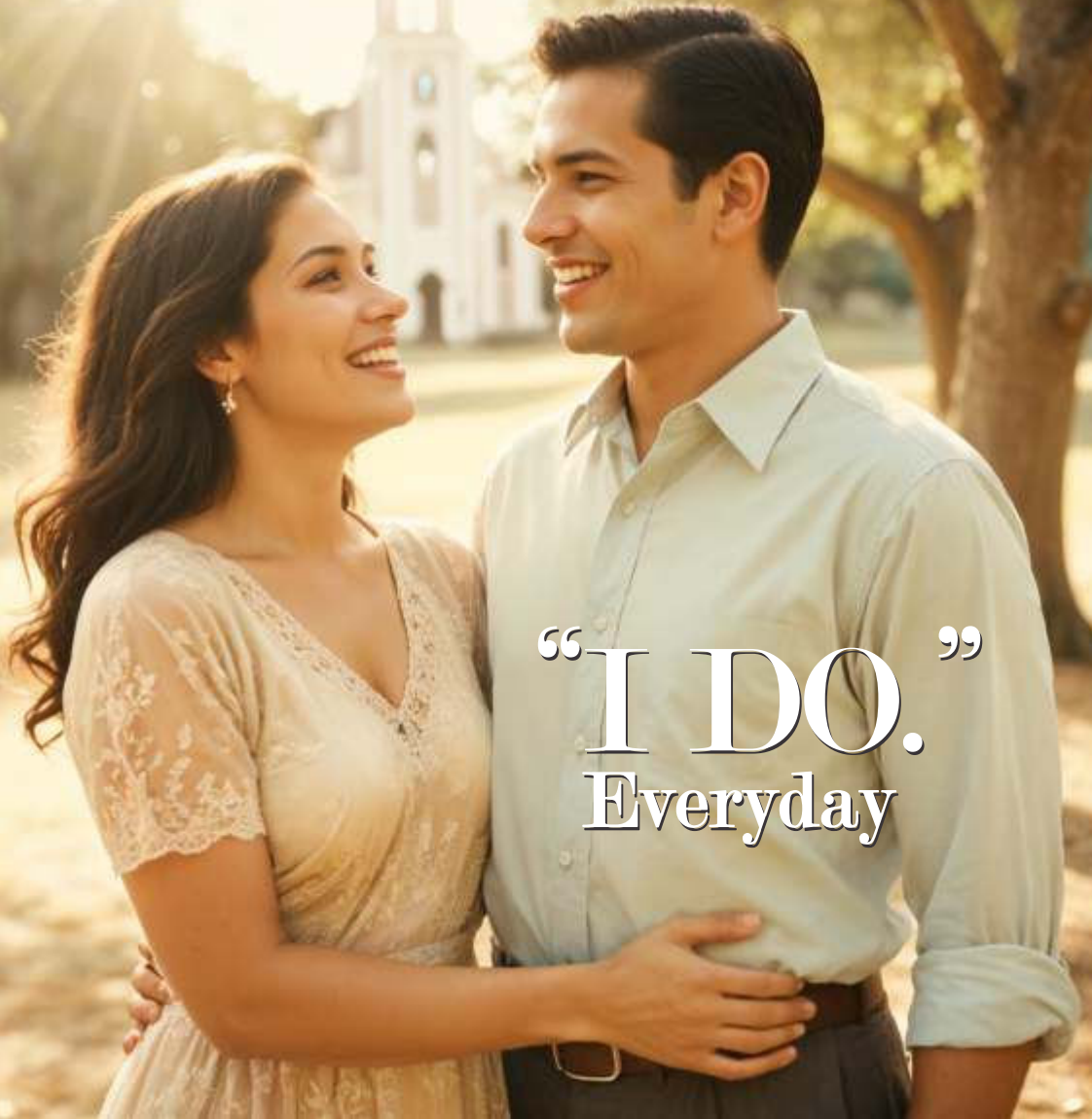


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“I DO.”
Everyday



Happy Feast of
Assumption of our
blessed mother Mary
and
Happy Independence Day



*Festal
greetings*
TO ALL OUR
PARISH PRIESTS

ST. JOHN
MARIA VIANNEY
PATRON OF PARISH PRIESTS



Marriage marks one of the most profound transitions in a person's life. Despite thorough preparation, it often unfurls with unexpected challenges. The intimate world that was once yours alone—the space, the routines, the solitude—is now a shared space. While love remains a cornerstone of this new chapter, its day-to-day expression may sometimes take a backseat. What truly matters is how you face life's challenges together.

The essence of a successful marriage lies not just in the initial romantic fervour but in the daily practice of partnership and mutual support. Adapting to the changes and challenges that marriage brings is essential to developing a long-lasting partnership. Walking into this new phase with a strong foundation—hand in hand, as equal partners, with a shared faith in

God—sets the stage for compatibility and living out meaningful relationship.

In this edition of Lantern, we offer a collection of articles designed to guide young couples through various facets of their lives together. Our goal is to emphasize that a marriage should be seen as a journey of mutual growth. By encouraging each other's spiritual and personal development, couples can build a deeper, more meaningful connection.

We hope this issue inspires and supports you as you go through this significant life transition, reinforcing the importance of facing life together with faith, love, and a shared vision for the future.

Dr. Rajesh Mathew
Editor-in-Chief



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

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ജീവിതപങ്കാളി എനിക്കായുള്ള ദൈവിക പദ്ധതി



Fr. Joemon Kurisingal
Amala Matha Church, Mulund

“മനുഷ്യൻ ഏകനായിരിക്കുന്നത് നന്നല്ല; അവനു ചേർന്ന ഇണയെ ഞാൻ നൽകും“ (ഉൽപത്തി 2 : 18).

സൃഷ്ടി കർമ്മത്തിനു ശേഷം ദൈവം തന്റെ സൃഷ്ടിയുടെ മകുടമായ മനുഷ്യനെ നോക്കി പറഞ്ഞ വാക്കുകളാണ്. “മനുഷ്യൻ ഏകനായിരിക്കുന്നത് നന്നല്ല...” അതുകൊണ്ട് മനുഷ്യന്റെ നന്മയ്ക്കായി ദൈവം മനുഷ്യനു ചേർന്ന ഇണയെ മനുഷ്യനിൽ നിന്ന് തന്നെ സൃഷ്ടിച്ചു. അതിനാൽ തന്നെ നമുക്ക് പറയാൻ സാധിക്കും സൃഷ്ടിയുടെ ആരംഭത്തിൽ തന്നെ ദൈവത്തിന് മനുഷ്യനെക്കുറിച്ച് ഒരു പദ്ധതി ഉണ്ടായിരുന്നു എന്ന ഈ വെളിപ്പെടുത്തപ്പെട്ട പദ്ധതി ദൈവവചനത്തിലൂടെയും, സഭയുടെ പഠനങ്ങളിലൂടെയും പ്രകടമാക്കപ്പെടുന്നു.

വിവാഹം ഒരു ദൈവവിളി

ദൈവപദ്ധതി പ്രകാരം ഈ ലോകത്തിൽ ആയിരിക്കുന്നവരാണ് നാമെല്ലാവരും. ആയതിനാൽ വ്യത്യസ്തമായ വിളികൾ സ്വീകരിച്ചുകൊണ്ട് നാം ഓരോരുത്തരും ദൈവീക പദ്ധതി പൂർത്തീകരിക്കുന്നു. മനുഷ്യൻ എത്ര പരിശ്രമിച്ചാലും അവനു വിധിച്ചിരിക്കുന്ന വിളിയിൽ നിന്ന് വ്യതിചലിക്കാൻ സാധിക്കുകയില്ല. കാരണം വചനം പറയുന്നു. “മനുഷ്യൻ പദ്ധതികൾ വിഭാവനം ചെയ്യുന്നു; അന്തിമ തീരുമാനം കർത്താവിന്റെതത്രേ” (സുഭാ. 16:1). “മനുഷ്യൻ തന്റെ മാർഗ്ഗം ആലോചിച്ചു വയ്ക്കുന്നു; അവന്റെ കാലടികളെ നിയന്ത്രിക്കുന്നത് കർത്താവാണ്” (സുഭാ. 16:9). ഒരോ ദൈവവിളിയും നിത്യരക്ഷ പ്രാപിക്കാനുള്ള മാർഗ്ഗമാണ്. വിവാഹജീവിതത്തിലേക്കുള്ള വിളി ലഭിക്കുന്നവരെ സംബന്ധിച്ചിടത്തോളം മറ്റേത് വിളിയെക്കാളും അവർക്ക് നിത്യരക്ഷ നൽകുന്നത് വിവാഹം എന്ന വിളിയാണ്.

