ELDERLY CARE, COMMUNITY AND FELLOWSHIP
With our hearts filled with gratitude, we bid adieu to our outgoing diocesan office bearers and wholeheartedly welcome the priests who have newly taken charge of these responsibilities. We look forward to your meaningful work for the benefit of our diocese and its people, and wish you fortitude and grace to fulfil this endeavour fruitfully.
അവരാണ് നമ്മുടെ അധ്യക്ഷന്മാർ... 
അവരുടെ അവാസം....

കൂട്ടിയ ക്രീസ്മസമാവാഷ്ട്. അവരുടെ അധ്യക്ഷന്മാർ കാരുണ്യസമ്മേളനത്തിലേക്ക് കരുതുന്ന നിരവധി കവിയേകളും നാടോടികളും നേടി. 2020 ജൂൺ മുതൽ എൻഡോസായോസിയിൽ - കാലം പുറത്ത് പാലിക്കുന്ന മനുഷ്യരെയും അവരുടെ നീണ്ട നിരാകരണം നേടുന്ന നാടോടി നെച്ചൽ പെയ്യുന്നില്ല. നിരവധി പെയ്യാനിനെയെത്തിക്കുന്ന നേടി, നിരവധി കവിയേകളും നേടി. അവരുടെ കവിയേകളിൽ ഇഷ്ടപ്പെട്ട നാടോടി, ജനങ്ങളുടെ പ്രചാരം അവരുടെ കവിയേകളിൽ ഉൾപ്പെട്ട നാടോടികൾ വിപ്ലവിക്കിയാൽ നിരവധി കവിയേകളും നേടി. 

പിന്നീട് നമ്മുടെ ക്രീസ്മസമാവാഷ്ടിനാണ് അവരുടെ അവാസം....

മാത്രമേ ക്രീസ്മസമാവാഷ്ടി, മാത്രമേ അവാസം...
Mr. Thomas, a 70 year old, felt that it was time to call it a day. Having started the business at a young age of 13, he handed over its reins to his son a few months ago. Not of the kind to sit at home all day, he went out on errands. When one day he was reprimanded by the Police for violating the norms in view of the lockdown and asked to return home, he felt crestfallen. He curled himself up in bed the following weeks, and lost interest in everything and fell into a state of depression.

Dr. Steve Paul
Head, Department of Geriatric Medicine, Jubilee Mission Medical College and Research Institute, Thrissur & Medical Director, Masters Medical and Geriatric Centre, Thrissur

CAREGIVING AND AGEING IN THE PANDEMIC
In this era of living fast-paced lives, the joint family culture has ceased to exist. Nuclear families are struggling to balance work-related tensions and spending time with their spouses and children. The pandemic has taken a heavy toll on older persons. Regular paid caregivers are not available to tend to their patients, thus putting more strain on the son or daughter at home. The regular home help is usually unavailable due to various reasons. Children who live away are held up due to travel restrictions and due to their increased demands both at home and at the work front.

This isolation has varying effects. The rural elderly continue to thrive in their surroundings, visit their local communities and tend to go about their businesses as before. Living closely with other family members, they are at an advantage when it comes to having group meetings and family gatherings. The restrictions, however, prevent them from visiting distant relatives, or even consulting their regular doctors at a hospital in town. Bereft of the expertise in smartphone usage, many remain socially disconnected and cannot benefit from any telemedicine facilities.

The urban elderly on the other hand are deprived of such social gatherings.

With many living in apartment complexes, they are forced to remain bound by walls. The visiting housemaids and vendors are denied entry to many complexes. They remain hooked on to television sets and the cacophony of news channels adding to their fears. Many are however smartphone-literate and frequently have video chats with their distant living children and even utilize the tele-consultation facilities. Some frustrated, venture out in the open, often violating social distancing measures, putting themselves and their families at risk of acquiring the COVID-19 infection.

**Overcoming new challenges of isolation and loneliness**

While it is important to adhere to prescribed guidelines, one must try not to fall into the vortex of depression and anxiety. Increased anxiety can bring about health issues and the need for medical attention. Difficulty to visit the physician can compound this further leading to a heightened state of anxiety and doom. Lack of physical activity can precipitate sarcopenia, or muscle loss resulting in functional decline, accelerating their vulnerability to illnesses, a term geriatricians refer to as ‘frailty’. Therefore, every effort to maintain physical activity should be continued.

Elderly diets should be rich in protein and calories to prevent negative energy expenditure. A monthly visit to the physician is essential in these times to keep a check on the chronic long-term illnesses, like diabetes and hypertension. If a physical visit is difficult, then a tele-consultation or sending a relative to update the doctor about their health status is important. Over the counter medications for

**Surround yourself with positive people. Read a book, watch a movie, draw or pen something, listen to music or meditate for a while.**
simple ailments should be stocked up to address complaints early enough. A visit by a nurse residing in the neighborhood, frequent BP checks, and sugar monitoring could go a long way in preserving good health status.

Some practical steps to deal with the pandemic

Stay safe: As far as possible, avoid going outdoors. If you have to, NEVER COMPROMISE on the use of masks and sanitizers. Though it is advisable not to go to crowded places, a short walk to a less crowded supermarket shouldn't do harm.

Develop a positive attitude: Stop flicking through the loud news channels. All of them portray disturbing news, about deaths, ICU beds and ventilators. At this age, you don't want to be hearing that.

Spend time on yourself: Surround yourself with positive people. Read a book, watch a movie, draw or pen something, listen to music or meditate for a while. That would help ease out disturbing thoughts and keep you positive.

