

Kalyan Lantern

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OCTOBER 2024

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THEOLOGY OF WORK

FEAST OF MOTHER OF VICTORY

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

website: www.motherofvictory.org

From 15th to 24th November, 2024

FESTAL SERVICES

15/11/2024 Friday	07:00 pm	Flag Hoisting, Holy Qurbana, Novena & Ladeenju (Malayalam)
16/11/2024 Saturday	05:30 pm 07:15 pm	Holy Qurbana, Novena (English) Holy Qurbana, Novena & Ladeenju (Malayalam)
17/11/2024 Sunday	08:30 am 04:30 pm 07:00 pm	Holy Qurbana, Novena & Ladeenju (Malayalam) Holy Qurbana & Novena (Marathi) Holy Qurbana, Novena & Ladeenju (Malayalam)
18/11/2024 Monday	05:30 pm 07:15 pm	Holy Qurbana, Novena (English) Holy Qurbana, Novena & Ladeenju (Malayalam)
19/11/2024 Tuesday	05:30 pm 07:15 pm	Holy Qurbana, Novena (English) Holy Qurbana, Novena & Ladeenju (Malayalam)
20/11/2024 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 (TALENT EXPO)
21/11/2024 Thursday	05:30 pm 07:15 pm	Holy Qurbana, Novena (English) Holy Qurbana, Novena & Ladeenju (Malayalam) Eucharistic Procession
22/11/2024 Friday	05:30 pm 07:15 pm	Holy Qurbana, Novena (English) Holy Qurbana, Novena & Ladeenju (Malayalam)
23/11/2024 Saturday	05:30 pm 07:00 pm	Holy Qurbana, Novena (English) Holy Qurbana, Novena & Ladeenju (Malayalam) (FUN FAIR)

“Intentions will be accepted for Qurbana and Novena”



Nov.
24
(Sunday)
FEAST DAY

08:30 am	Holy Qurbana (English), Novena and Ladeenju Rev. Fr. Savio Pandiyalackal (Vice Rector - St. Thomas Minor Seminary, Panvel)
11:00 am	Holy Qurbana, Novena (Marathi) Rev. Fr. Paul Painadath
4:00 pm	Most Solemn Holy Qurbana, Ladeenju Main Celebrant: Rev. Fr. Ashok Kollamkudy MST Message: Rev. Fr. Shibu Pulickal (Parish Priest, St. Alphonsa Forane Church, Kalewadi)



Procession and Agape thereafter

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

Fr. Biju Mannamcheril
(Rector)

Fr. Stebin Christy
(Asst. Rector)

Mr. T P Jose, Mr. Lipson Paul & Mrs. Sharmila Fernandes
(Conveners)

As India grapples with its worst year of youth unemployment, discussing work may seem like a cruel irony. Yet, it's precisely this crisis that prompts us to reexamine our understanding of work and its significance in our lives.

Constantly on the move, we rarely pause to reflect on the purpose and meaning of our labor. Aristotle deemed humans "rational animals," while Karl Marx emphasized our inherent nature as "working animals." This paradox raises crucial questions: Why do we work? What drives our pursuit of productivity?

The Bible offers a complex narrative. Genesis 3:19 suggests work is a consequence of humanity's fall, a necessary toil to earn bread "by the sweat of our brow." However, Genesis 2:15 reveals a different narrative, wherein God entrusts Adam with caring for the Garden of Eden, implying work as a sacred stewardship.

This dichotomy sparks important inquiries:

- What is our true understanding of work?
- Is it merely a means of survival or a divine calling?
- How do we reconcile the drudgery of labor with the dignity of creative contribution?



This month, Lantern dedicates its pages to exploring the "Theology of Work." Join us, as we delve into the intricacies of faith, purpose, and profession. Let's think, reflect and seek answers to these profound questions and uncover the transformative power of meaningful work.

Join the Conversation. Together, let's reframe our understanding of work and its impact on our lives.

Dr. Rajesh Mathew
Editor-in-Chief



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

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തൊഴിലിന്റെ ദൈവശാസ്ത്രം



Rev. Fr. Sinto Pulikkottil

Sacred Heart Parish, Colaba &
St. Mary's Church, Byculla

“അധാനിക്കുന്നവരും ഭാരം വഹിക്കുന്നവരുമായ നിങ്ങളെല്ലാവരും എന്റെ അടുക്കൽ വരുവിൻ. ഞാൻ നിങ്ങളെ ആശ്വസിപ്പിക്കാം”. (മത്തായി 11 : 28)

മനുഷ്യജീവിതത്തിന്റെ നിലനിൽപ്പും വളർച്ചയും അവനവന്റെ അധാനത്തെക്കൂടി ആശ്രയിച്ചിരിക്കുന്നു. തനിക്കുവേണ്ടിയും മറ്റുള്ളവർക്കുവേണ്ടിയും അധാനിക്കുവാൻ വിളിക്കപ്പെട്ടവരാണ് നാമെല്ലാവരും. ഉണരുന്ന നിമിഷം മുതൽ മയങ്ങുന്ന സമയം വരെ നമ്മുടെ വ്യക്തിത്വത്തെയും പുറംലോകത്തെയും രൂപപ്പെടുത്തുന്നതും സ്വാധീനിക്കുന്നതും നാം ഏർപ്പെടുന്ന തൊഴിലിന്റെ ഉത്തരവാദിത്വങ്ങളും പരിശ്രമങ്ങളുമാണ്.

പതിറ്റാണ്ടുകളായി ഒരു സംതൃപ്തിയില്ലാതെ മരപ്പണിയിൽ ഏർപ്പെട്ടിരുന്ന ഒരു ആശാരിക്ക് പെട്ടെന്നൊരു ദിവസം മനസ്സിൽ തോന്നിയ ഒരു ചിന്ത അദ്ദേഹത്തിന്റെ കാഴ്ചപ്പാടുകളെ മാറ്റി മറിച്ചു. ‘ഞാൻ നിർമ്മിച്ചത് കസേരകളും മേശകളും മാത്രമല്ല കൂടും ബെങ്ങുകൾക്ക് ഒത്തുചേരലിനും, പ്രാർത്ഥനക്കും, കൂട്ടായ്മക്കും, സൗഹൃദങ്ങൾക്കുമൊക്കെയുള്ള ഒരിടം കൂടിയായിരുന്നു. എന്റെ തൊഴിൽ മരങ്ങൾക്കൊണ്ടും ആണികൾക്കൊണ്ടും ആയുധങ്ങൾക്കൊണ്ടുള്ളതിനും അപ്പുറത്താണ്.’ തൊഴിലിനെക്കുറിച്ചുള്ള ലളിതവും ശക്തവുമായ ക്രൈസ്തവ ചിന്താഗതിയാണിത്. ജീവിക്കാൻ വേണ്ടിയുള്ള ഒരു മാർഗ്ഗത്തിനപ്പുറത്ത് ഒരു വിശുദ്ധവിളിയായി നമുക്ക് തൊഴിലിനെ കാണാം. മനുഷ്യനേയും ദൈവത്തേയും, മനുഷ്യനേയും മനുഷ്യനേയും കൂട്ടിയിണക്കുന്ന വിശുദ്ധമായ വിളി.

വിശുദ്ധ ഗ്രന്ഥത്തിന്റെ ആരംഭം മുതൽ തൊഴിലിനെക്കുറിച്ചുള്ള മനോഹരമായ കാഴ്ചപ്പാടുകളുണ്ട്. ദൈവം ആകാശവും ഭൂമിയും സൃഷ്ടിക്കുന്നതും, പ്രകാശത്തെ അന്ധകാരത്തിൽ നിന്നും വേർപെടുത്തുന്നതും, പൊടിയിൽ നിന്നും മനുഷ്യനെ സൃഷ്ടിക്കുന്നതുമൊക്കെ നാം ഉൽപത്തി പുസ്തകത്തിൽ കാണുന്നു. ദൈവത്തിന്റെ സൃഷ്ടികർമ്മത്തിന്റെ കഥ തുടരുകയാണ് ഉൽപത്തി 2:15-ൽ. “ഏദൻതോട്ടം കൃഷി ചെയ്യുവാനും സംരക്ഷിക്കാനും ദൈവ



ഒരിക്കലും ജോലിയുടെ സ്വഭാവമല്ല, മറിച്ച് നാം അത് എങ്ങനെ ചെയ്യുന്നു എന്നതാണ് പ്രധാനം. ഇത് നമ്മുടെ ധാർമ്മിക സ്വഭാവത്തെ രൂപപ്പെടുത്തുകയും അതിനോടൊത്ത് യോജിച്ച് ജീവിക്കാൻ നമ്മെ പഠിപ്പിക്കുകയും ചെയ്യുന്നു.

മായ കർത്താവ് മനുഷ്യനെ അവിടെയാക്കി”. തന്നോട് ചേർന്ന് സൃഷ്ടികർമ്മത്തിൽ ദൈവം മനുഷ്യനേയും ചേർക്കുന്നു. നമ്മൾ ഈ ലോകത്തിൽ വെറും കാഴ്ചക്കാരല്ല. ദൈവസൃഷ്ടിയുടെ പരിപാലകരാകാൻ ഭരമേൽപ്പിക്കപ്പെട്ടിരിക്കുന്ന ദൈവമെന്ന സൃഷ്ടികർത്താവിന്റെ സഹസൃഷ്ടികർത്താക്കളാണ്.

പരി. ഫ്രാൻസിസ് മാർപ്പാപ്പ Laudato Si - യിലൂടെ നമ്മെ ഓർമ്മിപ്പിക്കുന്നുണ്ട് “തൊഴിൽ മനുഷ്യജീവൻ ഭൂമിയിൽ അർത്ഥം നൽകാനും അവന്റെ വളർച്ചക്കും വികാസത്തിനും വ്യക്തിപരമായ പൂർണ്ണതക്കും അനിവാര്യമാണ്. ചെയ്യുന്ന തൊഴിലെന്തായാലും അത് ദൈവത്തിന്റെ സൃഷ്ടികർമ്മത്തിലെ സഹസൃഷ്ടാക്കളാവാക തന്നെയാണ്.”