ഓരോ വിവാഹവിളിയുടെയും ലക്ഷ്യം ദൈവസ്മനഹത്തിലും സൃഷ്ടികർമ്മത്തിലും പങ്കുകാരാവുക എന്നതാണ്. സ്നേഹിക്കുവാനും, സൃഷ്ടിക്കുവാനുമുള്ള ദൈവീകദൗത്യം സ്വീകരിക്കുന്നതിലൂടെ ജീവിതത്തെ തന്നെ പവിത്രീകരിക്കുവാൻ വിവാഹിതർക്ക് കഴിയുന്നു. ഈ ദൈവീകപദ്ധതി പൂർത്തീകരിക്കുന്നതിനായി ജീവിതപങ്കാളികളെ ചേർത്ത് നിർമ്മിക്കുന്ന വചനമാണ് “അതിനാൽ പുരുഷൻ മാതാപിതാക്കളെ വിട്ട് ഭാര്യയോട് ചേരും. അവർ ഒറ്റശരീരമായി തീരും (ഉല്പ. 2:24). ജീവിതപങ്കാളികൾ അവരുടെ വിവാഹ ജീവിതത്തിൽ ഓർത്തിരിക്കേണ്ട വചനമാണ് “ഒറ്റശരീരമായി തീരുക” എന്നുള്ളത്. വ്യത്യസ്ത ചിന്തകളിലൂടെ, സംസ്കാരത്തിലൂടെ, ജീവിതചര്യകളിലൂടെ കടന്നുവരുന്ന ദമ്പതികൾ അവർ ഒന്നാണെന്ന ബോധ്യം കൈവിടാതെ പരസ്പരം ബഹുമാനിച്ചും, ഐക്യപ്പെട്ടും, ഒരേ ദിശയിലേക്ക് ചരിക്കേണ്ടവരാകണം. ഒപ്പം ദൈവത്തിന്റെ സൃഷ്ടികർമ്മത്തിൽ പങ്കുചേർന്ന് തങ്ങൾക്ക് ലഭിക്കുന്ന കൃണങ്ങളെ ദൈവീകമൂല്യങ്ങളിൽ വളർത്തുകയും വേണം.

ദൈവം യോജിപ്പിച്ച പങ്കാളികൾ

വിവാഹം എന്ന കുദാശ സ്വീകരിക്കുന്ന ഓരോ വ്യക്തികൾക്കും ദൈവം നൽകുന്ന വലിയ ദാനമാണ് അവന്റെ / അവളുടെ ജീവിതപങ്കാളി. ദൈവം യോജിപ്പിക്കുന്ന ബന്ധമാണ് ഓരോ ക്രിസ്തീയ വിവാഹവും. അതിനാൽ തന്നെ ഈ മഹത്തായ ബന്ധം വേർപെടുത്താൻ മനുഷ്യൻ അവകാശമില്ല. വി. മർക്കോസിന്റെ സുവിശേഷത്തിൽ 10-ാം അദ്ധ്യായത്തിൽ ഫരിസേയർ യേശുവിനെ പരീക്ഷിച്ചുകൊണ്ട് ചോദിക്കുന്ന ചോദ്യവും അതിനു ഈശോ നൽകുന്ന മറുപടിയും വളരെ അർത്ഥവത്താണ്. നിങ്ങളുടെ ഹൃദയകാഠിന്യം നിമിത്തമാണ് ഭാര്യയെ ഉപേ

ക്ഷിക്കുവാനുള്ള നിയമം മോശ എഴുതിയത്, എന്നാൽ പുരുഷനും സ്ത്രീയുമായി ദൈവം അവരെ സൃഷ്ടിച്ചു. പിന്നീട് ഒരിക്കലും അവർ രണ്ടല്ല ഒറ്റശരീരമായിരിക്കും. അതിനാൽ ദൈവം യോജിപ്പിച്ചത് മനുഷ്യൻ വേർപെടുത്താതിരിക്കട്ടെ (മർക്കോ. 10:8). ഇന്നിന്റെ ലോകത്തിൽ ഇതുപോലുള്ള ഫരിസേയ ചിന്തകളും മുഖങ്ങളും നമ്മുടെ സമൂഹങ്ങളിൽ പ്രത്യക്ഷപ്പെടുന്നുണ്ട്. ആയതിനാൽ ഓരോ ജീവിതപങ്കാളികളും അതീവജാഗ്രതയോടെ പരസ്പര വിശ്വാസത്തിലും, സ്നേഹത്തിലും, ഐക്യത്തിലും ക്രിസ്തുവിനോടൊത്ത് വ്യാപരിക്കാൻ കടപ്പെട്ടവരാണ്.

വിവാഹം ഒരു മഹത്തായ രഹസ്യം

ഒരു കുദാശ എന്ന നിലയിൽ വിവാഹം എന്നത് ഒരു “മഹത്തായ രഹസ്യം” ആണെന്ന് സഭ അവകാശപ്പെടുന്നു. കാരണം അത് ക്രിസ്തുവിന്റെ സഭയോടുള്ള സ്നേഹത്തെ പ്രകടിപ്പിക്കുന്നു (എഫേ. 5:22). ഈ മഹത്തായ രഹസ്യം മനസ്സിലാക്കേണ്ടത് വിവാഹത്തിന്റെയും, കുടുംബത്തിന്റെയും യഥാർത്ഥമായ “ഏകജഡത്തിൽ” (One Flesh) (ഉല്പ. 2:24) പ്രകടിപ്പിക്കുന്ന മറ്റൊരു വലിയ രഹസ്യത്തിന്റെ വെളിച്ചത്തിലാണ്. കുടുംബം തന്നെ ഒരു വലിയ നിഗൂഢതയാണ്, വിപരീതവും എന്നാൽ പരസ്പരപുരകവുമായി വ്യക്തിത്വം, രക്ഷാകർതൃത്വം, കൂട്ടികൾ മുതലായവ ഒത്തുചേരുന്നു. ഗാർഹിക സഭയെന്ന നിലയിൽ അത് ക്രിസ്തുവിന്റെ മണവാട്ടിയാണ്. (കുടുംബങ്ങൾക്കുള്ള കൺ, No. 19)

തിരുസഭയിൽ പരിശുദ്ധമാതാവിന്റെ സഹായത്താൽ അപ്പോസ്തലന്മാരിലൂടെയും പ്രവാചകന്മാരിലൂടെയുമാണ് രഹസ്യങ്ങൾ വെളിപ്പെടുത്തിയിട്ടുള്ളത്. വി. പൗലോസ് ശ്ലീഹാ ക്രിസ്തുവും സഭയും തമ്മിലുള്ള ബന്ധത്തെ ഒരു ഭർത്താവും ഭാര്യയും തമ്മിലുള്ള ബന്ധത്തിന്റെ നേർസമാനതയിൽ വിവരിക്കുന്നു. ക്രിസ്തു മണവാളനായും സഭ മണവാട്ടി





ജീവിതപങ്കാളികൾ അവരുടെ വിവാഹ ജീവിതത്തിൽ ഓർത്തിരിക്കേണ്ട വചനമാണ് “റെശരീരമായി തീരുക” എന്നുള്ളത്. വ്യത്യസ്ത ചിന്തകളിലൂടെ, സംസ്കാരത്തിലൂടെ, ജീവിത ചരകുകളിലൂടെ കടന്നുവരുന്ന ദമ്പതികൾ അവർ ഒന്നാണെന്ന ബോധ്യം കൈവിടാതെ പരസ്പരം ബഹുമാനിച്ചും, ഐക്യപ്പെട്ടും, ഒരേ ദിശയിലേക്ക് ചരിക്കേണ്ട വരാകണം.

യായും സാദൃശ്യപ്പെടുത്തുന്നു. വിവാഹബന്ധത്തെ സൂചിപ്പിക്കുന്ന മറ്റൊരു സാദൃശ്യമാണ് യഹോവയും ഇസ്രായേൽജനവും എപ്രകാരം ദൈവം തന്റെ ജനമായ ഇസ്രായേലിനെ സ്നേഹിച്ചു, പരിപാലിച്ചു, അപ്രകാരം ഭാര്യമാർത്താക്കന്മാർ പരസ്പരം സ്നേഹത്തിൽ വർത്തിക്കണം.

വിവാഹ ഉടമ്പടിയും പ്രതിജ്ഞയും

വിവാഹത്തിലെ മർമ്മപ്രധാന സമയമാണ് വിവാഹ ഉടമ്പടിയും പ്രതിജ്ഞയും. പരിശുദ്ധ കുർബ്ബാനയിൽ, സഭയുടെ മുന്നിൽ “ഞാൻ സ്വീകരിക്കുന്ന” എന്ന ഉടമ്പടി എന്നും മനസ്സിൽ സൂക്ഷിക്കേണ്ട വാക്കാണ്. ദൈവിക പദ്ധതി പ്രകാരം സഭയുടെയും, സമൂഹത്തിന്റെയും മുന്നിൽ വെച്ച് തന്റെ പങ്കാളിയോടുള്ള സ്വീകാര്യത അറിയിക്കുമ്പോൾ സ്വർഗ്ഗം സന്തോഷിക്കുകയാണ് വിവാഹമെന്ന മഹത്തായ രഹസ്യം വെളിപ്പെടുത്തുകയാണ്.

നവദമ്പതികൾ വിവാഹസമയത്ത് ദൈവവചനം സാക്ഷിയാക്കി എടുക്കുന്ന പ്രതിജ്ഞ വളരെ പ്രധാ

നപ്പെട്ടതാണ്. “ഇന്നുമുതൽ മരണം വരെ....” എന്നു തുടങ്ങുന്ന പ്രതിജ്ഞ ഓരോ ജീവിതപങ്കാളിയും അവരുടെ ജീവിതത്തിൽ എപ്പോഴും ഓർക്കേണ്ട ഒരു ജീവിതവിജയമന്ത്രമാണ്. ഓരോ കുടുംബജീവിതത്തിന്റെയും സ്റ്റാർട്ടിംഗ് പോയിന്റാണ് ഈ പ്രതിജ്ഞ. വ്യക്തിപരമായി പറയുകയാണെങ്കിൽ ഒരോ വിവാഹ വാർഷികത്തിലും ഈ പ്രതിജ്ഞ ഭാര്യമാർത്താക്കന്മാർ ഒരുമിച്ച് ചൊല്ലുന്നത് വളരെ അർത്ഥവത്തായിരിക്കും.