Exercise: A 30-minute walk in the housing complex would do good to keep one fit and healthy. It would relieve boredom, and the strain from exercise would ensure a good night's sleep.

The importance of community care in promoting healthy ageing needs to be stressed more than ever. Our elderly are probably suffering more from the fear of COVID-19, rather than the direct effects of the infection itself. People with disabilities and dementia need extra care and attention as their regular caregivers are burnt out. This is where voluntary organizations and senior citizen’s clubs could make a difference. Imparting formal and informal support to elderly day care facilities and offering social support to the deprived can provide the solace and comfort they direly need.
ELDERLY CARE & FELLOWSHIP - A COMMUNITY STORY

Fr. Jesto Menachery
Director, Ashraya Old Age Home & Anugraha Children’s Home

Ashraya Old Age Home is an oasis in the desert for the deserted, dejected, disappointed, disowned parents and elderly people who are looking for peace, comfort and a dignified living in the final stages of their lives. It is the charitable face of Kalyan diocese and an effort of Santhome Trust of Kalyan. The pandemic has proved to be a
particularly challenging year for the aged. “Fortune favours the brave”, which is why we used our spiritual, mental, emotional, physical balance along with our faith as weapons in the encounter with the deadly pandemic called COVID-19.

Every house has its skeleton. With special reference to the importance of overcoming the challenges of isolation of residents, the pandemic proved to be a grave factor for the authorities which was as equal to adding fuel to the fire. Yet, we managed this task too successfully by the grace of God.

The Almighty Lord has provided Ashraya and Anugraha the fullness of nature’s gift in bounty - as the geographical environment around the old age home is pollution free, lush green, surrounded by the mountains and away from the city. This created a healthy nourishing atmosphere for the senior citizens at the home.

Even after repeated caution, news about the pandemic kept being publicized through news and media and every other channel of communication which highlighted the high risk of potentially fatal complications brought by the COVID-19 virus. This in turn caused an increased sense of helplessness and anxiety among the seniors at the old age home. The disciplined action-plan put together by our caretakers continues to successfully roll out without any problem. We have tried to keep alive the interest in residents and they participate in their disciplined daily routine willingly. Hence, they are far from actually fearing the pandemic, mainly due to the sense of community and solidarity at the old age home. They know that we will take care of them.

'Prevention is better than cure'. Some of the measures adopted by our caretakers are as follows:

- Restriction on visitors
- Timely, proper medical care
- Daily consumption of herbal medicine (Kadha)
- Ensuring proper balanced diet

While this doesn’t mean we have no problems, it highlights the fact that we are satisfied with what we have. The greatest crisis we are facing is the financial in nature. However, by God’s grace we are surviving with the support of the loving, dedicated priests, sisters and parishioners of Kalyan Diocese. Some kind-hearted benefactors keep on stretching a helping hand as and when required. The surrounding villagers support by supplying fresh vegetables from their fields, along with the timely support of local doctors, the Gram Panchayat and police.

'Every dark cloud has a silver lining'

To sum up, we are coping with the pandemic by virtue of a disciplined schedule, our spiritual environment, timely help, dedicated priests and sisters and our helpful staff. As of now, we can claim that the encounter with Covid-19 is in our favour.

To donate to Ashraya Old Age Home and Anugraha Children’s Home, reach out to Fr. Jesto at 9987376392 (official) 8976464299 (personal)
Proper hygiene maintenance
Regular doctors' visit

While this doesn't mean we have no problems, it highlights the fact that we are satisfied with what we have. The greatest crisis we are facing is the financial in nature. However, by God's grace we are surviving with the support of the loving, dedicated priests, sisters and parishioners of Kalyan Diocese. Some kind-hearted benefactors keep on stretching a helping hand as and when required. The surrounding villagers support by supplying fresh vegetables from their fields, along with the timely support of local doctors, the Gram Panchayat and police.

'We cut our coats according to our size'

As the situation demanded, we changed our lifestyles by cutting short our expenditures. We were forced to limit our staff to avoid extravagant expenses. We are now living on coarse food.

'Old is Gold'

We inculcated in the elders the feeling of their importance. While most of them deal with loneliness, we created a sense of family and community for them. With the presence of our Anugraha Children, their tensions are abated and the impression of the elders' value was emphasized. This had a positive impact on their mental health and well-being. Before the pandemic, I had brought my own mother to stay with us for a few days. This elevated my sense of responsibility and gifted me a value added perspective into managing the old age home better. 'Honour your elders and parents' - the mandate of the Church and our faith, leads me on.

'Every dark cloud has a silver lining'

To sum up, we are coping with the pandemic by virtue of a disciplined schedule, our spiritual environment, timely help, dedicated priests and sisters and our helpful staff. As of now, we can claim that the encounter with Covid-19 is in our favour.

To donate to Ashraya Old Age Home and Anugraha Children's Home, reach out to Fr. Jesto at 9987376392 (official) 8976464299 (personal)
Building a Support and Caregiving System for the Elderly in our Parishes during the Pandemic

The coronavirus (COVID-19) pandemic has brought about unprecedented fear and uncertainty, especially among older adults. The aged are among the greatest victims of the coronavirus, yet elderly people continue to be dismissed, despite growing evidence of the devastating effects the pandemic has had on them. It is our collective responsibility to ensure that we step up and be there for our elders and also set a fruitful example for our younger generations about the same.

The elderly rely on social connection more than most and they need it now more than ever. The aged and retired often need a helping hand and also need to have people around them. With India practicing a nation-wide lockdown and social distancing, as a result of which coming to church for Holy Mass too is a task, vulnerable seniors could be...
feeling more alone than usual.