ബൈബിളിന്റെ വീക്ഷണകോണുകൾക്കപ്പുറത്ത് തൊഴിലിന് മന:ശാസ്ത്രപരമായ ഒരു മാനമുണ്ട്. മനുഷ്യനെന്നനിലയിൽ നമുക്ക് വളർച്ചയിലേക്ക് അന്തർലീനമായ ഒരു മാനവും. തൊഴിൽ ഒരുവന്റെ കഴിവുകളെ പൂർണ്ണമാക്കാനും, നന്മകൾ വളർത്താനും, പരിപോഷിപ്പിക്കാനും, അർത്ഥപൂർണ്ണമായ രീതിയിൽ സമൂഹത്തിന് സംഭാവനകൾ നൽകുവാനുമുള്ള ഒരവസരമാണ്. ബെനഡിക്ട് പതിനാറാമൻ മാർപ്പാപ്പ തന്റെ ചാക്രികലേഖനമായ ‘Caritas in Veritate’ - ൽ ഓർമ്മിപ്പിക്കുന്നതുപോലെ “തൊഴിൽ മനുഷ്യന് ഉപയോഗപ്രദവും യോഗ്യവുമായൊരു നന്മയാണ്. കാരണം അതൊരുവന്റെ കഴിവുകളെ പ്രകടമാക്കുവാനും മെച്ചപ്പെടുത്തുവാനും യോഗ്യമാക്കുന്നു. നാം ചെയ്യുന്ന ഏതു കാര്യത്തിലും മികവ് നേടുന്നത്, അത് ചെറുതോ വലുതോ ആയിക്കൊള്ളട്ടെ നാം നാമായി ദൈവത്തിന്റെ പദ്ധതിയോട് ചേർന്ന് നിൽക്കുമ്പോൾ മാത്രമാണ്.” ഇന്നി

ന്റെ ഈ കാലഘട്ടത്തിൽ തൊഴിലിനെ പണവും സമൂഹത്തിൽ സ്ഥാനവും മാനവും നേടാൻ മാത്രമായ ഒരു വഴിയായി കാണുമ്പോൾ തൊഴിലിനെക്കുറിച്ചുള്ള ക്രിസ്തീയവീക്ഷണം മലമുകളിൽ കത്തിച്ചുവെച്ച ദീപം പോലെ എല്ലാവർക്കും വെളിച്ചം പകരുന്ന ഒരു മൂല്യമായി മാറുന്നു. ഏതൊരു തൊഴിൽ മേഖലയും നമ്മുടെ വിശ്വാസം ജീവിക്കുന്ന സ്ഥലമാകണം. തൊഴിലെന്നത് ക്രൈസ്തവന് ദൈവസ്നേഹം ലോകത്തിലേക്ക് കൊണ്ടുവരാനുള്ള ഒരു മാർഗ്ഗം കൂടിയാവണം. നാം നമ്മുടെ തൊഴിൽ സ്നേഹത്തോടെയും ആത്മാർത്ഥതയോടെയും നിറവേറ്റുമ്പോൾ നാം നമ്മുടെ വിളി സാക്ഷാൽക്കരിക്കുകയും സമൂഹനന്മയിലേക്ക് നമ്മുടെ കഴിവിനൊത്ത് സംഭാവന ചെയ്യുകയുമാണ് ചെയ്യുന്നത്. ജോസ് മരിയ എസ്‌ട്രീവ പറയുന്നതുപോലെ “നിങ്ങൾ നിങ്ങളുടെ ജോലിയെ വിശുദ്ധമാക്കൂ. നിങ്ങളുടെ ജോലിയിൽ നിങ്ങളെത്തന്നെ വിശുദ്ധീകരിക്കുക. നിങ്ങളുടെ ജോലിയിലൂടെ മറ്റുള്ളവരെ വിശുദ്ധരാക്കുക”.

നാം ചെയ്യുന്ന തൊഴിൽ നമ്മുടെ വ്യക്തിപരമായ സ്വഭാവത്തെ മാത്രമല്ല സമൂഹത്തിലുള്ള നമ്മുടെ ബന്ധങ്ങളെയും രൂപീകരിക്കുന്നതിൽ വലിയ പങ്ക് വഹിക്കുന്നുണ്ട്. ഉത്തരവാദിത്വത്തോടും കരുതലോടുംമുള്ള ദൈവനംദിന ജോലികളോടുള്ള നമ്മുടെ സമീപനം നാം യഥാർത്ഥത്തിൽ ആരാണെന്ന് തെളിയിക്കുന്നുണ്ട്.

ഒരിക്കലും ജോലിയുടെ സ്വഭാവമല്ല, മറിച്ച് നാം അത് എങ്ങനെ ചെയ്യുന്നു എന്നതാണ് പ്രധാനം. ഇത് നമ്മുടെ ധാർമ്മിക സ്വഭാവത്തെ രൂപപ്പെടുത്തുകയും അതിനോടൊത്ത് യോജിച്ച് ജീവിക്കാൻ നമ്മെ പഠിപ്പിക്കുകയും ചെയ്യുന്നു.

തൊഴിലിന്റെ മഹത്വത്തെക്കുറിച്ച് ഫ്രാൻസിസ് മാർപ്പാപ്പ സംസാരിക്കുന്നത് ഇങ്ങനെയാണ്. “സമൂഹത്തിന്റെ നന്മയെ പ്രോത്സാഹിപ്പിക്കുന്ന പലവിധ തൊഴിലിനാൽ പടുത്തുയർത്തപ്പെട്ടതാണ് നമ്മുടെ സമൂഹം! നമ്മുടെ തൊഴിലിനെ ഉത്സാഹത്തോടെയും സമഗ്രമായും നാം സമീപിക്കുമ്പോൾ സുവിശേഷം പ്രാവർത്തികമാക്കുന്നതിൽ നാം സാക്ഷികളായി മാറുന്നു. ഭാഗഭാക്കുകളാകുന്നു. കൂടുതൽ നന്മയും നീതിയുമുള്ള സമൂഹം കെട്ടിപ്പടുക്കുന്നതിൽ നമ്മൾ സഹകാരികളാകുന്നു.”

ജോലിയെക്കുറിച്ചുള്ള വിശുദ്ധവീക്ഷണം സ്വീകരിക്കുന്നതിലൂടെ നമ്മുടെ ദൈവനംദിന ജോലികൾ എത്ര സാധാരണമാണെങ്കിലും സ്നേഹത്തിന്റെയും സേവനത്തിന്റെയും വിശുദ്ധ പ്രവർത്തികളായി മാറുന്നു. നമ്മുടെ ജോലിയെ പുതിയ മാനങ്ങളോടെ സമീപിക്കാം. ദൈവത്തിങ്കലേക്കുള്ള നമ്മുടെ വിളിയുടെ പൂർത്തീകരണത്തിലേക്കുള്ള യാത്രയാക്കി മാറ്റാം. നമ്മുടെ തൊഴിൽ നമുക്ക് മാത്രമല്ല, അനേകായിരങ്ങൾക്ക് അനുഗ്രഹമാകട്ടെ.





Dr. Joseph Kanayamplakal

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Ethics at the workplace has two complementary aspects to it, the first is at the organizational level, and the second at the individual level. They are complementary because of several values or principles that bind the two- like accountability, integrity, transparency, governance etc. While both are equally significant in the broader context of ethics at the workplace, the present engagement is on its applications from the perspective of the individual. The face of human dignity at the workplace has been often clouded and the

dignity of work has been often compromised by the novel approach that we encounter, “man is his work”. “Man's dignity, however, is not in his work. It rests in his very being, his nature. Work manifests the dignity inherent in his nature, as well as elevating him to the heights of excellence that are his destiny” (Perricone,1999). Through work man participates in the work of God and lays the foundation for his family life. “Work constitutes a foundation for the formation of family life, which is a natural right and something that man is called to.... In a way, work is a condition for making it possible to found a family, since the family requires the means of subsistence which man normally gains through work...” (Laborem Excergens:10,1981)

The workplace has become a more complex space over the last three decades. This is the result of a number of factors like technological advancements, enhanced level of communications, cross border contacts and

business, speedy dissemination of information, emergence of new functions at the corporate level, and enhanced regulatory surveillance etc. These developments drastically changed the dependencies at the workplace, and these dependencies, in turn, created a web of relationships which is intricate and complex. Living the Gospel values in this new environment naturally became a real challenge to the layman as the instances of business expediencies dictating the direction of the actions rose in numbers in real terms. Many a time the dividing line between what is legally right and morally unsustainable became wafer-thin, a product of excessive competition and mindless laissez-faire. The Theology of Work, a relatively new branch of the scientia fidei, focuses on these developing issues and complexities, and organizes its study and discussions around probable solutions.

The teachings of the Church in this context are unambiguous and contained in the Vatican II documents. "By his labour a man ordinarily supports himself and his family, is joined to his fellow men and serves them, and can exercise genuine charity and be a partner in the work of bringing divine creation to perfection. Indeed, we hold that through labour offered to God, man is associated with the redemptive work of Jesus Christ, Who conferred an eminent dignity on labour when at Nazareth He worked with His own hands" (Gaudium et Spes :67). So, the workplace has a special and marked sanctity and relevance from the viewpoint of ethics.

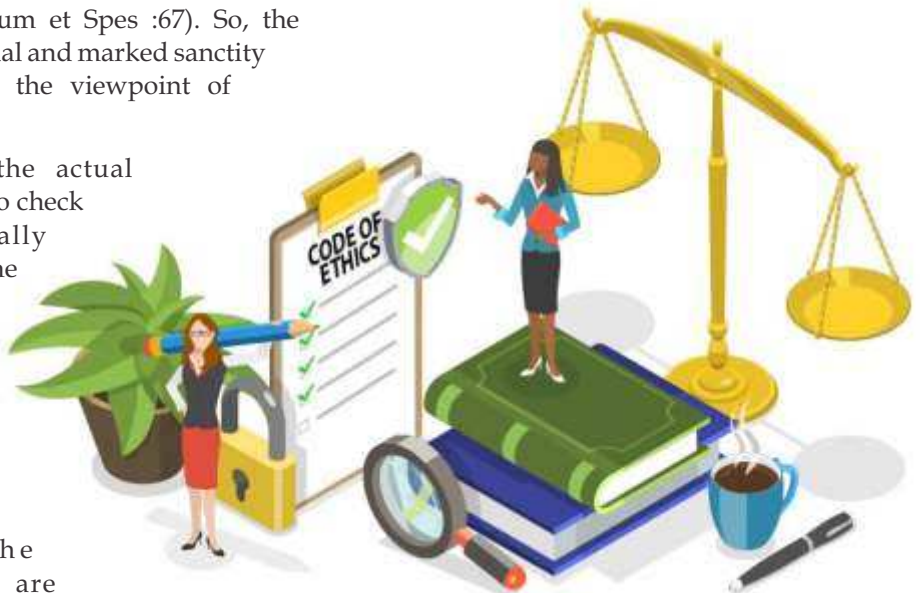
Coming back to the actual workplace we need to check whether we actually satisfy at least some bare minimum hygiene factors before we could say that we are ethical and we are witnesses to Christ at our place of work.