ഉപസംഹാരം

വിവാഹം എന്ന കുദാശയിലൂടെ ഓരോ വ്യക്തികൾക്കും ഇണങ്ങിയ ഇണയെ ദൈവിക പദ്ധതി പ്രകാരം ലഭിച്ചു എന്നും, ഈ ജീവിതം വലിയ ദൈവിക ദാനമാണെന്നും, മരണം വരെ സംരക്ഷിക്കേണ്ട വലിയ ഉടമ്പടിയാണെന്നും, ജീവിതപങ്കാളിയുമായുള്ള ഈ ലോകജീവിതം ഒരു വലിയ മഹാരഹസ്യം ആണെന്നും വിവാഹ ഉടമ്പടിയും വിവാഹത്തിൽ എടുക്കുന്ന പ്രതിജ്ഞയും നമ്മുടെ ജീവിതത്തിൽ എന്നും ഓർക്കണം എന്നും ഈ ചെറിയ ലേഖനത്തിലൂടെ നമ്മൾ കാണുകയായിരുന്നു. അതേ പ്രിയ സഹോദരങ്ങളെ നിങ്ങളുടെ വിവാഹ ജീവിതത്തിൽ പ്രതിസന്ധികൾ ഉണ്ടായേക്കാം എന്നാൽ അതിനെ തരണം ചെയ്യുന്ന ത്രീതയ്ക്കുവേണ്ടി നിങ്ങളോട് കൂടെയുണ്ട് എന്ന ബോധ്യം കൈവിടാതെ പ്രതിസന്ധികളെ തരണം ചെയ്യാൻ തന്റെ പങ്കാളിയുടെ കുറവുകളെ തന്റെ കഴിവിനാൽ നിറവുകയാണുവാൻ അങ്ങനെ ദൈവിക പദ്ധതിയിലെ അംഗങ്ങളായി ജീവിതവിജയം വരിക്കുവാൻ ദൈവം ഏവരെയും അനുഗ്രഹിക്കട്ടെ.



MY SPOUSE

GOD'S GIFT FOR ME

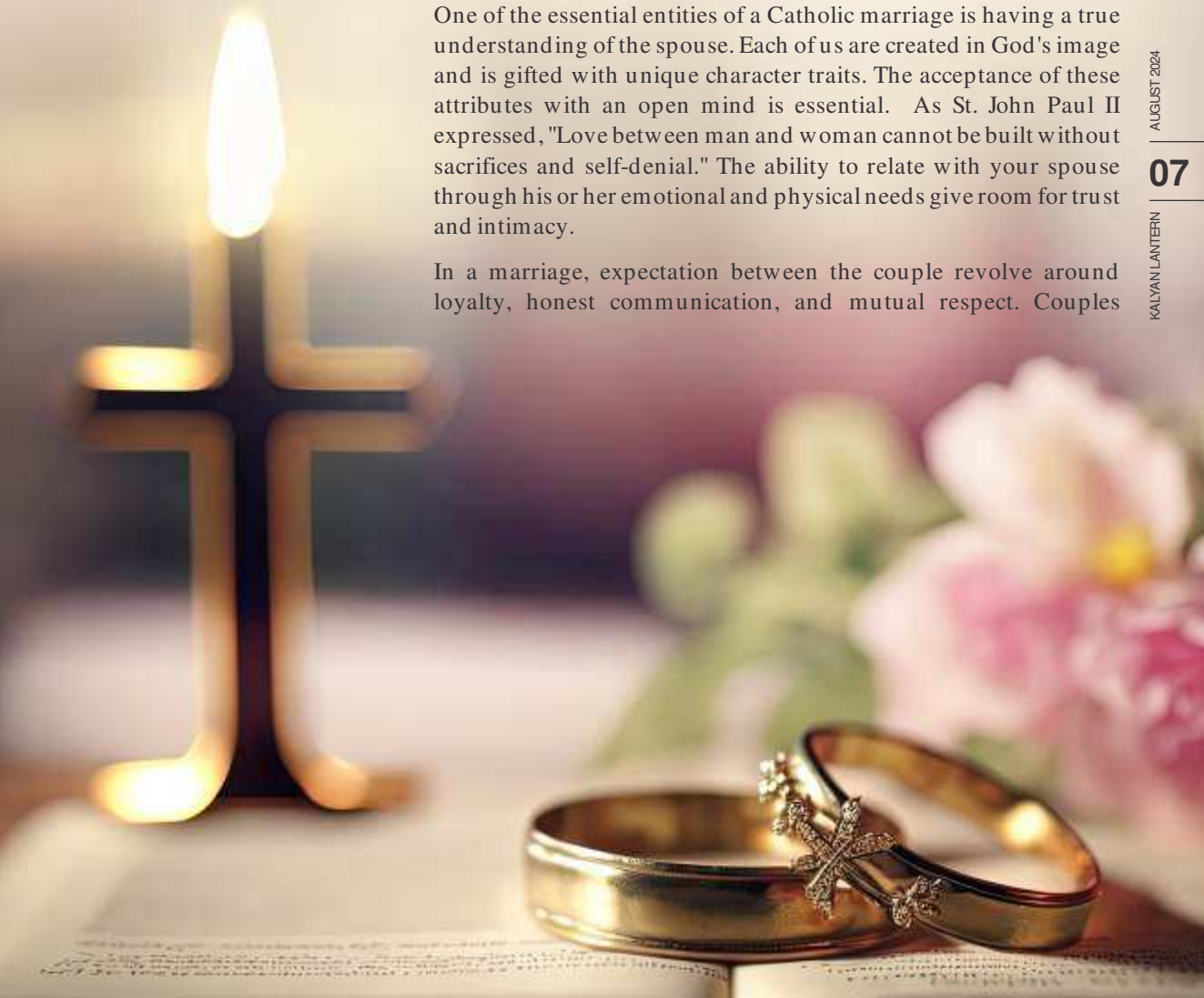


Dr. Diana Nelson
St. Mary's Forane Church, Andheri West

Marriage, in the Catholic tradition is not just a bond between a man and a woman, but a sacred covenant involving three participants, husband, wife, and God. This divine partnership not only makes marriage a holy sacrament but also emphasises its sacredness. If we wish to have a fruitful marital journey, it is important to recognise its triune nature. Marriage is a holy agreement to be maintained till eternity.

One of the essential entities of a Catholic marriage is having a true understanding of the spouse. Each of us are created in God's image and is gifted with unique character traits. The acceptance of these attributes with an open mind is essential. As St. John Paul II expressed, "Love between man and woman cannot be built without sacrifices and self-denial." The ability to relate with your spouse through his or her emotional and physical needs give room for trust and intimacy.

In a marriage, expectation between the couple revolve around loyalty, honest communication, and mutual respect. Couples



support each other emotionally, physically and mentally through ups and downs of life. Shared values and goals provide direction and unity in a relationship. Fair division of responsibilities and wise financial management promote harmony. Spending quality time together and resolving conflicts calmly strengthen the marriage. These expectations form the foundation for a loving and enduring partnership, where both partners feel valued, understood, and supported in their journey together.

Spouses have differences in their personalities, interests, opinions etc. The skill of adjusting and resolving such dissimilarities is learned through patience, love, and mutual commitment. Let us reflect on Ephesians 4:31-32 “Let all bitterness and wrath and anger and clamor and slander be put away from you, with all malice, and be kind to one another, tender hearted, forgiving one another, as God in Christ forgave you.” Mutual acceptance in between the couple is important for maintaining a healthy and enduring relationship. It involves letting go of grudges and move forward with a clean slate. This attitude fosters trust, understanding, and emotional intimacy, making it easier to navigate smoothly. Forgiveness also sets an example for promoting a compassionate and supportive relationship. Ultimately, it strengthens the bond between spouses, and help them grow together in life's challenges.

A healthy marriage needs both husband and wife to work together as a team. Our Catholic tradition encourages the married couples to support each other through thick and thin of life. The Catechism of the Catholic Church emphasis the point on marriage stating: "They are called to grow continually in their communion through day-to-day fidelity to their marriage promise of total mutual self-giving." (CCC 1644).

Peaceful survival is inevitable in every family. A peaceful home is a place of complete trust in which people converse with affection and offer support to each other. To be at peace, it needs us to discuss matters, suffer no grudges, and resolve our problems in a healthy manner. Setting up peace in a family includes appreciation and

acknowledging the good deeds of the family members.

In a Catholic marriage, prayer is what binds the couple together. Couple prayer, in addition to family prayer is vital to build the spiritual connection between spouses. It fosters a deep intimacy with God. Praying together promotes oneness and harmony in family life. Couple prayer also aids in conflict resolution and promotes openness to God's grace. This kind of prayer habit teaches couples to work hand in hand when they face challenges of their life. Let us recall the bible verse, Matthew 18:20 “For where two or three are gathered in my name, there am I in the midst of them.”

Sincerity and mutual respect are the two pillars on which a graceful marriage is built. It is important to have an attitude to listen attentively and speak respectfully. Love is all about valuing and letting each other, be who he or she really is, irrespective of gender. Mutual love in a couple relationship should reflect the love that Christ has for the Church.

