

Kalyan Lantern

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

APRIL - MAY 2019

Vol. 05 | Issue 01 | MUMBAI | 36 Pages | Price: ₹10/-



Recreation and Mental Health

— തങ്ങളൊന്നിക്കുമ്പോൾ ഒന്നുറപ്പിക്കാം —
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YOUR WORD IS A LAMP TO
MY FEET AND A LIGHT TO MY PATH

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Vol. 05 | Issue 01

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

മനസ്സേ... ശാന്തമാകൂ...

“ഒരു മനുഷ്യനെ സൃഷ്ടിക്കുന്നത് അവന്റെ മനസ്സാണ് നന്മ കണ്ടെത്താൻ മനസ്സിനെ പരിശീലിപ്പിക്കുക”.

ഒത്തിരിയേറെ സങ്കീർണ്ണതകളുടേയും, ആകുലതയുടേയും മാനസിക പിരിമുറുക്കത്തിന്റേയും ഒരു ലോകത്തിലാണ് നാമെല്ലാവരും, ജീവിതത്തിൽ ഇല്ലാത്തതിന്റെ തേങ്ങലുകളുമായി ജീവിക്കാനുള്ള ഓട്ടത്തിനിടയിൽ ജീവിക്കാൻ മറന്നു പോകുന്നവരാണ് അധികപങ്കും. നീ മനസ്സുകൊണ്ടു നിർമ്മിച്ച നിന്റെ ലോകത്തിൽ നിന്നും പുറത്തു വരുവെന്ന് നിനക്കായി സൃഷ്ടിച്ച ഈ പ്രപഞ്ചത്തിലേക്കും പ്രപഞ്ചസൃഷ്ടികളിലേക്കും നോക്കൂ. അവയെ അറിയാനും സ്നേഹിക്കാനും മനസ്സിലാക്കാനും തുടങ്ങൂ.

ഈ അവധിക്കാലം അതിനുള്ള അവസരമാണ്. ഈ ലക്കത്തിലൂടെ ഈ അവധിക്കാലം എങ്ങനെ ഗുണകരമായി ചിലവഴിക്കാമെന്നും, അതോടൊപ്പം പലരുടേയും ജീവിതാനുഭവങ്ങളും പങ്കുവെയ്ക്കുന്നു.

“ഒരാളുടെ മനസ്സ് പവിത്രമാണെങ്കിൽ അയാളുടെ ചുറ്റുപാടും പവിത്രമായിരിക്കും”.

The Millennial Burnout: Why is it Important to Take a Break?

'I have a meeting and then I have to reply to nine emails. Post that, I am training the campaign volunteers and then will catch up a few colleagues for dinner to discuss the upcoming projects- so, I'll try and get some hours at my pillow but it's going to be very difficult to visit the bank this week!'



It's not as if millennials are slacking in the rest of their lives. They're working day in and day out, executing a move across the demographics, planning trips, taking care of their expenditures, catching up with their interests and exercising on a regular basis. But when it comes to the mundane, the medium priority, things that wouldn't make their job easier or their work better, they avoid it. I am sure every millennial reading this empathises with the above.

Anne Helen Peterson was the first to introduce this condition as the 'millennial burnout'. In this phenomenon, she also speaks about another introductory notion- 'errand paralysis' which refers to where millennials fail to complete the errand jobs of a diurnal routine. The question is often, "My parents did the errands for the day successfully despite not enjoying it, so why cannot I, especially so when the tasks are even easier?" The answer to this is that the primary beneficiary of these errands may be the millennials themselves but not in a way that would actually drastically improve their life. Tasks are seemingly high-effort, low-reward tasks, and millennials find it paralyzing. Explanations like these are at the core of the millennial reputation: We're spoiled, entitled, lazy, and failures at what's come to be known as "adulting," a word invented by millennials as a catchall for the tasks of self-sufficient existence.

Burnout is a shared, defining generational experience, but that doesn't mean it works or feels the same way for all millennials — or that it's limited to millennials. There are various intersectional aspects of millennials that contribute to them experiencing the burnout- religion and ethnicity one is born to, the conditioning, the socio-economic setting, the cultural environment, exposure to education and the experiences one has over time may be a few.

There is ever growing importance and attention being given to work and most millennials even get used to meeting

deadlines, get comfortable working till the last minute and putting in extra hours for better outcomes and greater satisfaction that they derive from the work they do. However, all of this comes at the expense of a dwindling social life, errand paralysis and sadly, barely any time for oneself. The millennial burnout, as explained by psychotherapist Beverley Hills is, "You can feel stress, insomnia, self-doubt, cynicism, and as though you're in a void, like, 'How can I possibly succeed when there are not enough resources left for me?' There will be emotional exhaustion, a feeling of dissatisfaction, inadequacy, and also anger, and maybe physical pain that could take the form of fibromyalgia or a constant feeling of 'unwellness'. She believes that there can be several factors leading to this burnout "over-expectations from parents, careers, and society, constant pressure from social media to be living the best life, which "leads to a fear of failure and, conversely, a fear of success: 'If I achieve all that, how can I possibly keep it up? I may as well not even try'." In extreme situations, it is delineated that millennial burnout can and does lead to depression or suicidal thoughts.

It is reported by millennials that they have internalised this thought that they need to keep working, they cannot be average, they need to be achieving all the time and the banging pressure of social media to portray how great and meaningful their life is (or needs to be). Having understood the phenomenon, there is no withholding reason for millennials to know and practice that taking a break is extremely important and taking this break comes with some great benefits, like:

- One of the most important reasons to take a break is to reduce and delay the experience of burnout which mentally and physically drains the millennials, eventually leading to mental health challenges
- A lapse between doing nothing allows creativity to be seen in work

If you're tired, learn to rest, not quit.

- Taking a break maintains interest, motivation and productivity on the work front
- This free time allows millennials to reconnect with family and friends which is an extremely crucial element of socialisation which is needed for us humans to keep going
- This break can also sometimes be utilised for self-reflection which can allow millennials to pause for a while and think about the greater good as planning for the future is essential
- Physically the body gets the needed time to rejuvenate in order to keep functioning healthily
- The break may also prevent emotional distress and any possible mental health challenges which are an extremely common phenomenon in today's time
- Taking a small break to connect with nature does a lot of good to the physical and mental health- a small element of well-being that no one usually prioritises but if one does, can see its benefits on the quality of one's life.

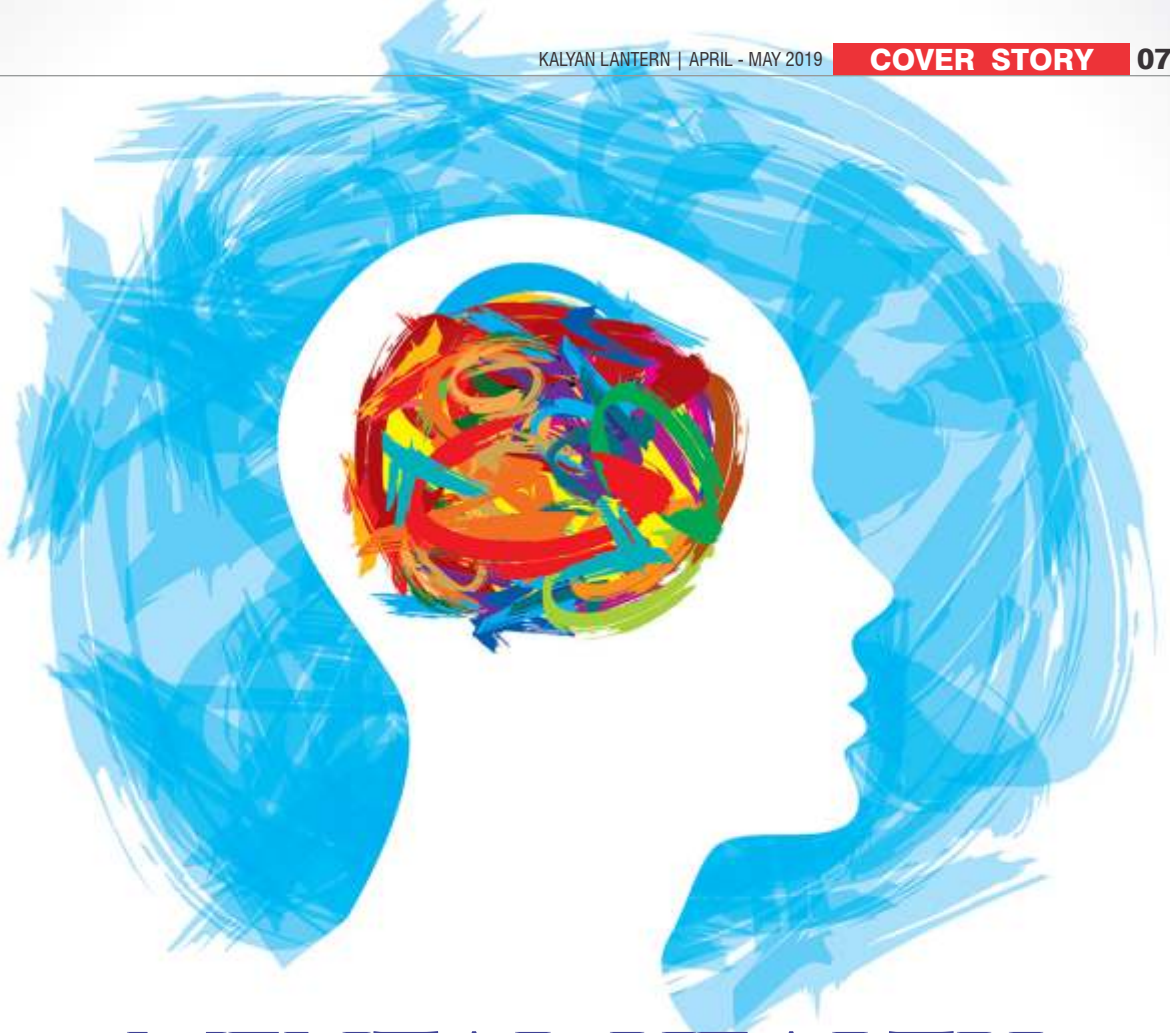
We must remember, time and again that it is not just okay to take a break but equally important to keep some time off regularly in order to physically and mentally rejuvenate oneself which brings benefits in the longer run to no one else but us all, the millennials.

