടെ കർത്താവും ദൈവവും” എന്നാണ് വിശേഷിപ്പിച്ചിരിക്കുന്നത്. വി. തോമ്മാശ്ലീഹായുടെ വിശ്വാസപ്രഖ്യാപനത്തെ സഭ ഇവിടെ ഏറ്റു പറയുകയാണ്. മനുഷ്യാവതാരത്തിലൂടെ മിശിഹാ നമ്മുടെ പക്കലേക്കു വന്നു, കൂദാശകളിലൂടെ ഇന്നും വരുന്നു.

#### ജീവദായകമായ സുവിശേഷം വഴി

മിശിഹാ അറിയിച്ച സുവിശേഷത്തെ “ജീവദായകമായ സുവിശേഷം” എന്നാണ് വിശേഷിപ്പിച്ചിരിക്കുന്നത്. ജീവനുണ്ടാകുവാനും അത് സമൃദ്ധമായുണ്ടാകുവാനുമായി വന്ന ഈശോയുടെ സുവിശേഷം ജീവദായകമാണ്. “നിത്യജീവന്റെ വചനങ്ങൾ അങ്ങയുടെ പക്കലുണ്ട്”. (യോഹ. 6:68) എന്ന് ഉദ്ഘോഷിച്ച വി. പത്രോസ് ഈ സത്യമാണ് ഏറ്റു പറഞ്ഞത്. റാസക്രമത്തിൽ സുവിശേഷവായനക്കുമുമ്പുള്ള വ്യാഖ്യാനഗീതത്തിൽ സുവിശേഷത്തെ “സജ്ജീവവും ജീവദായകവുമായ വചനം” എന്ന് വിശേഷിപ്പിക്കുന്നുണ്ട്. കർത്താവ് അവിടുത്തെ വചനത്തിലൂടെ ഇന്നും സഭയെ പഠിപ്പിച്ചുകൊണ്ടിരിക്കുന്നു.

#### മാർഗ്ഗം പഠിപ്പിച്ചു

ഹെബ്രായലേഖനത്തിൽ വായിക്കുന്നതുപോലെ, ആദ്യകാലങ്ങളിൽ ദൈവം പ്രവാചകന്മാർ വഴിയാണ് പഠിപ്പിച്ചത്. സമയത്തിന്റെ പൂർണ്ണതയിൽ സ്വന്തം പുത്രൻ വഴി പഠിപ്പിച്ചു.

(ഹെബ്രാ. 1:1-2). സുവിശേഷത്തിലൂടെയാണ് ഈശോ വിശുദ്ധിയുടെ മാർഗ്ഗം നമ്മെ പഠിപ്പിക്കുന്നത്. ഈശോ തന്നെയാണ് ഈ മാർഗ്ഗം (യോഹ. 14:6). കർത്താവ് പഠിപ്പിച്ചവരെ മൂന്നു ഗണമായി കാണാൻ സാധിക്കും. ഒന്നാമതായി, പ്രവാചകന്മാർ, ശ്ലീഹന്മാർ, രക്തസാക്ഷികൾ, വന്ദകന്മാർ, വേദപാരംഗതന്മാർ. ഇവർ ഈശോ പഠിപ്പിച്ച നൈർമ്മല്യത്തിന്റേയും വിശുദ്ധിയുടേയും മാർഗ്ഗത്തിൽ ചരിച്ചവരും അപ്രകാരം ജീവിച്ചവരുമാണ്. ‘പ്രവാചകന്മാർ’ എന്നതുകൊണ്ട് ദൈവികരഹസ്യങ്ങളുടെ വെളിപാടു ലഭിച്ച എല്ലാവരേയുമാണ് അർത്ഥമാക്കുന്നത്. രണ്ടാമതായി പ്രതിപാദിക്കുന്നവർ, മെത്രാന്മാർ, പുരോഹിതർ, മ്ശംശാനമാർ (ശുശ്രൂഷികൾ) എന്നിവരാണ്. ഇവർ ഈശോ പഠിപ്പിച്ച മാർഗ്ഗം ഇന്നും ജനങ്ങൾക്കു കാണിച്ചു കൊടുക്കേണ്ടവരും വഴി നടത്തേണ്ടവരുമാണ്. മൂന്നാമതായി, മാമ്മോദീസ സ്വീകരിച്ച് സഭയുടെ അംഗങ്ങളായിത്തീർന്നവരാണ്. ഇങ്ങനെ, സഭാഗാത്രത്തിലെ എല്ലാ അംഗങ്ങളേയും ഇവിടെ പ്രാർത്ഥനയിൽ ഉൾപ്പെടുത്തിയിട്ടുണ്ട്. കർത്താവ് പഠിപ്പിച്ച രക്ഷയുടെ സന്ദേശം ജീവിതത്തിലൂടെയും പ്രബോധനത്തിലൂടെയും നമുക്ക് നല്കിയവരേയും അത് സ്വീകരിച്ച എല്ലാവരേയും ഇവിടെ ഓർക്കുന്നു. സഭയാകുന്ന കർത്താവിന്റെ മൗതികശരീരത്തിലെ അംഗങ്ങളെല്ലാവരുമാണ്. ദൈവാരാധനയിൽ ഒരുമിച്ചു ചേരുന്നതെന്ന് ഈ പ്രാർത്ഥന നമ്മെ അനുസ്മരിപ്പിക്കുന്നു.

## True God, The Father

Here we pray in the fourth Gehantha: ‘Let all the people on earth know that you alone are the true God, the Father and that you sent your beloved Son Jesus Christ’. This prayer reminds us of the prayer of Solomon in the O.T. After the dedication of the temple of God Solomon raising his hand towards heaven prayed in front of the altar (1 Kings 8:22ff). There too he remembered the Fathers who were pleasing before God and thanked God who gave them peace and prosperity (8:56-57). In this Gehantha prayer too we remembered the Fathers and

prayed for peace. At the end, Solomon too prayed in this way: “So that all people of earth may come to know that Yehweh is God in deed, and that there is no other” (8:60). It means that

they earnestly desired that all people would come to know the mercy of God that they experienced at the time of the dedication of the temple and the offering of sacrifice. So the community of people who offer the sacrifice of Christ and obtain this mercy desire and pray that ‘all people on earth should know’ these blessings and mercy of God.