Most of us are worried for our loved ones that are older and living far away from us. They might face anxiety because they live alone, are on a fixed income or pension, no longer drive and cannot take public transport, their routine health checkups are delayed, and so on. They could also have undiagnosed or poorly managed depression. For millions of elderly, COVID-19 has amplified their already-existing worries. Many of us are witness to this, we either have parents who do not stay in the same city or we have elderly couples who are neighbours.

We understand that we need to practice social distancing, yes, but not social isolation. Here are a few things that we all can, as a parish community proactively do, to help our elderly cope with the pandemic better, while also being a support system for them.

I. What can the Parish Council do?

• Set aside a budget for this purpose from the parish itself, especially with regards to the care for the elderly who are economically weak and their miscellaneous expenses.

• Regularly spend some time during every parish council meeting to review the situation of the families in the parish, especially the elderly.

• Unit representatives of the parish council could keep track of their situation regularly, or further delegate the responsibility among others in the unit to check in on them and regularly update the parish priest about the health of the elderly.

• Arrange for elderly tele-counseling services as required.

• Arrange for house help services for the elderly as required.

II. What can the Pithruvedi do?

• Keep in touch with the elderly via regular phone calls and motivate them to participate and socialize in the virtual meetings and activities.

• Promote members to ensure that the requirements of the elderly in their neighborhood are taken care of.

• Step up and volunteer to take care of their bank visits, accompany them during their medical visits, chauffeur them when they need etc.

III. What can the Mathrusangam do?

• Ensure the elderly participate and get to socialize in the virtual meetings and activities of the parish.

• Conduct regular online prayer meetings or rosaries for the elderly who cannot attend church.

The elderly might face anxiety because they live alone, are on a fixed income or pension, no longer drive and cannot take public transport, their routine health checkups are delayed, and so on.
The elderly rely on social connection more than most and they need it now more than ever. The aged and retired often need a helping hand and also need to have people around them.

- Organize online sessions with experts to talk to elderly members on various issues such as mental health, health and hygiene etc.
- Cook something for them and have it sent/delivered to them.

IV. What can the Catechism do?
- Send them a message once in a while with your artworks or even otherwise to tell them that you remember them.
- Call them up and talk to them and ensure that your parents do too.

V. What can the Youth do?
- Divide the elderly population in their parish unit wise and take up the responsibility to check in on them once in a while.
- Run their errands like buying essentials from the grocery, stocking up on their medicines and other medical supplies.
- Teach them to use digital platforms like Whatsapp and Zoom. Teach them how to make video calls. Encourage them to send messages and make calls via these new apps.
- Send them a reminder to see if they took their medication on time.
- Help them consult their doctors digitally (via phone or video call). In case of an emergency, help them travel to their doctor.
- Set up emergency contacts and speed dials on their phones.
- Identify one person nearby who they could rely on to care for them in case you are not available or far away.
- Help them to put all important phone numbers on their phone’s speed dial.
- Add the COVID-19 emergency helpline numbers to their contacts and speed dial.
- Teach them to play games, watch movies. Take magazines and books for them to read.

VI. What can the Priests and Sisters do?
- Make arrangements for the elderly to attend the holy mass of their parish and also to receive holy communion either in person or online.
- Innovative and practical opportunities for confession should be made available.
- Sisters can help in the distribution of holy communion at their homes.

Additional Points: Most importantly, inform them that if they show any symptoms such as cough, fever, shortness of breath, they need to inform you or their doctor immediately.
Organize online sessions with experts to talk to elderly members on various issues such as mental health, health and hygiene etc.

Cook something for them and have it sent/delivered to them.

IV. What can the Catechism do?

Send them a message once in a while with your artworks or even otherwise to tell them that you remember them.

Call them up and talk to them and ensure that your parents do too.

V. What can the Youth do?

Divide the elderly population in their parish unit wise and take up the responsibility to check in on them once in a while.

Run their errands like buying essentials from the grocery, stocking up on their medicines and other medical supplies.

Teach them to use digital platforms like Whatsapp and Zoom. Teach them how to make video calls. Encourage them to send messages and make calls via these new apps.

Send them a reminder to see if they took their medication on time.

Help them consult their doctors digitally (via phone or video call). In case of an emergency, help them travel to their doctor.

Set up emergency contacts and speed dials on their phones.

Identify one person nearby who they could rely on to care for them in case you are not available or far away.

Help them to put all important phone numbers on their phone’s speed dial.

Add the COVID-19 emergency helpline numbers to their contacts and speed dial.

Teach them to play games, watch movies.

Take magazines and books for them to read.

VI. What can the Priests and Sisters do?

Make arrangements for the elderly to attend the holy mass of their parish and also to receive holy communion either in person or online.

Innovative and practical opportunities for confession should be made available.

Sisters can help in the distribution of holy communion at their homes.

Additional Points: Most importantly, inform them that if they show any symptoms such as cough, fever, shortness of breath, they need to inform you or their doctor immediately.

The elderly rely on social connection more than most and they need it now more than ever. The aged and retired often need a helping hand and also need to have people around them.

“...make your parents visit us while in the secluded place, make sure you understand the things to be done and the things to be avoided, make sure you understand the things to be done and the things to be avoided... (Verse 6.20-22)

The priests and sisters suggest:

Divide the elderly population in your parish unit wise and take up the responsibility to check in on them once in a while.

Run their errands like buying essentials from the grocery, stocking up on their medicines and other medical supplies.