'If you're tired, learn to rest, not quit.'

Pragya Lodha

is a Clinical Psychologist and
the Chief Knowledge Officer
at One Future Collective.





MENTAL HEALTH AND SELF-CARE: A GUIDE

How aware are we usually of our mental health? What do we reply when someone asks us, "Do you take care of yourself?". Most of us would answer positively. But do we really look to it the way it should be done? More often than not, we do not. Self care is basically any activity that we do consciously to take care of our physical, emotional or mental needs. This might sound simple but a majority of us end up neglecting this. It is only by consciously taking care of ourselves- our physical, emotional and mental well-being that we can ensure our holistic well-being and thus our holistic development.

How do you know how you are feeling?

When someone asks you how you are feeling, your answer usually is either of these or the like-

- I am happy because I have finished my project, I am happy because I could be with my family, I am enjoying because I could meet my best friend or I am angry that I couldn't finish the project, I am angry because I am not feeling good, or something related to your emotional state of being.
- I am stressed about my exam, or. I am feeling overwhelmed because I cannot cope with the environment, for example, family, friends, office, or something related to your mental state of being. .
- I am feeling feverish, or I have a tummy ache, or something related to your physical state of being.

One of the major complaints we have usually in our personal, family and professional lives would be that others don't understand us enough or well. To understand others is also linked with

understanding the feelings of others. In order to understand the feelings of another, one must be able to recognize and deal with one's own feelings and emotions. Feelings and emotions are touchstones of human experiences and give liveliness to our interactions with other people. It is these emotions that help us relate and respond to events happening otherwise. If we had to list these out, they would be either of or a combination of these feelings. Happiness, joy, trust, optimism, pride, liberty, courage, confidence, security, curiosity, relaxation, reluctance, aversion, disgust, shame, guilt, shyness, depression, hopelessness, sadness, anger, rage, anxiety, preoccupation, fear, stress, will, affection, anticipation .etc

Emotional regulation and self-care

We are all living busy lives in some way or the other. Our days have moments of happiness and sadness. Most of the time, there is a chance of also being caught up with negative emotions such as anger, sadness, depression, fear, etc. and stress as compared to positive emotions. Uncontrolled negative emotions affect our physical and mental well-being. Therefore, we need powerful and



practical emotional regulation strategies. These strategies may work differently for different people. The process of healthy emotion regulation is complex, however not impossible to master.

A few tips to keep yourself safe from risking your mental and emotional health:

- ? **Muscle relaxation:** do some simple exercises to relax our muscles
- ? **Breathing relaxation:** hold and release your breathing by taking extra time than usual
- ? **Identification:** try to identify the emotion which you are currently feeling (I am anxious)
- ? **Acceptance:** try to accept the present feeling along with the cause of this emotional reaction (for example, when you feel angry about something, accept it as anger because of so and so reason)

Active Modification of Emotions by using the five-step problem solving model.

- Clapping out loud: When you feel emotional arousal, clap loudly
- Concentration on the 'here and now': If you are in a room, look at, recognise and acknowledge three things in the room eg. there is a computer, a television, a picture on the wall.
- Movement: Take a walk inside the room or outside to distract the thought
- Cognitive distraction: Try giving yourself a task that will distract you from what you feel. Perhaps a maths sum would work for some people. (eg. $100-7=93$, $93-7=86$, $86-7=?$)
- The 3-2-1 method: It is focused on senses against intrusive thoughts, which is useful for those who work at sedentary jobs. You need to recognise and acknowledge things that you can see, hear and feel in sets of 3-2-1.

This helps you ground yourself and help yourself get over a panic attack or distressful thought.

3/2/1 things I see: I see a table, I see a chair, I see a picture on the wall

3/2/1 things I hear: The sound of a car, the sound of the computer, the sound of the fan

3/2/1 things I feel: I feel hot, I feel hungry, I feel sleepy

Personal resources for self-care

We all have to figure out some **personal resources** to cope with our feelings and emotions so that we avoid risk and damage to our mental and physical health. Personal resources can include:

- ? **One's favorite activities eg.** watching a film, going for a swim. Know what activities you like as a person and ensure you have access to these at all times.
- ? **Social contact eg.** talking/meeting with a friend or relative. Have a good group of friends/ relatives with whom you can share your issues and worries.
- ? **Sensory fulfilments eg.** eating a favorite chocolate, listening to music. Be open to pampering yourself time and again when you feel low.
- ? **Physical activity to stabilise balance eg.** playing cricket or walking, yoga. Intense workout sessions of various kinds can be a great help. Try and figure out what interests you.
- ? **A combination of two or more activities eg.** taking a drive to a distant place, playing the music and reading at the same time. etc

'Invest in your mental health, make it your priority.'

Fr. Jince Maniamprayil

is a priest with the diocese of Kanjirapally, Kerala and is currently pursuing his Licentiate in Psychology at Pontifical Gregorian University, Rome.

A horizontal banner image showing the silhouettes of several people on a hill against a bright orange sunset sky. The individuals are engaged in various activities: some are standing with cameras on tripods, one is in a dynamic pose with a leg raised, and others are holding cameras up to their eyes. The scene captures a moment of creative activity in nature.

A MYRIAD WAYS TO CARE FOR YOUR MENTAL HEALTH - TESTIMONIALS

when my output is dark, bizarre, meaningless and there have been times when the output is happy, lovely and appealing. There have also been times when I have ravaged sets of paper in bouts of distress, frustration and phases of anxiety, only to slowly, steadily calm down and then use the same tools to create something beautiful, something that I end being proud of. For me, art aids and enriches my wellness quotient and at times, is even therapy.

is the COO at One Future Collective and a Doctoral Researcher at Tata Institute of Social Sciences, Mumbai.

TESTIMONIALS



Not surprisingly, I find that there is art for art's sake, art for self-expression, and art for well-being.

Expressive arts therapy combines psychology and the creative process to promote emotional growth and healing. This multi-arts, or inter modal, approach to psychotherapy and counseling uses our inborn desire to create or do as a therapeutic tool to help initiate well-being. It is ideally, in our belief and in our capacity to create something, that we begin to live completely, transform ourselves and begin healing. Art-making, music, movement, writing, craft, theatre, photography, travel writing and other

forms of artistic engagements are the core examples of how creativity can be resorted to as a wellness practice. We 'make' or 'do' something in order to feel productive and well.

Kalyan Lantern reached out to a few young acquaintances who passionately feel the same way, about varied kinds of activities and passion interests. They all say that expressive acts aid them and their mental well-being too, being like that one 'go to person' we all need, to open up to and be ourselves with. Following is a compilation of seven such testimonials, which the team at Lantern believes will inspire each of you to go find your own expressive art calling.

