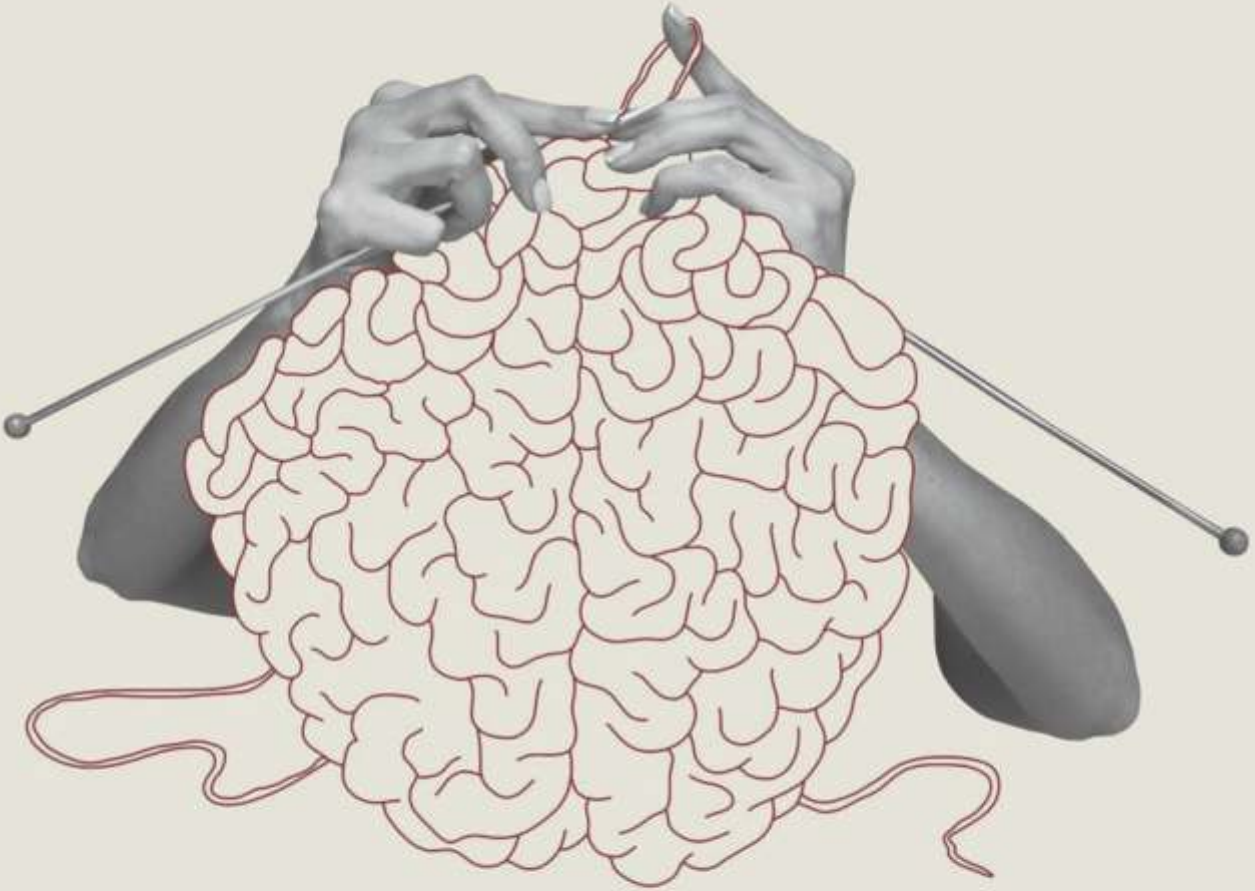


Kalyan Lantern

MAHBIL/2015/63218 | MNE/353/2021-23 | MR/Tech/WPP-323/NE/2021-23

NOVEMBER 2023

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MATURITY MATTERS

LEARN | GROW | EVOLVE

FEAST OF MOTHER OF VICTORY

AT MOTHER OF VICTORY SHRINE, TIKUJINIWADI
Behind D-Mart, Manpada, Ghodbunder Road, Thane (W) Mob: 8591275348

From 17 to 26 November, 2023



FESTAL SERVICES

17/11/2023 Friday	05:30 pm 07:00 pm	Holy Qurbana, Novena (English) Flag Hoisting, Holy Qurbana, Novena & Ladeenju (Malayalam)
18/11/2023 Saturday	05:30 pm 07:00 pm	Holy Qurbana, Novena (English) Holy Qurbana, Novena & Ladeenju (Malayalam)
19/11/2023 Sunday	08:30 am 04:30 pm 05:30 pm 07:00 pm	Holy Qurbana, Novena & Ladeenju (Malayalam) Holy Qurbana & Novena (Marathi) Holy Qurbana, Novena (English) Holy Qurbana, Novena & Ladeenju (Malayalam)
20/11/2023 Monday	05:30 pm 07:00 pm	Holy Qurbana, Novena (English) Holy Qurbana, Novena & Ladeenju (Malayalam)
21/11/2023 Tuesday	05:30 pm 07:00 pm	Holy Qurbana, Novena (English) Holy Qurbana, Novena & Ladeenju (Malayalam)
22/11/2023 Wednesday	07:00 am 03:30 pm 05:30 pm 07:00 pm	Holy Qurbana, Novena (Malayalam) Holy Qurbana & Novena (Marathi) Holy Qurbana, Novena (English) Holy Qurbana, Novena, Ladeenju & Eucharistic Procession (Malayalam)
23/11/2023 Thursday	05:30 pm 07:00 pm	Holy Qurbana, Novena (English) Holy Qurbana, Novena & Ladeenju (Malayalam)
24/11/2023 Friday	05:30 pm 07:00 pm	Holy Qurbana, Novena (English) Holy Qurbana, Novena & Ladeenju (Malayalam)
25/11/2023 Saturday	05:30 pm 07:00 pm	Holy Qurbana, Novena (English) Holy Qurbana, Novena & Ladeenju (Malayalam)

(TALENT EXPO BY MATHRUSANGAM)

(FUN FAIR BY MOV-YOUTH)

“Intentions will be accepted for Qurbana and Novena”

Nov.
26
(Sunday)
FEAST DAY

08:30 am	Holy Qurbana, Novena and Ladeenju Rev. Fr. Rajesh Mathew (Director, Catechism Dept., Kalyan Lantern & Bible Apostolate)
11:00 am	Holy Qurbana, Novena (Marathi)
4:00 pm	Most Solemn Holy Qurbana, Ladeenju Main Celebrant: Rev. Fr. Sinto Chiramel (Parish Priest - Holy Cross Church, Khandala & Diocesan Youth Director, Aurangabad) Message: Rev. Fr. Sinto Pulikkottil (Parish Priest, Byculla & Colaba) Con-Celebrants: Rev. Jitin Kottarathil (Parish Priest, Bhiwandi)

Procession and Agape thereafter

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

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(Rector)

Fr. Jojo Thaikaden
(Asst. Rector)

Mr. Pauly M. Anthony
(1st Trustee)

Mr. James Francis
(2nd Trustee)

Mr. Tony Jose
(3rd Trustee)



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

NOVEMBER 2023

Vol. 09 | Issue 06

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Diocese of Kalyan, Plot No. B/38,
P.B. No. 8434, IIT P.O., Powai,
Mumbai, Maharashtra, India 400076.
Tel. (+91) (022) 2578 5515, 2578 2385
E-mail: kalyanlantern@gmail.com
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MATURITY MATTERS

Today, we live in a world of short-lived trends and momentary pleasures. In our fast-paced world, the discussion on maturity is more important than ever. The notion of maturity needs to be deliberated upon so that we can deftly navigate complex life situations. Maturity isn't just a matter of aging but a true and in-depth transformation of the self. It is the ability to make thoughtful decisions and the willingness to accept responsibility for one's action. Maturity is the art of learning from life's experiences and applying these lessons to become a better, more compassionate, and self-aware person.

In this edition, we explore into the concept of maturity from five different angles: shedding light on the multifaceted nature of this essential trait. The cover story is done by Ms. Rini Kunjuvareed, paving the way for the entire discussion. The first article by Dr. Sheryl John highlights the fact that Intellectual Maturity is embracing lifelong learning to make sense of the world and contribute meaningfully to it. In the second article, Dr. Avinash De Sousa pens his insights on building Emotional Maturity in adults and children. Then, Dr. Joseph Kanayamplakal discusses the pathways to attain Financial Maturity by giving practical tips for managing finances, setting financial goals, and achieving long-term financial stability. The fourth article deals with Social Maturity written by Dr. Antony Augusthy who divulges the secrets to nurturing healthy, meaningful connections with friends, family, and colleagues. Finally, the last article authored by me showcases the differences between Religiosity and Spiritual Maturity.

As we present this issue of Lantern on Maturity Matters, we hope that you will find the inspiration and enlightenment to evaluate yourself and assess the level of maturity you have in each of these five significant facets of life. May the experiences and insights shared by the authors motivate you to take appropriate steps to evolve into a holistic person, to live your life meaningfully for yourself and others.