In conclusion, the divine blessing unites the couple in a sacred agreement that is deep seated in true and pure love. By seeing their spouse as a reward from God, couples can foster a relationship built on unwavering commitment, and a great sense of gratitude. This outlook encourages them to value and support each other through their trials and joys, promoting an enriching bond in Christ. It also highlights the point that the love shared between husband and wife is the reflection of God's pure love for humanity. In essence, recognizing a spouse as a gift from God can transform the way couples approach their marriage, infusing it with deeper meaning and purpose.

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MY FIRST KID

MY FIRST TIME BEING A PARENT

In God's mighty plan, He united Sinda – my wife and me on 9th Nov 2014 as God's own perfect choice. With totally different personalities and areas of interest, we both had different opinions at times. But, through all the difficult times and happy days, God guided us wonderfully to understand each other more deeply and to become stronger and more faithful.

Becoming a parent is an unparalleled journey, one that reshapes your identity and priorities in ways you can never fully anticipate. Our experience with parenthood began with a mixture of awe, nervousness, and a profound sense of responsibility. God blessed us with a

little bundle of Joy: EMMANUEL on 13th May 2016. Being our first baby, there was so much excitement and joy all around. Our parents, in-laws, siblings, cousins, and relatives – all were concerned and caring at all times, offering valuable tips and guidance in bringing up the child in the best possible way. Here's how Sinda and I navigated this transformative phase of life.

Accepting a New Role in Life:

When we first learned we were expecting, the reality of parenthood began to sink in slowly. The excitement of welcoming a new life was tempered by a wave of uncertainty. We knew



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our lives were about to change fundamentally. The transition from being a couple to becoming parents demanded a mental shift – from prioritizing our own needs to nurturing and caring for someone else’s.

Learning About a Child’s Health, Habits, Emotions, Sleep:

When our child arrived, we had a lot more to learn. Every day was a new lesson in understanding their health, deciphering their cries, and learning their unique habits and preferences. Sleep became a precious commodity, and we quickly realized the importance of establishing routines that suited both our baby and us. From monitoring milestones to managing feeding schedules, we immersed ourselves in the intricacies of parenthood.

Sacrifices and Support:

Parenthood brought with it a series of sacrifices, both individual and collective. Personal hobbies and leisure activities took a backseat as we prioritized our child’s needs. There were nights of interrupted sleep and days where tiredness was overwhelming. Yet, amidst these challenges, we found strength in each other. Supporting one another became paramount – whether through sharing responsibilities, offering emotional reassurance, or simply being there during tough moments.

Managing Household and Finances:

Financial planning took on new significance. We meticulously budgeted for essentials, while also setting aside savings for our child’s education. Planning became our mantra, whether it was deciding on childcare options or saving for a bigger home that could accommodate our growing family. We carefully considered each decision based on what we want for our child’s health and future opportunities.

Educational Planning and Long-Term Goals:

Thinking about our child’s education was daunting yet essential. We researched schools,

evaluated educational philosophies, and envisioned a future where our child could thrive academically and socially. It wasn’t just about immediate needs but also about setting a foundation for their long-term success.

Emotional Rollercoaster:

Navigating the emotional terrain of parenthood was perhaps the most unpredictable aspect. From the overwhelming love that surged when we held our child for the first time to the moments of self-doubt and worry, emotions ran high. Patience, empathy, and resilience became our allies as we embraced the challenges and joys that parenthood brought.

Feeling a mix of emotions when you have your first child is completely normal and common. Many parents feel a rush of love and protectiveness along with a sense of awe at the miracle of life. It’s okay to feel a wide range of emotions during this time as you adjust to your new role and bond with your baby. Remember, seeking support from family & loved ones can help navigate these feelings. Grandparents play an important role in bringing up kids. They help instill traditions and family values in the children. They make sure that the kids get into the habit of daily family prayer and Bible reading.

Emmanuel is 8 years old now. He is a strong, responsible, elder brother to his two younger brothers: Daniel (7 years) and Mikhael (3 years). He is good in studies, active in sports, enjoys skating and recently was blessed to be the youngest child in learning *Arangetram* from our parish *chenda* group. Looking back, the journey of becoming parents has been a profound period of growth – individually and as a couple. As parents, we keep trying to give our best to our kids. In our journey as parents, we experience both happiness and sadness. With Christ, we treasure these memories and see them as opportunities to learn and grow spiritually. We believe the inspiring bible verse from the Philippines 4:13-

“I CAN DO ALL THINGS THROUGH CHRIST



Knowing the True Self of My Partner: A Journey of Acceptance and Understanding



Greeti Chacko Dominic
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In the whirlwind of life, we often find ourselves drawn to another soul, whose presence becomes intertwined with our own journey. For me, this person is not just a partner but a beacon of discovery—a path towards understanding and embracing the true essence of another human being.

When I first embarked on this journey with my partner, it was more than just entering into a relationship; it was about welcoming a new person into my life. There was excitement tinged with apprehension, a blend of anticipation and curiosity about what lay ahead. Each of us brought our unique family backgrounds,





shaped by traditions, values, and experiences that were now converging into a shared narrative. It was in this merging of backgrounds that we began to glimpse the intricacies of each other's true selves.

Learning about my partner was not merely about knowing his favorite color or childhood anecdotes; it delved deeper into understanding his beliefs, dreams, fears, and aspirations. It meant listening intently to his stories, not just with my ears but with my heart, allowing his words to paint a vivid portrait of who he is beneath the surface. It involved observing his reactions, his habits, his gestures—the subtle nuances that whispered volumes about his character and inner world.

In the initial phase of our marriage, this process of discovery became incredibly significant. It laid the foundation upon which we built our relationship—a foundation of trust, empathy, and mutual respect. Knowing his true self meant being attuned to their needs and desires, recognizing his strengths and weaknesses, and embracing them wholeheartedly for who he is, not who I imagined him to be.

Through this journey, I learned that accepting my partner's true self was not just about acknowledging his virtues but also accepting

his imperfections and vulnerabilities. It was about loving the entirety of his being - his quirks, his idiosyncrasies, and the parts of him that he may not always reveal to the world.

Moreover, understanding his true self helped me see beyond the superficial layers of our relationship. It deepened our connection, fostering a bond that transcended the physical and the mundane. It created a safe space where we could both grow individually while nurturing our partnership with honesty and authenticity.

In conclusion, discovering the true self of my partner has been a transformative journey - one that continues to unfold with each passing day. It has taught me the beauty of acceptance, the power of empathy, and the joy of loving someone unconditionally. As we navigate life together, I cherish the privilege of witnessing his evolution, knowing that our shared journey is enriched by the depth of understanding we have cultivated.

In the tapestry of our lives, knowing my partner's true self has become a thread of profound significance - a thread that binds us together in a tapestry woven with love, respect, and an unwavering commitment to each other's happiness and well-being.



Personal Finance For Young Couples

Start Early



Dr. Joseph Kanayamplakal
Head Research, Emkay Wealth Management

In managing personal money and in growing it over the years, the cardinal principle to follow is to start investment activity quite early. The earlier you start the better it is due to multiple factors. The big influencer on the growth of your investment or what we call wealth creation is the principle of compounding. In simple terms, the money that you invest today earns an interest or profits over a period of time, and thereafter it gets reinvested. In many financial products this reinvestment happens automatically. This results in a compounding effect which multiplies the original investment or money

faster over long time periods. That is why investment specialists suggest starting early as it provides the investor with a longer time span to be in the markets.

In investment parlance, young families may be single earners or double earning families, also they may be families with no children in the early part of the marriage, or having one or two kids. This is essentially the early phase of a marriage and family. Planning future finances should start at this stage of life. We live in an uncertain world. This applies more to those who are in corporate employment, and more so in





sectors like technology. Large corporations throw out of employment lakhs of people when business conditions slow down and when there is a cloud over future business. Modern corporations do not know their future beyond three years or five years. How do we provide for this eventuality? Taking up another job may take a few months and a contingency provision should be made for this by setting apart an amount equivalent to three or six months' salary which you could draw upon in times of job uncertainties.

Two things stand out which require thorough planning. The first is children's education. The second is healthcare. Education is becoming more and more expensive as years pass by. Inflation eats into our savings and investment returns. Inflation makes things more expensive. This issue should be addressed on priority. Educational expenses can be borne more comfortably if it is planned. As you may be aware at the end of the day the differentiator is the quality of education that children have received. In case you intend to provide good quality education to your children the same needs to be provided for and this requires planned investments. And this applies to education at every level from early school to the university. Provision needs to be done for other

things like buying a house, buying a vehicle, buying a second home, children's marriage, travel abroad on holiday, and retirement. Personal financial planning comes first. Please take the help of a professional financial planner or advisor for this purpose. To roll out an investment plan you don't need millions of rupees. You can start the process with as little as investing one thousand rupees per month.

One tendency among young people is to indulge in borrowing from very early on as they start working. This in itself is not a bad thing. One thing that should be ensured is that a major part of your borrowing should be to acquire or build assets. Some of these assets like a house or a plot of land usually appreciate in value over time. Therefore, any borrowing for asset building should be something that should be done. This also ensures that you have a longer time period to repay the loan. Retiring or repaying high-cost loans, transferring loans to service providers who offer better terms etc. should also be actively considered.