Teach them to use digital platforms like Whatsapp and Zoom. Teach them how to make video calls. Encourage them to send messages and make calls via these new apps.

Send them a reminder to see if they took their medication on time.

Help them consult their doctors digitally (via phone or video call). In case of an emergency, help them travel to their doctor.

Set up emergency contacts and speed dials on their phones.

Identify one person nearby who they could rely on to care for them in case you are not available or far away.

Help them to put all important phone numbers on their phone’s speed dial.

Add the COVID-19 emergency helpline numbers to their contacts and speed dial.

Teach them to play games, watch movies.

Take magazines and books for them to read.

VII. What can the Priests and Sisters do?

Make arrangements for the elderly to attend the holy mass of their parish and also to receive holy communion either in person or online.

Innovative and practical opportunities for confession should be made available.

Sisters can help in the distribution of holy communion at their homes.

Additional Points: Most importantly, inform them that if they show any symptoms such as cough, fever, shortness of breath, they need to inform you or their doctor immediately.

The elderly rely on social connection more than most and they need it now more than ever. The aged and retired often need a helping hand and also need to have people around them.
To feel the magic of touch...

Cover Story
January 2021

Senior Citizens

1. Stay Home

2. Make a Plan

3. Stay Healthy

Cover Story
January 2021

Senior Netizens

1. Connect with Friends

2. Stay Informed

3. Be Safe

Cover Story
January 2021

To feel the magic of touch...
**Senior Citizens vs Senior Netizens**

As the world adapts to the pandemic, seniors often find themselves at a disadvantage. They struggle to keep up with the fast-paced digital world. Zoom, Google meet, Webex etc. can be daunting. Many older adults feel left behind as they try to navigate the new normal.

### Stay Home
- Zoom, Google meet, Webex
- Webinars
- Social media

### Stay Safe
- Hygiene
- Social distancing
- Masks

### Stay Healthy
- Exercise
- Nutrition
- Mental health

### Break the Chain
- Vaccination
- Regular checks

**KALYAN LANTERN**

**JANUARY COVER STORY**

**14**
Philippians 2:3-4 says, "Let each of you look not on your own interest, but to the interest of others." The biggest challenge the elderly faced during the pandemic apart from accessing healthcare, buying medicines and grocery was understanding technology. I spent this phase of the pandemic by helping the elderly understand technology. My grandparents had a group of elderly friends who were feeling isolated as they were unable to reach their loved ones. I took the initiative to teach them to use the smartphone, access the internet and how to stay connected with family and friends. The most imperative thing was helping them attend online Holy Mass. This learning together, to a certain extent, has helped bridge the generational gap between the elderly and youth. It has been a rough year for all of us, let’s celebrate this pain, by finding innovative ways of loving and caring a little more.
During this pandemic, when the whole country was in lockdown, there were many senior citizens who were home alone or at old age homes abandoned by their families with no access to the outside world. Having my own grandparents who are about 70, I have seen them struggle to cope with the current situation. To keep them active and happy was difficult as it was not easy for them to deviate from their normal routine. They always had the eagerness to go out which wasn't possible. However, I and my younger sister came up with ideas to keep them busy at home. We introduced new generation music, helped with cooking new dishes and also showed them old family videos and photos. It was so much fun teaching them how to use smart phones. Video calling relatives made them really happy as they couldn't meet them personally. I encourage all of you to help senior citizens in whatever way possible to keep happy as they really need our support and attention. Thank you!

Vallachirakaran Christina Jenson
St. Joseph Church, Chembur

Philippians 2:3-4 says, “Let each of you look not on your own interest, but to the interest of others”. The biggest challenge the elderly faced during the pandemic apart from accessing healthcare, buying medicines and grocery was understanding technology. I spent this phase of the pandemic by helping the elderly understand technology. My grandparents had a group of elderly friends who were feeling isolated as they were unable to reach their loved ones. I took the initiative to teach them to use the smartphone, access the internet and how to stay connected with family and friends. The most imperative thing was helping them attend online Holy Mass. This learning together, to a certain extent, has helped bridge the generational gap between the elderly and youth. It has been a rough year for all of us, let's celebrate this pain, by finding innovative ways of loving and caring a little more.

Angel Reji
St. Joseph’s Church, Akurdi
To care for those who cared for us once is one of the greatest honours. The Covid-19 pandemic has brought about a difficult situation for everyone. The people suffering the most in this situation are the senior citizens. As a youth, I consider it as my responsibility to take care of them. There are many effective ways to help them. For instance, I bought them daily essentials like milk, fruits, vegetables and also provided them with the necessary grocery items. I ensure that their medical supplies are stocked up. I explained to them the effects of coronavirus and asked them to contact me immediately if any such symptoms are visible. I also explained to them the importance of social distancing and the need for precautions. I taught them the basic use of media so that they can be in touch with their doctor and family. I also ensured that I am always there to help them and they can contact me for any kind of help. In this pandemic situation what I personally learnt is: ‘Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, or the smallest act of caring while all of them have the potential to turn a life around.’

**Annete Babu Mechery**
St. Mary’s Forane Church, Nashik City

The coronavirus (Covid-19) pandemic has provoked uncertainty and panic all around the world, especially in the elder generation above the age of 60, as they are considerably more vulnerable to this virus. My grandmother usually lives alone and distant from my city but when the pandemic hit, my grandmother started to live with my family because it was dangerous for her to live all alone and follow all the norms in this situation. It was disheartening to hear the news about the deaths due to coronavirus. There was a sense of responsibility within myself to protect my family and me. So I started helping my grandmother by doing the chores and sanitizing all the groceries which were delivered. I educated her about the coronavirus and how she can protect herself by washing hands, wearing masks, etc. I helped her prepare her new recipes so she wouldn't be bored, I would communicate with her in my free time so she wouldn't feel lonely, and made sure that I bought her medicines whenever she needed them. I hope vaccinations to combat coronavirus will come out soon so that senior citizens of the world will be protected and can stay safe.