പ്രാർത്ഥനയും, വിശ്രമവും, മാനസിക ആരോഗ്യവും

ശാന്തമായിരുന്ന് ദൈവത്തെ ഓർക്കുന്നതും, ദൈവം ഇപ്പോൾ എന്റെ കൂടെയുണ്ട് എന്നുള്ള ചിന്തയും നമ്മുടെ മനസ്സിനെയും ജീവിതത്തെയും വളരെയധികം ശക്തിപ്പെടുത്തുന്നു. ജീവിതത്തിലെ തടസ്സങ്ങളും പ്രതിസന്ധികളും ധൈര്യപൂർവ്വം നേരിടാൻ ദൈവസാന്നിധ്യബോധം നമ്മെ സഹായിക്കും.

ദൈവസാന്നിധ്യസ്മരണയാണ് പ്രാർത്ഥന. ഈ ദൈവത്തിന്റെ മടിത്തട്ടിൽ ആയിരിക്കുന്ന അവസ്ഥയാണ് യഥാർത്ഥമായ വിശ്രമം. ഇത്തരത്തിലുള്ള ദൈവബന്ധത്തിൽ നിന്നും നാം ആത്മീയ ശക്തി സ്വീകരിക്കുകയും ചെയ്യുന്നു.

വ്യക്തിപരമായ ഈ മാനസികപ്രാർത്ഥനയിൽ 7 ഘടകങ്ങളെ ഉൾച്ചേർക്കാം:

1. സർവ്വപ്രപഞ്ചത്തിന്റെയും സ്രഷ്ടാവായ ദൈവത്തിന്റെ ആത്മാവ് - പരിശുദ്ധാത്മാവ് - ഈ നിമിഷം എന്റെയുള്ളിൽ നിറഞ്ഞിരിക്കുന്നു, അവൻ എന്നിൽ പ്രവർത്തന നിരതനാണ് എന്നുള്ള ബോധ്യം.
2. സർവ്വ ചരാചരങ്ങളെയും പരിപാലിക്കുന്ന ദൈവമാണ് എന്റെ ജീവിതത്തിന്റെയും നിയന്താവ്. അവൻ അസാധ്യമായി ഒന്നുമില്ല.
3. ഉത്ഥിതനായ ഈശോ ശിഷ്യരോടൊത്ത് വസിച്ചതുപോലെ, ദിവ്യകാരുണ്യമായി ഞാൻ സ്വീകരിച്ച ഈശോ എന്നോടൊപ്പം എപ്പോഴും വസിക്കുന്നു.
4. ഈ ദൈവസാന്നിധ്യത്തിൽ ഞാൻ വിശ്വസിക്കണം. വിശ്വസിച്ചവർക്കു ലഭിച്ച അത്ഭുതങ്ങൾ വിവരിക്കുന്ന ബൈബിൾ ഭാഗങ്ങൾ ഓർമ്മിക്കുക. ഉദാ :- അന്ധനു കാഴ്ച ലഭിച്ചത്, മരിച്ചവനെ ഉയിർപ്പിച്ചത്, തളർവാതരോഗിയെ സുഖപ്പെടുത്തിയത്...
5. യേശു ക്രിസ്തു നൽകുന്നത് മാനസിക

ആശ്വാസമല്ല (Stress Relief) മറിച്ച് മാനസിക സൗഖ്യമാണ് (Stress Removal). ഇത് ഒരു താത്കാലിക പ്രതിഭാസമല്ല, മറിച്ച് നിത്യമായി നിലനിൽക്കുന്ന സത്യമാണ്.

6. ഇഷ്ടമുള്ള ദൈവവചനങ്ങൾ ശാന്തമായി അൻപതോ, നൂറോ, ആയിരമോ തവണ ഉരുവിടുക. വചനമായ ദൈവത്തിന്റെ ശക്തി നമ്മിൽ തുളച്ചു കയറുന്നതും, ദൈവാത്മാവ് നമ്മിൽ ആവസിക്കുന്നതും അനുഭവിക്കാൻ കഴിയും.
7. ശാന്തതയിൽ കണ്ണുമടച്ച് ക്രിസ്തുവിന്റെ തിരുമുഖം ധ്യാനിക്കുന്നതും, അവിടുത്തെ തിരുമുറിവുകളെ ആശ്വസിപ്പിക്കുന്നതും നിരവധിയായ ആത്മീയ സൗഖ്യം പ്രദാനം ചെയ്യുന്നു. പരമ്പരാഗതമായ ഒരു ക്രിസ്തീയ ധ്യാനശൈലിയാണ്.



ഫാ. അഗസ്റ്റിൻ കാട്ടയത്ത്
വികാരി, സെന്റ് അൽഫോൻസ് ചർച്ച്,
മാൻകുർദ്

'For Me, Painting is a Means of Engaging with My Inner Chaos'

All through these years, I've been battling anxieties, over thinking issues, emotional instabilities, identity crisis among others, just like a lot of my peers. The battle started right from my childhood. Back then, I didn't really know what and why things were happening the way they did. The battle still continues, but now I just happen to know the names for all that one faces.

During one such inner battle phase, I stumbled upon a small talent that I didn't really know existed in me. It was a very lonely period of my life. I would shut myself up from the world and not let people reach out to me which in turn gave more fuel to the loneliness. I didn't really know how to get out. Actually, I think at that point I didn't really want to get out. I found a weird kind of solace in the negativity around me. There was this old set of paints at home and since I had nothing to do, I decided to paint with them. I continued to paint for a few days (and would go on to paint for weeks, months and years after that), and slowly but steadily, started getting out my emotions on to pieces of paper. The colours helped me unclog my thoughts and differentiate between problems that actually exist and problems created just by my over-thinking. It helped me step out of one of the worst phases of my life. I started painting regularly after that. Art helps me channel my thoughts into my paintings and think clearly. Every-time a thought disturbs me or triggers my anxiety, I find my solace in those brush strokes. Painting also helped me come to terms with my identity crisis. Sitting somewhere



patiently and painting helps me realise that the problems that are affecting me are mostly created in my head and how the solutions to them exist in my head itself. And for problems that are not created by my thoughts, painting acts as the healing that is required to balm those wounds. Painting was and continues to be my source of positivity. All the emotional battles and struggles still exist but Art is the shield I use against them all.

Tency Xavier

belongs to Sacred Heart Church, Malad West and works as an HR Professional at Reliance Retail. He is also a visual artist and a freelance designer.

‘TRAVEL IS MY THERAPY, MY INTROSPECTIVE ESCAPE FROM THE HUMDRUM OF THE CITY’

Travelling was something that I hated the most during my childhood years. Back then, I never felt the need to move out of my space to experience something new. Little did I realise then that moving forward in life, the whole world around me including myself would slowly and steadily turn into something I would call a state of ‘Digital Captivity’.

Soon it was time to make decisions about choosing the right career path, the right job and the right friend circles, striking a balance between work and personal life and so on. While I was spinning in the middle of this whirlwind, I felt the need to rejuvenate, to be heard, to be understood, to be guided. I desperately wanted to meet people and talk to them. I yearned to share my thoughts, my ideas and my experiences. But owing to busy schedules and extended work hours, people preferred to connect over social media platforms. That was the time I realised that having been brought up in a protective environment incapacitated me from making independent choices about my own life. I realised how dependent I was on the people around me as I thought that they knew me better than I knew myself. It was then that I decided to come out of my shell and start traveling.

In the beginning, I opted for small local treks as I was unsure about my physical and mental strengths. I was unaware of how it felt to move out of one’s comfort zone and adapt to new surroundings. But, trust me, it was a wonderful experience. I met different people from various backgrounds, exchanged ideas and views with them. I started

feeling lighter inside, and also tasted freedom for the very first time. I understood how important it was to break away from the hustle bustle of the city life and opt for travel breaks. Since then, I have travelled to countless places and met so many new people. I have shared my heart out without the fear of being judged. I have experienced humility and generosity among strangers. I have found happiness in the smallest of things around me, be it a rainbow, running streams of the river, shooting stars or a simple dal khichdi. It changed my overall perspective towards life.

Travelling made me a way more confident person as it encouraged in me the courage to venture out to explore the unknown. It was not about knowing the people around you but it was more about getting to know your own self. It was all about placing your trust in the Lord and experiencing the beauty of his marvellous creation. It was all about HOPE.

Looking at the hardships faced by the people in various places, I have always been grateful about my own life. Looking at the selflessness and humility of the strangers I have met, I have changed myself and my way of looking at and treating people. Traveling has been by self-development activity, a practice through which I receive the reinforcement to live my otherwise chaotic city life.

Fraizil Maliakal

belongs to Mother of Victory Church, Tikujiniwadi and works as the Legal Manager at HDFC Bank.



‘Character, like a photograph, develops in darkness’

This quote by Yousuf Karsh explains how a person's character is like a photograph that needs darkness in order to develop and take its final shape. It also indicates the privacy needed for developing one's character and the uniqueness of one's being in general. Having a character, thus is just like a fingerprint. No two people can have the same.