Resources at the Workplace: There are

resources at the workplace like internet connection, paper, envelopes, writing instruments, and a telephone at the desk, and many more conveniences. Do we use these resources for our personal needs? How often do we use the official courier service for our personal work? It costs pretty much no money to buy a dozen envelopes for our personal use. But if you are using common and official resources then we are taking away resources meant for others and for public benefit.

"Land-grabbing": This phenomenon constitutes stealing other people's work, taking credit for work that is done by another person, and treading the turf or domain which belongs to another person. Stealing and presenting somebody else's work as one's own is quite rampant in organizations. Persons who resort to this are the ones who are low on competence and skills at work, and it is often viewed as a harmless joke. Quite often this behaviour is knowingly or unknowingly authorized or accepted by some seniors who again are not very skilled at work. This is one of the things reported often from organizations especially from ones that ask for high quality skills, performance and distinction. It is a matter of grave injustice done to the person who is obviously denied what is his due.

Being Fair and Equitable: At the workplace are



we seen or perceived as fair and just to all, especially where we have the authority and power to influence promotions, and decisions on compensation and benefits? Or do we use these powers as explicit or implicit tools for exploitation? Stories of exploitation abound, and those who refuse to yield or submit are sidelined or overlooked for benefits and perks.

Trivializing Hard work: Do we trivialize the work done by others deliberately or indeliberately? This hampers progress for us, at a personal level and also for the society. Quite often the person who is well prepared and systematic in his exposition of points in discussions and meetings do not get as much value and attention as someone else who may take control of the gathering with his high pitch of voice. Many a times a carefully prepared note may be thrown into the trash bin for fear of it gaining prominence. Do we appreciate those who are prepared for the meetings and discussions, or do we promote those who always make casual points and indulge in misdirected discussions?

Inclusiveness: How inclusive are we at work and in the society around us? Are we there only for the best performers and five-star performers only or are we different? Do we have a mission and an internal commitment that even a person at the workplace who is relatively weak also needs to be given a helping hand and be lifted up a little bit so that he may not find himself a misfit in the world God has created for him as much as it is for all of us? A Catholic at work necessarily should have this commitment always at the back of his mind that he does not exist for the best or for any specific caste or creed or lingua franca. But he exists for all and especially for all those who have special needs.

Counter-witnessing: One of the critical things that one needs to be watchful is counter witnessing. Counter witnessing is nothing but the exact opposite of witnessing. One who is a witness to Christ is expected to be like Christ. Anything that is not in harmony with this is counter witnessing. One instance would be exorbitant donations that one may take for

admissions at educational institutions which is not voluntary in nature. It could be inflated bills or insurance claims wherein you keep a margin or cut for yourself. This is being seen and watched by many closely. A Catholic is not expected to do these things. If indulged in, it is one of the worst things that you may be doing at the workplace. But just imagine for a moment, you did not inflate the bill or the insurance claim, it sends a powerful message to the people around you on how different you are. The message that you sent out or shared as Christian, as someone different, has left its imprint on people's minds. This is important for those who run large organizations or institutions and who are bound to be subject to public scrutiny all the time. Is our mind set better than that of the tax collectors?

The Prophetic Role: It is not only a pastoral or priestly role that Christian life and spirituality has bestowed on us. We are expected to fulfil a prophetic role as well. The prophetic role is to stand up for truth and the right thing, even if you are standing alone. Do we do this at our workplace especially when you find innocents are targeted? Or are we mere spectators when someone is falsely implicated? It is probably the prophetic role that is more important today at the workplace, like it was never before. Ethical behaviour calls for pro-active action when one encounters situations that call for determined action.

Always be aware that people are watching us and observing us to see what we are and how we are. Are we ethical in our conduct and behaviour? Are we perceived as ethical in our dealings? Is he that guy who starts his day and ends it with a prayer. Is he that polite gentleman who has a smiling face always and stretches his hands to his colleagues for a warm handshake? Does he go beyond his normal call of duty at his workplace? Living the Gospel requires us not to conform to the world but to be different so that people may know that we follow Jesus Christ. That is how those who have not seen the light as yet will come know Jesus, through us. That is our mission in this life even at the workplace.



Life in a Balance



Smitha John
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A recent study by digital healthcare platform MediBuddy and CII revealed that around 62% of Indian employees experience burnout due to work-related stress and poor work-life balance. This is triple the global average of 20%. Another survey conducted last year called, People at Work 2023: A Global Workforce View, found that about 76% of Indian workers felt that stress had a negative impact on their work performance with 49% showing similar concerns about their mental health.

The workforce today primarily consists of Gen X and Millennials (those born between 1965-1996), who are no strangers to hard work. After all, they are children of the Baby Boomers (born between 1946 – 1964), who are characterized by their commitment to hard work, exemplary work ethics and steadfast loyalty. Both in the West and India, Boomers lived through a world characterized by several social, political and economic upheavals, but also with determination to make something of their lives with

hard work. Many of us from Gen X or Millennial generations are witnesses to the stories and hardships of our parents or elders, who travelled from small villages and towns to big cities like Mumbai, Kolkata and Delhi, to build a better life for themselves and their families back home.

We have heard many examples of hard work, perseverance and sacrifice but have we ever heard them talk about work life balance? I doubt, as work was often worship for them and balancing it with personal life, would have been unthinkable. Building a life for themselves in a country finding its feet post-independence, struggling with scarce resources, with only their grit and hard work to support them, wouldn't have been easy. Yet, somehow, this generation managed to lead a healthy life, without suffering from burnouts and heart attacks due to stress and workload. They hoped for a better life when probably they had no reason for hope and then went on to build it.



In complete contrast, over the last few years, we are seeing a rise in the number of young people suffering from and sometimes succumbing to heart attacks. Sedentary lifestyle, stress, insomnia, poor eating habits etc. are some of the reasons attributed to this worrying trend. What has made the Gen Xers and Millennials cross the fine line between hard work and being overworked and overstressed?

Somewhere, when our wants became our needs, when stability wasn't as fulfilling as success, when relentlessly conquering one goal after another became the mark of high performer, we lost the battle to our physical and mental health. As a generation we are more aware and conscious of the importance of good physical and mental health, actively seeking and even demanding better work life balance from our organizations. Yet, most of us fail to find this evasive 'balance'.

So, is work life balance an answer to all our ills? In 2022 Emma Harris, Chief of The Glow, London, a UK based brand consultancy, had a cardiac arrest. On paper she seemed to be perfectly balanced – she was running a company, raising four kids, serving as a PTA representative, volunteering for charities and exercising regularly. She was fit, had a healthy heart with low cholesterol. Closer to home in India, the CEO of Zerdoha, Nithin Kamath, just 44 years old, suffered a stroke despite being a fitness enthusiast. In both cases, stress, overwork and exhaustion and in Nithin's case, even over-exercising, were listed as the culprits.

Both Emma and Nithin were trying their best to strike a balance between their professional and personal lives, yet it took a toll on them. The concept was turned on its head with them trying to achieve the maximum in all spheres of their lives. Inc.com blames this on the 'glorification of busyness'. They explain that the state of our 'busyness' has become a status symbol from which we derive our self-worth.

The challenge, therefore, seems not just to be about work life balance but about getting our priorities right. We are obsessed with being productive every moment of our lives, living every minute reaching a goal, be it the next promotion, baking the perfect cake, or reaching 20,000 steps a day. There is too much demand on our time from ourselves as well as others. At work, we want to deliver exceptionally, network with clients and colleagues, and engage in activities; at home we want to spend time with kids and spouses by indulging in some activities, cooking up a Sunday special, volunteering our time with different social communities, partying with friends, while also working out those muscles and following the keto diet. Phew! That's a lot of work!



At the risk of repeating motivational articles, I feel that we miss the sense of gratitude that our elders had. Gratitude and contentment would help us appreciate the success we have achieved and not view setbacks as failures and slip into despondency.

Technology is supposed to ease the burden, and it has, in so many ways, but now there is the added pressure of responding to that late night email from US office, sending birthday wishes to a cousin on WhatsApp, posting a picture of that Sunday special on Instagram and liking a friend's new dance reel; and if you happen to be a mother of school going kids, keeping up with all the instructions shared on numerous school groups, tuition groups, dance groups, sports groups and so on.

It is not enough to tick all the boxes; it has to be the 'blue' tick – we've got to be at the top or nothing else matters. This way of thinking further adds to frustration, leading to poor mental health and depression.

This doesn't mean we shouldn't be ambitious or have big dreams. After all, it is the drive to succeed that made our Boomer parents give us a good life. Hence, maybe it would be good to take a leaf out of their books to understand where we are going wrong.

At the risk of repeating motivational articles, I feel that we miss the sense of gratitude that our elders had. Gratitude and contentment would help us appreciate the success we have achieved and not view setbacks as failures and slip into despondency. There also comes a point in life when we need to pause and reassess our priorities. Is the professional success we are chasing worth taking the focus away from our family and health? If we have achieved a certain level of success and enjoy a good lifestyle, do we still need to push the envelope? Do we have to do everything all the time? Sometimes, doing nothing and just letting ourselves be, is what the body and mind require. And maybe that is the balance that we should be seeking – between an overactive mind and body and a restful, contented and peaceful one.