You sent your beloved Son

This prayer is an expression of the missionary zeal of the community and the Church. Let us also remember the words of St. Paul: “He wants everyone to be saved and reach full knowledge of the truth” (1 Tim. 2:4). He also mentions what is the truth that all people should know:



“For, there is only one God and there is only one mediator between God and mankind Christ Jesus” (2:5). So too St. John writes: “And eternal life is this: to know you the only true God and Jesus Christ whom you have sent” (Jn. 17:3). This same idea is reflected in this prayer. Here, in this Gehantha too, we pray in the same words “you alone are the true God and that you sent your beloved Son Jesus Christ”.

Let all People know

In the second part of the Gehantha, this prayer is repeated ‘May all people know that Christ... came and taught us the way of purity and sanctity’. This prayer is the clear expression of the missionary orientation of the church and the worshiping community. Let this prayer enkindle the fire of missionary zeal in our hearts.

Christ Came

The prayer beginning with ‘May all people know that Christ... came and taught’, till ‘living and life giving seal of baptism’ is the second part of this Gehantha prayer. Here we remember the salvific actions of Christ. Here Jesus is called ‘Our Lord and God’. In these words, the Church is proclaiming her faith in Christ in the words of the faith expression of St. Thomas. Jesus came to us through incarnation and taught us. He continues to come to us through His Word and Sacraments. The Gospel proclaimed by Jesus is

qualified as ‘the life giving Gospel’. In the Raza there is a hymn before the reading of the Gospel. There the Word of God is qualified as

‘the living and life giving Word’. The Gospel of Jesus who came to give us life in abundance, is life giving. Hence St. Peter proclaimed: “You have words of eternal life” (Jn. 6:68).

Taught us the Way

As we read in book of Hebrews: “God has spoken in the past to our ancestors through the prophets in many different ways... But He has spoken definitively to us through His Son” (Heb. 1:1-2). It is through the Gospel that Jesus taught us the way of purity and sanctity. Jesus Himself is the way (Jn. 14:6).

We see that Jesus taught three categories of people. First of all prophets, apostles, martyrs, confessors and doctors of the Church. These are the group of holy people who faithfully followed and lived according to the teachings of Christ. Here by the prophet is meant all those people who were given divine insight into the divine mysteries. Second group consists of bishops, priests and deacons. These are the ministers who should show to the people the way that is taught by Christ and who should lead them through the way. The third group consists of all those who have been signed by the seal of baptism and are made children of the Holy Catholic Church. Thus all the categories of people in the Church are included here. This includes all those who gave us the salvific message of Christ through their life and teachings. This prayer reminds us that the whole members of the mystical body of Christ come together as we offer our prayer and worship to God.

## BISHOP'S DIARY

FEBRUARY - 2019

2nd	Communion - Dombivli	13th	Curia Meeting
3rd	Qurbana & Baptism of 5th Child - Nerul	14th	Golden Jubilee DST Congregation - Malad (W)
4th	Minor Seminary Class - Panvel	16th	Communion & Confirmation - Nerul
5th	Monthly Recollection & Presbyterium - Bishop's House	17th	Silver Jubilee - M.C. Road Church
6th	Curia Meeting	18th	Minor Seminary Class - Panvel
7th	Communion & Confirmation - Kalewadi	19th-20th	Class on Eucharist - Aluva
8th	Minor Seminary Class - Panvel	21st	Curia Meeting
9th	Communion & Confirmation - Malad (W)	23rd	Communion & Confirmation - Ulhas Nagar
10th	Pastoral Visit - Bandra (W)	24th	Conclusion of the year of Young Couples
11th	Minor Seminary Class - Panvel	25th	Minor Seminary Class - Panvel
		26th-27th	Junior Priests Meeting

## ACTIVITY ON PARISH FEAST

Here's the next writing prompt.  
Write in about 100 words about  
"What do you love the most about  
your parish feast?" You can write  
about the saint, the festivities for  
the feast, your role or your family's  
role in the feast day preparation,  
etc. Send in your articles to  
[lanternkidsroom@gmail.com](mailto:lanternkidsroom@gmail.com) on  
or before **15th February 2019**.

Answers are given in bold for Activity 1:

## PATRON SAINT CROSSWORD PUZZLE

Patronage	Saint	Feast Day
1. Brides	St. Dorothy	February 6
2. Engineers	St. Joseph	March 19
3. Musicians	St. Cecilia	November 22
4. Travelers	St. Christopher	July 25
5. Athletes	St. Sebastian	January 20
6. Infants	St. Philomena	August 11
7. Children	St. Nicholas	December 19
8. Mothers	St. Monica	August 27
9. Internet	St. Isidore	April 4
10. Soldiers	St. Adrian	September 8
11. Animals	St. Francis	October 4
12. Accountant	St. Mathew	September 21
13. Youth	St. Aloysius	June 21
14. Bachelors	St. Luke	October 18

