



THE DELHI DOMINICAN



ST DOMINIC'S CHURCH, VASANT VIHAR, NEW DELHI

APRIL 2019 | ISSUE 04

HOPE

for all



HE is RISEN.

IF CHRIST HAS NOT BEEN RAISED,
YOUR FAITH IS FUTILE
AND YOU ARE STILL IN YOUR SINS.

1 COR. 15:17





Parish Activities

LENTEN TALK BY JUSTICE KURIAN JOSEPH

WOMEN'S DAY CELEBRATION



WOMEN'S DAY CELEBRATION



SEVEN CHURCHES PILGRIMAGE



SEVEN CHURCHES PILGRIMAGE



LENTEN PILGRIMAGE TO SARDHANA



LENTEN RETREAT



FIRST HOLY COMMUNION



SACRAMENT OF CONFIRMATION



THE DELHI DOMINICAN

(Parish Newsletter)

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PARISH PRIEST

Speaks...

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PEACE BE WITH YOU

In the *Delhi Dominican* of last Christmas under 'God of small things' I wrote about 'growing' to be 'little' so that the *Immanuel-child* could be born in you. Unless you abandon your ego, and make room for the Saviour, he will not be born in you.

At Easter I would dwell on how the Saviour emptied himself so much on the cross as to be able to say to his disciples, "Peace be with you" at his resurrection. Notice this greeting of peace was unique to the post-resurrectional apparitions.

The peace that Jesus brings is the result of the order that he brings in the universe with his death. Adam had caused disorder with his sin. This state of disorder continued until Jesus paid the penalty that was due to the sin of humanity. That is why he said from the cross, "It is finished" – his last word before his death. His first word after the resurrection was, "Peace." When the work of restoration and ordering is completed, then, and only then, is peace possible.

Is there peace or lack of it in and around you? Look at the state of things in and around you. Is everything in order?

The message of the angels at the birth of Jesus was, "... peace to his people of good will." After his propitiatory death (death undertaken in order to pay for our sins) and resurrection Jesus would say, "... in me you may have peace...take heart! I have overcome the world." It is to the people of good will – those who have made room for the Immanuel to be born in them and who have died (to sin) with Christ that peace is given as a gift. Peace be with you!

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Christ is alive and He wants you to be alive

Fr. Roshan, OP
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A poor boy in Rameshwaram, Tamil Nadu, dreamt of flying high and far like a butterfly. He was very poor and couldn't even afford his studies. He sold newspapers before he left for school. His sister pawned her jewellery to pay for his fees. But in spite of all these obstacles, he never gave up his dream of flying high and far like a butterfly. Finally, he became a famous scientist in the world, the people's President, Father of Missiles and a youth icon and inspired millions of youth saying, "Dream, dream, dream. Convert these dreams into thoughts and transform them into actions." He is none other than late Dr. A. P. J. Abdul Kalam.

The Scripture puts it very meaningfully, 'a man without dream/vision/goal/ambition will perish' (cf. Prov. 29:18). A man without dream is like a bird without wings. To dream is our hope and "Christ, our hope, is alive and He wants us to be alive" (*Christus Vivit*, 01) and to keep our dreams too always alive. A poor man on earth is one without dreams and not one without money. So, we all need to have a clear and specific dream in our life; and then convert them into our thought pattern. We need to think as to how best we can achieve our specific dream. It does not allow us to rest and it will always disturb us to go after it. Once it starts disturbing us, then we start concretely working towards its accomplishment. We do not remain in the fantasy world rather take any amount of risk and challenges to fulfil them. But the basic question is: Do we have dream in life? If we do have a specific dream in our life, then, the following would help us in its accomplishments.

Sincere Faithfulness: Once we have set our goal right, we have to be undivided in our commitment. St. Teresa of Kolkata says, "I am not called to be successful, but faithful." Whatever be the size of our dream big or small, we need to be sincerely committed to accomplish our dream, at times, by doing small things with great love. When we are faithful in small things, we hear the voice of God, "Well done, good and faithful servant! You have been faithful with few things. I will put in charge of many things" (Mt. 25:23).

I-Can-Spirit: Some of us are very pessimistic about our own strength and worth. We underestimate our own God-given capacity and talents and bury them in the sand like the third servant in the Parable of the Talents (Mt. 25: 14-20). While others become 'Quietists' who brainwash themselves 'nothing can change'. The Quietists do not make any efforts to accomplish their dreams and still worse is they discourage others too. A few of us take early retirement and do not want to do anything. Instead of this, if we have a positive outlook and realise our own worth, then we can achieve our dreams in life.

Sacrifice: It is rightly said, "There is no gain without pain". We have to make some adjustments and give up some luxuries in life in order to reach our dreams. Nothing great was ever accomplished without making sacrifices. If we are going to try our dreams, then we need to go all the way. "Dreams do come true, if only we wish hard enough. You can have anything in life if you will sacrifice everything else for it", says J.M. Barrie in his book *Peter Pan*.

Pope's Apostolic Exhortation, *Christus Vivit*, following the 2018 Synod on Young People, the Faith and Vocational Discernment encourages the young to dream with hope saying, "Young people are not meant to become discouraged; they are meant to dream great things, to seek vast horizons, to aim higher, to take on the world, to accept challenges and to offer the best of themselves to the building of something better. That is why I constantly urge young people not to let themselves be robbed of hope; to each of them I repeat: "Let no one despise your youth" (1 Tim 4:12)" (*Christus Vivit*, 15).

If we have lost our inner vitality or have no dream in life, the Pope asks us to rekindle within us the spark of dream with hope. "If you have lost your inner vitality, your dreams, your enthusiasm, your optimism and your generosity, Jesus stands before you as once he stood before the dead son of the widow, and with all the power of his resurrection he urges you: "Young man, I say to you, arise!" (Lk 7:14)" (*Christus Vivit*, 20).



Know Your Parishioner

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Sowing the seeds of our Faith: Elizabeth Lourdes Dorairaj

“Catechists are people who keep the memory of God alive in themselves and they are able to revive it in others” (Pope Francis). So beautifully put by Pope Francis is the description of a Catechist. Keeping our Faith alive is Elizabeth Lourdes Dorairaj who has been a Catechism Teacher at St Dominic’s Church since 1987 till date.

Born in Nilgiris, Tamil Nadu, Elizabeth belongs to a family with a Military background. A happy family of four brother and four sisters. Her father Mr Emmanuel Dorairaj was at the MRC-Madras Regiment Centre, where he worked in a hospital and her brother Mr Albert Dorairaj was an Instructor in the Military. Unfortunately, 1972 was a sad year for Elizabeth as she lost her brother Albert, soon after that in the same year she lost her father to a cardiac arrest and then in May of the same year her mother passed away as the sorrow was too great.

Elizabeth did her schooling from St Ann’s Convent in Wellington, completing her AISSCE (All India Senior Secondary School Certificate Examination) from Goa’s Mary Immaculate Convent School. Thereafter she did a Teachers’ Training Course and is a qualified Teacher for children upto class 7. As a part of her Teacher’s Training Elizabeth also pursued Environment Studies from ACDIL and has also learnt Typing from Panjim Institute of Typing - Goa.

In 1984, after having completed her Teacher’s Training, Elizabeth came to Delhi to visit her ailing sister Margaret and that’s how Elizabeth became a part of the St Dominic’s Parish. While in Delhi Fr Paul Mondoth encouraged Elizabeth to apply for a Teacher’s Job in Delhi which she did. She applied in quiet a few schools but chose Holy Child Auxilium School, as it was near her residence and quite convenient. She has been teaching there, all subjects as a Class Teacher for the last 24 years. After School hours every day Elizabeth also helps in coaching children weak in studies in the school premises.

St Dominic’s Church has a way of involving its parishioners in various activities. With the encouragement of Fr Arackal, Dr Subash Masters and Francis Andrade, Elizabeth joined the Vincent De Paul Society and was a part of it right from its inception. She had been serving there for over a decade and liked their concept of visiting poor families, getting to know what their actual problems. Accordingly, they would

help the families with medicine, provide rations, school fees. Elizabeth believes spending time with poor needy families, hearing them out, consoling them and praying for them is also a great deed one can do.

Being a part of the Auxilium School, Sr Rose, Sr Maria and the other sisters encouraged Elizabeth to be a Salesian Corporator of the Don Bosco Community. Ever since then, working with young children and the youth has held a new meaning for Elizabeth as she tries to inspire them to lead better and more fruitful lives, as Don Bosco wished. Keeping with the same faith, Elizabeth also attends the ADMA - the Rosary at Auxilium School on the 24th of every month - Devotion to the Blessed Virgin Mary. Yet another feather to her cap is Elizabeth’s involvement with the Small Christian Community. It was Fr Mascarenhas, (now Bishop) who encouraged her to join along with Emmanuel Johnson and team.

Elizabeth loves listening to music, be it Gospel Music, Hindi and Tamil Film Music, even Western Music and is a great fan of Jim Reeves and Kishore Kumar. She also likes singing in the Choir. Her Fitness Mantra is Walking for Good Health. An evening walk of 30 minutes is a must. She is also fond of cooking and loves making unusual pickles which may not be easy to procure from the market like Brinjal Pickle, Fish Pickle, Meat Pickle just to name a few.