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CAREERS AS A VEHICLE FOR Self-actualization

When hearing the term "self-actualization," one may wonder what it truly means. Some may see it as beyond their reach, while others may feel they've already attained it. The truth is, self-actualization is not a one-time achievement but a continuous process, one that is accessible to everyone. It represents the highest level of potential we can strive for in our lifetime.

Several key thinkers have contributed to our understanding of self-actualization, including Kurt Goldstein, Carl Rogers, and Abraham Maslow. Maslow's theory of the hierarchy of needs plays a central role in understanding this concept. He identified five fundamental human needs: physiological needs (air, water, food), safety (shelter, stability), love and belonging (connection to family, friends, and colleagues), esteem (self-respect and recognition), and

finally, self-actualization. At the top of this hierarchy, self-actualization reflects the pursuit of personal growth, realizing one's potential, and becoming the best version of oneself.

Self-actualization, as Maslow describes it, is not reserved for the "gifted" but is the birthright of all. It involves a deep understanding and acceptance of one's own abilities and limitations. A self-actualized person is not perfect but continuously strives to develop their talents and mitigate their weaknesses. For example, a musician must compose music, an artist must paint, and a writer must write. In short, a person must pursue what they are meant to be in order to reach their full potential.

In the context of work, this pursuit becomes tangible. Work becomes a means of self-actualization when it aligns with our purpose,

values, and inner drive to grow. By engaging fully in our careers and directing our energy toward meaningful goals, we can experience a sense of fulfillment that transcends mere survival or status.

However, fear can often hold us back from realizing our potential. Maslow referred to this as “aborted self-actualization,” where distractions and insecurities prevent us from pursuing our true path. For example, losing time to media consumption or seeking validation from others can divert us from meaningful self-growth. The good news is that self-actualization is always within reach. The moment we recognize that we’ve strayed from our path, we can realign and start again.

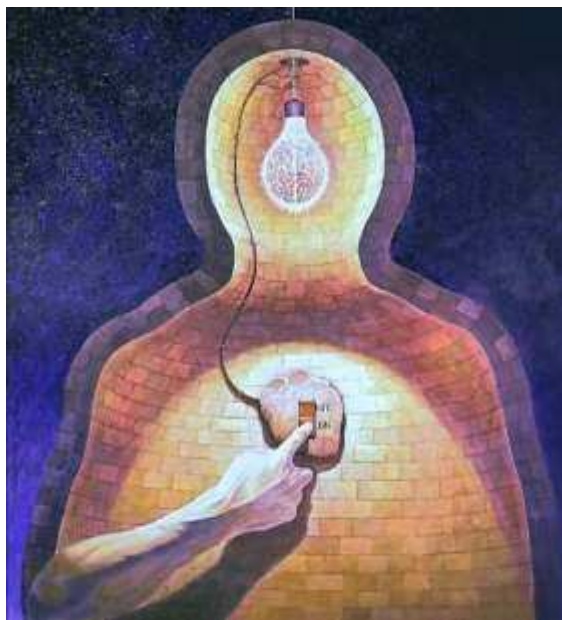
Self-actualization is a lifelong journey unique to each individual. It requires ongoing self-reflection, self-awareness, and nurturing relationships that contribute to our growth. By embracing challenges and stepping outside our comfort zones, we can discover our inner strength and become the best versions of ourselves.

Practical Steps to Attain Self-Actualization through Work:

Align Work with Personal Values: Reflect on what you truly value in life. Does your current job align with those values? If not, find ways to integrate them. For example, if creativity is important to you, seek opportunities within your role to innovate and express new ideas.

Set Growth-Oriented Goals: Shift from focusing solely on performance-based goals to those that foster personal growth and learning. Ask yourself how each project or task can help you grow closer to your potential.

Embrace Responsibility: Take ownership of your work by seeking autonomy in decision-making and exploring opportunities that challenge you. Autonomy fosters a sense of mastery and control, essential for personal growth.



Pursue Continuous Learning: Seek learning opportunities both within and outside your professional role. This could include mastering new skills, attending workshops, or simply taking on new challenges that push you outside your comfort zone.

Develop Meaningful Relationships: Foster relationships that encourage personal and professional growth. Surround yourself with mentors, colleagues, and friends who support your journey toward self-actualization.

Practice Self-Reflection: Regularly evaluate your progress and reassess your goals. Self-actualization is a process that evolves, and it's essential to take time to reflect on whether your current work aligns with your true aspirations.

Cultivate a Growth Mindset: Embrace failures and challenges as opportunities to learn rather than setbacks. This mindset encourages resilience, allowing you to grow continuously, even in the face of adversity.

By consciously integrating these steps into your work life, you can use your career as a platform for self-actualization. In doing so, you not only achieve professional success but also grow as an individual, contributing meaningfully to your own well-being and the betterment of the world.



Office Dynamics

Dealing With the Who's Who

Writing about work is anathema to me. So, when I was asked to do this article you can imagine just how lovely I felt. But, eventually, I got over my dislike just enough to talk about surviving corporate life, especially in light of recent cases where youngsters are losing their lives to burnout or suicide, caused by stress at work.

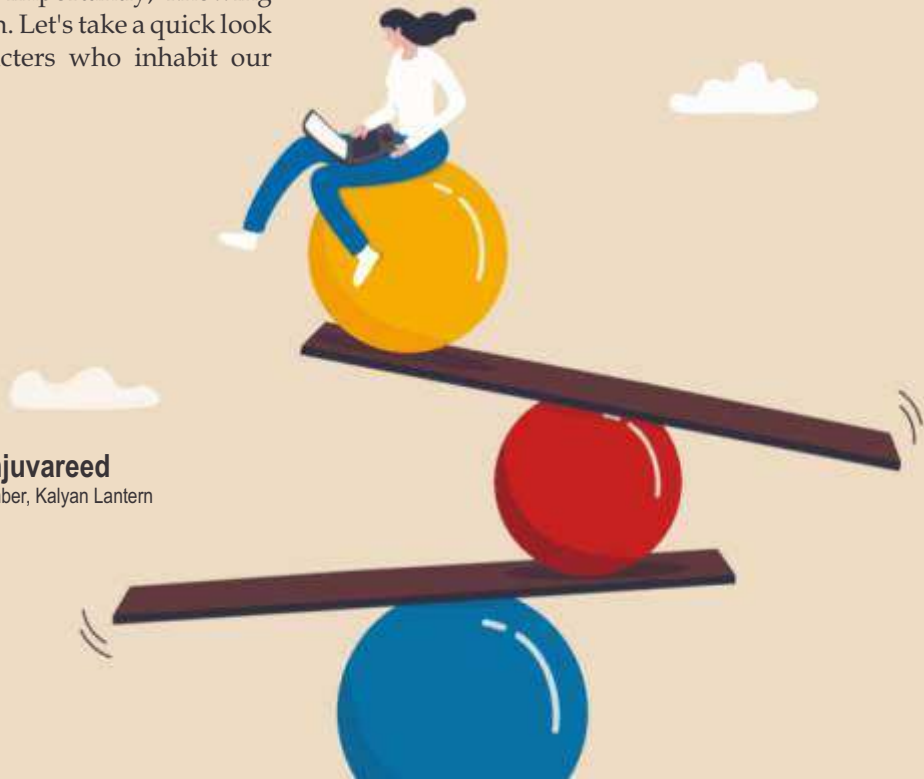
In the corporate world, especially for Gen Z and millennials, you'll find a mix of personalities that make work both exciting and challenging. Each type brings a unique mix to the table – some who are all about the hustle and some who are all about stirring the pot.

Knowing and understanding these personalities is key to building mutually beneficial relationships and more importantly, knowing whom to avoid and when. Let's take a quick look at the interesting characters who inhabit our workspaces:

1. The Sweet-Talking Viper – A unique species, often found lurking around managers, they can sweet talk anyone and anything. Be cautious, and weigh any suggestion they give in light of how it benefits them, because rest assured they do NOT have your best interests at heart. They lure you in with charm and flattery and when the moment is right, twist the knife leaving you in the dust. They make the snake from the Garden of Eden look tame. Remembered anyone? Sorry!



Rini Kunjuvareed
Editorial Member, Kalyan Lantern



2. The Gossiper / Flirt – These two personalities share a lot of traits – they talk to people across age groups, departments, hierarchy – and collect and share just enough information to keep you coming back for more. They flourish on attention and create an engaging atmosphere. While they usually mean no harm, be wary of sharing your personal details as you never know whom you might hear it from next.

3. The Egoist – This creature thrives on being the centre of attention and has deluded itself into believing that the sun, moon, stars and everyone on planet Earth orbit around them. Nobody can do or be better. They treat colleagues as competitors rather than teammates, and have an eagle eye on everyone's activities – from their dressing to working styles.

4. The Power-Tripper – A black hole that consumes everything around them, a power-hungry person can and will make life troublesome for you at his/ her first taste of power. Some tend to also be vindictive and hold grudges until the end of time. “Power corrupts; absolute power corrupts absolutely” perfectly captures the essence of these individuals.

5. The Helper – Ever ready to help out their team or anyone in a jam, these kind souls cruise around the office with charm and efficiency. If they lack discipline, they tend to be unsuccessful but well-liked. However, if they're assertive and focused, they become a manager's dream employee.

6. The Unofficial Mentor – A kind soul who adopts you just because they want to, they play the role of an elder sis / bro at work. Helping you navigate political undercurrents and steer clear of potential pitfalls, these individuals are unexpected blessings that make work just a tad bit enjoyable? Okay, bearable!

7. The Immature Drama Llama – Everyday with them feels like playing emotional roulette. You never know what's coming and how their emotions will impact your day. This is especially tricky when they hold positions of power and think they can unload their feelings on everyone around them. Their dramatic mood swings create a tense atmosphere and has everyone walking on eggshells.

While it's easier to classify people into the above mentioned groups, let's take a look at what research suggests we do.

What do we do Scooby Dooby Doo?

Organizational psychologist, bestselling author and media sensation Adam Grant's research shows us that people can be divided into 3 broad categories - givers, takers, and matchers.

Givers are generous with their time and resources, often helping others without expecting anything in return. Matchers seek to maintain a balance, giving and receiving in equal measure. Takers, on the other hand, prioritize their own interests, often looking to benefit at others' expense. Classifying people into these types can help us navigate workplace dynamics more effectively and understand whom to trust and how to engage with each type.