**Maria Paul**
St. Joseph Parish, Chembur
As we are all in lockdown due to the pandemic, I didn't get an opportunity to help senior citizens. Outdoors. Now, since my aunt and uncle had to go out for work, I came to their place because I have two grandmas there. I thought of helping them with their household work and many other chores. In this way, during the lockdown, I have helped my grandmas with their work and they really appreciate me for staying with them and helping them with each and every work. This is how I helped senior citizens during this pandemic.

**Aleena Benny**
St. Joseph's Church, M.C. Road

During the lockdown, one of my neighbours tested positive for Covid-19. My neighbour uncle and his son had to go to the Covid centre and aunty was quarantined at home. Whenever aunty needed any basic things, I would keep them in a bag at her doorstep. This was how I helped a senior citizen in a small way that I could during the lockdown.

**Sonia Grajo**
St. Joseph Church, Akurdi

The Holy Bible says, “Grey hair is a crown of splendour; it is attained in the way of righteousness” (Proverbs 16:31). Yes, it is true about all senior citizens. Respect begets respect. We earn respect by giving respect. “Respect for ourselves guides our morals; respect for others guides our manners”. We have the age old tradition of respecting those who are older than us. We respect them not because they are better qualified or more intelligent, but because they are people with a life-time experience, wisdom and knowledge. We turn to them for inspiration, advice, and guidance. I respect my grandma by being polite to her, by asking her advice, by eating with her, by discussing family traditions with her, by asking about her health, by appreciating her, and by volunteering to help them. I mostly try to take care of my grandmother by doing sweet things for them daily, by ensuring she is emotionally happy. We try to provide a quality environment and help her stay connected, feel involved, purposeful and less lonely. I sometimes make my grandma go through old photos and memorabilia together, and enjoy the stories and happy memories that she shares. After all, we only have one set of parents and two sets of grandparents to love. Our elders are a treasure in our homes and we should treat them as such.

**Mevin Viji Kurisinkal**
St. Mary's Forane Church, Nashik City
The pandemic has been both overwhelming and enlightening for us all in many senses. With the lockdown and the pandemic controlling our movement across states, my family has been having a tough time navigating the care of my grandparents back in Kerala. I recently got to know that the house maid who works to look after my grandparents in Kerala contracted the Covid-19 virus and has been unable to go in to work. This has resulted in an aggravated sense of loneliness and depression in the lives of my grandparents who have grown to be dependent on her in many ways for their daily chores and activities. Finding an interim maid who empathises and understands their needs and also approaches the job with a nuanced psychosocial understanding of elderly needs has been a difficult task.

Amid all this, a few ways by which we've been trying to de-tone the experience for my grandparents is by constantly keeping in touch with them. We grandkids call them often, just as our parents and their siblings across the country. These calls are not just namesake calls, but full fledged conversations about what we are upto, movies that we see and fights that me and my sibling have. We consciously avoid talking to them about the pandemic or anything from the current news coverage. We try to teach them little things like numbers in Hindi, states and capitals and so on (my grandparents are 85+). We also are in constant contact with our neighbors in Kerala who check in on them and their needs regularly. The neighborhood kids also keep their spirits high. The shopkeepers in their vicinity also check in on them to see what they need and arrange for those accordingly and deliver it to them.

Just as we usually say that 'It takes a village to raise a kid', we've learnt during this pandemic that it takes a community to also take qualitative care of an elder. Though we plan to visit them this month, I cannot begin to imagine how my family would have survived till now without the pitching in of multiple community members in the caretaking of my grandparents.

Anonymous
The pandemic has been both overwhelming and enlightening for us in many senses. With the lockdown and the pandemic controlling our movement across states, my family has been having a tough time navigating the care of my grandparents back in Kerala. I recently got to know that the house maid who works to look after my grandparents in Kerala contracted the Covid-19 virus and has been unable to go in to work. This has resulted in an aggravated sense of loneliness and depression in the lives of my grandparents who have grown to be dependent on her in many ways for their daily chores and activities. Finding an interim maid who empathises and understands their needs and also approaches the job with a nuanced psychosocial understanding of elderly needs has been a difficult task.

Amid all this, a few ways by which we’ve been trying to de-tone the experience for my grandparents is by constantly keeping in touch with them. We grandkids call them often, just as our parents and their siblings across the country. These calls are not just namesake calls, but full fledged conversations about what we are upto, movies that we see and fights that me and my sibling have. We consciously avoid talking to them about the pandemic or anything from the current news coverage. We try to teach them little things like numbers in Hindi, states and capitals and so on (my grandparents are 85+). We also are in constant contact with our neighbors in Kerala who check in on them and their needs regularly. The neighborhood kids also keep their spirits high. The shopkeepers in their vicinity also check in on them to see what they need and arrange for those accordingly and deliver it to them.