It was this quote that inspired me to elaborate my thoughts on photography and to acknowledge how it helped me in times of stress and mental breakdown. What inspired me to take up photography was a few photographs I saw on the internet one day- they were crisp and clear, but the background was all blurred. Ever since then, my view towards a picture changed. Carrying an old school Kodak film camera during my childhood and clicking any and everything and then waiting for dad to take it to the studio and develop the film and get it back was just my common thing.

While in college, my friends often called me stupid for carrying around the camera to every possible place, but that didn't stop me from clicking away to glory. There's this thing that every photographer does- stand in every darn awkward place to find your sweet spot and then frame your



capture perfectly.

Photography has helped my being in a lot of ways. When reality threw lemons at me, I made lemonade, sat down, thought about another shoot, went and executed it. There were times when I had breakdowns or bouts of stress. I would take my camera, walk out on the streets, click some pictures and come back feeling way better than how I was before I left. My interest in photography escalated when I started receiving online support and encouragement. A number of people began following my work and even appreciated the thought and hard work that was being put into every single picture. Pointing my camera at a subject and pressing down the shutter button, witnessing an emotion being freeze-dried in the composition of a photograph brings me a sense of satisfaction like none other.

Thobias Ainickal

belongs to St. Francis Assisi Church, Assisi Nagar and works as a Factory Supervisor and Freelance Photographer

'THERE ARE INDEED SOME SHORTCUTS TO HAPPINESS, DANCING IS MINE'



It all started when I was 8 and my mother lured me into dancing for the society get together by promising to buy me a pencil box and my brother took the responsibility of teaching me a piece. He literally held my legs and my arms and made them move and do the steps. My mom wanted me to be a good dancer like him. Soon enough, I began to enjoy dancing and the applause that followed every performance. But back then it was just a hobby for me, something that I did it just for fun.

When I turned 18, I lost my brother to a tragic incident and my life wasn't the same anymore. The thing is, nobody teaches you how to deal with death. You have to figure your own way out of that suffering. I had this constant heaviness in my chest filled with emotions and feelings I couldn't put into words. I started dancing to distract myself. And gradually that distraction became the most important thing in my life. It helped me cope with my loss and the pain. It helped me emote and express myself without having to talk. I could just be alone with myself and still be emotionally and mentally stable. I could feel the heaviness ebbing away every single time I danced. It made me feel free. I was so into it that I had no time to think or let negative thoughts and memories seep in. It was an escape to a world where there was nothing except me and music. Dancing not only helped me get through those

dark days but also helped me find myself, my true identity, and who I was as a person. I learnt that I was passionate, dedicated, disciplined and creative. I learnt that if I put my heart to

something, I couldn't rest till I achieved it. I realized I

had a talent and I felt blessed. I had self-image issues and dancing helped me cope with that too. It made me believe that there was more to me than just my outer appearance and taught me to accept and love myself for who I am. It boosted my self-esteem and confidence.

I am 24 now. I still have bad days and have to deal with work related stress or face personal battles. But I feel strong and confident because of this one thing in my life. Dance has never failed to relieve me of everything that holds back my happiness. If it was not for dancing, I wouldn't even be the person I am today. It is an integral part of my personality and it keeps me sane. If I am having a bad day, I come home and lock myself in my room put some music on and dance my heart out and everything just seems to be fine. There are indeed some shortcuts to happiness and dancing is mine.

Sebastian Michael

belongs to Immaculate Conception Church, Dombivli and works as a Software Developer in the IT Industry.

TESTIMONIALS



'Whenever I am Stressed, I go to my Happy Place: Comedy'

'And that's my time. You guys have been an awesome audience.' That's how we usually end the set during a Stand-Up Comedy open mic event and I can't even remember the number of times I have stopped myself from saying this after a client presentation. Not because I've been doing a lot of open mics lately, but because my presentations usually turn out to be a lot more fun than they should be.

An inclination to humour and comedy comes naturally to me so much so that it has become an inevitable part of my life. I love to laugh, and more than that to make people laugh. Have you ever heard someone snort like a pig while laughing? Well, when it happens because of my joke, I'm the happiest. And that's how my journey with comedy began.

Some stand up artists go upon stage with just a few pointers in mind and there are others who have even their pauses written and rehearsed. What I usually do is the moment I observe/ hear/think of a thread, I note that down as a pointer. This thread might be a concept, an incident, an observation or may be the punchline itself. Later when there is some time to spare and think, I start writing paragraphs about the thread in detail. For

e.g. how auto drivers always reject us could be a thread and the detailed version would be incidents associated with the rejections which ultimately lead to the final punchline. As a performer, I have always liked to include voices and physical expressions, sometimes even music, beat boxing, parody, ventriloquism etc. in my acts. The whole process of conceiving an idea in my head, putting that down on a paper, performing the same in front of an audience and get laughter /applause for the same itself is so amazing. The sound of that laughter is altogether a different high. Stand-up comedy has helped me look at things from different perspectives. Be it a usual day at office or a busy day chasing the deadlines, the fresh perspective has helped me to take things in a different light. There are times when things don't go your way, be it your personal life or your professional life, with this fresh outlook, I find myself digging out jokes in such situations too. I used to be a person who would get worked up with stress easily, but comedy has taught me, over time, to take things lightly.

Watching comedy has always been my stress buster and now when I'm in a position where I can be someone's stress buster, I see to it that I do total justice to the act whenever I get on stage. There are times when I have had a terrible day in office and then the very same evening gone up on stage and nailed it. I end up absolutely forgetting the stress of the day earlier. This made me realise that laughter will continue to be a great medicine and making people laugh is a gift, both for oneself and for others.

I would like to sign off by saying again: 'And that's my time. You guys have been an awesome audience.'

Linto Joseph

belongs to Immaculate Conception Church, Dombivli and works as an Auditor at Ernst and Young.

TESTIMONIALS



'I have witnessed Music encourage People to pick pieces of their Lives and put them back together'

Right since my childhood, music has been my numero uno passion. I still remember listening to my father's vast collection of cassettes of different artists and it was always something I looked forward to. From Harry Belafonte, John Denver, Elvis to many others... Music has always been my go-to buddy during my school days.

After my 12th, I decided to learn to play the guitar and there began my actual musical journey. I came across a group of youth who called themselves Connect- We Hitch Souls and who were dedicated to give back to the society and do something different through Music Therapy. My first NGO event with them was at an old age home and it was one of the best experiences of my life. We had a one hour session with games and music and we had everyone on their feet. I witnessed that day, a zone where these old grandmas and grandpas forgot all their pain and worries and joyfully enjoyed with music. This one hour stint pushed

me to be a part of more event like this.

I was privileged to be part of an event which we organized music therapy sessions for a deaf school. We built a platform of wood and placed speakers below the platform and made the kids sit on them with djembes (drums). I sat behind them so that they could not see me play my drums, and lo and behold! I was amazed to see the kids FEEL the music beats

through that wooden platform and follow my lead. These kids played the exact same rhythm on their drums that I played sitting behind them. Mind you, these were kids who couldn't hear and here music had proved to me that no disability could bar its magic from spreading. It was a crazy experience!

Thereon, I have been with the Connect- We Hitch Soulscrew doing more than 120+ events across Mumbai covering hospitals, rehabilitation centres, Juvenile schools and even corporates. We had just one target- To relieve people of stress, to spread the joy of music. Music has been my life beat all throughout. It has worked wonders in my life and I have witnessed it touch the souls of hundreds of others.

Joseph Joe Verghese

belongs to Infant Jesus Church, Koparkhairne, Navi Mumbai and works as a QA Analyst at Toppr Technologies.

MY BOOK OF MOTIVATION



During this vacation, find some time to write down your personal sources of motivation. They may have come to your mind through your life experiences or you might have heard them from somewhere. Note them down and ponder over them for motivation when in doubt.

We have compiled a collection of such motivational quotes by
Mr. C C Francis from Borivli Parish.

The Lord makes all things beautiful in His own time.
He shows and teaches us every day in His own way.
He brings all seasons in it's own time.
There is a time for sowing and for reaping.
There is a time for losing, a time for gaining.
There is time for joy and time for pain.
Every purpose under heaven has a time.
There are days, weeks and months when
we cannot understand of God's ways.
He has the power to design his eternal plan
for all the time.

The heights of great men were not attained by sudden flight; but while others and their friends were sleeping great men were working hard up all in the night.

He who can suppress a moment's anger may prevent a day of sorrow. Never think that God's delays are God's denials. True prayer receives what it asks, rather better always.

It is never about adding years to your life, but about adding bright life to your years. So good, better or best; Never rest until you are the best.