Surprisingly enough, Grant's research found that givers are the most successful and the ones most likely to fail. The key difference between these two types of givers? Boundaries.

Setting boundaries is essential for balancing your role as a giver while protecting your own well-being. Understanding your strengths and limitations allows you to contribute effectively without feeling overwhelmed. As Adam Grant highlights in his book Give and Take, knowing when to help and when to say No is key to long-term success and maintaining healthy relationships. Happy Working!

PS: Any resemblance to real persons, dead or alive, or other real-life entities, past or present, is completely intentional.



Helping Hands, Changing Lives...

In exploring the various aspects of work, it becomes clear that work is more than just a necessity; it's an opportunity to make a meaningful impact on others. The remarkable journey of brand "V Guard" started in the year 1977 with two labourers under a tiled roof at Kaloor, in Kochi Kerala after resigning from a well-paid job, which at that time was viewed as an imprudent or impulsive decision by a settled man. But I believed there is a time for everything and a season for every activity.

My early education took place at a local school, followed by a graduation from Christ College, Irinjalakuda, and a master's degree in physics from St. Thomas College, Thrissur, in 1970. My professional journey started in 1973 with Telics in Thiruvananthapuram. I then chose to leave the job for better opportunities, which significantly altered the trajectory of many lives, including my own. I vividly remember the days spent in workshops, working on various designs for stabilizers, exploring spray-painting options for aesthetics, and crafting an eye-catching logo. I also made numerous trips in and around Kerala to source raw materials. The Lamby Scooter, which transported me, my product, and my dreams, remains a cherished symbol of those formative years.

The path of V Guard was not always smooth. Despite initial setbacks, such as a denied bank loan, the vision for the dream persisted. My father's unwavering support during challenging times was invaluable. Politically supported labour unrest and other obstacles tested V Guard, but out of box thinking and strategic diversification into various electrical, electronic, and electro-mechanical products enabled us to adapt to evolving technology.

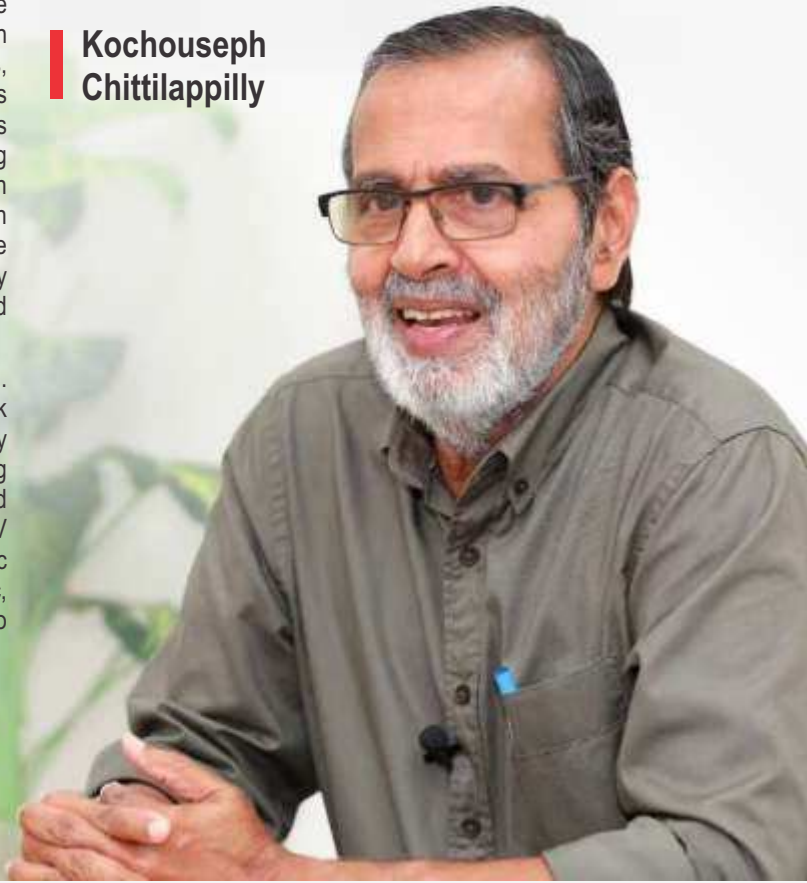
Giving Back

Contributing to society is a fundamental responsibility for any successful entrepreneur. The K Chittilappilly Foundation (KCF) is a charitable initiative dedicated to providing medical assistance to those in need, without discrimination based on religion, caste, creed, or gender.

My personal experience with kidney disease patients inspired me to donate my own kidney to someone in need. This act of generosity sparked a chain of donations, as the recipient's relative also donated their kidney to another patient and it went on. Additionally, Chittilappilly Square was created as a serene space where people of all ages can escape their busy lives, engage in physical activities, and rejuvenate in a beautiful natural setting.

Even at 74, I continue to believe in the profound impact of giving rather than receiving.

Kochouseph Chittilappilly



INTEGRATION OF CAREER & RELIGION



Joseph George
St. Joseph's Forane
Church, Powai

"Whatever you do, work at it with your heart as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving"

- Colossians: 3:23-24

Many of you may be wondering as to whether there exists any relationship between 'spirituality' or 'religiousness' with 'career'? In my view, the answer is certainly in the affirmative. I firmly believe there is indeed a strong and unbreakable relationship between the two.

Religion is a source of comfort and guidance and it provides for moral belief and virtuous behaviour, which are being transmitted to the sphere of the workplace as well. It also provides a sense of bondage and togetherness within the confines of religious communities, social circles, place of work etc, regardless of religious social, economical affiliations and preferences one possess. Religion can shape up an individual's perception of their career, calling and influencing the types of careers they are drawn to.

With the above introductory lines, let me avail this opportunity to impress upon the readers as to how the above principle holds good in my official life. I am a retired Central Government official, retired from the office of Enforcement Directorate (ED) as its Deputy Director. The ED as it is now popularly known as, is an Investigative Agency functioning under the Ministry of Finance, Department of Revenue, Govt. of India. The ED is vested with the powers to investigate offenses relating to economic violations and entrusted with a task of enforcing two principle Acts - Foreign Exchange Management Act (FEMA) and Prevention of Money Laundering Act (PMLA). I have served in the department for 36 years and retired from service in 2019. In ED, I served in different cities viz., Mumbai, Chennai, Goa and Nagpur. Major portion of my service was spent in Mumbai, thanks to the profession of my wife, who was then working as a teacher at Kendriya Vidyalaya IIT, Powai, Mumbai under the ministry of HRD Government of India.

As an investigating officer at the ED, my career was burdened with significant stress and pressure. Whenever the mounting work pressure took a heavy toll on myself, I

always took the recourse to seek the protective hands of God almighty, which gave me immense relief from all that stress and strain. As being an integral part of my official discharge of duties, I had to handle extremely sensitive cases, involving high profile personalities and corporates having name and fame. When I look back and introspect, I do not remember any instances in which I was placed at any uncomfortable positions, while dealing with cases involving such individuals and entities. I firmly believe that God almighty's protection and providence had helped me in handling such cases with ease and comfort. I was privileged and honoured to be bestowed with the National Award as the best officer in ED in 2016. I was honoured to receive this award in Delhi from the late Mr. Arun Jaitley, who served as Finance Minister at the time. While standing in the podium to receive the award, I paused for a moment to thank God in making me eligible to receive the award. I bowed in reverence before God for the rare achievement, which I was fortunate to receive from the highest authorities in India. I firmly believe that the cases and performances, which were subjected to scrutiny and evaluation by my superior for consideration of granting the award, had the stamping and approval by God almighty. In this context, I wish to add further that, in the year 2015, my wife was also privileged and honoured to receive the National Award as the best teacher, which she received from the then Central Education Minister. The twin achievements of me and my wife, in the consecutive years of 2015 & 2016 had deepened our faith in the guidance and wisdom of the Almighty.

To conclude, let me say that in whichever areas of work you are indulged in, or whatever position you hold professionally, your personal brilliance, knowledge or acumen alone will not fetch the required recognition or accolades from your authorities or superiors until otherwise your actions are guided and blessed by God. So, in all walks of life, whether personal or official, work with the Lord and hold on to Him dearly to receive His protective blessing and guidance to enable us to walk through the right path and right ways.

May God bless you all.



എത്ര സ്തുതിച്ചെന്നാലും നന്ദിയേകി തീരുമോ



Tresa Jossy VJ
St. Mother Theresa Church,
Talegaon

St. Mother Teresa's Church, Talegaon Member ആയ Tresa Jossy BM / Sister Incharge ആയി CRPF Pune (Talegaon) ജോലി ചെയ്യുന്നു. 1993 June-ൽ CRPF-ൽ Join ചെയ്ത എനിക്ക് Agones - my first posting. after 5 months NSA Commando Hospital-ൽ transfer ആയി. അതിനകത്തു ഒരു സർവ്വമത Hall ഉണ്ടായിരുന്നു. അവിടെ സേവനം ചെയ്യാൻ എനിക്ക് അവസരം ലഭിച്ചു. Gorgaoin-ൽ നിന്ന് Fr. വന്ന് ½ hr. before song Practice നു ശേഷം Latin Mass ആയിരുന്നു. അവിടുത്തെ കൃപ മൂലം എനിക്ക് വിവാഹം, My first Child (son) & എന്റെ kochi-ലെ സ്ഥലം വാങ്ങിക്കാനും ഒക്കെ ദൈവം എനിക്ക് അവസരം തന്നു.