For Elizabeth St Dominic’s is a Church that unites people in Prayer and Worship. Active participation in the Sunday homilies makes the Service more meaningful. And that’s what hits you the most - “What a mighty and powerful God we worship.” This Church has always very welcoming approach to all Christians & Non-Christians alike.





“जो मुझमें विश्वास करता है उसे कभी प्यास नहीं लगेगी।”

(योहन 6:35)

Ms. Sangeeta Samad

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“जो मुझमें विश्वास करता है उसे कभी प्यास नहीं लगेगी।” (योहन 6:35)

हम बचपन से ‘विश्वास’ शब्द सुनते आ रहे हैं। आखिर क्या है विश्वास? विश्वास का नमूना इब्राहीम, नूह, रक्तम्राव पीड़िता तथा अन्य रोगियों ने पेश किया। पुराने विधान में विश्वास के कारण ही बहुतों का उत्थान तथा पतन हुआ। विश्वास के कारण ही मूसा ने लाल समुद्र को दो भागों में विभाजित किया और इस्राएलियों को फिराऊन की गुलामी से छुड़ाया। पुराने विधान में हम बहुत सी ऐसी घटनाओं का वर्णन पाते हैं जो हमारे विश्वास को बढ़ाने में मददगार साबित होते हैं। इसी विश्वास को सुदृढ़ करने के लिए कलीसिया कई माध्यमों के द्वारा हमारी सहायता करती है। जैसे कि – संस्कार, मिस्सा बलिदान के दौरान पुरोहितों द्वारा उपदेश, धर्मशिक्षा आदि।

एक बच्चा अपने जीवनकाल में लगभग 14 साल स्कूल में बिताता है। वहाँ उसके ज्ञान-बुद्धि तथा शारीरिक-मानसिक एवं सामाजिक विकास होता है। परंतु घर को ही हम बच्चे का प्रथम स्कूल मानते हैं क्योंकि वह बचपन में अपने माता-पिता, भाई-बहन तथा अन्य सदस्यों के बीच उनकी छत्र-छाया में रहता है और परिवार से ही उसे प्रारंभिक शिक्षा प्राप्त होती है। बच्चे की बोली और व्यवहार में वही झलकता है, जो उसके घर में होता है या सिखाया जाता है। यह हमारे विश्वास के लिए भी लागू होता है। यदि बच्चे को घर में छोटी उम्र से विश्वास और धर्मशिक्षा के महत्व को बताया और समझाया जाए, तो वह अपने जीवन के हर परिस्थिति में ईश्वर की उपस्थिति महसूस करेगा।

मुझे अभी-भी अपना बचपन याद है, जब मेरे पिताजी रविवारीय मिस्सा के लिए मुझ पर पानी छिड़क कर उठाते थे। उस समय मुझे बहुत गुस्सा आता था। लेकिन अब उन दिनों को याद करती हूँ, तो मन ही मन सोचती हूँ कि यदि वैसा न होता तो शायद समय के प्रति अनुशासन और ईश्वर के प्रति निष्ठा मेरे अंदर न आती। परंतु आज हमें इसके विपरीत चीजें होती नजर आती हैं।

“चिंता मत करो – न अपने जीवन-निर्वाह की, कि हम क्या खायें और न अपने शरीर की कि हम क्या पहनें। क्या जीवन भोजन से बढ़कर नहीं? और क्या शरीर कपड़े से बढ़कर नहीं?” (मती 6:25) हम अपने आप को सफल बनाने हेतु, बच्चों और परिवार को हर सुख सुविधा प्रदान कराने हेतु दिन-रात मेहनत करते हैं। बच्चे परीक्षा में अच्छे अंकों से पास हों, इसके लिए स्कूली शिक्षा के साथ-साथ महंगी ट्यूशन भी लगाते हैं। परंतु जब विश्वास और धर्मशिक्षा सीखने की बारी आती है, तो हम रुचि नहीं लेते। स्कूली पढ़ाई करने के लिए हम बच्चों के ऊपर जोर डालते हैं, उन्हें अतिरिक्त सहायक पुस्तकें लाकर देते हैं, लेकिन धर्म-शिक्षा की पतली-सी पुस्तक से एक पन्ना भी नहीं पढ़ाते। वार्षिक परीक्षा के दौरान बच्चे दो महीने पहले से तैयारी करने लगते हैं, लेकिन

जब धर्म-शिक्षा की वार्षिक परीक्षा का समय आता है, तब शायद ही कोई बच्चा कम से कम दो दिन पहले भी पढ़ता होगा।

ईसा ने बच्चों पर हाथ रखकर कहा, “बच्चों को आने दो और उन्हें मेरे पास आने से मत रोको, क्योंकि स्वर्ग का राज्य उन जैसे लोगों का है” (मती 19:14)। आज अभिभावक अपने बच्चों की प्रत्येक सुख-सुविधा की पूर्ती के लिए इतनी मेहनत करते हैं कि एक-दूसरे से बातचीत का भी समय नहीं होता। परिणाम स्वरूप हम देखते हैं कि हमारे परिवारों में एकता का अभाव है। रविवार को पवित्र मिस्सा बलिदान में भाग लेना – जो कलीसिया के नियम के अनुसार अनिवार्य है, तो दूर की बात है। हम अपने घरों में संध्या समय पारिवारिक प्रार्थना भी नहीं करते। अपनी सुख-सुविधाओं की पूर्ति में हम इतने व्यस्त हो जाते हैं कि अपने विश्वास में स्वयं तो कमजोर होते जा रहे हैं, साथ-साथ बच्चों को भी ईश्वर से दूर कर रहे हैं।

“किन्तु जो मेरी बातों पर ध्यान देता, वह सुरक्षा में जीवन बिताएगा, वह शान्ति में रहकर विपत्ति से नहीं डरेगा” (सूक्ति 1:33)। प्रभु येसु स्वयं बच्चों को आशीर्वाद देते हैं, और हमें भी निमंत्रण देते हैं कि हम भी बच्चों की तरह साफ हृदय से प्रभु के पास जाएँ और अपने विश्वास में आगे बढ़ें। जितना हम अपने विश्वास के बारे में जानेंगे, उतना ही और भी उत्सुकता से विश्वास के बारे में अधिक जानने कि इच्छा होगी। हम अपनी आने वाली पीढ़ी के लिए ‘विश्वास’ रूपी सर्वोत्तम भेंट छोड़कर जा सकेंगे। हम बच्चों को गिरजा से छुटी लेने के लिए नहीं बल्कि गिरजा जाने और धर्मशिक्षा कि कक्षा में बैठने के लिए प्रोत्साहित करें।





Celebrate Life V/S Celebrate Choice

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In 2015, VOGUE magazine did a video (<https://www.youtube.com/watch?v=KtPv7IEhWRA>) to empower women #vogueempower with Deepika Padukone as the lead model of the video, titled 'My Choice'. [The underlying message of the video was the glorification of personal freedom as the highest value, especially in the area of sexuality]. It was both widely acclaimed as well as critiqued for its message of "empowering" women and asserting her "rights" to make choices for her own life. The message at the first place was very appealing to everyone, but as the content started being discussed more critically, it generated a mixed opinion among people. The crux of the video was a woman saying 'my body, my mind and my choice'. The video says, the woman has the ultimate right to choose whom to love, to marry or not to marry, to have physical intimacy with anyone whom she chooses, to have children or not to have children. The message presented itself as an idea that 'liberates and empowers' women. In this time of the power of darkness, it is imperative for us to understand the realities lurking behind this mask of 'freedom' and the 'right to individual choice' which the world puts forth before us.

Exercising one's choice without prudence and concern for the others around them is the fruit of individualism which is propagated by the culture of death. Every individual claiming their individual right to choice in this manner ultimately would lead to a state of chaos and confusion in the world and even within our own selves. The Scripture says, "Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for [someone] to devour" (1 Pet. 5:8). Satan is trying to deceive each one of us through giving false ideas of freedom and empowerment.

The ultimate freedom and liberation are promised by God, when He gave His only son for our redemption. The true freedom every human being enjoys is the freedom from the bondage of our sins, freedom to live worthily as the children of God. The Scripture says, 'I have set before you life and death, the blessing and the curse. Choose life, then, that you and your descendants may live, by loving the LORD, your God, obeying his voice, and holding fast

to him. For that will mean life for you, a long life for you to live on the land which the LORD swore to your ancestors' (Deut. 30:19-20). The promised land is heaven and the long life is our eternal life in heaven.

Abortion rights activists advocate the protection of rights of the mother. But when they claim the rights of the woman, they deny justice and the right to life of the innocent child who cannot fight for justice. The Church defends and protects the dignity of life of both mother and child. It is very common nowadays to claim for abortion rights of the rape victims. Abortion of the child born out of a rape is not a solution to heal the trauma of the woman, and undo the evil done to her. It is a cruel way to attempt to rectify one evil by committing another evil. Giving the child for adoption in orphanages or to people willing to adopt children would be a probable solution that defeats evil with good. A proper counselling and the family and society giving strength and confidence to the rape victim and helping her to live with dignity would eventually help her to overcome the trauma of the incident, rather than aborting the child born out of the evil act.

Another new trend developing in our times is anti-natalism. In fact, recently there was an anti-natalist meet in Bangalore. This is just a fancy name for a new philosophy that says giving birth is an evil act. Closely on the heels of this Bangalore event, a Mumbai-based man Raphael Samuel has decided to sue his parents for giving birth to him without his consent! As strange as this may sound, it is just another face of the culture of death that sees life as an evil. This is a logical consequence of the bleak worldview that life is purposeless and death is better than a life with a possibility of suffering.