## Winners of Activity 1: PATRON SAINT CROSSWORD PUZZLE

Sr. No.	Name	
1.	Shanelle Pallikunnath, St. Joseph church, Airoli	22. Lloyd Jose, Sacred Heart Church, Bhayander East
2.	Shaunna Pallikunnath, St. Joseph Church, Airoli	23. Jojo Joseph, Infant Jesus Church, Kharghar
3.	Reshma Ruby, Little Flower Church, Dahisar (E)	24. Alan Thomas, Pawan Nagar, Nashik
4.	Joel Shaji, Wagle Estate, Thane	25. Nikhita Leo, Amala Matha Church, Mulund
5.	Christymol Cherian, St. Thomas Church, Vashi.	26. Helen Elizabeth Sibi, Sacred Heart Church, Bhayander
6.	Kevin Joseph, San Jos Parish, Mahakali	27. Riya Mariya Reji, St. Alphonsa Forane Church, Kalewadi, Pune
7.	Alona Brito, St. Alphonsa parish, Mankhurd	28. Divya Shantolyu, St. Thomas Catholic church, Dapodi, Pune
8.	Marylene Francis, St. Alphonsa Church, Mankhurd	29. Allen Antony, St. Joseph Church, Pavan Nagar, Nasik
9.	Glenn Joy, St. Kuriakose Elias Chavara Church, Kandivili East	30. Mark Varghese Panjikaran, Sacred Heart Church Goregaon West
10.	Selwyn Saji, Our Lady of Rosary Parish, Katraj, Pune	31. Allan Allwyn, St. Sebastian Church, Kanjurmarg
11.	Mr. Kevin Sajan, St. Thomas Catholic Forane Church, Borivli	32. Akhila K Joseph, Mother of Jesus Forane Church, Antophill
12.	Adhira Albert, Christ the King Church, Bhandup	33. Siyamary Roy, St. Joseph Church, Akurdi
13.	Asher Abraham, Mary matha church, Kamothe, Navi Mumbai	34. Aaliya Varghese, Infant Jesus Church Vikhroli
14.	Kevin Siby, St. George Forane Church Panvel	35. Raibi Thomas, St. Joseph Church, Pawan Nagar, Nashik
15.	Jeron Lijo, St. Mary's Catholic Church, Pune	36. John Joseph, St Kuriakose Elias Chavara church, Kandivili East
16.	Abin Kuriachan, Sacred Heart Church, Bhayander	37. Jenita Joby, Sacred Heat Church, Bhayandar
17.	Angeline Shaji, Amala Matha Church, Mulund Parish	38. Angela Bijoy, Infant Jesus parish, Tilaknagar
18.	Sherlyn Shaji, Amala Matha Church, Mulund Parish	39. Juliet Toyson, St. Marys's Church, Malad East
19.	Ishita Tom, St. Mary's Forane Church, Nasik	40. Fautina Salin Yarathingal, St. Thomas Catholic Church, Virar West
20.	Jeslin Palamuttam, St Sebastian Parish, Amboli, Andheri West	
21.	Ann Johnson Kizhakail, St. Sebastian Mahim Forane Church	

## Selected entries for Activity 2:

Merry Christmas! Imagine you took Santa's job this year!  
How would you handle your magic voyage around the world?

### THE NIGHT BEFORE CHRISTMAS

If Santa Claus gave me his job this year, then I would be jumping in the air with happiness. Who wouldn't love to give gifts to everyone? First of all, I would ask Santa if I could borrow two of his flying reindeers. The bells on their neck would jingle all the way. I would make a checklist of gifts to give away. Secondly, once my carriage is ready, I will wear the red Santa Claus costume and wear a pillow with a belt because I don't have a big tummy like him. I will practice Santa's laugh, "Ho, Ho, Ho!" With my bag of gifts, sweets and chocolates, my carriage and reindeers, I

would go across the town to give gifts to everyone. All children know that Santa Claus will come. They will be eager to receive their gifts. In the end, after giving gifts to everybody, I would keep a huge talking Panda with me, as my little Christmas gift for being a good Santa Claus! So, friends whenever you need any help from Santa, just call me! MERRY CHRISTMAS!

**Glennis Joy**

is in the Post Communion Section and belongs to St. Kuriakose Elias Chavara Church, Kandivili East

### MAGICAL CHRISTMAS

I would start my job 12 days before Christmas. I would send two elves to each continent and would ask them to bring me a report at the end of the day about children who have been naughty and nice. Other elves would make gifts. The gift making machine would make gifts according to the checklist of gifts and the wrapping machine would wrap them. The elves would pack the gifts in sacks and place them onto the sleigh. Reindeers would be well fed and the sleigh would be cleaned, fixed and decorated. During this time, I would take a nice nap. Oh come on! Don't I have to stay awake all night? Before I

start my journey, I'd pray to Infant Jesus that nothing should go wrong, this Christmas and that all the children be happy. I would get onto my sleigh and, hey-ho at the blink of an eye, I would go up in the sky! Country to country, house to house, I would drop gifts down the chimneys. I'd even write letters to all those naughty children, to be good next time. It would be a magical Christmas for me!

**Ms. Rose Kodian**

is in the 7th Std, Pre-Confirmation Section and belongs to St. Thomas Cathedral church, Kalyan (W)

### A VOYAGE AROUND THE WORLD

One cold night, I bid goodbye to everyone and started off my journey alone, wearing the red suit and cap, riding the reindeer sledge to give gifts to all. I reached the first house. There, I saw a beautiful oil lamp shining and a nicely decorated Christmas tree. I knocked at the door. The children were delighted to see me. I gave them their gifts, patted their back for being good children and went to the next house. Like this, I went to many other houses giving gifts and feeling wonderful after looking at the happiness of the children. Thereafter, I went to a different

place, with a freshening climate. I was overjoyed to see the children dancing and singing Christmas carols. After a tiring journey, I reached home, feeling happy in my heart. I am thankful to Santa for giving me his job because of which I got a chance to travel the world. Christmas is a season which celebrates the birth of Jesus, with joyous hearts. Wish you all a merry Christmas and a happy new year.

**Riya Mariya Reji**

is in the 5th Std., Post Communion Section and belongs to St. Alphonsa Forane Church Kalewadi, Pune.

## Synod approves canonization process of Mgr Joseph Kandathil and Fr. Varkey Kattarath

The Synod of the Syro-Malabar Church, has approved the process of canonization of Mgr Joseph Kandathil, the founder of Assisi Sisters of Mary Immaculate (ASMI), and Fr Varkey Kattarath, the founder of the Vincentian Congregation.

MgrKandathil was known for his work among leprosy patients, which earned him the name 'Kerala Damien'. MgrKandathil, born in 1904 in Chembu near Vaikom, received the priesthood in 1933. He established a leprosy hospital in Cherthala in 1942, and ASMI in 1949. He passed away in December 1991.

Fr Varkey Kattarath, born in 1851 in Punjaar near Pala, received priesthood at the age of 22. He founded the Vincentian Congregation on 20 November 1904 on the model of the Congregation of the Mission (C.M.), founded by St. Vincent de Paul in France with three diocesan priests, with the approval and encouragement of Louis Pazheparampil, the first Vicar Apostolic of Ernakulam.