അതിനുശേഷം Gosalior - Odisha thon Camp. Hospital Hydrabad-ൽ transfer ആയി every 3 years - Hydrabad CRPF Campus-നകത്ത് church ഉണ്ടായിരുന്നു. 3 വർഷക്കാലം പള്ളിയുടെ Secretary cum treasure ആയി സേവനം ചെയ്തു. ആ 3 വർഷം കൊണ്ട് എന്നും പോയി ചൊല്ലും. അതുപോലെ എല്ലാ Saturday മാതാവിന്റെ നോവേ ന വായിക്കുമായിരുന്നു. Grotto-ൽ ആ സമയം എല്ലാവരും open theatre-ൽ സിനിമ കാണുകയായിരിക്കും. എന്റെ husband ഒരു ദൈവകൃപയും ദൈവ ഭക്തിയുമുള്ള family-ൽ നിന്നായതിനാൽ എനിക്ക് നല്ല support ആയിരുന്നു. ഇന്നു വരെ ഒരു കാര്യത്തിനു ദേഷ്യപ്പെടാതെ ദൈവത്തിൽ ആശ്രയിച്ചു ജീവിക്കുന്ന ഒരു family ആയിരുന്നു. ഒത്തിരി കന്യാ സ്ത്രീകളും, അച്ചനുമുള്ള ഭർത്താക്കുടുംബം. naturally ഞാനും അങ്ങനെ ആയി. അതിന്റെ കൃപയായി DG Inspection -ന് എനിക്ക് DG - ൽ നിന്ന് Appreciation ആയി Gift കിട്ടി. ഞാനെന്നു Matin Charge-ൽ ആയിരുന്നു. അതിന്റെ Photo ഇന്നും Hospital-ൽ Main Entrance-ൽ വച്ചിട്ടുണ്ട്. അപ്പോൾ എല്ലാവരും പറഞ്ഞു പ്രാർത്ഥനയുടെ ഫലമാണ്. അവിടെനിന്ന് പോകുന്നതിനുമുമ്പ് 2018 -ൽ Kerala-ൽ നിന്ന് ഒരു മാതാവിനെ വാങ്ങിച്ച് ഓരോ വീട്ടിലും 1 Month കൊണ്ട് ചൊല്ലി പ്രാർത്ഥിക്കുമായിരുന്നു. അവിടെയും Januma Church- ലെ Fr. വന്ന് Latin Mass ആയിരുന്നു. Holy Massനുശേഷം Song Practice, Hindi / English / Malayalam Mix

ചെയ്തും പാട്ടും ബൈബിൾ Reading ഒക്കെ ഞങ്ങൾ വളരെ Energetic ആയി ചെയ്യുമായിരുന്നു. അവിടെ കുർബ്ബാന ഇല്ലാത്തപ്പോൾ St. Alphonsa Church-ൽ പോകുമായിരുന്നു. അവിടെ Mar Raphael Thattil പിതാവിന്റെ അനുഗ്രഹവും കിട്ടാനുള്ള അവസരമുണ്ടായി. പീനീട് എനിക്ക് 2018-ൽ Kerala Trivandrum Pallipuram CRPF Camp. Hospital-ലേക്ക് transfer ആയി. വളരെ സന്തോഷത്തോടെയും അതിലേറെ Hyd. Church വിട്ടുപോരുന്നതിന്റെ വിഷമവും ഉണ്ടായിരുന്നു.

ഞങ്ങൾ വരുമ്പോൾ ആ വഴിക്കായിരുന്നു കൃപാസനം. അന്നു മുതൽ ഇന്നു വരെ കൃപാസനമാതാവിന്റെ അടുത്തു പോകാതിരുന്നിട്ടില്ല. ഞങ്ങൾ ഉടമ്പടിയെടുക്കുകയും ഒത്തിരി ഒത്തിരി അനുഗ്രഹവും അമ്മ ഞങ്ങൾക്കു തന്നു. Pallipuram Church-ന്റെ പ്രത്യേകത അവിടെ നോമ്പിന് എല്ലാ ദിവസവും കുരിശിന്റെ വഴി ഉണ്ടായിരുന്നു. അവിടെ ഞാൻ treasure ആയി charge എടുത്തു. പാട്ടു പാടാനുള്ള അവസരവും. എന്നും Sunday ½ hr. മുമ്പ് അല്ലെങ്കിൽ Yesterday വന്ന് Alter Ready ആക്കുക. അഭയ കര സന്തോഷമുള്ള നിമിഷങ്ങളായിരുന്നു. Covid time -ൽ പള്ളി അടച്ചു. Renovation ചെയ്യാൻ തീരുമാനിച്ചു. വെറും 2½ lakh മാത്രം കൈയ്യിലുണ്ടായിരുന്ന ഞങ്ങൾക്ക് 1 Classic സുക്രാരിയൊക്കെ സ്ഥാപിച്ച് എങ്ങനെ ഇതെല്ലാം ഇന്നും സ്വപ്നം പോലെ തോന്നും. എല്ലാവരും സഹകരിച്ചു. Non Christians ഉൾപ്പെടെ. Covid ആണെങ്കിലും കൃത്യം Month End-ൽ ആരെങ്കിലുമായി പൈസ തരും. 2021 Dec.-ൽ ഞാൻ Puneലേക്ക് transfer ആയി ഒത്തിരി വിഷമിച്ചാണ് വന്നെങ്കിലും ഇന്ന് എനിക്ക് സന്തോഷമുണ്ട്. ഇത്ര നല്ല ഒരു പള്ളിയും Kalyan രൂപതയും വച്ച് തന്നെ ഈ Police Medal കിട്ടിയത്. Mother Teresa Church-ന്റെ അനുഗ്രഹമാണെന്ന് ഞങ്ങൾ വിശ്വസിക്കുന്നു. അതിലുപരി Panvel-ൽ വച്ച് തന്ന സീകരണവും അത് പിതാവിന്റെ കൈയ്യിൽ നിന്ന് വാങ്ങാനുള്ള അവസരം ഏറ്റവും അമു

ലുമായ എന്റെ life നിലനില്പാണ്.

അതിന് ഞാൻ എല്ലാവരോടു എന്റെ സ്നേഹവും നന്ദിയും അറിയിക്കുന്നു. Shalom TV ആണ് എന്റെ Main Inspiration. 2018-ൽ തുടങ്ങിയ 5.30 a.m.- 9.00 a.m. എന്റെ ചെവികളിൽ കേട്ടുകൊണ്ടിരിക്കും. എന്തുണ്ടെങ്കിലും. ഈശോയോടും, മാതാവും St. Antony, St. Jacob ഇപ്പോൾ Mother Teresaയോടും പ്രാർത്ഥിക്കാതെ ചെയ്യാറില്ല. St. Antonyയോട് പറഞ്ഞിട്ടാണ് എനിക്ക് Panvel-ൽ വരാൻ പറ്റിയത്. Fr. Febin Programme-നെക്കുറിച്ച് പറഞ്ഞപ്പോൾ അന്തോണീസ് പുണ്യവാളനോടു പ്രാർത്ഥിച്ചു. നൊ

വേന മുടക്കാറില്ല. കല്യാണത്തിനു മുന്വുതന്നെയുള്ള ആ Golden Rosary ആണ് ഇന്നുവരെ മാറ്റിയിട്ടില്ല. അതു മാത്രം മതി.

“ദൈവം തന്നതല്ലാതൊന്നും ഇല്ലായെൻ ജീവിതത്തിൽ ദൈവത്തിന്റെ സ്നേഹം പോലെയാതൊന്നില്ല പാരിടത്തിൽ ഇന്നോളം ദൈവമെന്ന കാത്താതോർത്തുപോരികിൽ എത്ര സ്തുതിച്ചെന്നാലും നന്ദിയേകി തീരുമോ”.

BISHOP'S DIARY

OCTOBER - 2024

1st	Presbyterium & Consultors Meeting	14th-15th	CLC - Kakkanad
2nd	Fr. Sunny Choir Competition	16th	Curia Meeting
3rd	Curia Meeting	19th	Qurbana - Dombivli
6th	Catechism Teacher's Day	20th	Marriage Jubilarians Meet
7th	Minor Seminary Class	21st	Bishops' Ecumenical Meeting - Vashi
8th	Minority Cell Meeting	23rd	Curia Meeting
9th	Curia Meeting	26th	Qurbana - Malad (West)
12th	Diocesan Education Board Meeting	27th	Jubilee Celebration - Kalyan (East)
	Qurbana - Nerul	29th	Christeen Retreat - Panvel
13th	Pastoral Visit - Panvel	30th	Curia Meeting
	ADAMS - Meet		



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- Mud to fill foundation Rs.4000/-
- 28 cement sheets Rs.10640/-
- One cement sheet Rs.380/-
- 2 Wooden door Rs.10,000/-
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- 3 side window Rs.9490
- 1 Side window Rs.3154

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"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."
 (St. Matthew 25:40)

മുശയുടെ നിയമപ്രകാരം



മാർ തോമസ് ഇലവനാൽ

കല്യാൺ രൂപതയുടെ മെത്രാൻ

ഈശോ തന്റെ പുതിയ പെസഹ സ്ഥാപിച്ചത്. മുശയുടെ നിയമപ്രകാരം പെസഹ ആചരിച്ച വേളയിലാണ് എന്ന് എടുത്തുപറയുന്നുണ്ട്. (പുറ. 12:14-20) പഴയ നിയമപെസഹയും വി. കുർബ്ബാനയും തമ്മിലുള്ള ബന്ധമാണ് ഇവിടെ സൂചിപ്പിക്കുന്നത്. പുതിയ നിയമത്തിൽ നമ്മൾ കാണുന്ന വി. കുർബ്ബാനസ്ഥാപന വിവരണങ്ങളിൽ വി. മത്തായിയുടെ വിവരണത്തിൽ മാത്രമാണ്. “പാപമോചനത്തിനായി ചിന്തപ്പെടുന്ന എന്റെ രക്തം” (26:28) എന്ന് കാണുന്നത്. എന്നാൽ നമ്മുടെ സഭയിലെ മൂന്നു കുദാശക്രമങ്ങളിലും ‘പാപമോചനത്തിനായി വിഭജിക്കപ്പെടുന്ന എന്റെ ശരീരം’ എന്നും ‘പാപമോചനത്തിനായി അനേകർക്കുവേണ്ടി ചിന്തപ്പെടുന്ന എന്റെ രക്തം’ എന്നും കാണാം.