Just as we usually say that ‘It takes a village to raise a kid’, we’ve learnt during this pandemic that it takes a community to also take qualitative care of an elder. Though we plan to visit them this month, I cannot begin to imagine how my family would have survived till now without the pitching in of multiple community members in the caretaking of my grandparents.
Rite of reconciliation

Holy Spirit and Remission of Sins

As a preparation for receiving communion, there is the rite of reconciliation in our Qurbana after the anaphora. What is the significance of a rite reconciliation and prayer for the remission of sins at this point. The anaphora was concluded with the prayer for the coming of the Holy Spirit. The coming of the Holy Spirit and the remission of sin is intimately related. When the risen Lord appeared to the apostles “He breathed on them and said ‘Receive the Holy Spirit. If you forgive people’s sins, they are forgiven; if you do not forgive them, they are not forgiven’ (Jn. 20:22-23). Here in the rite of reconciliation we are praying for the work of sanctification of the Holy Spirit.
For the Remission of Sins

The rite of breaking of the bread in the Qurbana is so arranged as to come at the middle of the rite of reconciliation. This reminds us of the words of Jesus “This is by blood... poured out for many fore the forgiveness fo sins (Mt. 26:28). Because Jesus’ body was broken for us and blood was shed for us we are made worthy to receive the remission of sins. So the rite of reconciliation is together with the rite of breaking of bread in the Qurbana. In the rite of breaking of the bread we remember that our reconciliation with God was the effect of the salvific death and resurrection of Christ. So the community at that time recite the prayer “The Cherubim, the Seraphim and the Archangels stand and observe with awe and reverence, the priest who breaks and divides the body of Christ, for the forgiveness of sins”. Since we are made worthy of the remission of our sins because of the redemptive death of Christ, we pray for remission of our sins and reconciliation after commemorating the Paschal mystery of Christ.

There are two parts for this rite of reconciliation. In the first part the community gets reconciled with God through the prayer for the remission of our sins. in the second part community is praying for remission of sins against others, and get reconciled with one another. Sin is the breaking of our relationship with God and with one another. Reconciliation is establishing this lost relationship.

Preparation for receiving Holy Communion

St. Paul reminds us “If anyone eats the Lord’s bread or drink from his cup in a way that dishonours him, he or she is guilty of sin against the Lord’s body and blood. So then, you should all examine yourselves first, and then eat the bread and drink from the cup” (1 Cor. 11:27-28). Through the rite of reconciliation the community prepare themselves spiritually for receiving Holy Communion. As a sign of repentance and penance the community kneel down at the time of the rite of reconciliation.

With God and with one another

These are the various parts of the rite of reconciliation. The prayer that begins: “O, Christ, you are the peace of heavenly court...” The Psalm 51 or 123, Incensing, the Karozusa prayer of reconciliation and the concluding prayer for remission of our sins. Here the Karozusa is the prayer for reconciliation with our brothren and other prayers are prayers and rites for reconciliation with God.

This rite of reconciliation aims at imploring the remission of sins and effecting greater reconciliation with God. Qurbana is the celebration of our reconciliation with God and with one another. The communion of love which is the effect of reconciliation is realized through the reception of the Holy Communion. The rite of reconciliation in the Qurbana is the immediate preparation for Holy Communion.
Twenty “missionaries” killed in the world in 2020

The Vatican’s news agency has drawn up a list of pastoral workers, or people they describe as “missionaries”, who were killed in the world during 2020.

The annual list says that the 20 “missionaries” killed include 8 priests, 1 male religious, 3 nuns, 2 seminarians and 6 lay people.

Fides uses the term "missionary" for all the baptized, aware of what Pope Francis explains in his Apostolic Exhortation, Evangelii gaudium: “In virtue of their baptism, all the members of the People of God have become missionary disciples.” In fact “Every Christian,” the Pope says, “is a missionary to the extent that he or she has encountered the love of God in Christ Jesus: we no longer say that we are ‘disciples’ and ‘missionaries’, but rather that we are always ‘missionary disciples’”.

The highest number of casualties this year were in the Americas, with 5 priests and 3 lay people killed. Africa comes next with 3 nuns, 2 lay persons and a priest and a seminarian each. In Asia, a priest, a seminarian and a lay person were killed, and in Europe, a priest and a male religious were murdered.

In the last 20 years, from 2000 to 2020, 535 pastoral workers have been killed in the world, including 5 Bishops.

“Fratelli tutti”: an invitation to act now for a post-pandemic world

Pope Francis’ encyclical letter “Fratelli tutti” provided the inspiration and the themes for reflection at an on-line seminar organized by The Pontifical Lateran University.

Fratelli tutti: an encyclical for beyond the time of crisis is the loose translation of the title of a webinar aiming to define the foundations upon which to build a future that is more peaceful and just. Pope Francis’s encyclical letter on Fraternity and Social Friendship not only emphasizes that in our common home we all live as one family, it also proposes concrete actions to restore the world and overcome the ills generated by the pandemic crisis, which has now become a health, economic, social and political one.
Pope at general audience: Gratitude makes the world better, transmits hope

During his general audience, Pope Francis reflected on the importance of gratitude in prayer. The healing of the ten lepers by Jesus is an example.

Continuing his series of catechesis on prayer, Pope Francis, during his general audience this week, dwelt upon the importance of gratitude in prayer, which he said makes the world better and brings hope.

UN declares 4 February ‘International Day of Human Fraternity’

The UN General Assembly adopts a resolution declaring 4 February as the International Day of Human Fraternity. It comes as the result of Christian-Muslim cooperation to promote peace, harmony and intercultural dialogue in the world.

Fratelli tutti, the recent encyclical of Pope Francis on fraternity and social friendship, as well as the “Document on Human Fraternity”, signed by him and the grand imam of Al Azhar last year, have found a strong echo in the halls and corridors of the United Nations.

The UN General Assembly on 21 December adopted a resolution declaring 4 February as the International Day of Human Fraternity. The day is to be observed each year, beginning in 2021.