Fr. Rajesh Mathew
Editor-in-Chief

A Well-Rounded Life with Grace and Wisdom

We all aspire to come across as refined and mature. But what exactly is maturity? Do we just collect it as we go about our daily lives or can it be learnt?



Rini Kunjuvareed

Kalyan Lantern Editorial Board Member

Perhaps the best definition about maturity comes from the media magnate Oprah Winfrey. "Maturity is the ability to think, speak and act your feelings within the bounds of dignity."

Often, people mistake maturity with ageing. Well, they couldn't be more wrong. Anyone can grow old without growing up or being very mature about it. But the good news is, maturity can be learned at any stage of your life.

Maturity is the willingness to learn, to understand what can be changed and what cannot be changed, the capacity to handle uncertainty and to adapt to situations in a way that honours the dignity of all parties involved.

Making Deposits

While most of us are familiar with the term maturity when it comes to Fixed Deposits at the bank, it is a good analogy for what maturity should look like in human beings.

There is a principal that is used by the bank to help others and, in the bargain, the principal accrues interest and become much more than what it was earlier. Life, too, is the same way. When we use our abilities to interact with or help others, we learn different things and in turn add much more colour to our personas.

Just like we meticulously research the interest rates of different banks before investing, we need to study and understand the people we spend our time with. This isn't about being judgmental of others, but rather about consciously surrounding ourselves with those who embody the qualities we aspire to incorporate into our own lives.

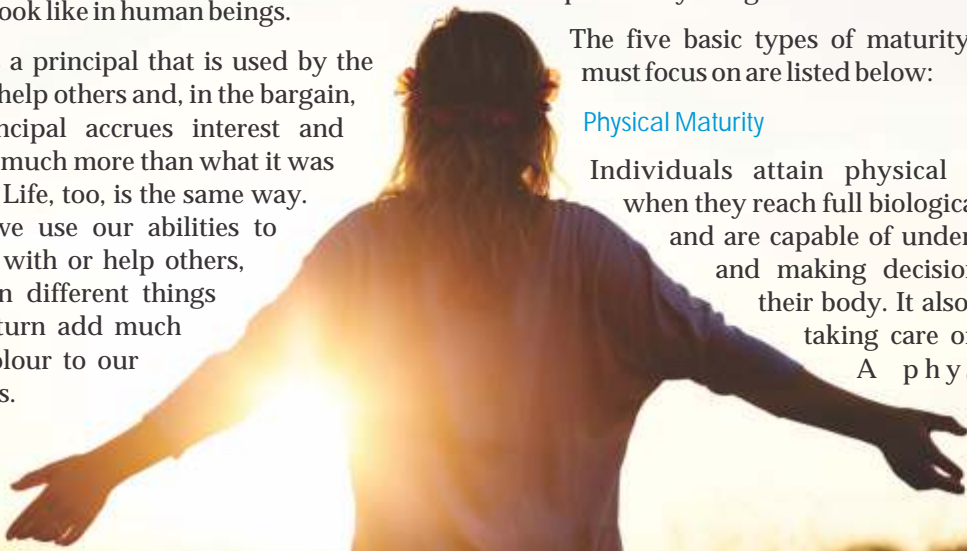
Such an approach allows us to learn, grow, and become better versions of ourselves by absorbing the positive traits and behaviours we admire in others, enriching our personal journey towards maturity.

Maturity is the culmination of different types of intelligence that enable individuals to navigate life's uncertainties with self-assurance, responsibility and grace.

The five basic types of maturity that we must focus on are listed below:

Physical Maturity

Individuals attain physical maturity when they reach full biological growth and are capable of understanding and making decisions about their body. It also includes taking care of oneself. A physically



mature person would:

Diet and Exercise – Look after one's body through diet and exercise.

Rest – Understand one's limitations and take time to rest and recover.

Health Check-ups – Go for regular check-ups to maintain one's health.

Emotional Maturity

Emotions are not permanent. Emotional maturity is ability to understand and manage one's emotions. Individuals who have developed this capability have:

Emotional awareness – They recognise and acknowledge emotions without judgement.

Emotional regulation – The ability to manage both positive and negative emotions in a healthy way. Eg: Calming yourself when you're upset.

Empathy – To understand and relate to others' experiences and emotions.

Self-compassion – To love oneself enough to set boundaries and cultivate healthy relationships.

Social Maturity

Social maturity is the ability to self-regulate and navigate social settings with emotional intelligence and social understanding.

Social awareness – Knowing how to conduct oneself in different situations — at work, school and social events.

Relationship management – The ability to communicate effectively and resolve conflicts, while cultivating positive relationships.

Financial Maturity

Financial maturity is the ability to make sound financial decisions based on a clear understanding of one's financial situation, goals, and risk tolerance, leading to financial independence.

Budgeting – Mature individuals know the difference between savings, investments,

emergency funds and spending money, and have the discipline to stick to their budgets.

Long-term planning – Make informed decisions to achieve long-term goals and for financial security.



“Maturity is the ability to think, speak and act your feelings within the bounds of dignity.”

- Oprah Winfrey

Spiritual Maturity

Spiritual maturity calls for a deeper understanding of one's beliefs and values and an understanding that it is life-long pursuit. These individuals tend to:

Self-reflect – The ability to self-reflect and understand that spiritual maturity is about persevering in faith and not scoring points for perfect behaviour.

Acts of service – To be grateful for life's blessings and engage in acts of kindness and social service to help the community.

Non-judgemental – Understand that everyone is God's creation and accept them without judgement.

Embracing and nurturing every facet of maturity empowers us to live fulfilling lives. Through ongoing learning and embracing new experiences, we evolve into individuals who possess a well-rounded personality and can gracefully navigate life's intricate challenges.

LIFELONG LEARNING: THE MARK OF INTELLECTUAL MATURITY



Dr. Sheryl John Senthilnathan
Consultant Psychiatrist, Mumbai

Intellectual maturity refers to the ability to think, reason, and make sound judgments based on a combination of knowledge, experience, and critical thinking skills.

It involves the capacity to handle complex ideas, navigate ambiguity, and engage in thoughtful analysis.

Intellectual maturity goes beyond the acquisition of information; it encompasses the development of cognitive and emotional skills that contribute to a well-rounded and insightful approach to life's challenges.

Here are some key aspects of intellectual maturity and strategies to develop it:

1. Critical Thinking:

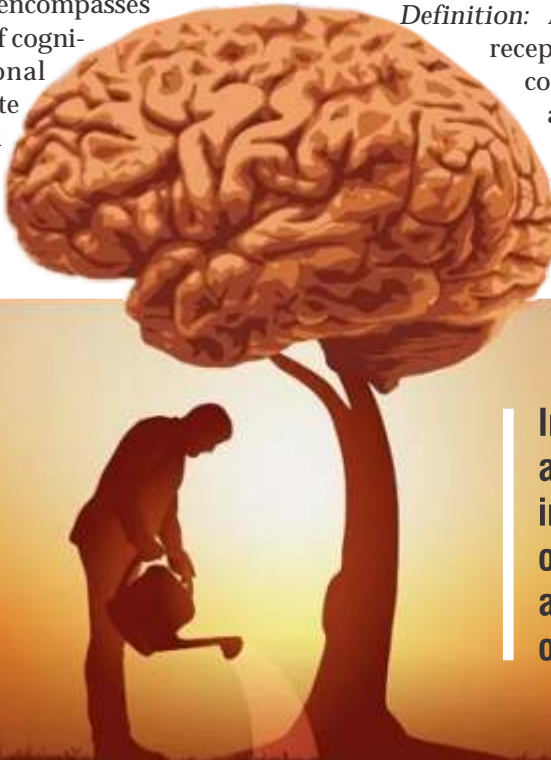
Definition: Critical thinking involves analyzing and evaluating information, arguments, or situations in a thoughtful and systematic way.

How can we develop this? Practice critical thinking by questioning assumptions, considering different perspectives, and evaluating evidence. Engage in activities that require problem-solving and decision-making.

2. Open-mindedness:

Definition: An open-minded individual is receptive to new ideas, willing to consider alternative viewpoints, and adaptable to change.

How can we develop this? Actively seek out diverse perspectives, engage in conversations with people who have different



Intellectual maturity is a lifelong process that involves a combination of self-awareness, learning, and practical application of knowledge and skills.

opinions, and expose yourself to a variety of ideas through literature, art, and experiences.

3. Curiosity:

Definition: Intellectual maturity is often marked by a curious and inquisitive mind, a desire to learn and explore.

How can we develop this? Cultivate curiosity by asking questions, exploring new subjects, and staying informed. Read widely, attend lectures, and pursue lifelong learning opportunities.

4. Self-awareness:

Definition: Understanding one's own strengths, weaknesses, biases, and emotions is crucial for intellectual maturity.

How can we develop this? Reflect on your thoughts and actions, seek feedback from others, and be open to self-improvement. Develop emotional intelligence to understand and manage your emotions effectively.