The ancient Greek text Wisdom of Silenus narrates a Greek demi-god, Silenus as saying "It is best not to be born at all; and next to that, it is better to die than to live". Philosopher Arthur Schopenhauer (1788-1860) put forward this view clearly when he said that man is "a being who exists only as a consequence of his culpability and whose life is an expiation of the crime of being born."

For them, the source of suffering is the blind urge to beget life. This ideology is closely related to the population control agenda. This negative view on life found a close ally in modern times in the form of Malthusian economics. This gave rise to many population control policies by governments worldwide, some of which didn't even care if the people consented or not. After all, birth is bad, so why take consent? This can of course be seen in the forced or uninformed sterilizations that were being done on unsuspecting women in certain Indian villages.

Another set of evils is eugenics. If life is basically a bad thing, only the "required" people should be allowed to be born. Hence the ideas of sterilizing the "unfit" and the push to abort babies with disabilities. The war on disabled children in the name of rights is exposed if we imagine that an accident happens to a healthy child of a parent, and the child gets mentally or physically deformed afterwards. Will the parents kill the child considering it as disabled and "unfit"? Every child is a gift from God (cf. Ps. 127: 3). Another face of the culture of death is euthanasia. Though it occurs on the opposite spectrum of life, it is in the same vein that since life is evil, one should be allowed to exit as soon as possible.

In a practical sense, one only needs a little sense of observation and foresight to know that having a loving family with children and parents is one of the most conducive environments for human flourishing. It is only in the last century that career and economic/social activity in general began to be promoted as being more important for personal and social well-being than to give oneself in love to one's family and being loved in return. The emptiness of that "money centric" path is known only a few decades later.

This is proved by juxtaposing two media articles. In the recent past, Time magazine did a cover story titled "Child-free Life", complete with a picture of a young couple relaxing on a beach, without a care in the world... no babies to feed, no diapers to change... how cool! This appearance of "cool"ness in the attitude of seeing children as a useless burden disappears when we look at another curious piece of news in some time past. An elderly couple from Mumbai wrote a letter to the President of India asking permission to euthanize themselves. This elderly couple does not have any health problems as such. In their youth, the couple had decided not to have any children. Mr Narayan (86) and Mrs. Iravati Lavate (79) are now at the rag end of their lives. The fear of ending their last years in loneliness, suffering and being a 'liability' led them to make this petition.

Life: The Fundamental Gift

As a contrast to this bleak worldview is the Christian view of life as a celebration and a gift. Pope St. John Paul II put forward this view succinctly in his Letter to Families (*Gratissimam Sane*, 1994). He begins by pointing us to the joy of the first human birth as told by the book of Genesis. The exultant mother, Eve, exclaims "I have gotten a man with the help of the LORD" (Gen 4:1). The child is brought into the world as nothing more than an expression of mutual self-gift. This very logic leads them to give themselves and all they have for the child, expecting nothing but the child's happiness and success. The Pope wonders how this life given to the child could be seen as anything other than a gift of love.

"The process from conception and growth in the mother's womb to birth makes it possible to create a space within which the new creature can be revealed as a 'gift': indeed, this is what it is from the very beginning. Could this frail and helpless being, totally dependent upon its parents and completely entrusted to them, be seen in any other way? ... Its existence is already a gift, the first gift of the Creator to the creature." (Pope St John Paul II, *Gratissimam Sane* 11). Let us pray that our country and the world recognize life as a gift from the Creator and cherish it even when it is weak and wounded. "I praise You because I am fearfully and wonderfully made; Your works are wonderful; I know that full well" (Ps. 139:14).





A CRAZY ADDICTION

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'Smart Phone' is a device that has overtaken the world. A reasonably small gadget that easily fits in your pocket is controlling our lives. An experiential analysis about uses and misuses of the mobile phone has highlighted that teenagers are the most affected among mobile phone users. The consumption patterns of mobile phone among teenagers are unpredictable and alarming. The age group of 15-22 years are crazier for smart phones than the people of other age groups. Children and teenagers are developing a strong connection with their mobile phones, which is leading to a massive loss in their concentration and time spent in studies. The story below will elaborate the influence of cell phone on children and teenagers.

Once Satan called a global convention of demons. In his opening address he said, "We can't keep Christians from going to Church. We can't keep them from reading the Bible and knowing the truth. We can't even keep them from forming an intimate relationship with their Saviour. Once they gain that connection with Jesus, our power over them is broken. So, let them go to their Churches; but steal their time, so they don't have time to develop a relationship with Jesus Christ. This is what I want you to do," said the devil: "Distract them from gaining hold of their Saviour and maintaining that vital connection throughout their day!"

"How shall we do this?" his demons shouted. "Keep them busy in the non-essentials of life and invent innumerable schemes to occupy their minds," he answered. "Give them 'smart phones' filled with various apps. Over-stimulate their minds so that they cannot hear that still, small voice. Entice them to spend their time in chatting, surfing, uploading, downloading, forwarding, commenting, liking, disliking. This will jam their minds and break that union with Christ. Pound their minds with physical beauty and style. Flood their phones with snap chat, WhatsApp, twitter, Instagram, Tiktok, tinder, video chat, Facebook, WeChat, Line, YouTube, all services and false hopes. Swamp the market with pirated products and make it easily obtainable. Provide them with free Wi-Fi in the streets and on the campuses. Hold their eyes glued to their phones. Let their mind be pre-occupied with messages, online friends and chats in the Church, at family prayer and get-togethers. Keep them busy, busy, busy with their smart phones!" It was quite a plan! The demons went eagerly to their assignments causing Christians everywhere to get busier and more rushed, going here and there, having little time for God or their families and friends. Having no time to tell others about the power of Jesus to change lives. I guess the question is,

has the devil been successful at his scheme? You be the judge! [adapted]

Cell phone addiction is so common and it's hard to overcome because using mobile devices is now an endemic part of the modern world. Cell phone addiction is turning more and more teenagers into walking androids. They can't imagine a world without smart phones. They are glued to their screens and removed from their lives by their focus on a mobile device. A teenager addicted to a cell phone craves for the next incoming text or social media update. They ignore face-to-face interaction. As a result, they fail to communicate with their families.

Some sensible tips

Some suitable tips to save our children and teenagers from nomophobia (no-mobile-phone phobia) and FOMO ('fear of missing out') disorders:

- 1) **Allocate time:** Parents must help children and teenagers learn how to manage their screen time. Decide how many minutes per day/ per week you want your children to use their phone. Create a plan to check devices in at a certain time in the evening and out in the morning. Once you have set a screen time limit, let your children know and define the consequences for not following the rules.
- 2) **Keep away while sleeping:** Removing the smartphone from your children's bed room at night is an effective way to drastically reduce their screen time and resist mindlessly browse or check updates.
- 3) **Family time:** Keep family time sacrosanct. Insist up on being present at family time of prayer and meals.
- 4) **Periodic monitoring:** Children and teenagers look for workarounds when they notice they're being watched. Check regularly their online usage and behaviour. Do not allow them to lock their phones and apps.
- 5) **Phone free day:** Spare at least one day in a week or even just a few hours when phone is not accessed. Instead spend a day or a few hours in reading a book which will help in developing vocabulary, reading and writing skills.

Families should make careful choices about how children and teenagers are engaging with their devices. The family is the key in preventing them from cell phone addiction. With healthy practises in place in the families they will be happier, healthier, and more involved with the world around them.



CELEBRATING THE JOY OF RESSURECTION

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What comes to our mind when we imagine the scene of Resurrection? I'm sure it's the image of the risen Lord surrounded with angels, deep cuts on his palm, and his face and robe dazzling white as snow. But do we realize that how much pain and humiliation Jesus had gone through to save us from our sins? We often lose our temper when someone harms us either by their words or actions and in turn we retaliate to their actions.

'Will' a four-letter word with a massive meaning, but what does 'will' really mean? Will, a deliberate or fixed desire or intentions. I remember an instance when I was in 5th grade our catechism teacher has asked us to sacrifice a thing that we loved the most until Easter. After a lot of thinking I came to a decision to give up eating chocolates until Easter. I thought it would be easy for me and it's just a matter of forty days. I never imagined it would be so difficult and during those forty days I witnessed how tempted I really was. It was during that time I received a lot of chocolates from my friends and relatives comparatively to other days. I had made a prayer of mine which I used to say whenever I craved for a chocolate, "Dear Jesus, please help me to resist these chocolates for I love you more than my chocolates. Amen."