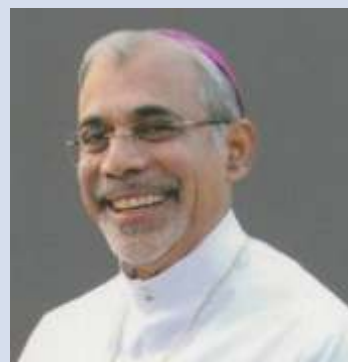
Fr. Varkey Kattarath



Mgr. Joseph Kandathil

## New office bearers elected for CCBI

Archbishop Filipe NeriFerrão of Goa and Daman was elected as the new President of the Conference of Catholic Bishops' of India (CCBI) by the 31st Plenary Assembly of the National



Episcopal Conference of India, at Joe Animation Centre, Mahabalipuram, Chennai, Tamil Nadu. He will replace Oswald Cardinal Gracias, Archbishop of Bombay who served the Conference as its President for three terms of two years each from 2013 to 2019.

Archbishop George Antonysamy of Chennai-Mylapore and Archbishop Anil Joseph Thomas Couto of Delhi were re-elected CCBI Vice president and Secretary General respectively.

The CCBI is canonically the National Episcopal Conference for the Latin rite Catholics. It is the largest Bishops Conference in Asia and the fourth largest in the world. It consists of 132 dioceses with 189 bishops.

## Father Augustine John Ukken a step closer to sainthood

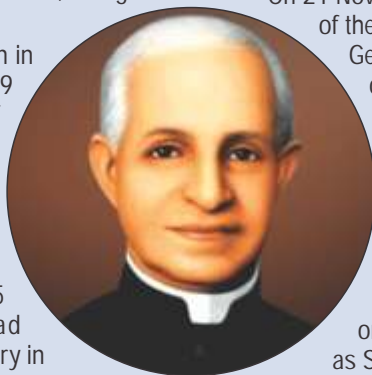
Pope Francis has authorized the promulgation of 12 decrees on the causes of saints, among which is Indian Syro-Malabar priest Fr. Augustine John Ukken, taking him a step closer to sainthood

Father Augustine John Ukken was born in Parappur in Thrissur district on 19 December 1880 as the second son of Punnaparambil Ukken Anthappan and Chalakkal Annamma, both of whom died by the time Augustine was the age of six. The local parish priest provided him shelter and an education in the upper primary school. Around 1895 Bishop Adolphus Medlycott had Augustine enrolled at the Minor Seminary in Trichur to complete his education.

In 1898, Ukken was sent to Kandy in Sri Lanka to study for the priesthood. He was ordained priest on 21

December 1907, by Dr Clements Pagany, the Cauty Bishop.

On 21 November 1944, he founded Congregation of the Sisters of Charity with the approval of George Alapatt, Metropolitan Archbishop of Thrissur. The charism of the congregation is "caring of the sick, tending those who are in deathbed, uplifting the poor and giving catechetical formation".[5] He died on 13 October 1956, at Chowannur in Thrissur district.



His canonization process was started on 30 November 2007 and was declared as Servant of God by Metropolitan

Archbishop of Thrissur Mar Andrews Thazhath at the Our Lady of Lourdes Metropolitan Cathedral on 24 August 2008.



## Syro-Malabar Church gets new diocese in Canada

Cardinal George Alencherry, head of the Syro-Malabar Church, on Saturday announced the constitution of a new diocese of the church in Mississauga, Canada with Monsignor Jose Kalluvilil as its first bishop. He told a press conference that Pope Francis had raised Mississauga, which was till now an Apostolic Exarchate, to the status of a diocese.

Mississauga was until now an apostolic exarchate, an ecclesiastical territory that is similar to a diocese but without the status of a diocese. An exarchate is raised a diocese when the number of faithful increases and setting up of parishes and other structures.

Mississauga was made an exarchate on August 6, 2015 with Monsignor Kalluvilil as its apostolic exarch.

The diocese has jurisdiction over its people living in Canada. It has nine provinces, 12 parishes, 34 mission



centers catering to more than 20,000 faithful. The exarchate that started with two priests now has 23. Seven people are getting trained to be priests. The diocese is also served by 12 sisters from three congregations. It has four churches, including the cathedral.

The bishop-elect was born on November 15, 1955, at Thottuva near Kuravilangad in Kerala. After his family shifted to Palakkad, Kalluvilil joined the Palghat diocese. After studies in St Thomas Apostolic Seminary in Vadavathur, Kottayam, he was ordained a priest on December 18, 1984. He has a doctorate from Salesian University Rome.

He was appointed exarch when he was serving the Syro-Malabar Catholics in Toronto. Mississauga is the fourth Syro-Malabar diocese outside India after Chicago, Great Britain and Australia.

## Click to Pray: Pope launches prayer app

During the Sunday Angelus prayer in St. Peter's Square on January 20, Pope Francis unveiled his very own user profile in Click To Pray, the official app of the Pope's Worldwide Prayer Network, including its youth branch, the Eucharistic Youth Movement – EYM.

He specifically called for young people to download the app and pray with him for World Youth Day 2019, which takes place in Panama from 22-27th January 2019. For this event, the platform includes a special multimedia section to pray and meditate the Rosary for Peace.

Click To Pray ([www.clicktopray.org](http://www.clicktopray.org)) is a platform that invites men and women from around the world, to accompany the Pope in a mission of compassion for the world. It has a website and a mobile app, both for Android and iOS, with its social networks, available in six languages (Spanish, English, Italian, French, Portuguese, and German).

Click To Pray has three main sections: "Pray with the Pope", with the Pope's monthly prayer intentions for the challenges facing humanity and the mission of the Church; "Pray every day", with a prayer rhythm involving three daily moments; and "Pray with the network" that is a space where users (Pope Francis among them) can share their prayers with the others. Pope's Francis own profile (<https://www.clicktopray.org/en/user/popefrancis>) can be found clicking in the Pope Francis button at the "Pray with the Network" section.



CLICKTOPRAY  
TOGETHER, WE MAKE EACH DAY DIFFERENT



## Question:

Why do we need to confess to a priest?

Why can't we have a direct dialogue with God?