5. Resilience:

Definition: Intellectual maturity involves the ability to bounce back from setbacks, learn from failures, and persist in the face of challenges.

How can we develop this? Embrace challenges as opportunities for growth. Learn from failures, adapt to changing circumstances, and cultivate a positive mindset.

6. Communication Skills:

Definition: Being able to express ideas clearly, listen actively, and engage in constructive dialogue is a hallmark of intellectual maturity.

How can we develop this? Practice effective communication in both written and spoken forms. Seek feedback on your communication style and actively work on improving it.

7. Ethical Decision Making:

Definition: Intellectual maturity includes making ethical decisions based on a

thoughtful consideration of values and principles.

How can we develop this? Reflect on your values and ethical principles. When faced with decisions, consider the potential impact on yourself and others. Seek guidance from ethical frameworks and role models.

8. Continuous Learning:

Definition: Intellectual maturity involves a commitment to ongoing learning and personal development.

How can we develop this? Stay curious and never stop learning. Attend workshops, read books, take courses, and actively seek opportunities for personal and professional growth. It's also important to note that these aspects of intellectual maturity are interconnected and often overlap. Furthermore, individuals may exhibit varying levels of maturity in each dimension.

Developing intellectual maturity is a lifelong process that involves a combination of self-awareness, learning, and practical application of knowledge and skills. It is about cultivating a mindset that values critical thinking, open-mindedness, and continuous improvement.

As a community we can foster developing intellectual maturity by also focusing on creating opportunities for:

1. *Education:* Education is one of the most important factors that contribute to intellectual maturity. It provides individuals with the knowledge and skills necessary to think critically and solve problems effectively.
2. *Experience:* Experience helps individuals develop their intellectual abilities by exposing them to new situations and challenges
3. *Environment:* Creating an environment conducive to developing intellectual maturity is important



Navigating Life's Complexities with Self-Awareness and Resilience



Emotional maturity, also known as emotional intelligence or emotional resilience, refers to a person's ability to understand, manage, and express his/her emotions in a healthy and constructive way. It involves a range of skills and traits that enable individuals to navigate their own emotions and effectively interact with others. Here are some key components of emotional maturity:

1. **Self-awareness:** Emotionally mature individuals have a deep understanding of their own emotions, including their triggers (people or situations that cause certain emotions), strengths (areas where they are strong emotionally), weaknesses (areas where they are weak emotionally), and the impact of their feelings on their thoughts and behaviour. For example, if upset they must understand, whether they are angry or sad and which people and situations have



Dr. Avinash De Sousa
Consultant Psychiatrist, Mumbai

triggered those emotions like friends, their boss or some family members and thus they may avoid or negotiate those triggers.

2. **Emotional regulation:** They possess the ability to manage and regulate their emotions effectively. This means they can control impulsive reactions and avoid excessive emotional outbursts, even in challenging situations. For example, if someone says something to them in public or at home, they must be able to control their anger and prevent an outburst from happening.
3. **Empathy:** Emotional maturity involves being

able to empathize with the feelings and perspectives of others. People who are emotionally mature can understand and relate to the emotions of those around them, which contributes to better interpersonal relationships. Eg. They must be able to understand the sorrow, anguish, joy of people around them.

4. **Social skills:** Emotionally mature individuals tend to have strong interpersonal skills. They can communicate their emotions and needs clearly, resolve conflicts diplomatically, and maintain healthy boundaries in relationships. Example, one must engage in free and frank conversations with friends and family so that what one is feeling is conveyed in simple language and also appreciated by others.
5. **Adaptability:** They are flexible and adaptable in the face of change and adversity. Emotional maturity allows individuals to cope with stress and difficult situations. For examples, when making decisions about an important work assignment or their child's future or career one must think steadily and not be rash and make a hasty decision.
6. **Responsibility and accountability:** Emotionally mature people take responsibility for their actions and their impact on others. They are willing to acknowledge their mistakes, apologize when necessary. Saying sorry never makes one small. It means we value the relationship more than our ego.
7. **Resilience:** Emotional maturity often goes hand-in-hand with resilience. This means being able to bounce back from setbacks, disappointments, and failures without becoming emotionally overwhelmed. Eg. One is able to bounce back from death of a close family member, loss of a job or failure in an exam or losing a football match.
8. **Emotional independence:** Emotionally mature individuals do not rely solely on external validation or the approval of others

to feel good about themselves. Eg. Do not depend on the approval of others or likes on social media to determine how good you are. Realise that you are good, and these things do not matter.

9. **Conflict resolution:** They are skilled at resolving conflicts in a constructive manner, seeking win-win solutions rather than escalating disputes. Eg. Spouses and family members can resolve issues by speaking amicably rather than fighting or arguing.
10. **Emotional growth and learning:** Emotionally mature individuals are open to personal growth and self-improvement. They actively seek opportunities to learn from their emotions and experiences.



Do not depend on the approval of others or likes on social media to determine how good you are.

How does one develop emotional maturity

Developing emotional maturity is a lifelong process that involves self-awareness, self-regulation, and ongoing personal growth. Here are some steps and strategies to help you develop emotional maturity:

Self-Awareness:

Practice introspection: Take time to reflect on your thoughts, feelings, and behaviours. Journaling can be a helpful tool for self-reflection. Eg. Keep a diary and write daily about your feelings, events and people.

Identify emotional triggers: Pay attention to situations or events that trigger strong emotional reactions in you. Understanding these triggers is

the first step in managing them. Eg. Identify situations, people and things that irritate or upset you – make a list.

Practice mindfulness: Mindfulness techniques, such as meditation and deep breathing exercises, can help you become more aware of your emotions as they arise.

Emotion Regulation:

Learn to pause: When you feel a strong emotion, take a moment to pause and think before reacting. This can prevent impulsive responses.

Develop coping strategies: Find healthy ways to cope with stress and negative emotions, such as exercise, relaxation techniques, or talking to a trusted friend or therapist.



Be honest and clear about your feelings and needs, while also being a good listener.

Practice empathy: Put yourself in others' shoes to better understand their perspectives and emotions. This can help you respond more empathetically in interpersonal situations.

Communication:

Improve your communication skills: Work on effective and assertive communication. Be honest and clear about your feelings and needs, while also being a good listener.

Use "I" statements: When discussing your emotions or needs, frame them using "I" statements (e.g., "I feel hurt when..."). This helps avoid blaming others.

Conflict Resolution:

Learn conflict resolution skills: Practice techniques for resolving conflicts constructively,

such as active listening and finding mutually beneficial solutions.

Avoid avoidance: Address conflicts rather than avoiding them, as unresolved issues can lead to emotional stress.

Self-Compassion:

Treat yourself with kindness: Be gentle with yourself when you make mistakes or face setbacks. Self-compassion is an important aspect of emotional maturity.

Avoid self-criticism: Instead of harshly criticizing yourself, focus on learning and growing from your experiences.

Seek Support and Feedback:

Consider therapy or counselling: A trained therapist can provide guidance and support in developing emotional maturity.

Seek feedback: Ask trusted friends or family members for feedback on your emotional reactions and behavior. They may offer valuable insights.

Personal Growth:

Set personal development goals: Identify areas where you want to improve your emotional maturity and set specific, achievable goals.

Embrace challenges: View challenges and adversity as opportunities for personal growth and learning.

Patience and Persistence:

Understand that developing emotional maturity takes time and effort. It's a continuous journey, and setbacks are normal.

Remember that everyone's journey toward emotional maturity is unique, and it's okay to seek professional help if you encounter significant challenges or emotional issues along the way. Developing emotional maturity can lead to more fulfilling relationships, better decision-making, and an improved overall quality of life.

ATTAINING FINANCIAL MATURITY



Dr. Joseph Kanayamplakal
Head Research, Emkay Wealth Management

The adage “Keeping up with the Joneses”, means to strive to get all the material things one’s neighbours or associates have. While this economic phenomenon was observed in the 1980s by American economists, it has become a ubiquitous behaviour pattern, and a source of splurging and mindless expenditure, in the developing countries in the last three decades. The tech revolution and the resultant mass affluence that it brought with it acted as a catalyst for this behaviour. While it may be a good idea to spend as you earn, it is equally important to be aware of certain variables that can impact your long-term financial security. Attaining financial maturity, would require planning one’s finances, drawing a clear path, reviewing, and evaluating the outcomes periodically, and carrying out course corrections, if required.

The Three Stages: There are broadly three stages

that are identifiable in the financial life of a person. These are the accumulation stage, the preservation stage, and the transmission stage. The first stage, which is the accumulation stage is from 25 years to 55 years. This is the time one earns money through work or business and invests it to generate periodic returns and grow the money. As one reaches the age group of 55 plus, one should take much lesser risks and the objective becomes preservation of what one has accumulated. In the third stage, which is the transmission stage, one may be around 65 or 70 years of age, and one needs to gradually transmit or handover things to children or grandchildren. One needs to clearly visualize the three stages and act most appropriately.