Something that is often ignored or overlooked by young families is the need for insurance. Insurance is not an instrument of investment but a tool for protection. Therefore, while considering insurance look at it as an instrument of protection. Life insurance and health insurance are the two prime products that you should be going in for. In the case of life insurance, there are a plethora of products in the category called term insurance. This is a good avenue to buy protection. Since healthcare costs are galloping up fast, a good health care policy is a must for paying for all aspects of expenditure in case of a hospitalization or otherwise. Please do not ignore these two insurance requirements from the family's perspective of future well-being.

Starting early with a definitive plan, and with the appropriate products and guidance will help us navigate the space of personal finances with great ease and comfort, and attain our goals and objectives.



Two is a Company, Three is a Crowd: The role of a third party in marriage



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The Indian Family System emphasizes that couples are not just married to each other but also to their extended families and friends. While this provides support in understanding love, marriage, and relationships, it can also add pressure to the couple dynamic.

Who is a third party?

A third party involves anyone other than the couple themselves. This includes closest family such as parents, in-laws, siblings or their children. It could also extend to close friends or colleagues of the couple. A mediator is contacted when the couple dynamic needs stability such as in conflict. Either the couple together would reach out to a third or else they will individually seek assistance. Sometimes, a coalition would form and the third party is provoked to pick a side or interfere in the couple's concerns. Some examples of this coalition are when parents would ask a child to pick a side, or daughter-in-law feeling alienated when son and in-laws form a coalition. Sometimes, a third in a couple system could also be an obsession such as work, hobbies or habits. Third parties could also involve professionals such as doctors, lawyers, couple & family therapists, priests and so on.

What happens when you allow a third party to interfere?

A third party is allowed into a couple system only when a couple initiates support. The word allow is used to emphasize the role of the couple in giving power to a middle person to influence their relationship. Many would offer advice or

provoke the couple, but the interference happens only when one of the partners decides to let another party interfere. Another person is resourceful when the couple reaches out to them together with the goal of getting better as a couple. On the other hand, if one partner reaches out to an observer to complain or seek validation, that could create more distance between the couple.

Is a third a support or a meddler?

This can be understood by being mindful of three points:

1. **Best Interest:** With family and friends, it is important to understand if they care for you and wish to see you fulfilled as a couple. Family and friends can make the person feel seen and heard and give valuable experience. However, even with the best interests, a third person may give wrong advice, based on their own life experience.
2. **Trust:** Seek support from those one trusts who will not broadcast the couple's personal information. It is best to seek out people who provide confidentiality through their profession such as therapists or priests.
3. **Belief System:** Try to understand the belief system of the mediator as that will colour the support they provide. For instance, check for their own faith in the institution of marriage,

gender roles of husband and wife, views on domestic violence and so on. It is imperative that the couple understands the point of view of the third person. It is important for couples to note that they can create their own rules and roles in marriage which could be different from usual structures.

A third force who has the couple's best interest in place (which is for them to be together and in love), is trustworthy and has a similar belief system would offer the best support to the couple.

Risks of allowing a third party to interfere in a relationship:



My wife or my mother in law (Hill, 1915)

Let us look at an illusion to understand how different brains process the same information differently. What do you see first? A young woman or an old woman?

Younger participants saw the wife first and older participants saw the mother-in-law first. If you still cannot see the older woman, here's a hint: the necklace is the old woman's lip. This simple illusion is indicative of how our brain perceives a situation based on our age, experience and context. Similarly, when couples share their issues, interpretations can vary based

on individual experiences. Allowing a referee to intervene in couple dynamics poses risks.

Interpretations could vary due to social context such as women's character is perceived differently for the same actions as men. Other risks include reduced autonomy in relationship decisions and the couple realizing their limitations in solving their problems. Speaking to third parties could create potential communication gaps and misunderstandings. Most couple issues can be solved by the couple sharing directly and openly with each other but get lost in he-said, she-said fights due to the involvement of a third party. These factors emphasize the importance of couples taking primary responsibility for their relationship and being cautious about seeking external advice.

Reminders for young couples:

- Understand that this is a challenging process, to understand another person and their gifts and faults. Be gentle with yourself in the process.
- Work on directly sharing with your partner about how you feel - have a weekly sharing time or a space where you can be open and direct.
- Use this template to share how you feel: When ____ (situation) happens, it makes me feel ____ which affects our relationship in ____ (impact) way. Avoid language that blames the other partner.
- Seek out support from family or friends, but do not be over reliant on them. Realize your own power to resolve your conflicts.
- Young couples can get caught by a third party if they are not careful to set boundaries and make decisions on their own.
- If the issues are too overwhelming and personal, consider reaching out to professionals such as family therapists.
- Pray for each other and with each other for your relationship to grow.

Closing with the words from Mathew 19:6, 'You are not two, but one'. Remember that you and your partner are bound in holy matrimony and try to fight the problem not the person.



Balancing Legal Obligations and Sacred Promises:

The Case for Civil Marriage Before Church Ceremonies



Fr. Jerry Alex Maleparambil

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Judicial Vicar, Eparchial Tribunal - Khadki, Pune

One of the present challenges faced by our Church is the growing need for civil registration of marriage before a sacramental marriage in the Church, especially to facilitate visa application issues, property issues, terminal illnesses etc. A decree from the Syro Malabar Catholic Church promulgated by the Synod on 21 September 2023, was published in the previous edition of Kalyan Lantern [July 2024].

It is noteworthy to observe this significant change that the Syro Malabar Church has brought about in its long-held tradition of having the civil registration of a Catholic marriage only after the marriage has been solemnised in the church. A contrasting norm in this regard has been brought forth to accommodate the needs of its migrating faithful. After reflecting upon the gravity of the issues faced by our faithful, this decree is a response by the Church to offer a solution. However, it is important to note and understand the significant conditions highlighted in the decree.

1. The decree has in no way tried to diminish the value of the sacramentality of a marriage;

2. The decree requires the faithful to get the marriage sacramentally solemnised at the earliest possibility;
3. The decree allows the civil registration of marriage only on the condition that the couple will not cohabit before the Catholic marriage;

The Value of Sacramentality

Sacramentality as a notion has deep relevance in Catholic theology. The sacraments are defined as “efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us” (CCC 1131). The backbone of the sacramentality of marriage is housed in the Holy Scripture. “Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh” [Genesis 2:24], conveys the significance of marriage as a unifying contract and covenant. Likewise, in Ephesians 5:21-33, the verses connect the concept of a marital union to the bond shared between Christ and the Church, emphasising the consecrated and selfless characteristic of the love that



underscores any matrimonial relationship.

The Catholic Church upholds marriage as a legal contract, yes, but also as a sacrament instituted by Christ. This approach underlines marriage as a mystical union between the Church and Christ, thus becoming a proof of love and fidelity. A couple receives the grace of God through the sacrament of marriage and then qualifies for that grace in the service of each other and their families. The grace that underlies every marital commitment encourages couples to work



through difficulties and to grow in faith and love, thus also bearing witness to society together. The sacrament of marriage not only strengthens the lives of couples but also serves as a beacon of hope and stability in a rapidly changing society.

The Need for Immediate Solemnisation

The need for immediate sacramental solemnisation of marriage highlights the importance of having the marriage solemnised in a Catholic Church (CCEO 838), according to the sacred rite, in the presence of a Bishop or Priest who has the faculty to bless the marriage, and at least two witnesses to it (CCEO. 828); the conditions which are essential for its validity.

In the context of Syro Malabar Catholics, for a marriage to be sacramentally valid, it has to take place according to the sacred rites - the rites mentioned in the texts prescribed for solemnising a marriage. The marriage should be blessed by either the Bishop of the diocese, or the respective parish priest, or any other priest who has been given the authority to bless the marriage by either the bishop or the parish

priest. The marriage shall also be solemnised in the parish church of either spouse or any other sacred place with prior permission of the bishop or parish priest.

Prohibition on the Cohabitation of the Couple

In present times, we witness the cultural attitudes towards marriage as a civil union and as a religious sacrament changing significantly. In this regard, the church views cohabitation before a sacramental union as premature and potentially challenging to the sacredness of marriage. Cohabiting before marriage could be perceived as temporary or conditional as opposed to a lifelong commitment.

Living together before a Catholic union could lead to scandal, sending a confusing message to the community about the sanctity of the sacrament of marriage. While the church highlights the need for ample spiritual, psychological and practical preparation before marriage, cohabitation could undermine this sense of preparedness.

This would lead to couples entering a union without grasping the seriousness of the sacramental and moral dimensions of the commitment.

The Church's stand on maintaining the sanctity of marriage is versed in the Catechism of the Catholic Church 2391 - "the fact is that such liaisons [living together prior to sacramental marriage] can scarcely ensure mutual sincerity and fidelity in a relationship between a man and a woman, nor, especially, can they protect it from inconstancy of desires or whim", which emphasise the importance of the sacramentality of a union.

In today's society, cultural attitudes toward marriage have shifted significantly with the rise of individualistic lifestyles, which tend to make marriage a more personal and less communal experience. The Church, however, consistently and consciously tries to accommodate the growing needs of its faithful, as seen in the decree discussed above.