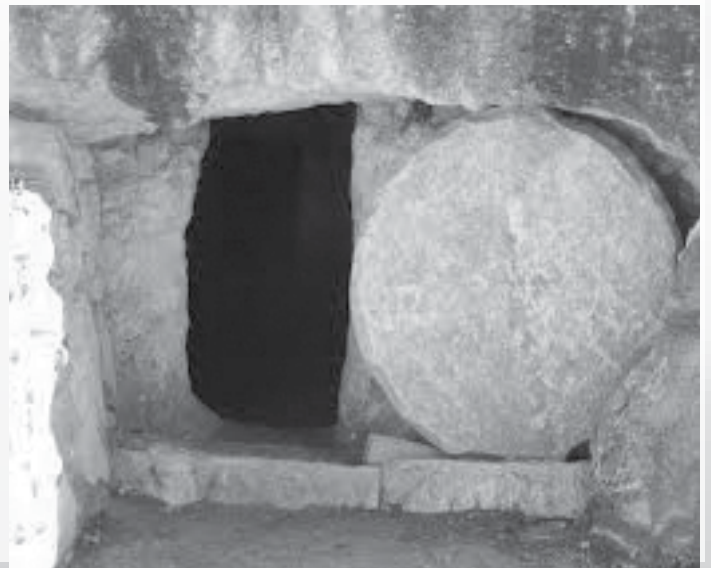
Now that I think of it, I realized how the devil had tempted me so many times in the form of 'chocolates' and I was determined that I will not eat chocolates until Easter. In the same way I'm sure in our daily lives we all are tempted by the devil. No matter how hard the situation it maybe he makes us fall into his trap and eventually we do fall in it. We should be willing and determined to get over temptations. There are 3 things I personally feel that we need to practice during the Lenten season: **Prayer, Fasting and Repentance.**

Prayer is a very powerful tool of communication between us and God because it helps us to reach out to him and pour out our hearts to him freely. I have often observed

that people become conscious when it comes to say a prayer because they think that they might be judged as to how they say a prayer. The Scripture says, "Ask and you will receive; seek, and you will find; knock, and the door will be opened to you" (Matthew 7:7). God is never biased over people who worship him because he is so compassionate that he loves us unconditionally. For we, humans, forget that we are made in his own image and likeness and are meant to follow his footsteps. The ten commandments are the guidelines to become true followers of Christ.

Repentance is turning away from our sins and turning back to God. How grateful we are that he took away our sorrows and died to save us from our sins. It is important that we ponder upon our sins and go for confession and ask for forgiveness from God. The Lord does not judge us for our sins rather forgives us through His representative, the priest.

I believe that celebrating Easter is much more meaningful when we give our heart and soul to prayer, fasting and repenting because it is when we become free from our sins and rise from our sinfulness that we receive new life and experience the joy of resurrection.





पहचान

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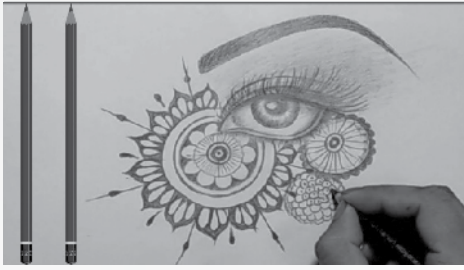
पहचान एक बहुत ही जरूरी चीज है। पहचान के बिना जीवन नीरस है। लेकिन अपनी पहचान बनाते-बनाते हमने पहचान की अलग ही परिभाषा बना ली है। हम यह भूल गए हैं कि हमारी असली पहचान क्या है? हम क्या हैं, कौन हैं, और हमारा मकसद क्या है? सिर्फ सांसारिक मोह-माया हमारे लिए पहचान बन गया है। यदि हमारे पास अपार धन-दौलत, ऐशो-आराम, गाड़ी बंगला है तो हम समझते हैं कि हमारी अच्छी पहचान है। "सावधान रहो और हर प्रकार के लोभ से बचे रहो, क्योंकि किसी के पास कितनी ही संपत्ति क्यों न हो, उस संपत्ति से उसके जीवन की रक्षा नहीं होती" (संत लूकस 12:15)। इसका मतलब ये नहीं कि सांसारिक जीवन में इन सबका होना गुनाह है। यह तो आपके लिए ईश्वर का वरदान है (उपदेशक 5:18) पहली बात, इनसे पहचान तो मिलती है, परंतु शायद ये सब हमें क्षणिक खुशहाली देती है, शान्ति नहीं देती। लेकिन इनका सही उपयोग हो तो खुशहाली के साथ-साथ शान्ति भी मिलती है। दूसरी बात, इन सबका होना हमारे जीवन में, हमारे स्वाभाव और रहन-सहन में, परिवर्तन लाता है। हमारे अन्दर बुराईयाँ पनपने लगती हैं – हम घमण्डी, ईर्षालु और नफरत बन जाते हैं। याद रखिये हम पवित्र आत्मा और जीवित ईश्वर के मंदिर हैं (1 कुरिन्थ 6:19 और 2 कुरिन्थ 6:16)। कई बार हम यह भूल जाते हैं कि हम एक खीस्तीय हैं। यदि हमारे अन्दर ये बुराईयाँ हैं तो हम बिलकुल भी प्रभु की कलीसिया, ईश्वर की चुनी हुई प्रजा, नहीं हैं। इन्हीं बुराईयों से बचने के लिए ईश्वर ने हमें मिस्र से छुड़ा कर प्रतिज्ञात देश में लाया। क्योंकि वह हमसे प्रेम करता है, वह हमारा प्रभु है और पवित्र है (लेवी ग्रन्थ 11:45)। इन्हीं बुराईयों से बचने के लिए उसने अपने इकलौते पुत्र को हमारे लिए सलीब पर कुर्बान कर दिया। अभी-अभी हमने पास्का पर्व मनाया और अभी भी पास्का के उमंग में सराबोर हैं। सोचिए इस समय हमने क्या पाया? पास्का हमारे सम्पूर्ण खीस्तीय जीवन का सार है। हमारी सृष्टि से लेकर हमारे पुनरुत्थान तक की परिभाषा है। पास्का का अर्थ ही है-पार जाना। इसलिए किसी चीज पर जो आपके पास है गौरव मत कीजिए और घमण्डी मत बनिये। "अपने वस्त्रों पर गौरव मत करो और सम्मान मिलने पर घमण्डी मत बनो, क्योंकि प्रभु के कार्य ही प्रशंसनीय हैं, यद्यपि वे मनुष्य से छिपे रहते हैं" (प्रवक्ता 11:4)।

सांसारिक पहचान से आपको वह पहचान नहीं मिलेगी जिसकी योजना ईश्वर ने बनाई है। पहचान बनाइये, नाम कमाइये मगर ईश्वरीय इच्छा के अनुसार। वरना ऐसे नाम और पहचान से क्या फायदा? मैंने तीसरी या चौथी कक्षा की हिन्दी पाठ्यपुस्तक में एक कहानी पढ़ी था – "अखबार में नाम"। उस कहानी का पात्र नाम कमना चाहता था।

उसकी तमन्ना थी कि किसी तरह उसका नाम एक बार अखबार में आ जाये। वह परेशान था क्योंकि उसकी तमाम कोशिशों और उलटी-सीधी हरकतों के बावजूद अखबार में उसका नाम नहीं आया। एक दिन एक दर्दनाक दुर्घटना के बाद वह अस्पताल में बेहोश पड़ा अंतिम साँसे गिन रहा था। थोड़ी देर के लिए उसे होश आती है तो वह पूछता है – "मेरा नाम अखबार में आ गया?" परिवार वालों ने उसे अखबार में छपी उसकी दुर्घटना की फोटो और उसका नाम दिखाया। यह देखने के बाद वह मर जाता है। उसे क्या मिला?

आजकल यह देखा जाता है कि हमारे खीस्तीय समाज में गलत चलन प्रचलित हो रही है। हमारी नौजवान लड़कियाँ दुसरे जात – धर्म के लड़कों से शादी कर रही हैं या बिना शादी के रह रही हैं। वे खीस्तीय धर्म को भूल रही हैं और मूर्ति पूजा में सम्मिलित हो रही हैं। कई तो ऐसी हैं कि दूसरे धर्म के शादीशुदा मर्दों के साथ रह रही हैं। कुछ वर्ष साथ रहने या बच्चे पैदा हो जाने के बाद लड़के इन्हीं छोड़ देते हैं। ऐसी लड़कियों का जीवन बर्बाद हो रहा है। कई खीस्तीय लड़के भी इसी राह पर चल रहे हैं और अपने माँ-बाप, घर-परिवार को छोड़ रहे हैं। क्योंकि वे अपनी पहचान भूल रहे हैं। एकमात्र ईश्वर पर उनका विश्वास कमजोर है। हमारा ईश्वर कहता है- "तुमने अपनी द्वाँ और चौखट के पीछे पराये देवता का स्मारक रखा। तुमने मेरा परित्याग किया। तुम अपने वस्त्र उतार कर पलंग पर लेट गयी। तुम जिन को पसन्द करती हो, तुमने उन्हें अपना शरीर बेच दिया और उनके साथ भोग-विलास किया। तुमने मेरे साथ विश्वासघात किया। तुमने मुझे भुलाया और अपने हृदय से निकाल दिया। किन्तु मैं तुम्हारा धर्माचरण और तुम्हारे कार्य प्रकट करूँगा – तुम्हें उन से कोई लाभ नहीं होगा" (इसायस 57:11-12)।

प्यारे दोस्तो! पहचानिये अपने आप को। विश्वास और भरोसे के साथ अपनी पहचान, खीस्तीय पहचान को मिटने मत दीजिए। खीस्त ही हमारा सब कुछ है। पिता ईश्वर ही हमारा सृष्टिकर्ता और पालनहार है। वही हमारी सभी जरूरतों को पूरा करता है और सभी तरह के संकटों से रक्षा करता है। जिस तरह मुर्गी अपने पंखों में अपने चूजों को समेट कर रखती और उनकी रक्षा करती है, उसी तरह ईश्वर हमें अपनी बाँहों में समेट कर रखते हैं। संसार की दृष्टि में नहीं, परन्तु ईश्वरीय दृष्टि में नाम कमाइये और पहचान बनाइये। "मैं प्रभु, मनुष्य का हृदय और अन्तरतम जानता हूँ। मैं हर एक को उसके आचरण और उसके कर्मों का फल देता हूँ" (यिरमियाह 17:10)।



Artistic Hands

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A Matter of Beauty!!