Why Plan our Finances: First, there are a lot of uncertainties in life and in the financial environment. In our own time, we have seen the Great Recession of 2007-2008. Such situations happen as part of economic cycles. Currently, the global economy is passing through a phase of lower economic growth and high inflation. Layoffs by big companies like Amazon, Meta,

Twitter etc. is in the news. Due to such uncertainties, created by economic phenomena, we need to plan our finances. Secondly, the phenomena of rising costs. Due to inflation, costs have gone up across the board, affecting education, healthcare, travel, hobbies etc. The costs are going to escalate further as years pass by and this requires planning. Finally, there could be occasions which would demand emergency liquidity. To stay liquid, one should invest in liquid assets.

Financial maturity, would require planning one's finances, drawing a clear path, reviewing, and evaluating the outcomes periodically, and carrying out course corrections

Setting Goals: In one's financial life, one may have several objectives and goals like children's education, buying a house, buying a second house, buying a car, healthcare, providing for children's marriage, travel, and holidays. All of this can happen only over a period of time, and not overnight. Therefore, the essence of this is time. The earlier one starts investing the better the returns. Money that is invested early compounds itself over a longer period of time. One can start investing with a sum as small as ₹500 and the best day to start investing is today.

While dealing with family finances, there are certain principles that one needs to keep in mind. The first principle is that one should live within one's means. Many a time, we tend to live beyond our means especially in an urban set up due to what is called Demonstration Effect. We try to imitate other people, their big houses and big cars and their habits. But the important thing here is the question - can I afford it? Second, there should be transparency among family members on what they earn and what they spend and

where they have invested the money. This helps us identify critical issues at the right time. Finally, when you are faced with problems, please ask for help. Help may come from your parents or siblings or cousins.

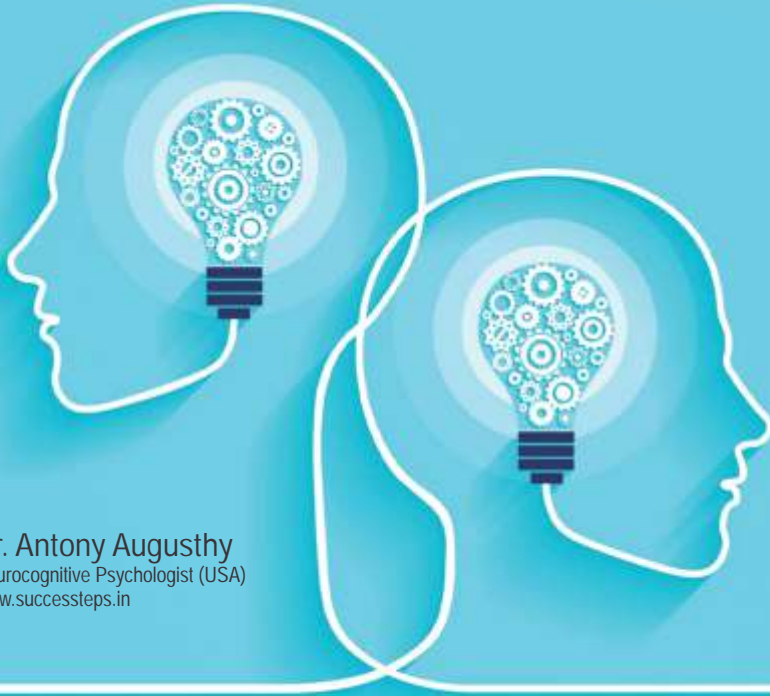
Two Wheels of Planning: There are two popular wheels for planning finances. First is planning through mutual funds and the second is planning through insurance. Planning through mutual funds will give you access to equities as well as bonds or fixed income. These investments are cost-effective, and the portfolios are quite diversified. They are transparent as mutual funds declare the value of the portfolio on a daily basis. Yet another benefit which mutual funds bring to the table is that even if you have as small an amount as Rs.500/- you can still invest it.

The second and most important instrument of planning is insurance. First comes health insurance. Healthcare costs are extremely high, and they will go up further. The only way to meet such costs, without feeling the burden, is to have an insurance cover. This cover should be for the whole family, means one should cover all the family members including dependent parents. If this is not done, then the steep rise in costs could wipe out your savings. Also, good medical attention may become unaffordable over time. Another thing that you should take care of is life insurance, preferably, through term plans. There are people who approach insurance as an investment. But please bear in mind the fundamental principle - insurance is for protection and not for investment.

Finally, it is important to work hard and earn well. That is what we are created for, and it is fully legitimate and ethical. It is equally our duty to make sure that with whatever we have, a helping hand is extended to the poor and the needy. It is important to look at the centrality of charity in Christian life. As St. Thomas Aquinas writes, the perfection of Christian life consists chiefly in charity. Charity unites a person to God by grace, love, and friendship.



THE PATH TO SOCIAL MATURITY



Dr. Antony Augusthy
Neurocognitive Psychologist (USA)
www.successteps.in

Significance of Social Intelligence

We humans are inherently sociable creatures, and it is hard to envision our life without the companionship of others. Our ability to connect and interact with one another is an essential part of who we are. When we grow socially, we create an environment that fosters trust, cooperation, harmony, and peaceful living—an important mindset for success in society. On the other hand, a lack of social intelligence can lead to self-centeredness, conflicts, fear, and constant tension.

The evolution of the human brain has given rise to what we can call a "social brain" network. This network is in charge of assisting us in understanding and connecting with others. It helps us to decode actions, gestures, and attitudes, revealing hidden emotions and thoughts—a capacity known as "theory of mind" or "mentalizing," which is a key component of human cognition and is required for social functioning.

The key to developing our social intelligence is to strengthen both our emotional and cognitive faculties. Emotions frequently can stimulate our

impulsive behaviours, whereas cognition is based on facts and careful forethought. The talent is in achieving the best balance between these qualities, resulting in what we might term the wise mind's discerning intelligence. It is vital to be emotionally aware while responding rationally. Hence, developing social intelligence entails balancing emotional intelligence and cognition to foster the wise mind within us.

Navigating Social Dynamics

The ability to quickly assess and comprehend the social context and dynamics of a specific event is a basic component of social intelligence. Being mindful of people's moods, emotions, and nonverbal cues such as body language and tone of voice are all part of this. Based on this insight, socially competent individuals can modify their behaviour, communication style, and even emotional responses. Recognizing the complex patterns of human interaction in many circumstances and keeping a vigilant and informed awareness of their environment is essential to this.



Emotional regulation prevents emotional outbursts that can harm your relationships.

The ability to "read a room" is just as important as being able to regulate one's own emotions. Social awareness refers to your ability to notice and analyse the emotions of people as well as the unfolding dynamics inside your workplace or social sphere. Empathy is actively practised by people who have a high level of social awareness. They make a deliberate effort to understand the thoughts and feelings of others. This profound knowledge enables you to communicate and

collaborate flawlessly, enabling productive and harmonious relations.

Hashtags to Handshakes

Even though we are inherently social beings, our once-confident ability to navigate social interactions has become shaky in today's fast-paced technological world. The benefits of social media are undeniable, but excessive use can lead to feelings of loneliness and unhappiness. According to Harvard University research, using social media, gaming, or any other excessive screen time activates the same brain regions as addictive substances, stimulating dopamine neurons that reward this behaviour and make it addictive. This condition, termed the "digital drug" is similar to substance addiction. The "digital drug" situation is comparable to drug addiction. It can even lead to social anxiety disorder, which can interfere with our real-life relationships, study, work, physical health etc. According to a study, persons who use the internet excessively from a young age frequently struggle with their social skills, becoming less considerate in communication and feeling more hesitant in face-to-face interactions, eventually leading to social isolation.

Jesus: The Epitome of Social Intelligence

Jesus, as revealed in the Gospels, emerges as an ultimate example of social maturity, offering profound insights into humanity and the transformative power of unconditional love. His approach, though simple, was deeply impactful. He demonstrated genuine love means serving others, through acts of healing and compassion. His unwavering and unconditional forgiveness went beyond mere words, even amid brutal torture and excruciating pain. This emphasised the transformative power of forgiveness in forging harmonious relationships.

Jesus embarked on a mission to bestow abundant blessings and promote abundant life, aiming to alleviate suffering and instil hope while helping others navigate life's countless trials. He treated



everyone equally and viewed every person as a sibling, regardless of race, wealth, gender, or social status, recognizing the common bond that unites humanity. Fearlessly confronting societal wrongs and injustices through direct and honest teachings, Jesus emphasized aligning words with actions as a crucial aspect of social intelligence.

His compassion encompassed caring for the vulnerable, enjoying moments with children, and appreciating nature's beauty, emphasizing the importance of nurturing and protecting those in need. He disassociated the sin and loved the sinner, seeking out the lost and expanding the concept of family to include those aligned with God's will.

In essence, Jesus's life and teachings serve as a blueprint for cultivating social intelligence and prioritizing love, compassion, and service in human interactions. His embodiment of key social values guides us on our journey towards greater social maturity, emphasizing qualities like forgiveness, humility, servant leadership, patience, seeking the common good, discernment, prayer, reflection, and community involvement.