## Answer:

The words of 1 Timothy 2:5, "there is one God, and there is one mediator between God and men, the man Christ Jesus" seem to put a question mark over the role of a priest in a Confession. Since the business is between the penitent and God, anyone (other than Christ) coming in between, would be viewed suspiciously. At this point, an understanding of the concept of "In persona Christi" would help. It is a Latin phrase meaning "in the person of Christ" and denotes that even though the apparent doer of an action is someone else, the real or hidden doer is deemed to be Christ himself.

The concept of In persona Christi has parallels in secular practice. In the days of the kings and the queens, whenever the monarch wanted to delegate his authority to a trusted courtier, he just handed over his seals to him. Thereafter any document issued by that courtier and affixed with the royal seal, carried the same authority as if issued by the king himself. Nobody could trash such an edict as not being the king's actually. The modern day equivalent is "Power of Attorney".

In Mathew 9:6, we see Jesus forgiving a paralytic and then healing him,

specifically to underline his absolute authority to forgive sins. Now please fast forward to the pre-Ascension stage, where we see him telling his apostles, "As the Father has sent me, even so I send you". Then he breathes on them and says, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained" (Jn 20:21-23). These words leave no scope for doubt that he has put the apostles 'in his shoes' in this department. The successors of the apostles, viz. the bishops (and by extension the priests), exercise this office In persona Christi, and that's true of all the sacraments.

To confess to a priest means to seek forgiveness the way Christ intended it to be sought. Not only that, through it we learn a lesson in humility which is conveniently avoided when we confess only through private prayer. Additionally, we receive sacramental graces; for through the sacrament of penance, not only are sins forgiven, but also graces are obtained.



1st Prize: Mary Martha Church Sakinaka



2nd Prize: St. Thomas Church Vasai (E)



3rd Prize: St. Alphonsa Forane Vasai (W)

## TUG-OF-WAR TOURNAMENT

Kalyan Diocese Pithruvedi was conducted Tug-of-war Tournament on 30th December, 2018 at the Ground adjacent to St. Alphonsa Forane Church, Vasai (West). 18 teams participated from various Forane of Kalyan Diocese. Pithruvedi Director Fr. Shibu Pulickal inaugurated the tournament.

Following teams are the winners of the competition:

1st Prize: Mary Martha Church Sakinaka - ( ₹ 25000/- + Rolling Trophy)

2nd Prize: St. Thomas Church Vasai (E) - ( ₹ 20000/- + Trophy)

3rd Prize: St. Alphonsa Forane Vasai (W) - ( ₹ 15000/- + Trophy)

4th Prize: St. Thomas Catholic Church Mira Road - ( ₹ 10000/- + Trophy)

Prize distribution done by Fr. Shaju Adambakallel & Fr. Varghese Nadakkal

Kalyan Mathrusangam conducted the Annual General Body Meeting on 02nd Dec, 2018 at Animation and Renewal Center, Panvel. His Excellency Mar Thomas Elavanal, Bishop of Diocese of Kalyan, graced the meeting. 18th edition of Mahiladarshan was released on this occasion.

Various cultural programs marked the whole event which involved parishes from various Foranes. Over 600 mothers from all over the Diocese attended the function. His Excellency gave away the awards for the Literary competitions that were held. Recognition in the form of cash prize was given away to children who scored the maximum in "Marathi" in the SSC Board of 2018. Mothers with exemplary achievement in the last year were also felicitated.

Women's Day Celebrations to be held on 10th Mar, 2019 at The St Thomas Cathedral Church, Kalyan (W)



Kms Annual Day was innaguated by H.E. Mar Thomas Elavanal and Kms Executives



Kms Excellency Award 2018



Literary competitions prize winners



Almanah name suggestion winners



Prayer dance St Thomas Church Vasai (E)



Fusion Dance Thane Forane



Margamkali Infant Jesus church Khargar



Street Play Infant Jesus Church Khargar



## EUPHONY 2018-19 — WINNERS

### Sub - Juniors

#### Bible Quiz

- |  |             |
|--|-------------|
| 1 Infant Jesus Church, Koparkhairane     | Navi Mumbai |
| 2 St George Forane Church - Panvel       | Panvel      |
| 3 St. Thomas Syro-Malabar Church - Vashi | Navi Mumbai |
| 4 St. Bartholomew Church - Kalyan - East | Kalyan      |
| 5 St. Thomas Forane Church - Borivli     | Borivli     |

#### Depiction of Bible Scene

- |                                    |             |
|------------------------------------|-------------|
| 1 St. Alphonsa Forane - Kalewadi   | Pune        |
| 2 Mary Matha Church - Kamothe      | Panvel      |
| 3 St. Marys Church - Nashik City   | Nashik      |
| 4 St. Joseph Church - Airoli       | Navi Mumbai |
| 5 St. Thomas Church - Vasai - East | Vasai       |

#### Group Action Song

- |  |             |
|--|-------------|
| 1 St. Thomas Church -Varthak Nagar       | Thane       |
| 2 Infant Jesus Church - Kharghar         | Navi Mumbai |
| 3 St. Thomas Forane Church - Borivli     | Borivli     |
| 4 Amala Matha Church - Mulund            | Powai       |
| 5 St. Bartholomew Church - Kalyan - East | Kalyan      |

### Juniors

#### Group Song

- |   |         |
|---|---------|
| 1 Carmel Parish - Vadagaonsneri             | Pune    |
| 2 St.Pauls Syro Malabar Church - Ulhasnagar | Kalyan  |
| 3 Immaculate Conception Church - Dombivli   | Kalyan  |
| 4 Mary Matha Church - Kamothe               | Panvel  |
| 5 St. Joseph's Church, M.C. Road            | Andheri |

#### Bible Verse Writing

- |   |         |
|---|---------|
| 1 St. Alphonsa Forane - Kalewadi          | Pune    |
| 2 Immaculate Conception Church - Dombivli | Kalyan  |
| 3 Sacred Heart Church - Bhayander         | Borivli |
| 4 St. Thomas Catholic Church - Virar      | Vasai   |
| 5 St. Thomas Catholic Church - Virar      | Vasai   |