എല്ലാക്കാലത്തും എല്ലാ നേരത്തും



മാർ തോമസ് ഇലവനാൽ

കല്യാൺ രൂപതയുടെ മെത്രാൻ

“കർത്താവേ, സർവ്വശക്തനും നിത്യനുമായ ദൈവമേ,” എന്നു തുടങ്ങുന്ന രണ്ടാമത്തെ പ്രണാമജപത്തിൽ “എല്ലാക്കാലത്തും എല്ലാ നേരത്തും ദൈവത്തിന് സ്മൃതിയും മഹത്വവും ആരാധനയും അർപ്പിക്കുന്നത് ന്യായവും യുക്തവും യോഗ്യവുമാകുന്നു” എന്നേറ്റു പറയുന്നു. തുടർന്നുള്ള “ആത്മീയ ഫലങ്ങൾ അർപ്പിക്കാൻ ഞങ്ങൾ അധരങ്ങൾ തുറക്കുമ്പോൾ” എന്ന പ്രാർത്ഥന ഹൈന്ദവ ലേഖനത്തിൽ കാണുന്ന “അവനിലൂടെ നമുക്ക് എല്ലായിപ്പോഴും ദൈവത്തിന് സ്മൃതിയുടെ ബലി-അവന്റെ നാമത്തെ ഏറ്റു പറയുന്ന അധരങ്ങളുടെ ഫലങ്ങൾ - അർപ്പിക്കാം”. (13:15) എന്ന തിരുവചനത്തോട് ബന്ധപ്പെടുത്തി മനസ്സിലാക്കാം. “ഞങ്ങൾ അധരങ്ങൾ തുറക്കുമ്പോൾ വചനം ലഭിക്കാനും” എന്ന പ്രാർത്ഥനാഭാഗം വി. പൗലോസിന്റെ “ഞാൻ വായ് തുറക്കുമ്പോൾ എനിക്ക് വചനം ലഭിക്കാനും” (എഫേ. 6:19) എന്ന വചനഭാഗത്തിന്റെ പ്രാർത്ഥനാരുപമാണെന്നു കാണാം.

സർവ്വവ്യാപിയായ ദൈവമേ

ഇവിടെ പിതാവായ ദൈവത്തെ വിശേഷിപ്പിക്കുന്നത് “സൃഷ്ടിക്കപ്പെടാത്തവൻ, ഗ്രഹണശക്തിക്ക് അതീതൻ, സർവ്വവ്യാപിയായ ദൈവം” എന്നും ‘ഞങ്ങളുടെ ദൈവവും ഈശോമിശിഹായുടെ പിതാവും’ എന്നുമാണ്. ഈശോമിശിഹായ്ക്ക് ‘ഞങ്ങളുടെ രാജാവും കർത്താവും രക്ഷകനും പ്രത്യാശയും’ എന്ന വിശേഷണങ്ങളാണ്. പരിശുദ്ധാത്മാവ് ‘പിതാവിൽ നിന്നു പുറപ്പെടുന്നവനും പിതാവിന്റെ ദൈവത്വത്തിന്റെ അദ്യശ്യ സ്വഭാവമുള്ളവനും’ എന്ന് ഏറ്റു പറയുന്നു. പരിശുദ്ധാത്മാവിനെക്കുറിച്ച് ആദിമസഭ മുതൽ ഏറ്റുപറയുന്ന വിശ്വാസം ഇവിടെ പ്രകടമാക്കുന്നു. പരിശുദ്ധാത്മാവിനെക്കുറിച്ചുള്ള ജ്ഞാനം മിശിഹാവഴിയാണ് നമുക്ക് ലഭിച്ചതെന്ന് ഓർക്കുന്നു. ‘പരിശുദ്ധാത്മാവിനെക്കുറിച്ചുള്ള ജ്ഞാനം മിശിഹാവഴി ഞങ്ങൾ പ്രാപിച്ചു’ എന്ന് പ്രാർത്ഥിക്കുന്നു.

ഞങ്ങളെ അസ്തിത്വത്തിലേക്ക് ആനയിച്ചു.

തുടർന്ന് ത്രിത്വൈകദൈവത്തിന് സ്മൃതിയർപ്പിക്കാനുള്ള കാരണങ്ങൾ ഓരോന്നായി ഓർക്കുന്നു. ഇല്ലായ്മയിൽനിന്ന് അങ്ങ് ഞങ്ങളെ അസ്തിത്വത്തിലേക്ക് ആനയിച്ചു. ഈ പ്രപഞ്ചത്തിലുള്ളതെല്ലാം അവിടുന്ന് ക്രമപ്പെടുത്തി. ഞങ്ങൾ ഇടറി വീണപ്പോൾ ഞങ്ങളെ എഴുന്നേൽപ്പിച്ചു, നവീകരിക്കുകയും വീണ്ടെടുക്കുകയും ചെയ്തു. ദൈവം നമ്മളെ സന്ദർശിക്കുന്ന തീർത്ത് നിന്ന് വിരമിക്കുന്നില്ല. കരുണയാൽ നമ്മെ സ്വർഗ്ഗത്തിലേക്കുയർത്തുകയും വരാനുള്ള രാജ്യം ഞങ്ങൾക്കു നൽകുകയും ചെയ്തു. ഇപ്പോൾ തന്നെ നമ്മെ സ്വർഗ്ഗരാജ്യത്തിന് അർഹരാക്കിയെന്ന് ഈ പ്രാർത്ഥന അനുസ്മരിപ്പിക്കുന്നു. അങ്ങനെ സൃഷ്ടി മുതൽ നിത്യജീവിതം വരെയുള്ള രക്ഷാകർമ്മങ്ങളോർത്ത് ദൈവത്തെ സ്മൃതിക്കുന്നു.

ഞങ്ങൾ അശക്തരാകുന്നു

ദൈവത്തിന്റെ വിസ്മയനീയമായ പ്രവർത്തികൾ വിവരിക്കുന്നതിന് ഞങ്ങൾ അശക്തരാകുന്നു. അതുകൊണ്ട് “സകല സൃഷ്ടികളുടെയും അധരങ്ങളും നാവുകളും ഒന്നുചേർന്നാൽപ്പോലും അങ്ങയുടെ മഹിമ വർണ്ണിക്കാനാവില്ലെന്ന് ഞങ്ങൾ ഏറ്റുപറയുന്നു” എന്ന് നമ്മുടെ പരിമിതി പ്രകടമാക്കുന്നു. തുടർന്നുള്ള ‘ഒന്നായ് ഉച്ചസ്വരത്തിലവർ’ എന്ന കാനോനയും അതിനുശേഷമുള്ള ആദ്യത്തെ കൂശാപ്പപ്രാർത്ഥനയും പൊതുവിലുള്ളതുതന്നെയാണ്. എന്നാൽ ഈ കൂശാപ്പ പ്രാർത്ഥന കാർമ്മികൻ മുട്ടുകുത്തി ചൊല്ലുന്നു എന്ന് നിർദ്ദേശിച്ചിട്ടുണ്ട്. ഇവിടെ രണ്ടാമതായി കൊടുത്തിരിക്കുന്ന കൂശാപ്പപ്രാർത്ഥനയിൽ “നിന്റെ തിരുശരീരവും തിരുരക്തവും ഞങ്ങളുടെ ശരീരങ്ങളോടും ആത്മാക്കളോടും സംയോജിക്കപ്പെടുമ്പോൾ” എന്ന പ്രാർത്ഥന വി. കുർബാന സ്വീകരണത്തിലൂടെ സംജാതമാകുന്ന ദൈവത്തോടുള്ള ആത്മീയൈക്യത്തെ സൂചിപ്പിക്കുന്നു.

At all times and in all Seasons

Mar Thomas Elavanal
Bishop, Eparchy of Kalyan

In the second G'hanta that begin with the prayer 'O Lord God, almighty and eternal Father', we acknowledge that it is right and just and proper that we offer You praise, glory and adoration at all time and in all seasons'. The prayer that follows: "when we open our mouths so that... we may offer the spiritual fruits of our lips" is to be understood in relation to the letter to the Hebrews "Through him, then, let us continually offer a sacrifice of praise to God, that is the fruit of lips that confess his name" (13:15). The prayer 'give us the word when we open our mouths' can be understood in the light of "pray also for me, so that when I speak, a message may be given to me" (Gal. 6:19)

Omnipresent God

Here God the Father is qualified as 'the true God' omnipresent, not created and beyond the comprehension of all creatures' and as the Father of Isho M'shiha, 'who is our Lord and King, Saviour and hope'. It is mentioned that in Christ 'all the treasures of wisdom and knowledge are mysteriously hidden'. Holy Ruha is qualified as 'the Spirit of Truth, who proceeds from you and is of the same invisible essence'. The traditional faith about the Holy Spirit is proclaimed here. It is clearly mentioned that 'through M'shiha we received the knowledge of the Ruha'.

You brought us into being

The prayer continues to mention the reasons for offering unceasing praise to the Triune God. First of all, God 'brought us into being from nothing and ordered all things', and that 'when we stumbled, fell and withered away you lifted us up', renewed and redeemed us'. It is specially mentioned that 'you lifted up to heaven and gave us the kingdom that is to come'. We are reminded that God 'do not cease to visit us with immense care'. So remembering the salvific actions of God from creation to eternal life we praise and thank God.

We are not able

These prayers are expressions of our inability. We are not able to describe the wonders of Your might nor to proclaim your glory. So we confess that 'even if all creatures were to put their mouths and tongues together, it would not be sufficient to tell your greatness'. The hymn 'Praising you with a loud voice' and the Kusappa that follows are common. But the rubrics indicate that this kusappa is recited by the celebrant in kneeling position. The prayer in the second kusappa "As your holy body and blood are mingled with our bodies and souls' refers to the spiritual communion effected through Holy Communion.