മാർ തോമസ് ഇലവനാൽ
കല്യാൺ രൂപതയുടെ മെത്രാൻ

കല്പനാനുസ്മരണം

“കർത്താവേ എളിയവരും ബലഹീനരും എന്നു തുടങ്ങി “ഞങ്ങൾ സ്മരിക്കയും സ്മൃതിക്കയും അനുഷ്ഠിക്കയും ചെയ്യുന്നു” എന്നു വരെയുള്ളതാണ് പ്രണാമജപത്തിന്റെ മൂന്നാം ഭാഗം. ഈ മൂന്നാം ഭാഗം കർത്താവിന്റെ കല്പനാനുസ്മരണത്തിന്റെ വിപുലീകരണമായി മനസ്സിലാക്കാം. വി. കുർബ്ബാന സമാപനത്തിനുശേഷം ഈശോ തന്നെ കല്പനയിതാണ് : “ഞാൻ ഇതു ചെയ്തത് നിങ്ങൾ എന്റെ നാമത്തിൽ ഒന്നിച്ചു കൂടുമ്പോൾ എന്റെ ഓർമ്മയ്ക്കായി ചെയ്യുവിൻ”. ഈ വാക്കുകൾ എങ്ങനെയാണ് ഈ ഗേഹത്തെ പ്രാർത്ഥനയിൽ മൂന്നാം ഭാഗത്ത് പ്രതിഫലിക്കുന്നത് എന്നു കാണാം.

ഈശോയുടെ കല്പന - കുർബ്ബാനയിലെ

പ്രാർത്ഥന

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| ഞാൻ ഈ ചെയ്തത് | - അങ്ങ് നല്കിയ മാതൃകപരമ്പരാഗതമായി സ്വീകരിച്ച് |
| നിങ്ങൾ | - എളിയവരും ബലഹീനരും ക്ലേശിതരുമായ ഈ ദാസർ |
| എന്റെ നാമത്തിൽ ഒന്നിച്ചു കൂടുമ്പോൾ | - അങ്ങയുടെ നാമത്തിൽ ഒരുമിച്ചു കൂടി |
| എന്റെ ഓർമ്മയ്ക്കായി ചെയ്യുവിൻ | - ഈശോമിശിഹായുടെ... ഈ രഹസ്യത്തെ ഞങ്ങൾ സ്മരിക്കുന്നു. |
| | - അനുഷ്ഠിക്കയും ചെയ്യുന്നു. |

എളിയവരായ ദാസർ

കർത്താവായ ദൈവമേ എന്ന് വിളിച്ച്, ‘എളിയവരും’ എന്നു പറയുന്നതുകൊണ്ട് മാലാഖമാരോടു കൂടിയാണ് സമൂഹവും തിരുസ്സന്നിധിയിലായിരിക്കുന്നത് എന്ന് ഈ പ്രാർത്ഥന ദൃഢീകരിക്കുന്നു. മൂന്നു വിശേഷണങ്ങളാണ് സമൂഹത്തിന് നല്കിയിരിക്കുന്നത് : ‘എളിയവരും ബലഹീനരും

അങ്ങ് നല്കിയ മാതൃക സ്വീകരിച്ച്

ക്ലേശിതരുമായ ഈ ദാസർ’. മനുഷ്യർ ഒന്നുമല്ലാത്തവരാണെങ്കിലും ദൈവത്തിന്റെ ദാസരാണവർ. അതുകൊണ്ടുതന്നെ ഇവർ തിരുനാമത്തിൽ ഒരുമിച്ചു കൂടുവാനും തിരുസ്സന്നിധിയിലായിരിക്കുവാനും യോഗ്യരായിരിക്കുന്നു.

അങ്ങ് നല്കിയ മാതൃക

മിശിഹാ നല്കിയ മാതൃകയനുസരിച്ചാണ് ഈ ദിവ്യരഹസ്യങ്ങൾ അർപ്പിക്കുന്നതെന്ന സത്യം ഇവിടെ അനുസ്മരിച്ചേറ്റുപറയുന്നു. അന്ത്യത്താഴത്തിൽ ഈശോ കുർബ്ബാന സമാപിച്ചുകൊണ്ട് നല്കിയ മാതൃകയാണ് ഇവിടെ അർത്ഥമാക്കുന്നത്. കർത്താവും പറഞ്ഞു, “ഞാൻ ഈചെയ്തത്... ചെയ്യുവിൻ”. കർത്താവ് നല്കിയ അനുസ്മരണത്തിന്റെ മാതൃകയുടെ വിപുലീകരണമാണ് നമ്മുടെ കുർബ്ബാനയെന്ന് നമ്മൾ കാണുകയുണ്ടായി. ‘മാതൃക’ എന്നത് രഹസ്യം അഥവാ കൂദാശ എന്ന അർത്ഥത്തിലാണ് സുറിയാനി സഭാപിതാക്കന്മാർ വിശദീകരിക്കുന്നത്. കൂദാശ എന്ന അർത്ഥത്തിൽ ‘പ്രതീകം’ എന്നും വിശേഷിപ്പിക്കാം. എന്നാൽ ദൈവികമായ ഈ ‘രഹസ്യം’ എന്നാണ് ഈ പ്രാർത്ഥനയുടെ അവസാനഭാഗത്ത് വീണ്ടും വിശേഷിപ്പിക്കുന്നത്.

പരമ്പരാഗതമായി സ്വീകരിച്ചു

‘അങ്ങ് നല്കിയ മാതൃക പരമ്പരാഗതമായി സ്വീകരിച്ച്’ എന്നാണല്ലോ പ്രാർത്ഥനയിൽ ചൊല്ലുന്നത്. ഈ മാതൃക കർത്താവ് ഭരമേല്പിച്ചതും സഭയിലൂടെ പരമ്പരാഗതമായി സ്വീകരിച്ചതുമാണ് എന്ന് വി. പൗലോസ് വ്യക്തമാക്കുന്നുണ്ട്. “കർത്താവിൽ നിന്നും എനിക്ക് ലഭിച്ചതും ഞാൻ നിങ്ങളെ ഭരമേല്പിച്ചതുമായ കാര്യം” (1 കൊറി. : 23) എന്നാണ് പൗലോസ് പറയുന്നത്. കർത്താവിൽ നിന്നും അപ്പസ്തോലന്മാരിലൂടെയും സഭാപിതാക്കന്മാരിലൂടെയും പരമ്പരാഗതമായി സ്വീകരിച്ചതാണ് സഭയുടെ വിശ്വാസവും ആരാധനയും അനുഷ്ഠാനങ്ങളുമെല്ലാം. ഇവയെല്ലാം പാരമ്പര്യത്തിലൂടെ ഇടമുറിയാതെ കൈ മാറപ്പെടുന്നതായതുകൊണ്ട് അത് കർത്താവിൽ നിന്നുതന്നെ ലഭിച്ചതാണ്. അങ്ങിനെ ഈശോയിൽ നിന്നും പരമ്പരാഗതമായി സ്വീകരിച്ച് ഇന്നും തുടരുന്ന ഇടമുറിയാത്ത പാരമ്പര്യമാണ് സഭയുടെ എന്നത്തേയും അർപ്പണത്തെ ഈശോയുടെ അർപ്പണത്തോട് ബന്ധപ്പെടുത്തുകയും ഈശോയുടെ അർപ്പണം തന്നെയാക്കുകയും ചെയ്യുന്നത്. ഈ പാരമ്പര്യം തന്നെയാണ്, കർത്താവ് ചെയ്തതു തന്നെ എപ്പോഴും എല്ലായിടത്തും സഭയും ചെയ്യുന്നു എന്നതിന്റെ ഉറപ്പ്. അങ്ങനെ ഈ പാരമ്പര്യം

സഭയുടെ ഇന്നത്തെ ആഘോഷത്തെ കർത്താവിന്റെ പ്രവർത്തിയുമായി ബന്ധപ്പെടുത്തുകയും ആ പ്രവർത്തിയുടെതന്നെ പുനരാവിഷ്കരണവും സന്നിഹിതമാക്കലും ആക്കിത്തീർക്കുകയും ചെയ്യുന്നു. ഈ ആന്തരികബന്ധമാണ് സമാപനവിവരണത്തിലൂടെ

കൂടുതൽ വ്യക്തമാക്കപ്പെടുന്നത്. കുദാശാവചനങ്ങളിലൂടെ ഈ സത്യം പ്രഘോഷിക്കപ്പെടുകയാണ് ചെയ്യുന്നത്. അങ്ങനെ കർത്താവ് അന്നു ചെയ്ത പ്രവർത്തികൾ സഭ ഇന്നും തുടരുന്നു എന്ന് ഈ പ്രാർത്ഥന വ്യക്തമാക്കുന്നു.