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When I pick up a magazine every advertisement wherein there is a woman, has a model look body. They usually have on the best-looking clothes with the best-looking guy with jawline and that ripped body long with her. Little did I know how these pictures in the magazines and the information they passed out subtly impacted me in such a way that I began to see myself differently, I started to see a different me in the mirror every morning. Every morning I woke up just to be disappointed again to see that I can never be like the ones I see on the magazines wearing all sorts of clothes and carrying them off so beautifully. Isn't this what all of us feel? Only if I could have been thinner, just a bit fairer, just an inch taller.

Beauty. When we use this term the one thing that we picture in our minds is a fair, tall and thin women, with makeup or a tall, dark, handsome man, with muscles and abs. But what exactly is beauty? A common English saying is that "Beauty lies in the eyes of the beholder". This statement is right in the sense that what one considers beautiful is not necessarily what another individual may consider beautiful. This view of beauty not being universal was presented by Plato. According to his view, beauty is something that cannot be fully defined through the senses. Even though everyone knows what beauty is, many people struggle to define it and convince others to agree with their views. The idea of beauty is not just a physical appearance of a person or object. Rather, it is an understanding that gives some perceptual experience to one's eyes, ears, intellect, and moral sense. Natural, powerful, real beauty, however, originates from within the heart of individuals and when it blossoms, it is expressed as a fascinating, graceful, and alluring spirit that is not easy to contain.

In an era of feminist and political values, not to mention the closely held belief that all men and women are created equal, the fact that all men and women are

not—and that some are more beautiful than others—is disturbing and confusing. According to statistics the overall Beauty Business in India is growing rapidly with the cosmetics market growing at 15-20% annually. The retail beauty and cosmetics market in India currently estimated at USD 950 million will go up to USD 2.68 billion by the year 2020. Conducted by the International Society of Aesthetic Plastic Surgery, the survey ranks India as # 4 in the list of top five countries in the world in the number of people going for surgical and non-surgical procedures to enhance their features. But all this for what? All this pain for what? Just to look pretty in the eyes of others?

It doesn't matter what others think of you, what does matter is what you think of yourself. Remember, you are beautiful. You can be happy in life without having the perfect body types or skin color. These verses of Kahlil Gibran, "Beauty is not in the face; beauty is a light in the heart", are so lovely and inspirational to convey great meaning to us. They signify the importance of inner beauty leading one to focus attention on developing and strengthening inner beauty. It is your inner beauty that has a lot to do with what you offer to the world - having a direct impact on society and life you go about.





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समय की तुलना धन से की जाती है। यदि धन को खर्च कर दिया जाए तो उसे फिर वापस प्राप्त किया जा सकता है। लेकिन समय को खो जाए, तो उसे फिर वापस नहीं लाया जा सकता। इसलिए विद्वानों के द्वारा कहा भी गया है कि “जो समय के साथ चलता है, वह अपने जीवन में सफलता व मुकाम हासिल करता है। जो समय के साथ नहीं चलता है, वह पीछे ही छूट जाता है।”

आज की आधुनिक दुनिया में बहुत-सी तकनीकी चीजों का आविष्कार हुआ है जैसे कम्प्यूटर, टेलिविजन, फोन, विडियो गेम, आदि। कई लोग अपना ज्यादातर समय इन चीजों पर खर्च कर रहे हैं। इन तकनीकी साधनों ने लोगों का काम बहुत ही सरल और आसान कर दिया है। लेकिन साथ ही साथ इन चीजों ने लोगों को आलसी भी बना दिया है। समय की कोई कद्र नहीं रह गयी है।

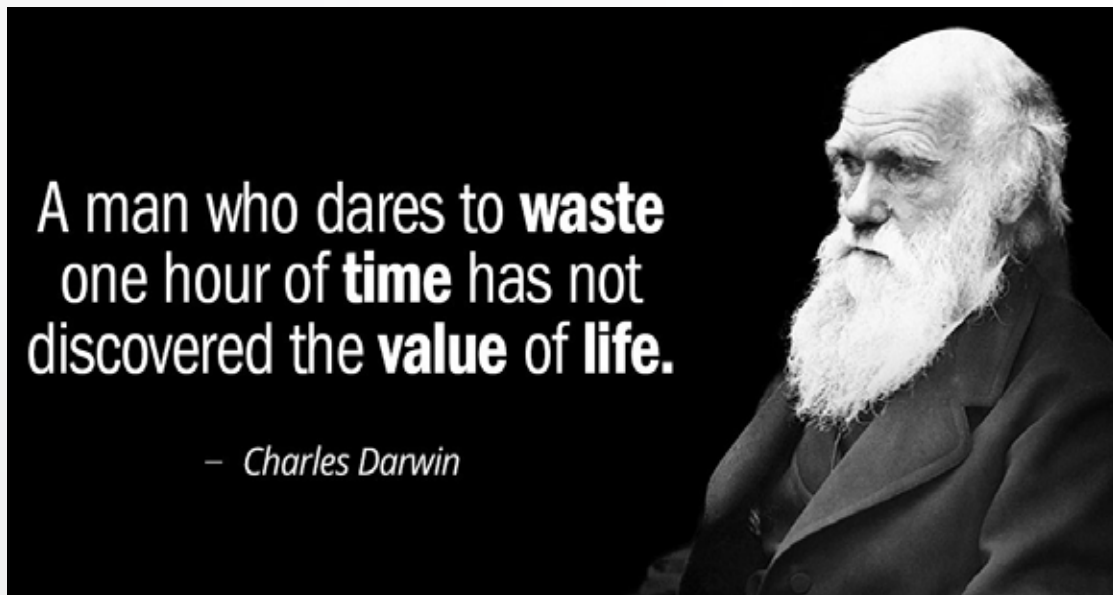
आज की दुनिया में लोगों के जीने का तरीका (लाइफ स्टाइल) ही बदल गया है। यहाँ तक कि हम एक दूसरे के साथ बैठते हुए भी अनजान लोगों के जैसे व्यवहार करते हैं। एक दूसरे से बातचीत करने व पहचान बढ़ाने के बजाय हम अपने-अपने मोबाईल फोन में व्यस्त रहते हैं।

हम सभी के मोबाईल फोन में बहुत सारे ऐप्स हैं (मेसेंजर, वाट्सऐप, फेसबुक, इन्स्टाग्राम, आदि)। इन ऐप्स माध्यम से हमारे हजारों अनदेखे दोस्त बन गए हैं जिनसे हम कभी मिल भी नहीं सकते हैं। फिर भी हम उनके फोटो और पोस्ट को लाइक (Like) करते और उनपर कमेंट्स (Comments) करते हैं। इसके विपरीत जिन लोगों के साथ हम रहते, उठते-बैठते, खाते पीते हैं, उनके करीब होते हुए भी हम उन से बहुत दूर हो गये हैं क्योंकि उनके लिए हमारे पास समय ही नहीं है। फलतः हम उनसे बात भी नहीं कर पाते हैं।

इन सभी चीजों को देखते हुए हम कह सकते हैं, क्या हम समय का सही सदुपयोग कर रहे हैं या यूँ ही फालतू चीजों में अपना समय गँवा रहे हैं? अगर हमें समय का सदुपयोग करना आ जाए, तो मुश्किल से मुश्किल ‘समय’ में भी हम अपने कार्य को करने में सक्षम हो जाएँगे। आज हमारे लिए यह बहुत ही महत्वपूर्ण प्रश्न है कि हम समय का उपयोग किस तरह से कर रहे हैं? ऐसा न हो कि सही समय का इंतजार करते-करते जिन्दगी निकल जाए। बेहतर यही है कि हम समय का सदुपयोग करना सीख लें।

यह जीवन का सत्य है – ‘समय’ का खास होना जरूरी नहीं है, खास लोगों के लिए ‘समय’ होना जरूरी है। समय बहते

हुए पानी के समान है। जिस प्रकार पानी बहती रहती है, उसी प्रकार समय भी चलते रहती है। हम बहते हुए पानी को कुछ हद तक रोक सकते हैं, परंतु चलते हुए समय को नहीं। इसलिए समय हमारे लिए बहुत मूल्यवान है। अतः इसका सही तरीके से उपयोग करना चाहिए।





Responsible Parenthood: A Need of The Hour

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Parents are a child's first and most influential teacher. Their duty doesn't cease at the birth of the child, it actually is the onset of a new journey for the parents from thereon. With a lot of pressure coming in from the societal front, academic excellence striven to be achieved, the parents are neglecting all other spheres essential for the wholesome growth of the child.

In today's modern-day world where both the father and the mother are working, children are often devoid of the care and affection that they deserve; they are left with hardly any quality time to spend together for establishing a familial bond. In an attempt to compensate this gap, children are handed over mobile phones, laptops, motorbikes and other gadgets which further increases the distance between them. Easy access to all the facilities, granting each and every wish of the child including excessive pocket money is even more harmful as not only will the child splurge extravagantly, but will never be able to understand the meaning of labour and the value of money. This will dissuade the children gradually from working hard in future towards their ambition.