കർത്താവ് അപ്പമെടുത്ത് ഭക്ഷിക്കുകയും

എന്നാൽ ‘കർത്താവ് അപ്പമെടുത്ത്, വാഴ്ത്തി, വിഭജിച്ചു, ഭക്ഷിക്കുകയും’ എന്നത് നെസേതാറിയസിന്റെ കുദാശക്രമത്തിൽ മാത്രമുള്ളതാണ്. യഹൂദപാരമ്പര്യമനുസരിച്ച് കൂടുംബത്തലവൻ ആദ്യം പെസഹഅപ്പം ഭക്ഷിക്കുന്ന പതിവുണ്ടായിരുന്നു. കർത്താവ് അപ്പം ഭക്ഷിച്ചു എന്ന് ഇവിടെ ചൊല്ലുന്നു. സഭയുടെ ആരാധനക്രമ പ്രാർത്ഥനാപാരമ്പര്യത്തിൽനിന്നും സഭയുടെ വിശ്വാസപാരമ്പര്യത്തെ സമ്പന്നമാക്കുന്ന സത്യങ്ങൾ കണ്ടെത്താൻ സാധിക്കും എന്നതിന്റെ ഉദാഹരണമാണിത്. അതുപോലെ, ‘കാസയിൽ വീഞ്ഞും വെള്ളവും കലർത്തി’ എന്നത് നെസേതാറിയസിന്റെ കുദാശക്രമത്തിൽ മാത്രമാണ് നാം കാണുന്നത്. സ്ഥാപനവിവരണത്തെ തുടർന്ന്, “ഈ അപ്പത്തിൽ നിന്നു ഭക്ഷിക്കുകയും ഈ കാസയിൽ നിന്ന് പാനം ചെയ്യുകയും ചെയ്യുന്നവർക്കുവേണ്ടി എന്റെ മരണമാണ് നിങ്ങൾ അനുസ്മരിക്കുന്നത്” എന്ന വി. പൗലോസിന്റെ പ്രബോധനം (1 കൊറി. 11:26) ഈ കുദാശ

ക്രമത്തിൽ കാണാം. ഈ ദിവ്യരഹസ്യങ്ങൾ കൈക്കൊള്ളുന്നവർക്ക്, ‘ഇവ കടങ്ങളുടെ പൊറുതിക്കും പാപങ്ങളുടെ മോചനത്തിനും മരിച്ചവരിൽ നിന്നുള്ള ഉയിർപ്പിനും സ്വർഗ്ഗരാജ്യത്തിൽ നവമായ ജീവനും കാരണമാകട്ടെ’ എന്ന്, നാലു ഫലങ്ങൾക്കായി പ്രാർത്ഥിക്കുന്നു.

ജീവിക്കുന്നവനും ജീവിപ്പിക്കുന്നവനും

നെസേതാറിയസിന്റെ കുദാശക്രമത്തിലെ കാനോനുകളിൽ “ജീവിക്കുന്നവനും ജീവിപ്പിക്കുന്നവനുമായ പരിശുദ്ധരുഹാ” എന്ന വിശേഷണമാണ് കൊടുത്തിരിക്കുന്നത്. തുടർന്നുവരുന്ന, ശുശ്രൂഷിയുടെ പ്രാർത്ഥനയിൽ “സ്ത്രീവായിലേക്ക് തന്റെ കഠിനമായ പീഡാനുഭവത്തിനായി ആനയിക്കപ്പെടുന്ന ഏകജാതനെ നിങ്ങൾ സൂക്ഷിച്ചു വീക്ഷിക്കുവിൻ” എന്ന് ആഹ്വാനം നൽകുന്നുണ്ട്. കുർബ്ബാനയിൽ കർത്താവിന്റെ പെസഹാരഹസ്യത്തെ നമ്മൾ അനുസ്മരിക്കുന്നു എന്ന് ഇത് ഓർമ്മപ്പെടുത്തുന്നു.

അങ്ങയുടെ നാമത്തിൽ വിളിക്കപ്പെട്ടിരിക്കുന്നു

തുടർന്നുവരുന്ന, കാർമ്മികന്റെ ഒന്നാമത്തെ കുശാപ്പപ്രാർത്ഥന, ഒന്നാമത്തെ കുദാശക്രമത്തിലെ മദ്ധ്യസ്ഥപ്രാർത്ഥനതന്നെയെന്നു പറയാം. (P. 167) ‘കർത്താവേ, ദയാലുവും കാരുണ്യവാനും’ എന്നു തുടങ്ങുന്ന രണ്ടാമത്തെ കുശാപ്പപ്രാർത്ഥനയിൽ കാർമ്മികൻ തന്റെ ബലഹീനതയും അയോഗ്യതയും ഏറ്റുപറയുന്നു. ‘ഏകിലും അങ്ങയുടെ നാമത്തിൽ ഞാൻ വിളിക്കപ്പെട്ടിരിക്കുന്നതിനാൽ അങ്ങ് എന്നെ കൈക്കൊള്ളണമേ’ എന്നാണ് പ്രാർത്ഥിക്കുന്നത്. ദൈവത്തിന്റെ വിളിയാണ് ഈ ശുശ്രൂഷക്ക് തന്നെ യോഗ്യനാക്കുന്നതെന്ന ബോധ്യമാണ് ഇവിടെ പ്രകടമാക്കുന്നത്.

According to the Law of Moses

Mar Thomas Elavanal
Bishop, Eparchy of Kalyan

It is mentioned that Jesus instituted the new Passover during the time of the celebration of Old Testament Passover according to the law of Moses (Ex. 12:14-20). This shows the relation between the Old Testament Passover and the Holy Eucharist. Among the New Testament references to the institution of the Eucharist only in St. Mathew we see “this is my blood of the covenant which is poured out for many for the forgiveness of sins” (26:28). But in all the three Koodasa of our church, in the Institution Narrative, we see ‘my body broken for you for the forgiveness of sins’ and ‘my blood which is shed for many for the remission of sins’.

Jesus took Bread and ate

Only in the Koodas of Mar Nestorius we see that at the time of Passover Jesus took bread blessed, broke and ate it and gave it to his disciples’. According to Jewish tradition the head of the family used to eat first from the Passover bread. So too Jesus ate from the bread. Here we have an example to see that there are certain traditions contained in liturgical prayers that enriches the theological truths and traditions of our church. Also, the mention that ‘likewise he mixed the cup with wine and water’ is found only in the Koodasa of Nestorius. So too, the prayer after institution Narrative ‘For whenever you eat from this bread and drink from this cup, you

commemorate my death until my coming’ reminds us of the teaching of St. Paul (1 Cor. 11:26). The fruits of communion mentioned ‘for those who receive them in true faith’ are ‘pardon of debts, the forgiveness of sins, the resurrection from the dead and new life in the kingdom of heaven’.

Living and Life-giving

In the Qanona of the Koodasa of Mar Nestorius we see this attribute given to the Holy Spirit, ‘the living and life giving Ruha’. This is followed by the prayer of the deacon where he exhorts to ‘Look with attention, the only begotten is being led to the great suffering of the cross’. This prayer reminds us that the Paschal Mystery of Christ’s passion and death is being commemorated in the Qurbana.

I am called in Your Name

The Kusapa prayer that follows is the same as the Kusapa or intercessory prayer in Mar Addai and Mari. In the second Kusapa the celebrant acknowledges his weakness and unworthiness, still with confidence he prays: ‘be favourable unto me for I am called in your holy name’. Here he expresses his conviction that it is his vocation or divine call that makes him worthy to celebrate this mystery.

THANKSGIVING TO ST. JUDE

Mrs. Seena Raju — St. Thomas Cathedral, Kalyan (W)
Shimon & Shaun Raju — St. Thomas Cathedral, Kalyan (W)

THE RHYTHM OF WORK AND REST



Fr. Jojit Johny Koottungal

Editorial Member, Kalyan Lantern

In Genesis 2:2, the scripture states, "On the seventh day, God finished His work that He had done, and He rested on the seventh day from all His work that He had done." While God is all-powerful, it may seem puzzling that He would need to "rest." Typically, we take breaks after strenuous phases, but God? The Bible does not suggest that God needed rest; rather, it emphasizes that He chose to rest. This rest was not due to fatigue but marked the completion of creation, highlighting its goodness and wholeness.

The seventh day, a day of rest, symbolizes the perfection and fulfillment of creation. It is set apart as holy, designed for rest, reflection, and worship. For Christians, it serves as a powerful reminder of God's creation and His covenant with humanity. It encourages believers to dedicate intentional time for God, whether through prayer, worship, or quiet contemplation in His presence. This sacred practice not only strengthens our relationship with God but also reminds us that our worth is rooted not only in our work or accomplishments but in our connection to the Creator.

In today's society, where the rush of life is often celebrated, the significance of the seventh day teaches us the value of rest. It's an opportunity to step away from the pressures of daily life and

reconnect with God, ourselves, and our loved ones. This rest extends beyond physical recuperation – it is also emotional and spiritual, allowing us to recharge and reflect on God's role in our lives. It underscores the notion that while work is essential, rest is equally important. By embracing this balance, we can live in a way that honors both our duties and our need for rejuvenation.

God resting on the seventh day serves as a profound reminder of the necessity of rest and spiritual reflection. It highlights the importance of maintaining a rhythm between work and rest, dedicating time to God, and finding true rest in Christ. When we incorporate these principles



into our lives, we not only follow God's example but also nurture our overall well-being – spiritually, physically, and emotionally. It is vital to remember that the kingdom of heaven is not earned through our labor but is a gift of grace from God.



All my stuff belongs to God

**KIDS
CORNER**



Stewardship is the understanding that everything we have is a gift from God, and we are responsible for using those gifts wisely and for His glory. It's like being entrusted with a valuable treasure. We're not the owners, but we are the caretakers.

Let's understand this important virtue through a game

Stewardship Superhero Game

Objective: To become the most responsible stewardship superhero by completing various challenges.

The squares represent different challenges or tasks that players must complete.

Starting Square: This is where all players begin the game.

Task Squares: These squares contain the challenges that players must complete.

Finish Square: This is the goal of the game. Players must reach this square to win.

21	22 Save energy by turning off lights.	23	24 FINISH
17 Regularly express gratitude to God for His blessings.	18	19 Collect and recycle paper, plastic, or cans.	20
13	14 Handle your possessions with care and responsibility.	15	16 Clean your room and help in kitchen chores.
09 Recite the bible verse <i>Psalm 24:1</i>	10	11 Plant / nurture trees	12
05	06 Take a shorter shower or turn off the faucet while brushing your teeth.	07	08 Try not to waste food or other resources.
01 START	02	03 Share your unused toy with friends/ family.	04

How to play:

1. Each player starts on the "Starting Square."
2. They take turns rolling a dice and moving their game piece the number of spaces indicated by the dice.
3. If a player lands on a "Task Square," they must complete the task written on that square.
4. Once the task is completed, the player moves ahead.