Nurturing Social Intelligence

Mastering social intelligence is more than just acquiring knowledge and skills; it entails a deeper understanding and application of key psychological factors driving human behaviour.

It involves refining your capacity to engage effectively and harmoniously with others in various social settings. Predominantly, it incorporates three important categories of strengths: self-mastery, interpersonal skills, and the ability to take successful action to achieve positive outcomes. These strengths are distributed across the following approaches for nurturing social intelligence:

- **Self-Awareness and Self-Reflection:** Take a moment for self-examination, understand your own social needs, and recognise both your strengths and weaknesses in social interactions.
- **Continuous Learning and Adaptation:** Nurture a growth mindset that welcomes lessons from your errors and views the challenges of diverse social situations as opportunities for personal growth.
- **Practice Emotional Regulation:** Develop the ability to manage your emotions effectively. This includes handling stress, frustration, and anger healthily. Emotional regulation prevents emotional outbursts that can harm your relationships.



Avoid misunderstandings and conflicts by communicating openly and honestly.

- **Conflict Resolution and Forgiveness:** Develop strategies to resolve conflicts in your personal, professional and social relationships, prioritizing resilience with forgiveness and reconciliation instead of holding grudges.

- **Social Awareness:** Be attuned to the social context and norms of different situations. Enhance the ability to understand and navigate the complexities of human interaction, including recognizing emotions, social dynamics, and cultural sensitivities.
- **Practice Patience:** Patience can lead to deeper and more meaningful connections. Give people time and space to express themselves. Avoid rushing conversations or making hasty judgments.
- **Active Listening:** Pay close attention when others speak. Give them your full focus,



avoid interrupting, and ask clarifying questions to demonstrate your interest.

- **Observe Non-Verbal Cues:** Be mindful of non-verbal communication, including body language, facial expressions, and tone of voice. Understanding these cues can provide valuable insights into your feelings and intentions.
- **Respect for Diversity:** Commit to honouring the dignity of each person, irrespective of their background or beliefs. Challenge your own biases and actively seek to embrace diversity.

- **Cultivate Empathy and Compassion:** Actively choose to perform acts of kindness and selflessness in your everyday encounters, deepening your comprehension of others' emotions and perspectives.

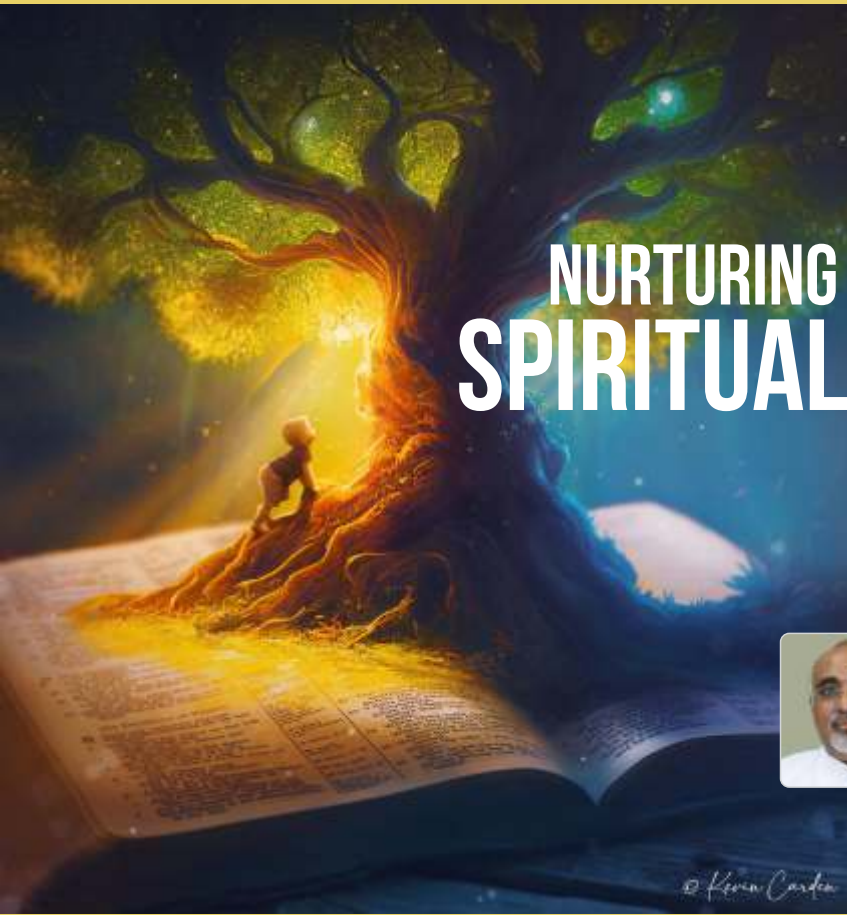
- **Effective Communication:** Work on your verbal and non-verbal communication skills. Be clear and concise in your speech, use appropriate body language, and consider the impact of your words on others. Avoid misunderstandings and conflicts by communicating openly and honestly.

- **Build Relationships:** Invest time and effort in building and maintaining relationships by showing genuine interest, offering support, and being reliable.

- **Community Engagement:** Engage in social justice endeavours or participate in charitable activities within your community to contribute to the greater good.

- **Role Models:** Identify individuals with strong social intelligence and observe their behaviours and interactions to incorporate their positive traits into your interactions.

In a nutshell, social intelligence is a keystone of overall competence, encompassing our conscious or instinctive embrace of essential principles of human conduct and successful life. This, in turn, nurtures the cultivation of a well-rounded and harmonious personality. To paint a vivid picture, think of social intelligence competence as an elegant dance where we gracefully step into one another's shoes, moving to the rhythm of empathy and respect, crafting a captivating choreography of understanding.



NURTURING SPIRITUAL MATURITY

A JOURNEY BEYOND RELIGIOSITY



Dr Rajesh Mathew
Director, Department of Catechism

One would have noticed trees on mountain slopes that keep their center of gravity. They grow deep roots and develop their branches in such a manner to preserve their stability and thus their sustainability. Similarly, being rooted in life matters and finding the right balance is the secret to becoming mature in life. Can the same be related to spiritual maturity? As a catholic priest, I often find myself pondering on the profound journey of spiritual growth and maturity that lies at the heart of our faith. In a world that often confuses religious practices with genuine spiritual maturity, it becomes essential to explore this distinction and understand the traits that mark a spiritually mature Christian.

Spiritual Maturity vs. Christian Religiosity

Before delving into the traits of spiritual maturity, it is important to distinguish between true spiritual growth and mere religiosity. The word religion comes from the Latin word “*religare*” that means “to tie or bind together.” Religion typically involves organized belief systems, rituals, and established institutions. To belong to a religion often means more than sharing its beliefs and rituals; it also means being part of a community of believers. Religiosity often entails adherence to rituals, dogmas, and external practices associated with a faith tradition which, while being important, can sometimes mask a lack of genuine spiritual depth.



Religiosity should be an external expression of our deep-rooted faith whereas spirituality is the true values that guide each one of us from within.

However, there is a general misunderstanding that being spiritual is synonymous with being religious. This misunderstanding is evident in misconceptions like overemphasis on rituals and lack of understanding of those who do not follow the same religion. The emphasis is on rigorous adherence to rituals as opposed to daily living of faith; to claim magical qualities. Even a lack of understanding is evident in their looking down and outright negation of people and the customs of other religions; to term them as pagans or ignorant about true God.

Spiritual maturity, on the other hand, transcends external observances and delves deep into the core of faith. It is a state of being that reflects the transformation of the inner self, the

gradual alignment of one's life with the teachings of Christ, and a deep relationship with God. It is a journey from religion to relationship. It is an inward journey that seeks to connect with something greater than oneself, Jesus Christ. It implies new ways of seeing, hearing, and touching reality; just like the way Jesus lived. It is a quest for inner peace, enlightenment, and a sense of unity with the universe- the Cosmic Christ.

It is crucial to recognize that spirituality and religion are not mutually exclusive; one can be both spiritual and religious. The secret to spiritual maturity lies in striking a balance; both extremes have their pitfalls. The discussion is not about being less religious or how to be more spiritual but to know what it means to grow more like Jesus.

Traits of Spiritual Maturity

1. **Deep Prayer Life:** Spiritually mature individuals engage in prayer not merely as a ritual, but to have an honest conversation with God. For them, prayer is not an obligation, but a desire to be with Christ. They seek solitude and silence, fostering an intimate connection with Him. They strongly aspire to discern and follow God's will in all aspects of life. Such individuals embrace God's plan for them, even when it challenges their own desires. Prayer becomes a way of life; they find God's presence in everything, even in the most ordinary moments.
2. **Humility:** Humility is a distinct mark of spiritual maturity. Mature Christians recognize their need for God's grace and acknowledge their imperfections. They are quick to seek forgiveness, both from God and from

others, and they extend forgiveness with a generous heart. Spiritually mature individuals embody the love of Christ. They express their faith through acts of kindness, compassion, and service to others. They understand that faith without love is empty.