Hearty Congratulations & Prayers

New Priests of Diocese of Kalyan

Fr. Tony Kochuveettill

Fr. Mejo Vazhappilly
THE MASK WITHIN

One day, when I narrated an incident to my mom about going to extreme lengths while helping a friend, she said, “I wish you were generous like this within your family too.”

“Ahh! Seriously, Maa? Am I not good?,” I exclaimed with disbelief.

“Yes, of course you are, but to the world outside ONLY.”

“Oh C’mon Maa, aren't you kidding?”

“Ask yourself, honey,” she said and left in haste to the kitchen.

My mom, like any typical Mallu mom leaves me confused at times so that I learn some lessons myself. And then when I started pondering, slowly and steadily I was reminded of how proud and selfish I have been and how correct she was. How many times had I refused to share those yummy chocolate pastries with my brother? When it was my turn to clean the house, how well I made excuses and what a critic I had been when it was about my mom’s culinary skills, Uff! I finally realised that I have really been a bad example at home! I realised that I wore a mask both inside and outside. I guess some of you too might have been through similar instances, right?

We always wish to project the best version of ourselves to the people around us so that they may have a very good opinion about us, don't we? Just imagine, we are so good and polite in our dealings with our neighbours, classmates, teachers, parish priests, nuns and sometimes even strangers but very often we take those special people in our family for granted.

Friends, it's very EASY to be absolutely loving and caring to the people beyond those four walls but, always a DAUNTING task to be genuinely loving to the nearest of our kin. Think about it!

As the theme for this month is centred on caring for the elderly and being a witnessing example in the community through fellowship, let me give you a few tips that really helped me to remove that mask within me. I sincerely hope that this will help you too remove that mask and embrace the loving arms of God through your family members especially the elderly ones at home.

1. **PRAY:** Sounds strange, right? But it's absolutely cool to hold the hand of that 33 year old gentleman named Jesus - our superhero and start the journey. 'Lord, make me more like you-' let this be our prayer always.
2. SMILE: When was the last time you got angry with your family members? In 2010? Well, it's really cool to always have a pleasant disposition. Let's lavish this gift on everyone at home. Why? Simply because it's inexpensive and God loves the company of contagiously happy people like you and me.

3. RANDOM ACT OF KINDNESS: Keeping those scattered books and papers on the shelf or helping mom with the dishes or being a walking stick to your grandparents or teaching them to operate electronic devices may seem too small but when all of these are done with love, it is too BIG.

4. GRAND HOUR: Do you know what is your grandparents' favourite colour, food, sport, actor, actresses etc? Befriend them. I assure you that you will find an amazing buddy in them and a treasure house of unheard stories.

5. CELEBRATE: It's not a bad idea to celebrate Grandparents' birthday on your birthday. You might wonder why? Well friends, it was the day when you were born that they became grandparents, right? So don't you think it's a day of celebration for them and your parents as well?

6. SACRIFICE: This is the most painful part yet the most powerful one too. Mother Teresa said, "Love until it hurts." Yes, my dear little ones, true love is always painful. In my case, keeping that one pastry aside for my brother, switching off that fan for the sake of the elderly, enjoying a sugar free or masala free dish with grandparents once in a while though it may not seem very tasty, giving up the control of the TV remote so that they may watch their favourite programmes, all of these are painful yet edifying deeds that you can try out.

7. SURPRISE: When was the last time you surprised the elderly at your home or made a phone call or visit? Helping them to connect with an old long lost friend or buying them something that they have been longing for, would make them happy, you would be happier and the world around you would seem the happiest.

Charity begins at home. It's only when we reach out to our real selves that we can reach out to the family and then, reaching out to the community to build a culture of love and fellowship will not be a difficult task for you and me.

Let's continue this journey with grace. Ave Maria!

Suja Johny
Assistant Professor, S.K College of Science and Commerce,
Nerul and Parishioner, St. Joseph's Church, Airoli.
Why Should We Honour Our Elders?

Answer:

Honouring elders and parents has its biblical basis in the Book of Exodus 20:12 and in the Book of Deuteronomy 20:12: “Honour your father and your mother, that your days may be long in the land which the Lord your God gives you.” The Book of Sirach 7:27-28 as well as the book of Proverbs 6:22-23 enumerates the same idea. Luke 2:51 tells us about Jesus himself, “Then he went down with them and came to Nazareth, and was obedient to them.” In the letter to the Colossians St. Paul exhorts: “Children, obey your parents in all things: for this is well pleasing unto the Lord.” We also find similar teachings in the letter to the Ephesians 3:15 and 6:1-3.

The entire fourth Article of the Catechism of the Catholic Church, from paragraph 2197 to 2233 teaches us the importance of this fourth commandment of the decalogue in detail. Paragraph 2197 states, “The fourth commandment opens the second table of the Decalogue. It shows us the order of charity. God has willed that, after him, we should honour our parents to whom we owe life and who have handed on to us the knowledge of God. We are obliged to honour and respect all those whom God, for our good, has vested with his authority.” Another significant section in this regard is paragraph 2218: “The fourth commandment reminds grown children of their responsibilities toward their parents. As much as they can, they must give them material and moral support in old age and in times of illness, loneliness, or distress.” Paragraph 2251 summarizes the whole of the Article saying: “Children owe their parents respect, gratitude, just obedience, and assistance. Filial respect fosters harmony in all of family life.”