BISHOP'S DIARY

AUGUST - 2024

4th	Qurbana - Bandra (West) SSS General body Meeting - Bishop's House	11th	Altar Angels Meeting - Panvel Holy Qurbana - Mulund
5th	Minor Seminary Class	12th	Minor Seminary Class
6th	Vianny Day and Jubilee celebration - Panvel	14th	Curia Meeting
7th	Senior Priests Meeting - ARC	15th	To Kerala
10th	Boad of Education Meeting - Bishop's House	16th-17th	Meeting - Chunangamvely
		18th	Kudumbayogam - Pala
		19th-31st	Syro-Malabar Synod - Kakkannad

THANKSGIVING
TO ST. JUDE

Mrs. Seena Raju — St. Thomas Cathedral, Kalyan (W)
Shimon & Shaun Raju — St. Thomas Cathedral, Kalyan (W)
Mrs. Lilly Chakkunni — Amala Matha Church, Mulund

36th EPARCHIAL DAY & PATRON'S DAY CELEBRATION



The 36th Eparchial Day and the Patron's Day of Eparchy of Kalyan was celebrated with great fervor on June 29, 2024, at the Animation Renewal Centre (ARC) in Panvel. This significant event drew a gathering of around 400 people, including priests, religious, and laity, who came together to mark the occasion. The day was filled with joy and reflection, as the community celebrated their shared faith and the milestones of their dedicated members.

On this auspicious day, special recognition was given to those celebrating their silver and golden jubilees. Priests and religious who had reached these significant milestones in their service were felicitated, highlighting their commitment and dedication to their vocations. In addition to these jubilees, individuals who had achieved state, national, and international awards were also honored. Their achievements were recognized and appreciated, showcasing the diverse talents and contributions of the Eparchy's members.

On the same day, new-priests of the Eparchy, priests and sisters from various other congregations who began their service in our Eparchy recently were welcomed with

bouquet. A video highlighting the 36-year journey of the Eparchy was also shown. There was also a heart-touching experience sharing by Rev. Fr. Benny Joseph MST, regarding the mission in which he is presently working. There was also a beautiful greeting song sung by the junior priests of the Eparchy felicitating our beloved bishop.

St. Thomas, the Apostle, being the patron saint of our beloved shepherd, Mar Thomas Elavanal, his feast was also celebrated on this day. This added a spiritual significance to the event, reinforcing the community's connection to their faith and heritage. The festivities included various programs and activities that fostered a sense of unity and joy among the participants, making it a memorable day for all who attended.



Fr. Albin Anto Koonammavu
Kalyan Lantern Editorial Member





11 Mary Follows Jesus



Mary believed in Jesus and followed Him. She always loved and trusted Him. Play the game on this page to think about ways you can follow Jesus every day. Roll a die. Move the number of spaces on the die. When you land on a space with words, follow the directions there. What does the game teach you about how to follow Jesus?

START

- You pray each morning. Go ahead 1 space.
- You do your job at home without being asked. Go ahead 2 spaces.
- You complain about the food. Lose a turn.
- You remember to bring food for the food shelf. Go ahead 2 spaces.
- You pick up litter on your street. Go ahead 1 space.
- You don't go to bed on time. Go back 2 spaces.
- You help a neighbor with yard work. Go ahead 1 space.
- You ask a question in religion class. Extra turn.
- You make a treat for your family. Go ahead 1 space.
- You pray for people who are suffering. Go ahead 2 spaces.
- You listen to the readings at Mass. Go ahead 1 space.
- You are like Jesus' mother.
- You hide your sister's piano music so she can't practice. Lose a turn.
- You tell your parents you love them. Go ahead 2 spaces.

FINISH

ST. JOHN MARY VIANNEY

KIDS
CORNER



Feast Day: August 4
Canonized: May 31, 1925
Beatified: January 8, 1905
Venerated: July 26, 1896

JOHN VIANNEY WAS BORN A PEASANT IN DARDILLY, FRANCE, IN 1786. AS A YOUTH, JOHN SHEPHERDED SHEEP ON HIS FATHER'S FARM. IT WAS DURING THE FRENCH REVOLUTION, AND IT WAS ILLEGAL FOR CATHOLICS TO ATTEND MASS AT THE TIME. BUT THE VIANNEY FAMILY TRAVELED DISTANCES EVERY SUNDAY TO WORSHIP AND PRAY IN SECRET. BECAUSE OF THIS, YOUNG JOHN SAW PRIESTS AS PARTICULARLY HEROIC TO THE PEOPLE. EVEN AFTER THE REVOLUTION ENDED, WHEN RELIGION COULD AGAIN BE PRACTICED OPENLY, JOHN FELT DRAWN TO THE VOCATION OF THE PRIESTHOOD.

IN 1809, THE FRENCH GOVERNMENT DRAFTED HIM INTO ITS ARMY TO FIGHT A WAR FOR NAPOLEON. ALTHOUGH HE WAS ALREADY INVOLVED IN RELIGIOUS STUDIES AND SHOULD HAVE BEEN EXEMPTED FROM SUCH SERVICE, SOLDIERS WERE NEEDED. FOLLOWING AN ILLNESS THAT SEPARATED HIM FROM HIS BATTALION, HE BECAME A DESERTER IN THE MOUNTAINS, AND DURING THAT TIME HE OPENED A SCHOOL FOR CHILDREN IN AN ISOLATED VILLAGE. WHEN THE WAR ENDED AND AMNESTY WAS GRANTED TO ALL DESERTERS, JOHN WENT TO THE SEMINARY TO BECOME A PRIEST.

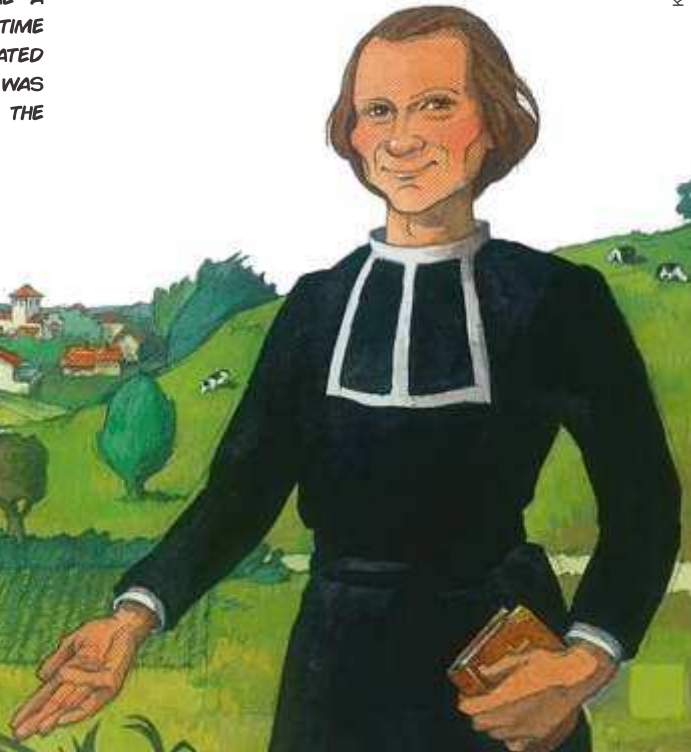
LATIN WAS SO DIFFICULT FOR HIM TO LEARN THAT HE ALMOST FAILED HIS STUDIES. HOWEVER, THE BISHOP, SEEING JOHN'S GOODNESS, WENT AHEAD AND ORDAINED HIM IN 1815.

SOON JOHN BECAME THE PARISH PRIEST, OR CURÉ, IN ARS, FRANCE. HE HAD NO GIFT FOR LEARNING. BUT HE DID HAVE THE GIFT OF UNDERSTANDING WHAT WAS IN PEOPLE'S HEARTS AND MINDS. THAT MADE HIM A WONDERFUL CONFESSOR!

SO PEOPLE FROM ALL OVER FRANCE CAME TO ARS AND ASKED JOHN TO HEAR THEIR CONFESSIONS. SOMETIMES HE SPENT AS MANY AS 16 HOURS IN A DAY LISTENING TO PEOPLE CONFESS THEIR SINS. THROUGH JOHN, GOD'S MERCY AND LOVE CAME TO THESE PEOPLE.

NEXT, JOHN BEGAN A HOME AND SCHOOL FOR DESERTED AND ORPHANED CHILDREN. HE WAS CONCERNED THAT IN THE WAKE OF WAR, MANY PEOPLE IN FRANCE HAD NO TRUE RELIGIOUS EDUCATION, AND HE USED HIS HOMILIES TO TRY TO TEACH ABOUT THE FAITH.

FOR 41 YEARS, JOHN SERVED THE TINY PARISH OF ARS. THEN ON AUGUST 4, 1859, AT THE AGE OF 73, HE DIED. THROUGHOUT FRANCE, PEOPLE KNEW THE CURÉ D'ARS AS A HOLY MAN. HE HAD LITTLE LEARNING, BUT HE HAD MUCH LOVE, AND THOUSANDS ATTENDED HIS FUNERAL. HE WAS CANONIZED IN 1925 AND IS THE PATRON SAINT OF PRIESTS.



LIST OF AWARD WINNERS



Mr. Sinoy Joseph (St. Sebastian Church, Amboli) has been entered in the 'India Book of Records' for setting a new record for working as a 'Sound Re-Recording Mixer' in films of maximum languages.