3. Acceptance of Mystery: Mature Christians embrace the mystery of



A transformation of the heart and soul, marked by deep prayer, humility, love, and a continual pursuit to do God's will.

faith, even when they do not fully understand the various aspects of faith that often remain unexplained or unproven. They are comfortable living with the mysteries of God's ways. Spiritually mature individuals are grateful for all the blessings in their life, recognizing that everything

comes from God. They find joy even in the smallest of gifts and acknowledge the source of all goodness. Life's trials and challenges do not deter a spiritually mature individual. They face adversity with faith and resilience, trusting that God is with them in every circumstance. Spiritual maturity brings a deep abiding joy and peace that transcends circumstances. This inner serenity is a sign of total surrender and unfailing trust in the mysterious providence of God.

4. Lifelong Learning: Spiritual growth is an ongoing process. Those who are spiritually mature are committed to lifelong learning, continually seeking to deepen their understanding of the scripture, theology, and teachings of the Church. Part of their ongoing learning is their openness to actively seek unity within the Church and beyond. They understand that division hinders the mission of Christ and hence will work towards reconciliation and understanding among believers, even of other faiths.

In conclusion, one needs to admit that spirituality and religion are not mutually exclusive; one can be both spiritual and religious. Religiosity should be an external expression of our deep-rooted faith whereas spirituality consists of the true values that guide each one of us from within. Spiritual maturity is a lifelong journey that extends far beyond religious practices and rituals. It is a transformation of the heart and soul, marked by deep prayer, humility, love, and a continual pursuit to do God's will. As we strive for spiritual maturity, may we draw closer to God and, in turn, become conduits of His love in the world.



നഷ്ടപ്പെട്ടുപോയവരെ കണ്ടെത്തുന്നവൻ



മാർ തോമസ് ഇലവനാൽ

കല്യാൺ രൂപതയുടെ മെത്രാൻ

മാർ തെയദോറിന്റെ കുദാശക്രമത്തിലും മാർ അദ്ദായി മാർ മാറി കുദാശക്രമത്തിലെമ്പോലെയെ നാല് പ്രണാമവൃത്തങ്ങളാണുള്ളത്. ഓരോ പ്രണാമവൃത്തങ്ങളിലും കുശാപ്പ, പ്രാർത്ഥനാഭൃതമന, ഗ്ഹന്ത അഥവാ പ്രണാമജപം, കനോന എന്നീ നാലു ഘടകങ്ങളുണ്ട്. കൂടാതെ, മൂന്നു കുദാശക്രമങ്ങൾക്കും പൊതുവായുള്ള ഘടകങ്ങളുമുണ്ട്.

വിശ്വാസപ്രമാണത്തിനുശേഷം കാർമ്മികൻ ശുശ്രൂഷിയെ ആശീർവ്വദിച്ചശേഷമാണ് ഓരോ കുദാശക്രമവും ആരംഭിക്കുന്നത്. 'നഷ്ടപ്പെട്ടു പോയവരെ കണ്ടെത്തുകയും' എന്നു തുടങ്ങുന്ന പ്രാർത്ഥന താഴ്ന്നസ്വരത്തിൽ ചൊല്ലിക്കൊണ്ട് കാർമ്മികൻ ബലിപീഠത്തെ സമീപിക്കുന്നു. (റാസക്രമം P. 122). കർത്താവ് ചെയ്യുന്ന നാല് കാര്യങ്ങൾ ഈ പ്രാർത്ഥനയിൽ പ്രത്യേകം ഓർക്കുന്നു : നഷ്ടപ്പെട്ടുപോയവരെ കണ്ടെത്തുന്നു, ചിതറിപ്പോയവരെ ഒരൂമിച്ചു കൂട്ടുന്നു, അകന്നു പോയവരെ അടുപ്പിക്കുന്നു, വഴിതെറ്റിപ്പോയവരെ തിരിച്ചുകൊണ്ടുവരുന്നു. ഇതെല്ലാം ഓർത്തുകൊണ്ട് കർത്താവിനെ സ്തുതിക്കുന്നു.

കൃപയാൽ വിളിച്ചു.

തുടർന്ന് കാർമ്മികൻ ദൈവത്തിന് നന്ദി പറയുന്നതു വീണ്ടും നാല് കാര്യങ്ങൾ ഓർത്തുകൊണ്ടാണ്. ബലഹീനനായ തന്നെ കൃപയാൽ വിളിച്ചു, കാര്യങ്ങളാൽ ദൈവത്തിന്റെ പക്കലേക്ക് ആനയിച്ചു, പരിശുദ്ധ കത്തോലിക്കസഭയിലെ സവിശേഷ അംഗമായി നിയമിച്ചു, ബലിയർപ്പിക്കാൻ നിയോഗിക്കുകയും ചെയ്തു.

ഈശോമിശിഹായിൽ സംപ്രീതനായി

'ഞങ്ങളുടെ രക്ഷകനായ ഈശോമിശിഹായിൽ സംപ്രീതനായി' എന്നാണ് പ്രാർത്ഥന തുടരുന്നത്. ഹെബ്രായ ലേഖനത്തിൽ പറയുന്നതുപോലെ പഴയനിയമത്തിലെ "ദഹനബലികളിലും പാപപരിഹാരബലികളിലും അവിടന്ന് സംപ്രീതനായില്ല" (10 : 6). അവയെല്ലാം വരാനിരുന്നവയുടെ നിഴൽ മാത്രമായിരുന്നു. (10 : 1) മരണത്തോളം പിതാവിന്റെ ഹിതം നിറവേറ്റിക്കൊണ്ട് കുരിശിൽ ഈശോ അർപ്പിച്ച ബലിയിൽ പിതാവ് സംപ്രീതനായി എന്ന് ഇവിടെ പ്രാർത്ഥനയിൽ ഏറ്റുപറയുന്നു : "രക്ഷകനായ ഈശോമിശിഹായിൽ സംപ്രീതനായി". അതിന്റെ ഫലമായി "നമുക്ക് ക്രിസ്തുവിൽ പാപമോചനവും അവന്റെ രക്തം വഴി രക്ഷയും കൈവന്നിരിക്കുന്നു". (എഫേ. 1 : 7). പ്രാർത്ഥനയിൽ ചൊല്ലുന്നതുപോലെ അതിനാൽ "സകല മനുഷ്യരുടേയും പാപങ്ങൾ മോചിച്ച് അനുരഞ്ജിപ്പിക്കാൻ ദൈവം തിരുമനസ്സായി". ആകയാൽ നമ്മൾ അർപ്പിക്കുന്ന ബലി കർത്താവിന്റെ "പീഡാനുഭവത്തിന്റേയും മരണത്തിന്റേയും സംസ്കാരത്തിന്റേയും ഉത്ഥാനത്തിന്റേയും ഓർമ്മയാചരണ"മാണ്. അത് 'സജീവവും പരിശുദ്ധവും സ്വീകാര്യവുമായ ബലി'യാണ് എന്നും പ്രാർത്ഥനകൾ നമ്മെ അനുസ്മരിപ്പിക്കുന്നു.

കാർമ്മികന്റെ പ്രാർത്ഥനാഭൃതമനക്കുശേഷം കാർമ്മികൻ താഴ്ന്നസ്വരത്തിൽ ചൊല്ലുന്ന 'കർത്താവും ദൈവവുമായ മിശിഹായേ' എന്ന കുശാപ്പ ഒന്നാമത്തെ കുദാശക്രമത്തിലേതുതന്നെയാണ്.

Who find out the lost

Mar Thomas Elavanal
Bishop, Diocese of Kalyan

As in the Koodasa of Mar Addai and Mar Mari, in the second Koodasa of Theodre too, there are four Gehantha cycles. In every Gehantha cycle there are these prayers: Kusappa, prayer request,

Gehantha and Kanona. Besides there are the prayers and rites common to all three orders of Koodasa. Each order of Koodasa begins after the prayer of blessing of the deacon after the creed.

Reciting the prayer “I glorify, you Lord, who find out the lost” in a low voice, the celebrant approaches the altar. In this prayer we remember four things, that the Lord accomplishes for us. He finds out the lost, gathers the dispersed, draws near those who are far and brings back the wayward. Remembering all these we thank the Lord.

Through Your Grace You called

Then the celebrant thanks God remembering four actions of God: That you called me, weak as I am, draws me near to you in Your mercy, set me as a distinctive member in the holy Catholic Church and ordained me to offer the sacrifice.