Adolescence is a phase replete with confusion and insecurity, a constant race to be the best among other boys and girls in terms of looks and marksheets, while also going through sudden bodily changes. In order to feel loved at this venerable age, youngsters could even get into bad company, drug addiction, smoking and drinking habits to reap temporary pleasure.

Parents have a pivotal role in shaping their children's

future. From adopting healthy eating habits to contributing in making a pollution-free environment, parents can mould a child through various ways. In a classroom, a teacher cannot give undivided attention to all the 50 students; however, the child can definitely be looked after more responsibly by parents at home where s/he spends maximum amount of time. Steps should be taken for the spiritual nourishment of the children too.

Parents incessantly work to fulfil their children's necessities so as to afford a good lifestyle for their children. It is equally important for them to make their children realise the value of money, while instilling social and moral values, basic manners and ethics along with

a good education to them. Communication is a key factor which has the ability to make or break relationships.

Parents must encourage their children to explore their creative side, improve their skill set and support their extra-curricular activities even when nobody else does. Even at the child's failure, parents' mere assurance will make them get up and be

determined to achieve so much more. Not all five fingers are the same, similarly it is unjust to assess and compare a child with other children as it negatively impacts a child's mental well-being. Parental guidance is vital to teach the youth of today to differentiate between the right and the wrong.

It is rightly said, "If you want to be in your child's memories tomorrow, then you need to be with them today." Therefore, invest in your child's overall development, by focusing on having healthy conversations, have faith in them and be an example for them.





ईश्वर का प्रेम

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‘प्रेम’ एक छोटा सा शब्द है, लेकिन इसका हमारी ज़िन्दगी में बहुत बड़ा महत्व है। प्रेम के कारण ही हम अपने रिश्तों को संजोकर रख पाते हैं और हमारे जीवन में खुशियाँ बनी रहती हैं। जब एक बच्चा अपनी माँ की कोख से जन्म लेता है तो वह सिर्फ अपनी माँ को पहचानता है। इसलिए वह अपनी माँ से जुड़ा रहता है। हमारे बचपन से लेकर बड़े होने तक हम बहुत से रिश्तों से जुड़ते हैं और हमारे कई दोस्त बनते हैं। इन सब रिश्तों में प्यार होता है। लेकिन हर रिश्तों में सच्चा प्यार नहीं होता है क्योंकि वह प्यार किसी न किसी शर्त या स्वार्थ के कारण जुड़ा होता है और एक वक़्त आने पर ख़त्म हो जाता है या अपना मतलब पूरा होने पर समाप्त हो जाता है।

दुनिया के सब रिश्तों में से या सब से बढ़कर ईश्वर का रिश्ता सबसे सच्चा है। हमारे साथ ईश्वर का रिश्ता, एक प्रेम का रिश्ता है क्योंकि ‘ईश्वर प्रेम है’। ईश्वर हमसे प्यार करता है इसलिए उसने अपने इकलौते पुत्र को संसार में भेजा ताकि हम उसके द्वारा जीवन प्राप्त करें। सबसे पहले हमने ईश्वर को नहीं, बल्कि ईश्वर ने हम को प्यार किया और हमारे पापों के प्रायश्चित के लिए अपने पुत्र को भेजा।

बाइबिल में हम येशु के बहुत से चमत्कारों के विषय में पढ़ते हैं जैसे कि कोढ़ी को स्वास्थ्यलाभ, रक्तस्राव पीड़िता की चंगाई, अंधों को दृष्टिदान, बहरे को सुनने की शक्ति, गूंगे को बोलने का सामर्थ्य, इत्यादि। ये सब चमत्कार येशु के प्रेम के बदौलत ही संभव हुआ। संत योहन के सुसमाचार अध्याय 8 में हम पढ़ते हैं कि शास्त्रियों और फरीसियों ने व्यभिचार में पकड़ी गयी एक स्त्री को येशु के सामने लाते हैं और उसे पत्थरों से मार डालना चाहते हैं, तब येशु ने उनसे कहा – “तुम में से जो निष्पाप है, वह सबसे पहले इसे पत्थर मारे।” यह सुनकर सब के सब पीछे हट गए क्योंकि उनमें से कोई निष्पाप नहीं था। येशु ने उन लोगों को कोई सज़ा नहीं दी बल्कि एक सच्चाई को उनके सामने रखा। न ही येशु ने उस स्त्री को सज़ा दी (हालाकि वह उसे पत्थर मार सकता था क्योंकि वह निष्पाप था)। यह येशु के प्रेम का प्रमाण है और यह यही दिखाता है कि येशु किसी को भी सज़ा नहीं देते। हमारा पाप कितना भी बड़ा क्यों न हो, ईश्वर हमें हमेशा प्यार करता है और क्षमा करके हमें अपनाता है।

हम अपनी ज़िन्दगी में अगर कोई गलती करते हैं, तो कई बार

हमारे परिवारवाले, हमारे रिश्तेदार या हमारे दोस्त हमें क्षमा नहीं करते और हमसे नाराज़ हो जाते हैं। कभी-कभी तो वे हमारा साथ भी छोड़ देते हैं। हमारी गलती के कारण कई लोग हमारे विरुद्ध भी हो जाते हैं। इसायाह 49:15 में ईश्वर हमसे कहते हैं “क्या स्त्री अपना दूधमुँहा बच्चा भुला सकती है? क्या वह अपनी गोद के पुत्र पर तरस नहीं खाएगी? यदि वह भुला भी दे, तो भी मैं तुम्हें कभी नहीं भुलाऊँगा।” अतः ईश्वर का प्रेम अनंत है और वह हमें कभी नहीं त्यागेगा। इब्रानियों के पत्र 13:5 में ईश्वर हमें आश्वसन देते हैं – “मैं तुम को नहीं छोड़ूँगा। मैं तुम को कभी नहीं त्यागूँगा।” चाहे हम जितना भी पाप में डूब जायें या हमारे दोस्त, हमारा परिवार छोड़ भी दे, लेकिन येशु हर परिस्थिति में हमारे साथ है। हमारे आँसुओं को पोंछने के लिए येशु सदा हमारे साथ है। मत्ती 28:20 में येशु कहता भी है, “मैं संसार के अंत तक तुम्हारे साथ हूँ।”

बाइबिल में येशु हमसे यह भी कहते हैं, “जिस प्रकार पिता ने मुझको प्यार किया है, उसी प्रकार मैंने भी तुम लोगों को प्यार किया है। तुम मेरे प्यार में दृढ़ बने रहो।” हमारे लिए भी येशु की सबसे बड़ी आज्ञा यही है कि जिस प्रकार उसने हमें प्यार किया है उसी प्रकार हम भी एक-दूसरे को प्यार करें।





We have the Choice to Forgive, BUT will we?

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There is a spiritual aspect of forgiveness as well as a materialistic aspect. God gives us two very good reasons in Scripture for why we should forgive. First, God commands us to forgive others. God forgave us while we were His enemies (Romans 5:10), and we should do likewise with one another. Second, those who do not forgive others indicate that they themselves have not been forgiven because a truly regenerated heart is a forgiving heart (Matthew 6:14-15). If we are filled with resentment and bitterness, we are exhibiting the “works of the flesh,” not the fruit of the Spirit which is evidence of true salvation (Galatians 5:19-23).

How can we be forgiven from our sins?

First, we acknowledge we are sinners. 1 John 1:8 teaches, “If we say we have no sin, we deceive ourselves, and the truth is not in us.”

Second, we confess our sins to God. 1 John 1:9 teaches, “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” God desires to forgive us (2 Peter 3:9) and has made a way for us to be forgiven through Jesus Christ alone (John 14:6; Acts 4:12).

Third, we trust in Jesus Christ by faith. Ephesians 2:8-9 teaches, “For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.” We do not earn forgiveness through our works. Instead, we believe in Jesus by faith and receive His free gift of eternal life.

From a health point of view it's important to let go and forgive. Here are some reasons why.

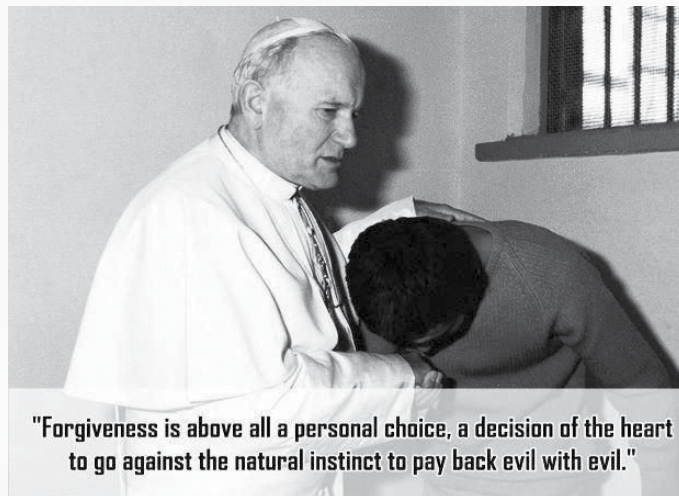
Forgiveness is good for your heart and that is - literally. One study from the Journal of Behavioural Medicine found forgiveness to be associated with lower heart rate and blood pressure as well as stress relief. This can

bring long-term health benefits to your heart and overall health.