#### Skit

- |   |        |
|---|--------|
| 1 Immaculate Conception Church - Dombivli | Kalyan |
| 2 St. Joseph's Church - Akurdi            | Pune   |
| 3 Christ The King Church - Bhandup        | Powai  |
| 4 St. Marys Church - Nashik City          | Nashik |
| 5 St. Alphonsa Forane - Kalewadi          | Pune   |

### Seniors

#### Bible Quiz

- |  |        |
|--|--------|
| 1 Holy Trinity Church - Thane              | Thane  |
| 2 St. Sebastian Church - Kalamboli         | Panvel |
| 3 Mary Matha Church - Sakinaka             | Kalina |
| 4 St. George Catholic Church - Nallasopara | Vasai  |
| 5 St. Marys Church - Nashik City           | Nashik |

#### Mime

- |  |             |
|--|-------------|
| 1 St. Marys Church - CBD Belapur             | Navi Mumbai |
| 2 San Jos Church - Wagle Estate              | Thane       |
| 3 St. Kuriakose Elias Chavara Church - Dighi | Pune        |
| 4 Carmel Parish - Vadagaonsneri              | Pune        |
| 5 St. Thomas Church - Vasai - East           | Vasai       |

#### Movie Making

- |   |             |
|---|-------------|
| 1 St. Joseph's Church - Akurdi            | Pune        |
| 2 Christ The King Church - Bhandup        | Powai       |
| 3 St. Joseph Church - Airoli              | Navi Mumbai |
| 4 St. Thomas Church - Vasai - East        | Vasai       |
| 5 Mother of Victory Church - Tikujiniwadi | Thane       |

## Congratulations

### CHILDREN WHOSE WHO ARE COMPLETED THE CHRISTMAS PLANNER ACTIVITY

Infant Jesus Church - Tilaknagar

Angela Bijoy

St. Josephs Church, Powai

Daniel Anil Jonethan Arakkal

Amala Matha Church, Mulund

Sherlyn Shaji Josfina Donbosco

Christ The King Church, Bhandup

Christopher Thomas Savio David  
Edwin Martin Lloyd Shanty

St. Mary's Church, Malad (E)

Joel Varghese Denna Rose Sunny  
Justin Jerald Hazel Raphael

Sacred Heart Church, Goregaon (W)

Jenitta Biju Tia Vincent  
Abigail Vipin Michelle Bijoy  
Jinsu Biju Aaron Vincent  
Gabriel Bijoy

St. Thomas Church, Dapodi, Pune

Annmria Jose Konnoor Carisa Sunil Valayathil  
Jesna Jose Konnoor

St. Alphonsa Church, Pen

Josna Mariam Joy Merin Anna Joy  
Ashlin Ann Alexander Sona Mariam Shibu  
Aleena Francis Mundackal Aksa Abraham

Sanjos Church, Wagle Estate

Emin Manoj Steffin Binu  
Melvin Joseph David George

St. George Forane Church, Panvel

Kevin Siby Sara Sinoj  
Merin Rose George Niya Johnson Kolapran  
Saniya Sojan Jessy Anna Paul  
Jovial John Binoy



## TALENTIA 2018-19

DIOCESE of KALYAN witnessed the unveiling of marvelous talents of her own youth for Talentia 2018-19, which was held on 13th January, at St. Thomas Cathedral Church, Kalyan West. The aim was to encourage different talents and thus 4 new events like KEY Play, Giphy, Once upon a time.. and Scene Contra were brought into the frame along with all time successful events like Breakthru, Debate, Blank Canvas and Open Mic Challenge, setting the benchmark higher than ever before. The mega cultural

event which saw a gathering of more than 1000 youth, witnessed ordinary youngsters transforming themselves into artists, actors, dancers, singers, poets, beat boxers, mimicry artists and much more. Vicar General of our diocese, Msgr. Emmanuel Kadankavil, who blessed the event with his presence, proudly gave away the prizes to the winners of the respective categories and appreciated the efforts of Kalyan Eparchy Youth. The event thus turned out to be a cultural warfare in its true sense.



Breakthru: St. Mary's Forane Church, Versova



Key Play: St. Bartholomew Church, Kalyan East.



Debate: Christ the King Church, Bhandup



Open Mic Challenge: Divya, St. Paul's Church, Ulhasnagar.



Once Upon a Time: Fionna, St. Sebastian Church, Goregaon E



Blank Canvas: Toncy Xavier, Sacred Heart Church, Malad W



Giphy: Femi Joseph, Little Flower Forane Church, Nerul.



Scene Contra: St. Joseph Forane Church, Powai



# Department of Bible Apostolate (Eparchy of Kalyan)

## Kerygma Bible Quiz Competition 2018

### Winners of Grand Finale - Level 3



Group A 1st prize - Lincy Biju [Nasik]



Group B 1st prize - Seethal Johnson [Vashi]



GROUP PHOTO



Group A 2nd prize  
Saju K. Paily [Wanaworie]



Group A 3rd prize  
Joicy Joy [kandivili East]



Group A 4th prize  
Pouly Baby [Nerul]



Group A 5th prize  
Sini Xavier Rajan [Vasai West]



Group A Consolation prize  
Mary Devassy [Nerul]



**Prizes were Sponsored By**  
**AKBAR TRAVELS OF INDIA PVT. LTD., MUMBAI**

**Portion for the next year – 1 Samuel & St. Mark**



## 2nd Birth in Heaven



"I am the resurrection and the life,  
He who believes in me will live,  
even though he dies and whoever lives  
and believes in me will never die."