Well pleased in Jesus Christ

The prayer continues “Lord God, you who are well pleased in our Saviour Jesus Christ”. We read in the letter to Hebrews “In burnt offerings

and sin offerings you have taken no pleasure”. (10:6) They were “only a shadow of the good things to come”. (10:1) Here in prayer we see that God the Father was pleased with the sacrifice of Christ on the cross who surrendered Himself to the will of God till death. So we pray here, “you were well pleased in our Saviour Jesus Christ”. As a result “In Him we have redemption through His blood and the forgiveness of our trespasses”. (Ep. 1:7) Hence we recite in the prayer: God “deigned to forgive the sins and reconcile all unto you”. So we offer, this sacrifice “the commemoration of the passion, death, burial and resurrection of Your beloved Son.” And the prayer reminds us that this is the “living, holy and acceptable sacrifice” before God. The Kusappa that the celebrant recites, after the request for prayer of the community, is the same as the one in the first Order of Koodasa.

BISHOP'S DIARY

NOVEMBER - 2023

1st	Curia Meeting	17th	Seminar - Goregaon
4th-6th	Gorakhpur	18th	Holy Communion - Handewadi, Pune
7th	Presbyterium & Consultors' Meeting - Bishop's House	19th	Holy Communion - Kalamboli & Kamote Qurbana & Parish Day - Nerul
8th	Curia Meeting	22nd	Curia Meeting
9th	Cemetery Trust Meeting - Vashi	23rd	Holy Communion - Mira Road
10th	Qurbana - Cathedral Kalyan (W)	24th	Qurbana - Vasai (W)
11th	Qurbana - Kalyan (E)	25th	Meeting of the NGOs
12th	Holy Communion - Ambernath	26th	Qurbana - Marol
12th-15th	Eparchial Assembly - ARC	27th	Church blessing - Rahuri
16th	Curia Meeting	28t-29th	Ahmed Nagar Mission Visit

Bishop's Charity Fund 2023

Particulars	Income	Expenditure	Balance
Opening Balance	10,46,439.00		
Donations Received	8,54,802.00		
Education, Medical and Financial Help		13,41,125.00	
Closing Balance			5,60,116.00

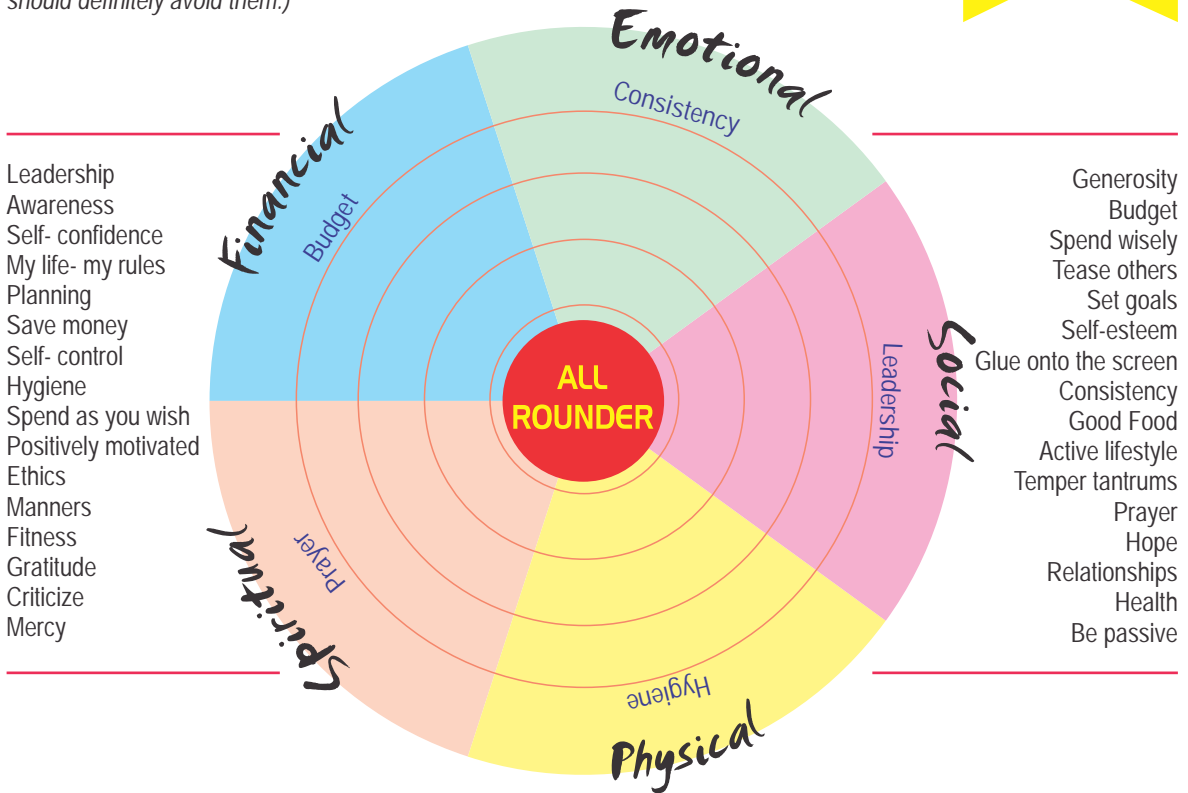
GEAR UP RIGHT!!

Maturity is the All-round development of an individual.

What can we do in order to achieve this? How can you and I become an amazing individual? Categorize the correct actions into the right categories. One example each is given to you. (PS: there are a couple of imposters/ "we must not do" actions as well- You should definitely avoid them.)



**KIDS
CORNER**



Mail the completed puzzle to lanternkidsroom@gmail.com mentioning your name, catechism section and parish **before 20th November 2023**. Names of selected winners will be published in the next issue of Kalyan Lantern.



Sophia Joseph
Holy Trinity Church, Thane

Selected winners of the last month's Crossword

- | | | |
|--------------------------|--------------------------------|--------------------------|
| Alma Baby, Nashik Road | Esther Sabu, Vashi | Jovin Joji, Talegaon |
| Angelyn Antony, Bhosari | Evelyn Sijo, Tikujiniwadi | Marvel Emmanuel, Mulund |
| Anna Maria Jose, Dapodi | Giselle Franklin, Vartak Nagar | Roshni Kanjamala, Boisar |
| Austin Renish, Nerul | Helena Anto, Sakinaka | Tressa Roy, Powai |
| Devona Sabu, Kalyan East | Jilsa Geejo, Katraj | |

Kalyan Eparchy Pastoral Council Meeting, September 23, 2023

The second meeting of the 14th Pastoral Council was held at ARC Panvel on September 23, 2023. The meeting was presided over by Mar Thomas Elavanal. And Msgr. Francis Eluvathingal welcome the Pastoral Council members, and Rev. Fr. Joju Arackal, Chancellor of the Eparchy introduced the main agenda for the day – Kalyan Eparchial Perspective Plan 2030 (KEPP2030), and the three core themes laid out in the Lineamenta. The KEPP 2030 presented ten themes relevant to the Eparchy -New Evangelization, Faith Formation & Ongoing Faith Formation, Pastoral Ministry, Christian Family- the Domestic Church, Preservation of Syro- Malabar Identity, Care for Migrant Families, Church Personnel -Clergy, Religious, and Lay Leaders -Formation and Empowerment, Christian fellowship -Socio-Political-Ecclesial Relationship and Harmony, Media Ministry – Communication and Evangelization, and Eparchial resources – Development and Management.

Formation of themes were distilled further into three core themes which are at the heart of the spiritual life of the faithful. The three core themes are (i) Family-centred Faith Formation, (ii) Rededicating for the Proclamation of the Gospel, and (iii) Renewed Approach for Pastoral Ministry.

The three core themes were presented to the Pastoral Council by Msgr. Francis, Rev. Fr. Paul Kunduparambil and

Rev. Fr. Cyriac Cumbatt. Fr. Paul presented a brief outline of the first theme and stressed the importance of the family in faith formation, and the uniqueness of family catechesis., Msgr. Francis dwelled deeper on the second theme highlighting the objectives of our mission, the challenges for evangelization in India, and the possibility of a mission in the Parish territory. Rev. Fr. Cyriac Cumbatt emphasized the importance of people-centred and Christ-centred Pastoral Ministry.

After the three presentations on the core themes, the seven basic questions which form a part of the concluding part of the Lineamenta were taken up for deliberations. Seven groups were formed from among the Pastoral Council members, and the groups were asked to prepare their responses to the seven questions, each group focusing on the one question assigned to them, in the context of personal life, family life, and the parish life. After a brief discussion, the teams got back with their responses and these responses were presented by the seven groups, team-wise, with a time span of 2-3 minutes each. There were many interesting and useful responses, and the responses have been codified, organized and preserved separately for future reference of the Pastoral Council and it will be taken to the assembly for further discussions.

IIIrd EPARCHIAL ASSEMBLY - 12th to 15th November 2023

“Mission and life of the Eparchy of Kalyan in Response to the needs of the time”

The Eparchial assembly is an ancient ecclesiastical institution and it is one of the organs assisting the bishop in the governance of the eparchy. The different organs of the eparchy have a great role in the teaching, sanctifying and governing functions of the Church. Due to the development of the communion theology in Second Vatican Council, it gave more importance to the participation of Christian faithful (Christifideles) especially religious and laity. With the promulgation CCEO 1990 by Pope John Paul II, the celebration of the eparchial assembly has received a fresh vigor with its prospect for the future fulfilment of these objectives in the present day situations. CCEO cc.235 to 242 deals the norms and conditions for the administration of the eparchial assembly (CIC can. 460-468). The celebration of the eparchial assembly has always been significant event for any eparchies. This celebration of the eparchial assembly is more like a fresh start, reforming of forces, and a new direction to the eparchy.