A later study found forgiveness to be positively associated with five measures of health: physical symptoms, medications used, sleep quality, fatigue, and somatic complaints. It seems that the reduction in negative affect (depressive symptoms), strengthened spirituality, conflict management and stress relief one finds through forgiveness all have a significant impact on overall health.

A third study, published in the Personality and Social Psychology Bulletin, found that forgiveness not only restores positive thoughts, feelings and behaviours toward the offending party (in other words, forgiveness restores the relationship to its previous positive state), but the benefits of forgiveness spill over to positive behaviours toward others outside of the relationship. Forgiveness is associated with more volunteerism, donating to charity, and other altruistic behaviours.

To sum it up, forgiveness is good for your body, your relationships, and your place in the world. That's reason enough to convince virtually anyone to do the work of letting go of anger and working on forgiveness.



"Forgiveness is above all a personal choice, a decision of the heart to go against the natural instinct to pay back evil with evil."



ईश्वर अभी यहाँ हैं

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आज की अत्याधुनिक दुनिया में संचार माध्यमों ने हमारे दिमाग में एक ऐसी धारणा भर दिया है कि जो सामान्य है, वह उबाऊ (boring) लगता है। इसीलिए उस उबाऊपन को भगाने के लिए असामान्य रीति से बड़े-बड़े मनोरंजन के त्योहार और सांस्कृतिक कार्यक्रम आयोजन किये जाते हैं, तथा ऐसे जगमगाहट और चकाचौंध वाली घटना हम में जोश और आँखों के सामने चमक लाती है। शानोशौकत और ठाठ-बाट से भरपूर ऐसी घटना हमारे जज्बातों को शिखर तक ले जाती है और हमें भरपूर खुशी प्रदान करती है। लेकिन यह खुशी रॉकेट पटाखे के सदृश है, जो सांय से ऊपर उठती है और क्षण भर में भस्म हो जाती है। वास्तव में जो सामान्य और साधारण है, हालांकि आसानी से आकर्षित नहीं करती लेकिन बेहतर, टिकाऊ और सदा रहने वाली अनुभव छोड़ जाती है।

आधुनिकता का हमारे आध्यात्मिकता पर भी गहरा असर पड़ा है। नियमित पूजन-विधि, मिस्सा, रोज़री, दैनिक प्रार्थनाएँ, इत्यादि, हमें उबाऊ लगने लगती हैं। उसमें कुछ आकर्षक और मनमोहक नहीं लगती, जो हम में एक उत्तेजना और उत्साह पैदा करे। इसका कारण यही है कि हम संसार में जीते हैं, जो संसार सोचती और अपने जीवन में लागू करती है, उसी हवा को हम भी साँस लेते हैं। इसी वजह से धार्मिक क्षेत्र में भी हमारी सोच वैसे ही हो जाती है। परिणामतः तथाकथित आध्यात्मिक उबाऊपन को दूर करने के लिए बड़े-बड़े कार्यक्रम, प्रार्थना सभा, साधना और तीर्थयात्रा का आयोजन किया जाता है। मैं इसके खिलाफ नहीं लिख रहा हूँ, बल्कि हमारी जो वर्तमान मानसिकता है, उसे दर्शाने की कोशिश कर रहा हूँ। इन सब असामान्य कार्यक्रमों और बड़े-बड़े जगहों, विशाल साधनाओं का उद्देश्य क्या है? शायद अकाल्पनिक और असाधारण ईश्वरीय अनुभव और वह भी एक असाधारण तरीके से। इस बात को नहीं नकारा जा सकता कि ऐसे अनुभव होते हैं। परन्तु इस तरह के असाधारण ईश्वरीय अनुभव कब तक रहते हैं?

अगर अलौकिक अनुभव, ईश्वरीय उपस्थिति और कृपा मानव जीवन से नहीं छिन सकती, तो उन्हें विशेष समय और स्थानों तक ही सीमित

नहीं किया जा सकता है। उसका अनुभव कहीं भी हो सकता है। हमें यह बात हमेशा ज्ञात होनी चाहिए कि अनंत, समयरहित, सर्वव्यापी और सर्वशक्तिमान ईश्वर हर सामान्य वस्तुओं और अनुभवों में वास करते हैं। असाधारण ईश्वरीय अनुभव का आनंद तभी लिया जा सकता है, अगर हम दैनिक सामान्य चीज़ों में ईश्वर की अनुभूति को आनंदपूर्वक अनुभव करते हैं क्योंकि ईश्वर की उपस्थिति हर जगह सब चीज़ों में व्याप्त है। ईश्वर जीवन की साधारण घटनाओं में उपस्थित रहते हैं। कार्ल रानर कहते हैं, “मानव जीवन के हरेक पहलू और जीवन की हर एक घटना में ईश्वर की उपस्थिति प्रकट होती है और उनके द्वारा ईश्वर के जीवन का संचार होता है।” सभी सच्चे ज्ञानी और रहस्यवादी गुरुओं ने भी इस सत्य पर प्रकाश डाला है कि दैविक उपस्थिति हमारे चारों ओर, ऊपर और नीचे, दायें और बायें, तथा आगे और पीछे सर्वत्र व्याप्त है।

रहस्यवादी कवि जेरेड मैन्ली होपकिन्स कहते हैं, “पूरी दुनिया ईश्वर के वैभव से भरी है। सृष्ट वस्तुओं के माध्यम से, बिना किसी को छोड़े सभी अनुभवों और पलों में, दिव्य शक्ति हमारे साथ रहती है, हमारे अन्दर प्रवेश करती है और हमें बदल देती है।” अगर कोई व्यक्ति ईश्वर की उपस्थिति को अपने दैनिक जीवन की साधारण घटनाओं में पहचान नहीं पाता, तो वह कहीं भी ईश्वरीय अनुभव को ढूँढ़ नहीं पायेगा, यहाँ तक कि बड़े-बड़े तीर्थस्थलों एवं पवित्र कहलाये जाने वाले जगहों और विशाल घटनाओं में भी नहीं। वास्तव में, हर एक लम्हा ईश्वरीय

प्रकटीकरण का समय है। इसके लिए हमें सचेत और जागरूक रहने की आवश्यकता है। हम में यह जागरूकता होनी है ताकि ईश्वर ‘अभी और यहाँ’ उपस्थित हैं— इस सत्य को पहचान सकें। अगर हमें इस बात का एहसास हो जाये तो हम याकूब की तरह कह सकते हैं, “निश्चय ही प्रभु इस स्थान में विद्यमान है और मुझे मालूम नहीं था” (उत्पत्ति 28:16)। प्रभु मंद समीर की सरसराहट के समान है (1 राजाओं 19:12) जो सभी समय हमारे साथ बातचीत करते रहते

हैं। इसमें कोई शक नहीं है कि बड़े पैमाने पर विशाल साधनाओं और तीर्थयात्राओं का आयोजन अमित छाप छोड़ जाती है और समय-समय पर आत्मिक पोषण के लिए अच्छा है। ये सब हमारे दैनिक ईश्वरीय अनुभव में सहायक होने चाहिए। सबसे अहम बात तो यह है कि ईश्वर ‘अभी और यहाँ’ है, हम उसे अनुभव करें।





To Err Is Human; To Forgive, Divine

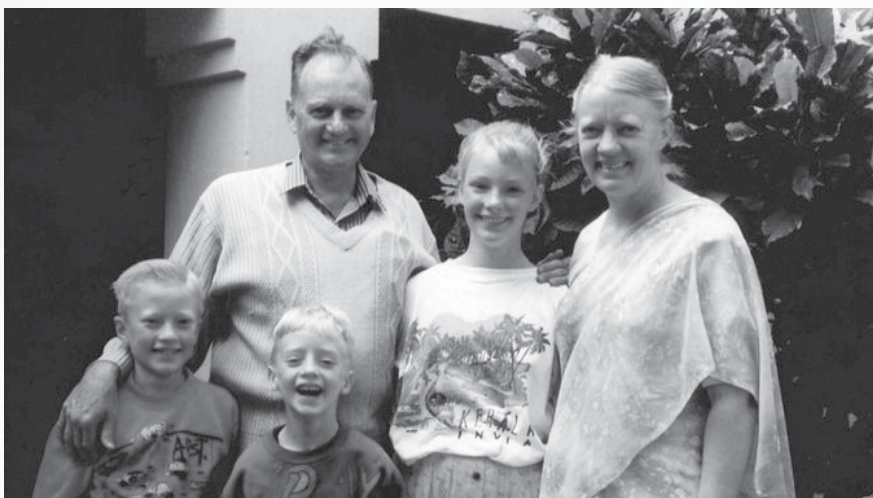
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There is no word in the Bible that quickens the beat of a sinner's heart more than that of "forgiveness." Little wonder, then, that poet Alexander Pope wrote: "To err is human; to forgive, divine."

Who hasn't been hurt by the actions or words of another? Maybe a parent while growing up criticized you, a friend who fought with you without a reason or your significant other said some hurtful things to you.

Or you had a traumatic experience of something which is not letting you be you your full potential. Because deep down it is hard to move past that thing which is coming your



way. These wounds, these memories can leave you with bitterness within. The anger that's been building up inside for so long has to come out. One has to let go of things and situations eventually. But if you do not believe in forgiveness, you might be responsible for your own condition. By embracing forgiveness, you can also embrace peace, hope, love, gratitude and joy. Forgiveness can lead you down the path of emotional, physical and spiritual well-being. So, we need to extend forgiveness generously without count. That's why Jesus said to Peter, "I do not say to you seven times, but seventy times seven" (Matthew 18:22).