Having Received Your Example

Remembering Lord's Command

The third part of this gehantha prayer begins with these words “Lord, we your humble, weak and distressed servants” and is concluded with “divine mystery of passion, death, burial and resurrection of our Lord and Saviour Jesus Christ”. This part of the prayer can be understood as the elaboration of the Lord's command “whenever you gather together in my name, do this in memory of me”. Let us see how this command of Christ is reflected in this part of the gehantha prayer.

The command – Prayer in this gehantha of Christ

Wherever you	– We, your humble, weak and distressed servants
Gather together	– Have come together
In my name	– In your name
Do in memory	– We commemorate and celebrate
This	– Having received your example
Of me	– Mystery of ... Our Lord and Saviour Jesus Christ

Your Humble Servants

Three adjectives are given to the community, they are - your humble, weak and distressed servants. They are aware that they are the servants of God. Hence they consider themselves to be worthy to gather together in the name of God and to be in His presence.

Received your Example

Here it is acknowledged and proclaimed that these mysteries are celebrated according to the

example received from Christ. Here by the ‘example’ is meant, the example given by Christ during the institution of the Eucharist. Jesus said “you do this in memory of me”. As we have already seen, our Qurbana is the celebration of the mystery of Christ in accordance with the command and example of Christ. This word ‘example’ is explained by the Syriac fathers of the church as ‘mystery’ or ‘the sacrament’. It can also be explained as ‘symbol’ understood in relation to sacraments. But towards the end of this prayer it is qualified as ‘the divine mystery’.

From Generation to Generation

In the prayer we see ‘having received your example from generation to generation’. St. Paul makes it clear that this example is entrusted to the church by Christ and is handed over by generation to generation. He writes “this is what I received from the Lord and in turn passed on to you” (1 Cor. 11:23). The church has received her faith and liturgy from Christ through the apostles and fathers of the church. Since it has been handed over to us through the unbroken chain of tradition, it comes actually from Christ. It is this unbroken tradition that relates and identifies the present action of the church with the action of Christ. It is this relationship through tradition that makes the action of the church the same as the action of Christ. So it is the pledge and guarantee that through the celebration of the church the action of Christ is made present and continued today in the church. This internal and integral relationship is manifested and proclaimed also through the words of institution. So this prayer makes it clear that through the example received from Christ the same action of Christ is continued through the celebration of the church.

Activity: The Periodic Table of the Bible

Have you ever thought of a creative way to memorize the names of books in the Bible? Here is an innovative way to ace these names. Use this Biblical Periodic Table as your reference and design your own poster as a summer activity. Click a clear photo of your poster and mail it to lanternkidsroom@gmail.com before the 15th April, 2019. The best entry will be featured in our next issue.

Corrected Version



BOOKS OF THE BIBLE

OLD TESTAMENTS

1

Gn

GENESIS

50

2

Ex

EXODUS

40

3

Lv

LEVITICUS

27

4

Nm

NUMBERS

36

5

Dt

DEUTERONOMY

34

6

Jos

JOSHUA

24

7

Jc

JUDGES

21

8

Rt

RUTH

04

9

1Sm

1 SAMUEL

31

10

2Sm

2 SAMUEL

24

11

1Ki

1 KINGS

22

12

2Ki

2 KINGS

25

13

1Ch

1 CHRONICLES

29

14

2Ch

2 CHRONICLES

36

15

Ez

EZRA

10

16

Ne

NEHEMIAH

13

17

Tb

TOBIT

14

18

Jdt

JUDITH

16

19

Es

ESTHER

21

20

1Mac

1 MACCABEES

16

21

2Mac

2 MACCABEES

15

22

Jb

JOB

42

23

Ps

PSALMS

150

24

Pr

PROVERBS

31

25

Ec

ECCLESIASTES

12

26

So

SONG OF SOLOMON

08

27

Wis

WISDOM

19

28

Sir

SIRACH

51

29

Is

ISAIAH

68

30

Je

JEREMIAH

52

31

Lm

LAMENTATIONS

05

32

Ba

BARUCH

06

33

Ek

EZEKIEL

48

34

Dn

DANIEL

14

35

Ho

HOSEA

14

36

Jl

JOEL

03

37

Am

AMOS

09

38

Ob

OBADIAH

01

39

Jh

JONAH

04

40

Mi

MICAH

07

41

Na

NAHUM

03

42

Hk

HABAKKUK

03

43

Zp

ZEPHANIAH

03

44

Ha

HAGGAI

02

45

Zc

ZECHARIAH

14

46

Mal

MALACHI

04

NEW TESTAMENTS

47

Mt

MATTHEW

28

48

Mk

MARK

16

49

Lk

LUKE

24

50

Jn

JOHN

21

51

Ac

ACTS

28

52

Ro

ROMANS

16

53

1Co

1 CORINTHIANS

16

54

2Co

2 CORINTHIANS

13

55

Ga

GALATIANS

06

56

Ep

EPHESIANS

06

57

Pp

PHILIPPIANS

04

58

Ct

COLOSSIANS

04

59

1Th

1 THESSALONIANS

05

60

2Th

2 THESSALONIANS

03

61

1Ti

1 TIMOTHY

06

62

2Ti

2 TIMOTHY

04

63

Tt

TITUS

03

64

Pm

PHILEMON

01

65

Hb

HEBREWS

13

66

Ja

JAMES

05

67

1Pe

1 PETER

05

68

2Pe

2 PETER

03

69

1Jn

1 JOHN

05

70

2Jn

2 JOHN

01

71

3Jn

3 JOHN

01

72

Ju

JUDE

01

73

Re

REVELATION

22

PAULINE LETTERS

GENERAL LETTERS

REVELATIONS

MINOR PROPHETS

GOSPELS

SAPIENTIAL

MAJOR PROPHETS

PENTATEUCH

HISTORICAL

Number

Symbol

NAME Chapters

CatholicLink

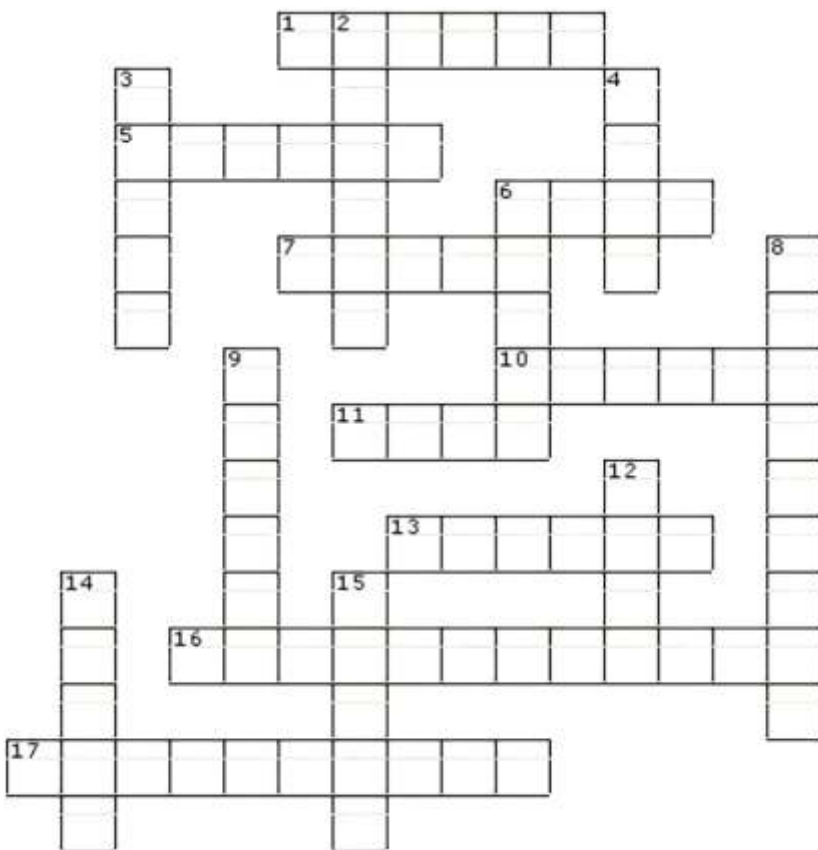
INFO

"Bible" comes from the greek βιβλία ("The books").
The Catholic Bible contains 73 books: 46 from the Old Testaments and 27 from the New Testament.

If you wish to share an article, want to read about any topic of your interest, do let us know! You can mail us at lanternkidsroom@gmail.com

EASTER CROSSWORD PUZZLE

Solve the following crossword puzzle and email us the correct answers on lanternkidsroom@gmail.com before 15th April 2019. The names of the winners who send correct answers will get featured in the next issue. Kindly mention your name and parish in the email.