Pope Francis dedicated the catechesis of his general audience of September 19th 2020, to the fourth commandment: "Honour your father and mother". The Holy Father said that the fourth commandment does not require mothers and fathers to be perfect, and speaks about the children's duty regardless of their parents' merits. Even if not all parents are good and not every childhood is happy, all children can be happy, because the achievement of a full and happy life depends on being grateful to those who have given birth. The Pope also pointed to several examples of Saints and Christians who despite painful childhoods, have lived a “luminous life” like those of 19-year old Italian Nunzio Sulprizio, Saint Josephine Bakhita, Carlo Gnocchi and Saint John Paul II, who lost his mother at an early age.
Fair, 29 / 170 / 65 / Masters in Mgmt. Studies - MMS / Presently working as Deputy Manager at HDFC Securities Ltd. / Parents from Kozhikode / 9923969180 / 9819770136 / jincyphilip19@gmail.com
GOC201957240

Fair, 25 / 160 / 66 / BE Computer Science / Presently working as Software Engineer in Mumbai / Parents from Thrissur / 9619698125 / 9619698125
maruti.tantok@hotmail.com
GOC202065478

Fair, 23 / 170 / 78 / M.Sc. / Presently working as Scientist / Parents from Thrissur / 9821778162
raphy.1997diana@gmail.com
GOC202065815

Wheatish, 28 / 169 / 77 / MBA in Shipping & Logistic / Presently working as Marketing and sales at Dubai / Parents from Thrissur / 8879384659
nimanthony26@gmail.com
GOC202065720

Fair, 30 / 178 / 75 / BMM / Presently working as Manager in Tours and Travels / Parents from Thrissur / 9769662727 / 9920573352
kgracyjohny@gmail.com
GOC202058639

Fair, 33 / 175 / 80 / Degree in Hotel Management / Presently working in Mumbai for a private firm / Parents from Thrissur / 9833991825
josechiramal@yahoo.com
GOC201954594

THANKSGIVING TO ST. JUDE Shaju Raphel — Goregaon (E) | Shaju Raphel — Goregaon (E)

Kalyan Mathrusangam conducted the 25th Annual General Body Meeting and the Jubilee conclusion meeting online which was streamed on Catholic Focus Youtube for all in Diocese on 06th Dec, 2020. His Excellency Mar Thomas Elavanal, Bishop of Diocese of Kalyan, graced the occasion Live from Bishop’s House, Powai and addressed all the mothers. Other dignitaries who spoke on the occasion was Msgr. Dr. Emmanuel Kadankavil-Vicar General (Kalyan Diocese), Msgr. Dr. Francis Eluvathingal-Vicar General (Shamshabad Diocese), Fr Joemon Kursingal - Asst Director (Kalyan Mathrusangam) & our very own Sr. Joice – Animator (Kalyan Mathrusangam).

The program began with prayer song by St. Sebastian Community Center, Goregaon (E). Fr. Benny Thanninilkumhadathil -Director (Kalyan Mathrusangam) announced the winners of the Literary Awards for Essay Writing Competition, ARMONIA 2020 and felicitated them virtually.

List of prize winners are –
1st Mrs. Jeeva Jose – St. Thomas Church, Wanowarie, Pune
2nd Mrs. Mary Dominic – St. Alphonsa Church, Nashik Road
3rd Mrs. Sijin Sebastian – St. Mary’s Forane Church, Nashik City
Mrs. Bina Jose – Amala Matha Church, Mulund
4th Mrs. Elsy Philip – St. Kuriakose E. Chavara Church, Dighi, Pune
Mrs. Bincy Praveen – Carmel Parish, Wadgaonsheri, Pune
5th Mrs. Anne Sony – St. Thomas Cathedral Church & Pilgrim Center, Kalyan (W)

Fusion dance by Little Flower Forane Church, Nerul was a very gracefully presented one. The two-hour long virtual program came to a grand end with a cultural program, KMS Silver Rhythms which symbolised the closure of our 25th Jubilee Celebration participated by all the foranes in various forms of dance and other art forms was truly a visual treat. The KMS Anthem was well coordinated and presented by all the Executives from their respective residences.

The Annual Day and Silver Jubilee conclusion celebrations can be watched on http://youtu.be/pw5xh4WPkvQ

Rev. Fr. Benny Thanninilkumhadathil
Director – Kalyan Mathrusangam
Gone from us that smiling face
The heart that won so many friends
In bygone happy days
A life made beautiful by kindly deeds
A helping hand for others needs
The Golden Gates stood open
God saw you needed rest
His garden must be beautiful
He only takes the best

All that we have and we are now
To you daddy, we sincerely owe
Never shall we forget your love and ways
In tribute we offer you gratitude and praise.

We hold you close within our hearts
And there you shall remain
To walk with us throughout our lives
Until we meet again

Fondly Remembered by:
Wife : Mrs. Daisy Davis
Children : Mrs. Divya Joseph
Fr. Danny Chittilapilly
Son-in-law : Mr. C.J. Joseph
Grand children : Kevin & Noel
41st Day of Demise
27-12-2020

In loving memory of our dearest mummy
still missing you

ROSY THOMAS PANAMGOODAN

Born: 15-12-1951
Died: 17-11-2020

Fondly remembered by

David Thomas (Son)
Loyed Thomas (Son)
Julie David (Daughter-in-law)
Christeena Loyed (Daughter-in-law)

Grand Children
Denis, Clint, Robin, Alan

Panamgoodan Family
Kalathuparambil Family
Friends & Relatives

Little Flower Forane Chruch (Nerul)
LOCK YOUR ACCOUNT
BE SAFE
DIGITAL e-LOCK

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

Download from

Google play | App Store | Windows Phone

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