TRESA JOSSY V J (St. Mother Theresa Church, Talegaon) President's Police Medal for Meritorious Service



Alphonsa Sajesh (Amalamatha Church, Mulund) She has been awarded a patent by the Government of India for her innovative vision of creating a unique model in the medical field.



Mr. Laiby Reji (St. Alphonsa Church, Mankhurd) Research paper on Tuberculosis which published in International Journal Of Public Health And Medicine selected International conference associated with Indian Association on Science and Social scene conference in 2023 And presented for the conference.



Ms. Amisha Anns Biju (Marymatha Church, Sakinaka Parish) got 1st Prize in Karate competition under 16 & 17 years category in Asian Level

Celebrating Family Day:

Strengthening Bonds at Saint Kuriakose Chavara Church

In the heart of the bustling city, amidst the modern rush and digital distractions, there exists a haven where tradition and faith converge to celebrate something timeless: family. At Saint Kuriakose Chavara Church, families gathered not just to mark a day on the calendar, but to rekindle the sacred bonds that tie them together.



The day began with the celebration of the holy Eucharist with the families, sitting together in pews, united in prayer and reflection. But this Family Day was more than just a religious observance; it was a chance for each member of the parish to reflect deeply on their roles within their own families and the larger church family.

After the Holy Qurbana, parishioners were divided into groups representing different stages of life: children, youth, parents, and grandparents. Each group was tasked with an assignment: to discuss their joys, their concerns, and their hopes for their families. The discussions reveal the challenges posed by the modern sedentary lifestyle, highlighting issues of distance and communication within the families.

The children surprised their parents with their simple yet profound gratitude. "We feel loved," they declared, a sentiment that warmed the hearts of all who heard.

Conversely, the youth spoke of their desires for independence, privacy, and a voice in decisions that affect their lives. Discussions on topics like the timing of marriage revealed a generation navigating both tradition and modernity. Financial independence and management was

also a significant topic among the working youth.

Parents, caught between guiding and learning from their children, shared their gratitude and concerns. They expressed a desire for deeper spiritual growth within their families and talked about the pervasive influence of digital devices, urging their children to trust in familial bonds over peers, social circles and digital connections. Senior members of the family emphasised faith formation within the family itself which should be cultivated by praying together.

Amidst these conversations, Father Rajesh, who animated the discussion, spoke about issues faced by families today. He spoke about the perils of excessive screen time and the importance of reclaiming quality moments with loved ones. "Put away the phones," he advised gently, emphasising the need for undistracted family dinners and shared prayer times.



Highlighting the importance of gender equality within the family, Father Rajesh underscored Christian values of fairness and respect. He urged parents to treat their children equally, ensuring a future where familial harmony thrives along with Christian values.

In an era where time is a rare commodity and distractions abound, such a celebration reminds us all of the enduring power of family. For this Family Day, they didn't just celebrate tradition—they reaffirmed the ties that bind, ensuring that love and faith continue to flourish for generations to come.

Sebina Vicky

St Kuriakose Chavara Church, Kandivili (E)



Pastoral Council Meeting June 22, 2024

The Fifth meeting of the 14th Pastoral Council of the Diocese of Kalyan was held on June 22, 2024, at the Bishop's House, Powai. Mar Thomas Elavanal, the President of the Pastoral Council presided over the meeting.

The theme for the Pastoral Council meeting was "Structures for the Participation of Lay Faithful in the Diocese".

First, preparatory to the discussions in the Pastoral Council, a survey was organized among the Pastoral Council members and the trustees of all parishes in the diocese. The survey covered a number of aspects of lay participation and the quality of participation through responses to four distinctive criteria, (i) presence and participation, (ii) decision making and facilitation, (iii) implementation and execution, and (iv) the external perception.

Second, after evaluating the Survey Results, and based on the inferences drawn from it, a set of questions were forwarded to all the parishes for their response. These questions pertained to specific areas or functions in the church (at Eparchial, Forane or Parish level) where the participation of Lay faithful could be enhanced, (ii) the specific measures to enhance

participation of Lay faithful, (iii) ways in which the Lay faithful could help in decision making and facilitation in the Church's functions and operations, (iv) actions to be taken to facilitate the Lay faithful to participate more intensively to help in decision making and facilitation, and (v) ways in which we can improve the implementation and execution aspects of our projects and programs. A summary of the responses from the Foranes was presented by Rev.Fr.Joju Arackal.

Third, a set of questions for further deliberations in the Pastoral Council was formulated on the theme. They were focussed on how to make Laity the face of the Church through better participation in various fora, and also on improving the channels of communication, and the feedback mechanism. After group discussions the members presented their suggestions.

The suggestions included:

- Necessity to communicate Pastoral Council decisions/ suggestions to the parishes in a simple format.
- Create more awareness about the Year of Evangelization.
- Need to discuss briefly the important decisions taken at fora like Pastoral Council at the Parish Council meetings.
- The need to publish such information in the Lantern etc.
- The pastoral council meetings happen only quarterly so the parish councils could spare at least 10-15 mins to discuss the summary of the pastoral and Forane council meetings and inform the decisions taken.
- These discussions will help us to get a feedback from the grassroots level.

- There should be a mechanism to collect the feedbacks and which can be transmitted electronically.
- Upon receiving feedback on the relevant topics, they can be submitted to the respective forums.
- The relevant feedbacks should be considered and action plan to be discussed in the ensuing Pastoral Council meetings.
- A main committee (PCM) be the responsible person for all activities and involve the lay faithful through smaller subcommittee which can help them to take responsibilities and make them capable to take up wider responsibilities in the future.

- Involve a fresher's concept in a the organisation and not restricting it to only youths group

Mar Thomas Elavanal in his Presidential address reminded all that the Church is like a family of children of God bound together in love and there is space for all children like it is in a family. The Church is theocratic: where the church discerns, decides and declares the Will of God and we all need to seek alignment with it and not democratic: where at times decisions of common masses may go against the Will of God , and our core objective is the discernment of the will of God and fulfilling it with love.

5th Death Anniversary

14-08-2024

"I am the resurrection and the life. Whoever believes in me, though he dies, yet shall he live, and everyone who lives and believes in me shall never die" (John 11:25-26)

Your presence is deeply missed every day, and your love continues to inspire and guide us. You will forever remain in our hearts.

In Loving memory of our Beloved Appa

Fondly Remembered by

Asha Jose

Jimmy, Pricey, Roshan & Nikita

Hannah, Joanna & Serah



Mr. P. L. JOSE

26.10.1952 - 14.08.2019

St. George Forane Church, Panvel

In Loving Memory

*"Gone, yet not forgotten,
although we are apart,
Your Spirit lives within us,
forever in Our Hearts"*

Fondly Remembered by

Son: C.V. Thomas

Daughter-in-law: Mini Thomas

Grand Son: George Thomas

Daughter: Ann Joy

Son-in-law: Joy Varghese

Grand Son: Savio Joy

Mrs. THRESIAMMA VARGHESE

Born: 04/12/1935 – Died: 08/07/2024



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(SPECIAL PRAYERS FOR CHILDLESS COUPLES)

01st	07.30am	Holy Qurbana & Novena (Malayalam Syro-Malabar)
Sept	09.30am	Holy Qurbana & Novena (Malayalam Syro-Malabar)
Sun	04.00pm	Holy Qurbana & Novena (Marathi Syro-Malabar)
	06.30pm	Rosary at Grotto
	07.00pm	Holy Qurbana & Novena (Malayalam Syro-Malabar)
02nd	05.30pm	Holy Qurbana & Novena (English Syro-Malabar)
Sept	06.30pm	Rosary at the Grotto
Mon	07.15pm	Holy Qurbana, Novena & Adoration (Malayalam Syro-Malabar)
03rd	05.30pm	Holy Qurbana & Novena (English Syro-Malabar)
Sept	06.30pm	Rosary at the Grotto
Tue	07.15pm	Holy Qurbana, Novena & Adoration (Malayalam Syro-Malabar)
04th	03.30pm	Holy Qurbana, Novena & Adoration (Marathi Syro-Malabar)
Sept	05.30pm	Holy Qurbana & Novena (English Syro-Malabar)
Wed	06.30pm	Rosary at the Grotto
	07.15pm	Holy Qurbana, Novena & Adoration (Malayalam Syro-Malabar)
05th	05.30pm	Holy Qurbana & Novena (English Syro-Malabar)
Sept	06.30pm	Rosary at the Grotto
Thu	07.15pm	Holy Qurbana, Novena & Adoration (Malayalam Syro-Malabar)
06th	05.30pm	Holy Qurbana & Novena (English Syro-Malabar)
Sept	06.30pm	Rosary at the Grotto
Fri	07.15pm	Holy Qurbana, Novena & Adoration (Malayalam Syro-Malabar)
07th	05.30pm	Holy Qurbana & Novena (English Syro-Malabar)
Sept	06.30pm	Rosary at the Grotto
Sat	07.15pm	Holy Qurbana, Novena & Adoration (Malayalam Syro-Malabar)

September 08 (Sunday) FEAST DAY

08.30am Holy Qurbana & Novena (Malayalam Syro-Malabar)
04.00pm Holy Qurbana, Novena & Adoration (Marathi Syro-Malabar)
07.00pm Holy Qurbana & Novena (Malayalam Syro-Malabar)

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