ACROSS

- 1 Jesus
- 5 Doubting
- 6 Jesus rode a into Jerusalem
- 7 Disciple who denied knowing Jesus
- 10 Easter season
- 11 Colored Easter.....
- 13 of Gethsemane
- 16 Easter celebrates the of Jesus
- 17 Sunday before Easter

DOWN

- 2 After 40 days, Jesus ascended to
- 3 An angel rolled away the covering the tomb
- 4 People greeted Jesus with branches
- 6 Where Jesus dies
- 8 Mary discovered Jesus had risen
- 9 sentenced Jesus to die
- 12 Season before Easter
- 14 betrayed Jesus
- 15 Animal usually associated with Easter

BISHOP'S DIARY

APRIL - 2019

- 3rd Curia Meeting - Bishop's House
- 4th Meeting the candidates of Vocation Camp - Minor Seminary
- 6th Meeting of board members of Karunya Trust - Bishop's House
- 7th Qurbana - Vasai (West)
- 8th-9th Meeting of Major Seminarians - Minor Seminary
- 10th Curia Meeting
- 12th Mahatheerthadanam - Tikujiniwadi
- 13th MPC Class - Panvel
- Vestition and Holy Order - Nerul
- 14th Palm Sunday - Cathedral

- 15th Monthly Recollection and Chrism Mass - Cathedral
- 17th Curia Meeting
- 18th Maundy Thursday - Cathedral
- 19th Good Friday - Boisar
- 20th Baptism - Powai
- 21st Easter - Tilak Nagar
- 24th Curia Meeting
- 25th Holy Communion & Confirmation - Wanowari
- 26th Qurbana - ARC
- 27th CHAW Meeting - Andheri
- Holy Communion & Confirmation - Powai
- 28th Holy Communion & Confirmation - Akhurdi
- 30th CCT Bishops Meeting - Vashi

Loreto: Pope signs Apostolic Exhortation to young people

On the Feast of the Annunciation, Pope Francis signed his Apostolic Exhortation for the Synod on Young People, the Faith, and Vocational Discernment.

“Christus vivit – Christ lives” is a letter to the world’s young people that represents the fruit of the October Synod. The Vatican will release the full text in the near future.

The Basilica of the Holy House in Loreto contains the walls of what tradition holds to be the house in which the Virgin Mary lived when the Angel Gabriel announced that she was to give birth to Jesus.

During his visit to Loreto, Pope Francis spoke about the Exhortation and explained that there are 3 sections to the document, which mirror 3 phases of the Synod process. To explain this further, he outlined this process whilst referencing the story of the Annunciation.

“The first moment, that of listening, is manifested by the words of the angel: ‘Do not be afraid, Mary, you will conceive in your womb and bear a son, and you shall name him Jesus.’ It is always God who takes the initiative in calling people to follow Him”, said the Pope.

Then comes the phase of discernment, which is “expressed in Mary’s words: ‘How will this happen?’ Mary does not doubt; her question is not a lack of faith; on the contrary, she expresses her own desire to discover God’s ‘surprises’.

“Decision is the third step that characterizes every Christian vocation, and it is made explicit by Mary’s response to the angel: ‘Let it be done to me according to your word.’ Her ‘yes’ to God’s plan of salvation, implemented by means of the Incarnation, is the handing over to Him of her whole life.

He highlighted the Virgin Mary as the model Christian disciple and suggested that today’s young people try to imitate her example as they search for God’s plan for their lives.

The Pope pointed out that Mary had lived a multitude of family relationships.

She was a daughter, a fiancée, a bride and a mother, so all young people, no matter what their role in life and calling from God, can find an example and inspiration in her.

Pope Francis Makes History by Becoming the First Pontiff to Write Code

Computer history was made when Pope Francis helped write a line of code for a United Nations development app.

At an event organised by the Scholas Occurrentes foundation in Vatican City, the pontiff joined three young women to write the code. As well as becoming the first pope to code, he called on students around the world to learn computer science for world peace.

The event marked the launched of the ‘Programming for Peace’ project, which aims to introduce students from disadvantaged communities to computer science and to help use their tech talent for “ethical” purposes.

The three young women, Matilde Fabrega Vivanco from Chile; Nicole Rodriguez from New York; and Liuren Yin from China, are learning computer science in school. Vivanco helped the pontiff in adding the last line of code to the app.

The app the trio wrote aims to show how technology can be used to advance the United Nations’ Sustainable Development Goals.

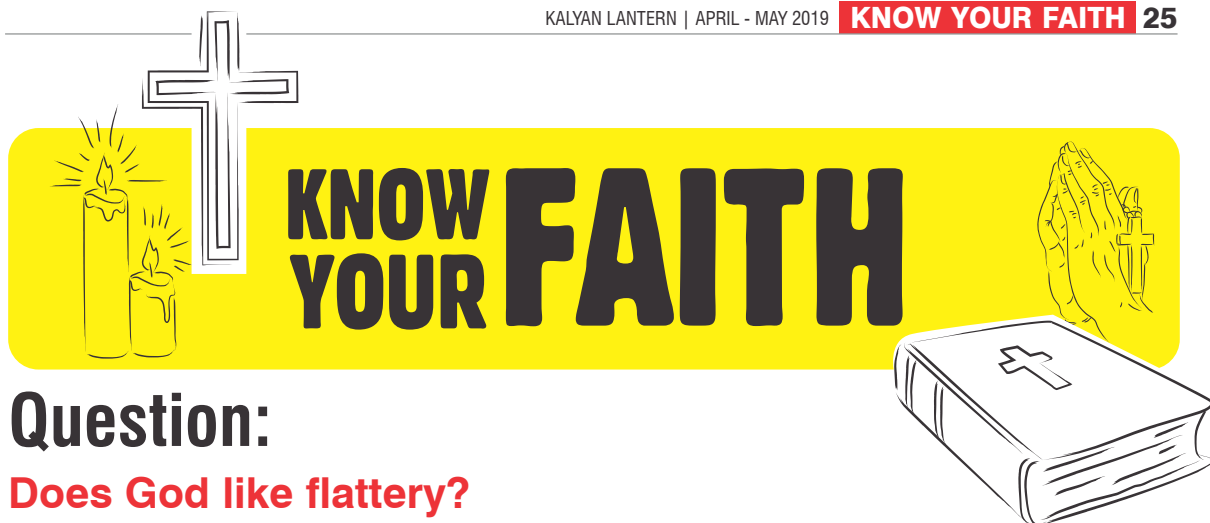
The goals are the UN’s blueprint to “achieve a better and



more sustainable future for all” – which address global challenges such as poverty, inequality, climate and justice. A key focus of the scheme is to improve education and innovation around the world.

A commemorative plaque shown on the app screen was blessed by Pope Francis, which read: “Computer science empowers young people to create peace in their communities. Everyone should learn how to harness technology, to use their creative power for peace.”

As well as writing code, the pontiff held video conferences with young people from around the world and spoke to children who had participated in a number of technology programmes promoted by Scholas.



Question:

Does God like flattery?

Why do we have to glorify him all the time?

Answer:

In the account of the cleansing of the ten lepers (Luke 17:11-19), of whom only one (the Samaritan) returns to give thanks, Jesus may at first glance, appear to be dejected or hurt that the other nine have not thanked him. What shall we say to this – Is it possible that the Lord of heaven and earth, the King of the universe needs the thanksgiving and worship of man? Far from it! The truth is that the Lord's pain stemmed, not from any perceived stain on his own honour, but from the fact that those nine ingrates were denying themselves a golden opportunity to grow in grace.

C.S. Lewis, British lay theologian (1898-1963), said, "God wants us to praise Him not because He needs or craves in any sense our flattery, but because He knows that praise creates joy and thankfulness in us." The preface of the Eucharistic Prayer (Latin rite), admits aptly: Lord, "you have no need of our praise, yet our desire to thank you is itself your gift. Our prayer of thanksgiving adds nothing to your greatness but makes us grow in your grace." At the same time, note that God can very well distinguish praise from flattery, for in Isaiah 29:13 he says: "These

people honor me with their lips, but their hearts are far from me."

Praise is not something that we do in order to get God's approval so that He will grant our desires. When we praise God, we are changed — even if our circumstances are not. A life filled with praise places us in a position to receive God's blessings. It's like preparing the ground to soak in the rainfall of God's grace. In other words, we must praise God not for his sake, but for ours! What's more, God comes and resides in the praises of his people (Psalm 22:3).

Now consider a person who continually complains about the problems and challenges of life. If he only focuses on those things, he may become pessimistic, even depressed. Contrariwise, regardless of our problems or difficulties, when we praise God, our focus shifts. We become aware, once again, of who He is and His love for us. We get the supreme confidence that "I can do all things..." So why wait? Praise God now and experience His power!