**Husband & Children:** Joshi Puthoore, Maria, Savio (Bhandup)

**Parents:** K.M. Raphael & Annie (Powai)

**Sisters:** Seeba (Powai) & Betsy (Bhandup)

**Brother-in-law:** Paul Thekkuden, Benny Koola

**Nephew & Niece:** Eric, Alex, Ashlyn

**Brother-in-law & Family:** David, Meena, Martin (Mulund)

**Sister-in-law & Family:** Sheeba, Shameju, Austin, Elwyin (Bhandup)

**DEEPA JOSHI PUTHOORE**

**Birth:** 20-6-1974

**Marriage:** 24-1-1998

**Heavenly Abode:** 24-2-2017

## Golden Years of Union

15-2-2019



"And now these three remain;  
Faith, Hope & Love. But the  
greatest of these is Love."  
1 Cor. 13:13

**With lots of love & prayers**

**Daughters, Son-in-laws & Grand Children:**

**Seeba, Paul, Eric (Powai)**

**Late Deepa, Joshi, Maria, Savio (Bhandup)**

**Betsy, Benny, Alex, Ashlyn (Bhandup)**

**Raphael & Annie (Kalathilparambil)**

**Konangaden House**

**15/02/1969**



**St. Joseph Church, Powai**

## 25th Death Anniversary



**Gracy Jose**

September 21, 1953 - February 5, 1994

*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:

**K O Jose  
Leena, Reena, Sijo  
Joyson, Prince, Rita  
Amelia, Joanna, Alyssa, Rebecca**

A/205, Prashant Apartments, Opp. IIT Main Gate,  
Powai, Mumbai. Tel: 022 - 25771295

## 1st Death Anniversary

Dad, we are blessed to get a husband, a father like you and it's a gift of joy to be besides you as you were welcomed by Jesus Christ, not a single moment goes without we remembering you.

As the Bible verse in St Paul's first Letter to the Thessalonians says "When we think about you" We always thank God and continually mention you in our prayers.

We remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ.

We firmly believe what Jesus Christ said "I will take you to myself, so that where I am, you also may be".

*Fondly Remembered by*

**Wife:** Mary Franco

**Son:** Franklin Pananchery

**Daughter in Law:** Jeeja Franklin

**Grandson:** Aaron

**Daughter:** Femy Sayoj

**Son in Law:** Sayoj Pellissery

**Grand daughter & Son:** Abigail & Abner

**Franco Paul Pananchery**

DOB: 04.10.1946 – Died: 13.02.2018





Fair / 32 / 5.1 / 56 / B.Sc. + HR Course / Presently working as HR Officer / Settled in Mumbai / Parents from Cherupuzha, Payyannur / 9867153873 / 8369258751 / 9833121136 / ajosephhm@gmail.com  
GOC201849097



Fair / 24 / 167 / 58 / MBA in agri business management from VAMNICOM / working as Branch operations Manager / Parents from Kottayam / 8130174974 / 8329561673 / jissmariajose1@gmail.com  
GOC201953453

Fair, 26 / 5.4 / 52 / B.Com. / Presently working as Accountant / Parents from TCR / 9152736891 / 8898852188 / ricsyanthony@gmail.com  
GOC201850981



Fair / 27 / 163 / H.Sc, ECCED / Presently working as Preprimary Teacher / Parents from TCR / 9820723035 / 7738452092 / nikithanambadan@gmail.com  
GOC201848694



Moderate Fair / 27 / 164 / 60 / B.Tech IT / working as Sr. Software Engineer in MNC, Pune / Parents from Kerala settled in Pune / 9822391716 / 7743801549 / jmeljin13@gmail.com  
GOC201847368



SMRC Girl / Fair, 27 / 166 / 56 / BE Comp. Sc. / working in an US MNC in Powai, Mumbai / as IT Consultant / Parents from TCR / Settled in Mumbai / seeks Proposals / 9702660926 / 9702661926 / jajo367@yahoo.com  
GOC201745607

Moderately Fair, 28 / 163 / 74 / MBA., 4 yrs. Bachelors Degree in Fashion Designing from NIFT Bangalore / Jr. Executive Designer, Bangalore / Born and brought up in Bahrain / Parents still in Bahrain / jthudyan@gmail.com  
GOC201953566



Moderate Fair, 25 / 155 / 60 / MBA in Digital Marketing / Presently Working as Accounts Manager / Parents from TCR / 022-66950359 / 9870360175 / jacob\_georgek@hotmail.com  
GOC201953631



Medium Fair, 25 / 158 / 54 / MBBS. B/B in Mumbai. Preparing for PG / Parents from Thrissur / 022-2555 7054 / 9969085582 / ptvincent@gmail.com  
GOC201953689



Doctor Girl / MBBS, 28 / 5.2 / 56 / Medium Fair, final year PG in Emergency Medicine. Looking for Medico pursuing or completed PG/Qualified other Professionals. Parents from Pathanamthitta / 8779281729 / hshk8548@gmail.com  
GOC201953784

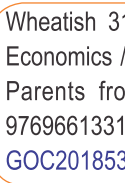
Fair / 31 / 152 / 55 / M.Com. + PGDBA / Presently working in Accounts Department / Parents from TCR / 022-28196887 / 9967871939 / Divorced  
GOC201851533



RC, 37 / 5.8 / 70 / MBA Finance / Bank Manager / Own 3 BHK Flat / Parents from Trichur / seeks alliance from any Christian Middle Class / Tel.: 022 - 25212992 / 9920272850 / sandeepantony16@yahoo.co.uk  
GOC201953684



Fair / 30 / 172 / 85 / Diploma in Mechanical / Diploma in Mechanical & Awaiting B.Tech Results / Working with Marine Service / Parents from Chengannacherry / 9773551675 / svraytrio@gmail.com  
GOC201953671



Wheatish 31 / 173 / 70 / Bachelors in Economics / Presently Working in UBS / Parents from Ernakulam / Thrissur / 9769661331 / agnel\_512@yahoo.com  
GOC201853143



SMRC Mumbai based - Fair, 34 / 5.4 / 65 / Hotel Management / Presently working in Dubai / Parents from TCR / 9619889640 / 9769335989 / jeevan\_7bom@yahoo.com  
GOC201848436



### THANKSGIVING TO ST. JUDE

Jisha Jaison — Kalyan (W)

Shija Binish — Kalyan (W)

### THANKSGIVING TO ST. ALPHONSA

Alphonsa Sebastian — Vasai (W)

# Remembrance Day

2nd March, 2019



**Mrs Rosamma Joseph**  
(W/o Late Mr ND Joseph)  
Birth: 10-12-1952  
Death: 12-01-2019

മരിക്കാത്ത ഓർമ്മകൾക്ക് മുമ്പിൽ  
ആത്മാവിന്  
നിത്യശാന്തി നേർന്നുകൊണ്ട്

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

Christ The King Church  
Bhandup, Mumbai

## *In loving memory of our beloved Pappa* **On his 10th death anniversary**

As we look back over time we wonder... Did we thank you enough for all you have done for us? For all the times you were by our sides To help and support us in our successes To understand our problems and accept our defeats. For teaching us by example, the value of hard work and integrity Or for the sacrifices you made to let us have the very best. And for all the laughter, smiles and times we shared. If we have forgotten to show our gratitude for all the things you did, We are thanking you now and hoping you knew, How much you meant to us.