Eparchial Assembly strengthens the eparchy with the acts of communion, promotes ecclesiastical regulations and also provides protection from all kinds of threats. It is also an instrument of reform in the eparchy. It continues to be a grace for the eparchy. The suggestions derived from the eparchial assembly are the reflection of the mind of the

faithful in the eparchy. It assists the eparchial bishop as a consultative organ, to discern and genuinely respond to the needs of the time. Therefore the faithful should get sufficient knowledge about this consultative organ and should be prepared healthily.

We are in preparation of the third assembly which will be held from 12th to 15th November 2023 at Animation and Renewal Centre, Panvel. We have participation from all strata of people ie. Priests, religious and lay faithful. This assembly we are conducting in the light of the Kalyan Eparchial perspective plan 2030 and in preparation to the coming Major Archi Episcopal assembly which will be held in 2024. The theme we have chosen is “Mission and life of the Eparchy of Kalyan in Response to the needs of the time”, this is in tune with the theme of Major Archi Episcopal assembly. We are discussing all ten core themes of KEPP 2030 but with a special attention to three namely (i) Rededicating for the Proclamation of the Gospel, (ii) Family-centred Faith Formation, and (iii) Renewed Approach for Pastoral Ministry. After the assembly we will come out with concrete plans for the coming seven years to achieve our vision – “Becoming the beacon of Christ, rooted in the Syro Malabar identity, reach out to all to build the Kingdom of God”.

Catechism Teachers Day Celebration

Catechism Teachers Day was celebrated on 24th September, 2023 at St Thomas' Cathedral, Kalyan West. The Annual Report for the academic year 2022-23 was read by the Secretary, Mr Don Bosco. 450 teachers gathered for the annual event which was graced by our Bishop Mar Thomas Elavanal. An enlightening session for teachers was taken by Mr Shirish Sebastian, an International Educator

and Wellness Coach. Teachers who completed 5, 10, 15 years of service with Catechism Department was felicitated. Certificates and trophies for the catechism scholarship students and Best Catechetical units were also awarded. The Department also complimented the efforts put in by Ex Head Teachers and Ex Forane Secretaries and offered gratitude for their service.



Kalyan Eparchy Youth - Talentia 2023

Talentia 2023, a talent hunt competition was held on 24th October at St Thomas' Cathedral, Kalyan West. Events like Doodle Art, Debate Break-Thru (Dance), One minute to fame, Musical Skit, Scene Contra (Video making), Beat

boxing were held. The event was presided over by His Excellency, Mar Thomas Elavanal and our Youth Director Fr. Soji Pezhathingal and Asst. Director Fr. Jojit Johny. The competition had active participation from all the artists across the eparchy to showcase their talents.



JUBILEE MEET 2023

Kalyan Eparchy Family Apostolate and Kalyan Kudumba Kootayma celebrated Jubilee Meet 2023 at ARC, Panvel on 22nd Oct., 2023 under the guidance of the Director Rev. Fr. Paul Kunduparambil. The event began with a Session on Understanding middle age journey through biological, social, emotional perspective of women by Dr. Jasmin

Johnson M.D. Mar Thomas Elavanal after celebrating the Holy Qurbana exhorted the Jubilarians on the importance of family rooted in faith in Christ Jesus and church teachings. In the presence of many dignitaries children from Nirmal Jeevan Charitable Trust and Panvel Parish showcased their talents in the form of cultural events.





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5th Anniversary in heaven
6th November, 2023

*Those we love don't go away
they walk beside us every day
Unseen, unheard, but always near.
Still loved, still missed and very dear*

Fondly remembered by
Husband: Johnson Kuttikadan
Son: Jeenus Johnson Kuttikadan
Daughter-in-law: Alphy Jeenus
Grand-son: Jevon Jeenus
All Relatives and Friends
Mary Matha Church, Sakinaka

MARY JOHNSON KUTTIKADAN
Birth Date: 29th April, 1951
Heavenly Abode: 6th November, 2018

First Death Anniversary



Jobis Raphael

October 8, 1968 - November 25, 2022

Forever in our Hearts

It broke our hearts to lose you, but you did not go alone.
A part of us went with you, the day God took you home.
If tears could build a stairway, and heartaches make a lane,
We would walk our way to heaven, and bring you back again.
In life we loved you dearly, in death we love you still,
In our hearts you hold a place, No one could ever fill.

Fondly remembered by:

Mother: Lilly Raphael Children: Rosemary Jobis & Savio Jobis
Wife: Smitha Jobis Sisters: Joyce Philip & Fly, Jeny Victor & Fly, Nephews & Nieces

1st Death Anniversary

9-11-2023

"I am the resurrection and the life. He who believes in me will live, even though he dies" John 11:25

Fondly remembered by

Beloved Wife: Rosamma Jacob

Sons: Joseph & Antony

DIL: Philo & Simy

Grand children: Evelyn, Jaden & Jacob

JACOB JOSEPH KURACHERIL

Former 2nd Trustee

at Immaculate Conception Church, Dombivli

Born on: 14-04-1951

Died on: 09-11-2022

Mother of Victory Shrine, Tikujiniwadi

*10th Death Anniversary
Remembrance*



M. R. VARGHESE
30/04/1938 - 20/11/2013

*Death leaves a heartache no one can heal.
Love leaves a memory no one can steal.
We miss you Dad!*

Beloved Family:
Daisy Varghese (Wife)
Children & Grandchildren

1st Death Anniversary
18th November 2023



BEENA RAPHAEL
Born on: 16/10/1940
Died on: 18/11/2022

We think of you in silence
We often take your name
All we have are memories
And your picture in a frame
Your memory is a keepsake
From which we will never part
God has you in His arms
We have you in our heart

Deeply mourned and remembered by
Husband: C D Rappai
Son: Roy Raphael
Daughters: Sheela Anthony, Shiny Robin
& family members

St. Francis of Assisi Parish, Chembur

1st Death Anniversary

8-11-2023

"He who loves his life loses it and he who hates his life in this world will keep it for Eternal Life." (J.12:25)

"I am my Beloved's and my Beloved is mine.
Song". 6:3



Fondly remembered by:
Husband: K.M.Joseph
Son: Justine
Daughters: Sijo & Lijo mol
Son-in-laws: Antony & Christo
Grand Children: Ava Serena, Ivanna Maria, Daniel Francis, Hazel Nora & Diya Ann.

SILVY JOSEPH KATTIPARAMBIL
09-01-1956 - 08-11-2022

St. Jude Unit, San Jos Church, Wagle Estate

41 days of Heavenly Abode



Quickly and silently came the call,
your sudden death surprised us all,
only those who have lost can tell,
The loss of dear one without a farewell .

A place is vacant in our home ,
A voice we loved is stilled,
A place is vacant in our hearts,
Which never can be filled.

Fondly Remembered By:
Husband: K.V. John
and Family Members

Mrs. Thressia John Kalathingal
(06/06/1954 - 09/09/2023)

St. Joseph's Church, Airoli

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November 17 Friday	6.50 pm 7.00 pm	Kodiyettu Solemn Holy Qurbana, Novena, Ladinju (Intentions: Family / Faith Formation)
November 18 Saturday	7.00 pm	Holy Qurbana, Novena, Ladinju (Intentions: Youth / Children)
November 19 Sunday	4.00 pm 6.00 pm	Solemn Holy Qurbana, Novena, Ladinju (Intention: Parish Fellowship) Jubilee Concluding Programme
November 20 Monday	7.00 pm	Holy Qurbana, Novena, Ladinju (Intentions: The unemployed / Relief from financial crisis)
November 21 Tuesday	7.00 pm	Holy Qurbana, Novena, Ladinju (Intentions: Priesthood / Consecrated Life / Vocation / Sacerdotal Jubilee)
November 22 Wednesday	7.00 pm	Holy Qurbana, Novena, Ladinju (Intention: Married life)
November 23 Thursday	7.00 pm	Holy Qurbana, Novena, Ladinju (Intentions: Parents / Elderly)
November 24 Friday	7.00 pm	Holy Qurbana, Novena, Ladinju (Intention: The Sick)
November 25 Saturday	4.00 pm	Solemn Holy Qurbana, Novena, Procession, Ladinju (Intention: Couples without children)

November 26 Sunday
Feast Day

10.00 am

Solemn Holy Qurbana,
Novena, and Ladinju

November 27
Monday 7.00 pm Requiem Mass for the Departed Souls of our Parish

All are cordially invited to the Little Flower Forane Church, Nerul to participate in the Novena and Holy Qurbana. May God bless you all

Fr. Jacob Porathur
Parish Priest

Fr. Tony Kochuveetil
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