For Team Lantern,
Mr. A.F. Thomas,
 Borivli Parish

Kalyan Mathrusangam Hair Donation and Women's Day Celebrations





MAHATHEERTHADANAM 2019



From:
Mother Of Victory Shrine
Tikujiniwadi



To:
St Thomas Cathedral Church
Kalyan West



Date: April 12th, Friday
Time: 6:30 pm onwards

*"Lent comes providentially to reawaken us, to shake us from our lethargy."
- Pope Francis*



*Remembering you Appa on your
3rd Death Anniversary*
on 10th April 2019

“ഞാനാണ് പുനരുദ്ധാനവും ഇവനും; എന്നിൽ
വിശ്വസിക്കുന്നവൻ മരിച്ചാലും ജീവിക്കും” (യോഹ. 11:25)

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: Elsy
Sons: Jimmy, Joy, Francis
Daughter-in-law: Cynthia
Grand Children: Judith, Jennifer, Jovanna, Janet

മാങ്ങൻ ഇനാശു മകൻ
ഔഷ്കണ്ഠ (ഖാക്കോബ്)
ജനനം: 27-11-1935
മരണം: 10-04-2016

Martin

Property Consultants

— VIRAR (W) —

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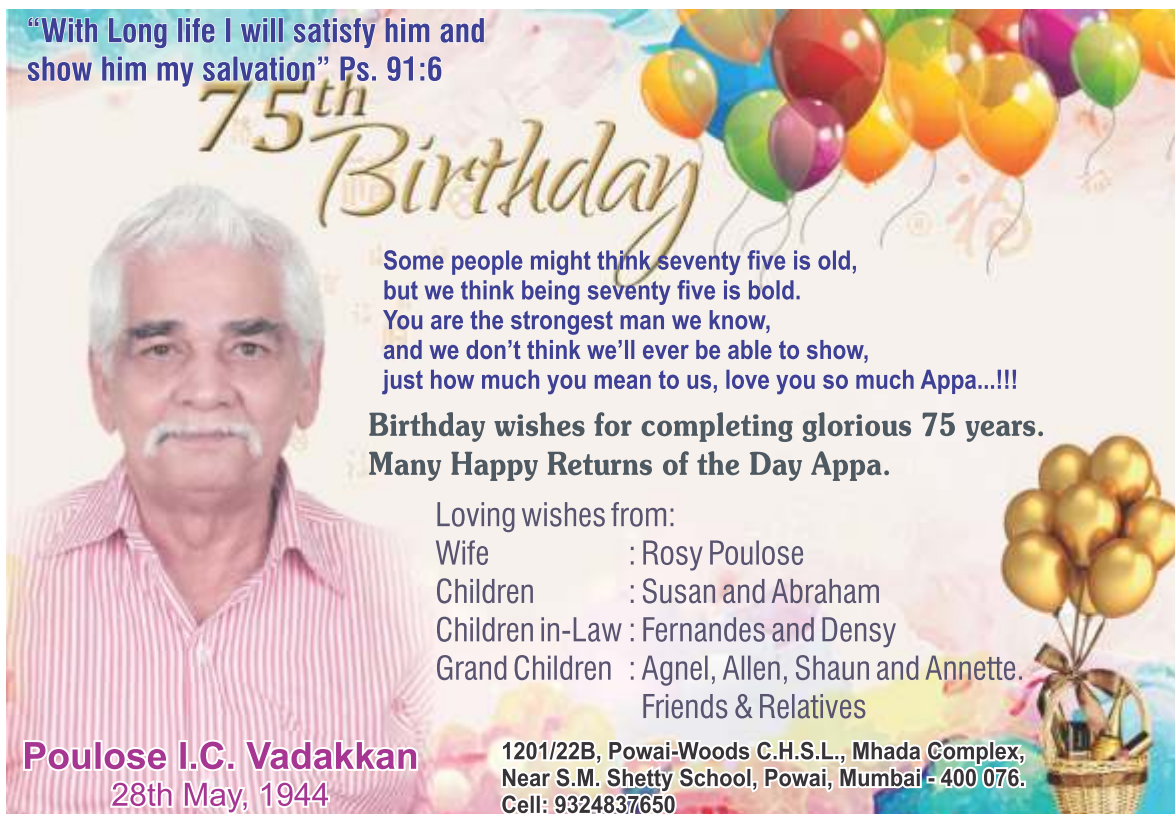
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50th Wedding Anniversary
28th April, 1969

Best wishes from
**Remy Vincent,
Robinson Philipose &
Rincy Glipsy**

C.T. Philipose & Mercy Philipose



**“With Long life I will satisfy him and
show him my salvation” Ps. 91:6**

**75th
Birthday**

**Some people might think seventy five is old,
but we think being seventy five is bold.
You are the strongest man we know,
and we don't think we'll ever be able to show,
just how much you mean to us, love you so much Appa...!!!**

**Birthday wishes for completing glorious 75 years.
Many Happy Returns of the Day Appa.**

Loving wishes from:

**Wife : Rosy Poulose
Children : Susan and Abraham
Children in-Law : Fernandes and Densy
Grand Children : Agnel, Allen, Shaun and Annette.
Friends & Relatives**

Poulose I.C. Vadakkan
28th May, 1944

**1201/22B, Powai-Woods C.H.S.L., Mhada Complex,
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Cell: 9324837650**

Golden Jubilee Wedding Anniversary

28-04-2019

50
years of togetherness

With best compliments from

Binny & Jojo

Babu & Joby

Bindu & Vinil Joe

Grand Children

Kevin, Kenisha, Keith, Kalvin

Mr. P.K. Cherian & Mrs. Alice Cherian

**Sacred Heart Church
Goregaon (West)**

And beyond all these things put on love,
which is the perfect bond of unity. -Colossians 3:14

Celebrating 50th Anniversary



Joseph Manjaly & Selina Joseph

Best wishes from: Bosco, Charita, Sara | Benny, Mary, Sean | Libi & Beena



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Contact:

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9323196882 / 9821222065

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Fair / 27 / 162 / 50 / right hand amputated above elbow in an accident / M.Com Passed in 1st class / Presently Working in Hindustan Logistic Co. Pvt. Ltd. Mumbai. / Parents from Kottayam / 9137699338 / 7738539664 / kjoseph1957@gmail.com **GOC201851835**



Fair / 26 / 154 / 54 / M.Sc. Mathematics, CSIR NET and SET Qualified / Presently working as Lecturer / Parents from TCR / 9930114836 / alphonsachathely@gmail.com **GOC201742351**

Fair / 25 / 5.3 / 70 / BMS / Settled in Mumbai / Parents from Trichur / Presently working in a Shpping Co. / 9987065818 / 9870058818 / meena.anthony114@gmail.com **GOC201954262**



Fair / 25 / 5 / 60 / MBA HR // Parents from Thiruvalla settled in Mumbai / 9004247100 / 9969412738 / reneer436@gmail.com **GOC20195449**



Doctor Girl / MBBS, 28 / 5.2 / 56 / Medium Fair, final year PG in Emergency Medicine. Looking for qualified professionals preferably doctors. Parents from Pathanamthitta / 8779281729 / hshk8548@gmail.com **GOC201953784**

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B/B up Mumbai / Fair / 31 / 5.9 / 80 / Degree in Hotel Management, now working in Sales Field as Retail Stores Supervisor at Dubai / Parents from Thrissur / 9833991825 / 022-26520588 / josechiramal@yahoo.com **GOC201954594**



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Medium, 28 / 158 / 58 / Diploma in Electrical / Working as Senior Service Engineer with Grenove Services Pvt. Ltd. / Parents settled in Mumbai / 9664059183 / martin.mathew25@gmail.com **GOC201954517**



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Pithruvedi

Annual General Body Meeting

The Annual General Body Meeting of Pithruvedi will be held on Sunday 28th April 2019 3.30 pm at St. Joseph Forane Church, Powai. All Unit Executives Forane Executives and Central Committee Members are required to attend the meeting.

Pithruvedi website will be lanuched and Pithruvedi News Letter for the year 2018-19 will be released on the occasion.

Badminton Competition

Badminton Competition will be held on 1st May, 2019 at Kalidasa Sports Centre, Mulund. Tournament will be only for doubles and will be conducted in three different categories based on age. Each parish in the Diocese of Kalyan can submit two entries per category to be considered for the competition. Please look for more details in the notice which is being issued.

Fr. Shibu Pulickal
Director Pithruvedi

Redemptoristine Sisters
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



Blessed Maria Celeste Crostarosa

**You can be a
light to the
world as a
Redemptoristine
Nun?**

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