The first player to reach the "Finish Square" wins the game!



Diamond Jubilee Wedding Anniversary

04/10/2024



Mr. Ouseph V & Mrs. Paulina O

**Earattuparambil Family
St. Thomas Church, Vartak Nagar, Thane**

Sixty years of marriage is a testament to the power of love, commitment, and faith. Your enduring bond has been a guiding light for our family, showing us the true meaning of partnership.

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud." (1 Corinthians 13:4)

We are indeed blessed, proud, lucky, and fortunate to have you as our parents and grandparents. Forever grateful for the example you've set and the love that has shaped our lives. May you always stay blessed till eternity.

With lots of Love

Children: Mary, Joswin, Jepson, Jaicey
In-laws: George, Anjali, Sheeba, Santhosh
Grandchildren: Sophia, Christopher,
Jacob, Shaun

50th Wedding Anniversary

13th October 1974



A.E. Kureed & Annamma Kureed

Dear Mom and Dad,

As you celebrate 50 golden years together, your journey stands as a testament to true love's endurance and joy. Your love has been the guiding light in our lives, teaching us the value of partnership, respect and unconditional love. May your love continue to inspire us all.

Congratulations on this momentous milestone.

With love and prayers,

Dominic, Denny, Lisa, Teena, Ryan, Riyanna, Anna and Eva
Little Flower Forane Church, Nerul



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2nd Death Anniversary

02-10-2024

*A beautiful remembrance you have left,
Unto the last you gave your best,
Surely the Lord will grant you eternal rest.
Eternal rest grant unto him O Lord
And let perpetual light shine upon him
May his soul rest in peace. Amen*

Fondly remembered by:

Wife: Annie Paul

Son: Shyjo

Daughter-in-Law: Seena

Daughter: Shyna

Son-in-Law: Robin

Grand Children: James, Kevin, Alex,
Austin & Celin

Paul A. Akkara

DOB: 29-01-1939

DOD: 02-10-2022

St. Joseph Forane Church, Powai

1st Death Anniversary

12.10.2024

*Those we love, do not leave us,
they walk beside us everyday
unseen, unheard, but always near,
still loved, still missed
and always with us.*

Loving tribute from family:-

Sobha Jose

Varghese Jose

Sujith Jose

Lidiya Varghese

Royce and Alaira

C K JOSE

Birth: 30.08.1954

Death: 12.10.2023

7th Death Anniversary

21-10-2024



Seven years, yet time still bends,
A tender ache that never ends.
In silent hours, your voice remains,
A steady echo in our veins.

Rest now in Gods arms, soft and free,
In death, as life, you still give us shade.
Seven years may mark the days,
But love, like yours, will never fade.

Fondly remembered by

Wife: Lilly Joseph.

Daughter-in-law: Sibby Lijo.

Sons: Lijo Joseph, Gijo Joseph.

Grand children: Angela Lijo, Andrea Lijo.

JOSEPH DEVASSY ARICATT

Born: 11.11.1936 – **Died:** 21.10.2017

St. Thomas Cathedral, Kalyan (West)

50th Death Anniversary



**For if we live, we live to the Lord,
and if we die, we die to the Lord.
So, then, whether we live or
whether we die,
we belong to the Lord.**

(Romans 14:8)



MR. DAVID VARGHESE THENKUDAN

Birth:- 14.03.1917 / Died:- 06.10.1974

MRS. REGINA DAVID THENKUDAN

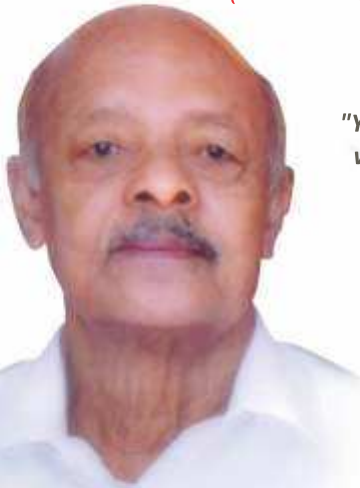
Birth:- 13.12.1929 / Died:- 20.08. 1994

Also, Fondly Remembering
Late Mr. George David (S/o)
Late Mr. Vinson David (S/o)
Late Mrs. Lilly George (DIL)
Late Mr. K.I.Vareed (SIL)

Heartfelt Tribute From,
Mr. Anthony David (S/o)
Mrs. Rose Vareed (D/o)
Mrs. Santha Vinson (DIL)
Mrs. Sheela Anthony (DIL)
Grand Children and Family members

1st Death Anniversary

26-10-2024



*"Your guiding hand on our shoulders
will remain with us and shall keep
your legacy alive forever."*

In remembrance

Dearest wife: Rosy Anthony.

Children: Antroson, Anilson, Alex.

Daughters in Law:

Theresa, Divya, Anju.

Grandchildren: Alden, Alicia, Josh,

Carol, Chris, Adnel, Olivia

KRISTURAJ CHURCH, MAROL

1st Death Anniversary

16-10-2024



Those we love don't go away,
They walk besides us everyday,
Unseen, Unheard, but always near,
Still loved, Still missed and very dear.

Fondly remembered by:

Wife: Rosy Antony

Daughters: Daisy and Jancy

Sons-in-law: Varghese and Xavier(Lino)

Grandchildren: Dominic, David, Kevin, Austin

C.V. ANTONY

Born: 12-12-1941

Died: 16-10-2023

St. Thomas Forane Church, Borivali



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MOTHER OF JESUS FORANE CHURCH, ANTOP HILL

JUBILANT JOURNEY REMINISCENCE

The entire creation is chanting the glorious saga of its jubilant journey. The purpose of the peaceful night after the eventful day is to proclaim the birth of a promising tomorrow.

Mother of Jesus Church after 50 years of her spiritual existence has stood as a shining and guiding star for the spiritual hope and aspirations of the Catholic community of Antophill and the nearby areas of this great metropolis. People irrespective of caste, creed or religion continue to seek spiritual tranquillity and serenity in the solace of the Mother of our Lady of Velamkanny and thus unfolding the magnanimous will and love of God set herself ready for the next lap to declare once again brilliantly the dictum 'pray together and stay together'.

It was the ardent aspiration and the desire of the faithful who lived in and around Antophill and Koliwada for a place of worship, initially a cross was erected at the present place of worship. Shri P.K Thomas with his sincere and strenuous effort built the church with the help of artisans especially brought from Thanjavoor in Tamilnadu. In 1974 His Excellency Rt. Rev. Longinos Pereira, the Auxiliary Bishop of Bombay, consecrated the church for worship and thereafter spiritual activities and services were regularly held. The church is dedicated to the Mother of Jesus and the Parish Feast, the feast of our "Lady of Velankanni" is celebrated with great devotion.

For the first time the Holy Eucharist was celebrated in the church in Malayalam by Fr. James Manjackal in 1977, keeping the rich tradition, the cultural heritage and ritual of the Syro- Malabar Church and thereafter priests from local churches rendered their service for the spiritual and pastoral needs of the faithful.

In 1988 after the erection of the Kalyan Diocese the church was handed over to the diocese and it became the first independent church of the diocese under the pastoral care

of the Eparchy of Kalyan and Fr. Jose Thannippara was appointed as the first vicar of the church. Due to lack of space for the faithful to attend the daily serves the church was renovated and was consecrated and blessed on 24th December, 1995 by His Excellency Mar. Paul Chittilapilly, the first bishop of the Eparchy of Kalyan.

Apart from conducting regular services, special novena in honour of St. Alphonsa on Mondays's, Mother of Perpetual Succour on Wednesday's, St. Jude on Thursday's, Mother of Velankanni on 1st Saturday are offered. The parish with 3 family units and 54 families continue to live the rich spiritual and cultural traditions inherited and remain as a beacon of hope and solace for generations and also for the people around with different humanitarian activities.

Words are inadequate to express our indebted gratitude to His Excellency Mar Thomas Elavanal, the Bishop, Epahrchy of Kalyan for his spiritual care and guidance, all the former parish priests for their pastoral guidance and the trustees, parish council members, leaders of different units and departments. Through their selfless service the parish continues to remain a bacon of light for many in the vicinity.

May the radiant fragrance of powerful intercession Mother Mary help everyone to embrace the Ultimate truth and enable to create a better world. May the Golden Jubilee celebrations of our beloved church impel us to envision a brighter future with a still greater flourishing of the human spirit, subject to selfless love of God and of neighbour as taught by Jesus our Lord and Master.



**Fr. Sebastian
Cherusseril CMF**

Vicar, Mother of Jesus
Forane Church, Antop Hill



MOTHER OF JESUS FORANE CHURCH, ANTOP HILL

FEAST OF OUR LADY OF VELANKANNI AND GOLDEN JUBILEE CONCLUDING CELEBRATIONS (1974 - 2024)

Holy Qurbana and Novena to Our Lady of Velankanni
from October 24th to November 2nd 2024

Holy Qurbana & Novena: 7:30pm

November 2nd: Solemn Rasa Qurbana
at 5:30pm followed by the procession

2024
NOVEMBER
3
Sunday
5:00 pm

Concluding day of the Golden Jubilee Celebrations

Holy Qurbana Presided Over By

His Excellency Mar Thomas Elavanal

(Bishop, Diocese of Kalyan)

Followed By

Public Function and Cultural Fiesta

*The Parish Priest and the Parishioners of Mother of Jesus Forane Church, Antop Hill
cordially solicit your esteemed presence on this auspicious occasion*

Fr. Sebastian Cherusseril CMF
Vicar

Mr. Jose Thomas
First Trustee

Mr. Jose A J
Second Trustee

Mr. Bose Paul
General Convener, Golden Jubilee Celebrations

Venue
Sector 6, CGS Ground

Mother of Jesus Forane Church, Antophill
S.M. Road, Antophill, Mumbai - 400 037
Mob.: 9167623495 • **Email:** motherofjesuschurch@gmail.com



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- MSc (Global Finance and Analytics)
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