### *A tribute of love from*

**Wife** : Omana  
**Sons** : Ruffin, Renoy, Renison  
**Daughters-in-law** : Smitha, Sherin, Betsy  
**Grandchildren** : Kevin & Melvin,  
Iris & Grace, Rhea & Ryan.  
**Family & Friends**

**Mr. AUGUSTINE JOSEPH CHERUTHURUTHY**  
Birth: 11-04-1942 Demise: 16-02-2009

C-202, Panchratna Mahal,  
Manpada Road, Dombivli (E)





# St. Alphonsa Shrine, Kalewadi

## Feast of St. Alphonsa

February 1<sup>st</sup> to 10<sup>th</sup>, 2019

"To JESUS through ST. ALPHONSA"

Dear faithful,

The Feast of St. Alphonsa our Patroness, will be celebrated from 1<sup>st</sup> to 10<sup>th</sup> February, 2019. All are cordially invited to participate in the celebrations and receive spiritual blessings of the Almighty in abundance of this blissful occasion through intercession of St. Alphonsa.

Rev. Fr. Shaji Parickappallil  
Rector

K. M. Baby & Biju Mathew  
Trustees

C. V. Jose  
Convener

**2019**  
January  
31<sup>st</sup>  
Thursday

5.30pm : Confession  
6.00pm : Holy Qurbana  
7.00pm : Preparation Retreat  
Celebrant : Rev. Fr. Zacharias Neelankavil  
(Vicar, Mary Mother Church, Sokrates)

**2019**  
February  
1<sup>st</sup>  
Friday

7.00pm : Flag hoisting, Litany, Holy Qurbana, Message and Novena  
Main Celebrant : Msgr. Emmanuel Kadankavil  
(Vicar General, Diocese of Kalyan)  
Intention : Nation and Leaders

**2019**  
February  
2<sup>nd</sup>  
Saturday

7.00pm : Litany, Message, Holy Qurbana (Syro-Malankara Rite) and Novena  
Main Celebrant : Bishop Thomas Mar Antonios OIC  
(Bishop of St. Thomas, Kottayam)  
Intention : World Peace

**2019**  
February  
3<sup>rd</sup>  
Sunday

6.00pm : Litany, Holy Qurbana, Message and Novena  
Main Celebrant : Rev. Fr. Benny Theunilkumhadathil  
(Chancellor, Kalyan Mathranagar)  
Intention : Vocation to Married life  
7.30pm : Food Festival and Fun Fair

**2019**  
February  
4<sup>th</sup>  
Monday

7.00pm : Litany, Holy Qurbana, Message and Novena  
Main Celebrant : Rev. Fr. Bobby Mulakkampilly  
(Vicar, St. Thomas Church, Mirambur)  
Intention : Financial prosperity  
8.30pm : Two Wheeler Blessing

**2019**  
February  
5<sup>th</sup>  
Tuesday

**Samarpantharavangam**  
7.00pm : Litany, Holy Qurbana, Message and Novena  
Main Celebrant : Priests of Pune Forum  
Intention : Rev. Priests and Sisters  
8.30pm : Felicitation - Samarpantharavangam  
9.30pm : Four Wheeler Blessing

**2019**  
February  
6<sup>th</sup>  
Wednesday

5.30pm : Litany, Holy Qurbana, Message and Novena  
Main Celebrant : Rev. Fr. Sinto Enamickal  
(Vicar, Khepuri & Kaveripatti)  
Intention : Syro Malabar Church  
7.00pm : Kalavritam - Rev. Mega Shree

**2019**  
February  
7<sup>th</sup>  
Thursday

5.30pm : Solemn Holy Communion & Confirmation, Message and Novena  
Main Celebrant : His Ex. Mar Thomas Elavasal  
(Bishop of Kalyan)  
Intention : Children

**2019**  
February  
8<sup>th</sup>  
Friday

5.30pm : Litany, Holy Qurbana, Message and Novena  
Main Celebrant : Rev. Fr. Francis Kottamthil  
7.00pm : Parish Day  
Intention : Parish Fellowship

**2019**  
February  
9<sup>th</sup>  
Saturday

5.30pm : Litany, Message, Holy Qurbana (Marathi Mass) and Novena  
Main Celebrant : Rev. Fr. Paul Painadathu MST  
(Vicar, St. Alphonsa Catholic Mission, Pune)  
Intention : Sick and Senior Citizens  
7.00pm : Hundielaam  
7.30pm : Jwalantam (Offered by Kalyan parish)

**2019**  
February  
10<sup>th</sup>  
Sunday

4.00pm : CHENDAMELAM  
4.00pm : Installation of Presidencies  
5.00pm : Solemn Holy Qurbana  
Main Celebrant : V. Rev. Fr. Justin Kallely  
(Chancellor, Diocese of Kalyan)  
Feastal Message : Rev. Fr. Shibu Pullickal  
(Director, Kalyan Pilgrimage)  
Intention : Family Sanctity  
7.00pm : Grand Feast Procession, Benediction & AGAPE (Fellowship Meal)

**2019**  
February  
11<sup>th</sup>  
Monday

7.00pm : Holy Qurbana & Office of the Dead, Lowering of the flag  
Commemoration of the Departed Souls

### FEAST DAY

NB :- There will be provision to offer "Adima" during all Feast Days.

For Feast Presidencies, Offerings, Contributions & Mass bookings  
Contact - Rector, St. Alphonsa Shrine  
Kalewadi, Pimpri, Pune-17  
9763262346 / 9881152326 / 9879091711

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