The act that hurt or offended you might always be with you, but forgiveness can lessen its grip on you and make you feel light. Forgiveness can even lead to feelings of understanding, empathy and compassion for the one

who hurt you. Forgiveness brings a kind of peace that helps you proceed with life. Letting go of grudges and bitterness can make way for improved health and peace of mind. As you let go of grudges, you'll no longer define your life by how you've been hurt. Forgiveness can be challenging, if you're not able to forgive someone, but then reflect on times when you've hurt others and on those you've forgiven you. Be aware that forgiveness is a process, and even small hurts may need to be revisited

and forgiven over and over again.

Jesus preached saying, "Repent, for the kingdom of heaven is at hand" (Matthew 4:17). Repentance merely does not mean to stop walking on the path of sin, but start walking towards the direction of God. Repentance is less about feeling bad

over behaviour, and more about feeling awe and delight towards God. He will never disappoint you. No matter how many times you walk away from him, he will always welcome you back with open arms. True repentance leads to freedom. It's a process that starts with grief and guilt, and ends with forgiveness and deep joy. And that's not the only pay-off, repenting and receiving forgiveness from God leads to real relationships with others, because it reminds us that we've got nothing left to hide. If we come to God with a heart broken by our sin, he will not despise it (cf. Psalm 51:17); he will accept it, and accept us, because of Christ's sacrifice on our behalf. In Christ, we're assured of forgiveness. So, we don't need to deny, cover, or make excuses for our sin we need to take it to the cross and experience the joy of repentance and forgiveness.



YOUTH IN CHRIST

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“Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity” (1 Timothy 4:12).

Youth is often associated with vibrancy, joyfulness, enthusiasm and passion. This is because people belonging to the young generation are full of life. They are one of the most energetic segments of the nation. They are curious to learn new things and ready to explore the world. Today’s generation has both good qualities and some deficiencies in them.

Many people tend to think of today’s youth as the leaders of tomorrow. But the Scripture never places us in such a category. It never instructs us to wait until we are more mature or knowledgeable or skilled before we begin to

show integrity, seriousness and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us” (Titus 2:7, 8). As a young man, Titus was to be an example to all other believers in many areas of his life, his speech and his sincerity.

It is important for today’s youth to set an example for others in our speech and actions. Our vocabulary must be free from the swearing, cursing and filth that permeate the hearts and minds of the unsaved. We also need to be an example to others by showing love and concern for the well-being of other believers and unbelievers. When we truly love others as we should, we will sometimes need to reprove and correct them when they begin to move in the wrong direction, even though doing so might cause them to feel resentful toward us. We must understand that this selfless love is not shown by doing what the one we love desires, but what is needful for them. This is the same love Christ had for us when he died on the cross for our sins.

As young people, we also need to be an example to others in our faith. This means that we must know what we believe and we must know why we believe it. It is important to realize that we cannot have true convictions unless we truly know what God’s Word has

to say concerning how to live our lives.

Every human being has a purpose in life, being a young soul, we should never give up if we tend to fail in various aspects of our lives. We should get back up and face our problems as God’s hand is always above us to protect us and help us grow in our spiritual walk with the Lord.



take God’s Word seriously and consider what plans and purposes the Lord has for our lives. God specifically commands us, as young people to lead by example.

In the New Testament, we read about Paul who addressed a young man, Titus, and told him, “In everything set them an example by doing what is good. In your teaching



On Generosity

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“And do not forget to do good and to share with others, for with such sacrifices God is pleased” (Hebrews 13:16)

Generosity is one of the values and a trademark of Christianity. Like every drop of honey that is sweet, every aspect of Christianity marks the path of generosity. When there is love, affection and sensitivity, their will tend to be generosity. As it is mentioned in the Bible “Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person?” (1 John 3:16-17). This verse beautifully explains that God so loved the world and was generous enough to give away his only Son so that through His death, the salvation is received by the mankind; but we are not even ready to forgo material possession so that it could be helpful to others.

It is largely understood that by being generous means sparing your money or materials, but generosity I believe has varied forms. One can be generous by showing love and care, by being sacrificial, by giving your time to whoever needs your company. The life of Saint Mother Teresa is a significant example of generosity as she gave her life in caring and loving others, her days were spent in curing the sick, helping the poor, and serving the mankind. She was an epitome of humanity. She led a simple life and was generous to her fullest abilities. She who always walked the path of the Lord is an inspiration to the humanity.

Question that is prevalent among people is, what is that we get in return for being generous? There is also a believed notion that, the one who is generous suffers the most and doesn't get anything in return. But the true sense of generosity is to be non-expectant of any return, to be a joyful giver. For it is also been told, “Each

of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver” (2 Corinthians 9:7). There is no loss but only gain in generosity. For Jesus has said that, “One person gives freely, yet gains even more; another withholds unduly, but comes to poverty. A generous person will prosper; whoever refreshes others will be refreshed” (Proverbs 11:24-25).

Lent is the season of prayer, confession, fasting and alms giving. It stresses on being generous by forgiving, lending generously, and sacrificing. It is the time to be self-reflective of our deeds and repent for God's grace. Therefore, it is very important to keep up the spirit of generosity alive in our heart and behavior. Hence, Pope Francis accentuates, “A Christian who withdraws into himself, hiding all that the Lord has given him, is not a Christian! I would ask the many young people present to be generous with their God-given talents for the good of others, the Church and our world.”





नई पीढ़ी का क्या होगा ?

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“क्यों सुनील भाई, बड़े उदास लग रहे हो आज, तबियत तो ठीक है न।” “अरे यार राजन, तबियत तो ठीक है, पर क्या करें बच्चों के कारण परेशान हो गया हूँ, पता नहीं क्या होगा इस नई पीढ़ी का। कितना भी समझाओ पर समझते ही नहीं। उनको लगता है हम उनके दुश्मन हैं जो बार-बार उन्हें टोकते रहते हैं।” आजकल अधिकतर माँ-बाप, अभिभावक व बड़े-बुजुर्ग इसी बात से चिंतित हैं। आजकल हर परिवार में माता-पिता, बड़े बुजुर्ग व अभिभावक की जिम्मेदारी पुराने जमाने के माता-पिताओं की तुलना में कई गुना बढ़ गई है। इसके साथ ही आसपड़ोस में, समुदायों व स्कूलों में भी लोगों और शिक्षकों की जिम्मेदारियाँ बढ़ गई हैं। अगर बिलकुल छोटी उम्र से बच्चे को अनुशासन के साथ खानपान, शारीरिक क्रियाकलाप, धार्मिक व आध्यात्मिक जीवन, साम्प्रदायिक एकता, टेलीविजन, स्मार्टफोन, इंटरनेट आदि के इस्तेमाल के लागू-हानि को बताया जाये, तो काफी हद तक हम नई पीढ़ी को एक अच्छे समाज के निर्माण के लिए तैयार कर सकते हैं। मगर दुःख की बात है कि हम खुद बच्चों को जरूरत से ज्यादा प्यार और सुख-सुविधा देकर, कई बातों में लापरवाही बरतकर, उनकी हर माँग पूरी करते-करते यह नहीं जान पाते कि हमारे बच्चे कब हमारे नियंत्रण से बाहर होने लगते हैं। हम सब चाहते हैं कि अपने बच्चों को बहुत प्यार-दुलार से लालन-पालन करें, और ये भी चाहते हैं कि उनको कुछ कष्ट न हो, किसी बात की कमी न हो। इसी धुन में हमारा नियंत्रण खो जाता है।

एक बार एक बच्चे के माता-पिता अपने बच्चे के स्कूल में पीटीएम के दौरान क्लास टीचर से बात करते हुए अपने बच्चे द्वारा उनकी आज्ञा नहीं मानने, हर वक्त टीवी, इंटरनेट, ऑनलाइन गेम्स, सोशल मीडिया आदि में लगे रहने, घर पर बना दाल-रोटी सब्जी न खाकर हमेशा बाहर के चीजे खाने, आदि के बारे में बता कर बच्चे को समझाने कहते हैं, तो क्लास टीचर ने कहा कि वह खुद भी परेशान है और बच्चों को इन बातों के बारे में बताती रहती है क्योंकि उनके बच्चे भी घर पर वही हरकतें करते हैं। क्लास में तो वह बच्चों को बता सकती है, मगर असली शिक्षा तो घर पर माता-पिता ही दे सकते हैं। बच्चों को इन सब चीजों से दूर रख कर इन सबकी लत लगने से बचा सकते हैं।

अपने बच्चों को घर पर तो इन चीजों से दूर रखा है, मगर क्या आस-पड़ोस में रहने वाले उसके दोस्तों या स्कूल के दोस्तों के पास तो ये चीजें नहीं हैं? अगर दूसरे बच्चे इसके बारे में बात करेंगे तो आपके बच्चे में भी उत्सुकता व लालसा और बच्चे के दिमाग में इसका असर तो पड़ेगा और बच्चा सोचेगा कि बाकी बच्चों के घर पर इन सबके लिए मना नहीं किया जाता, तो उनके माता-पिता क्यों ऐसा करते हैं? इसलिए घर के बाहर में भी ऐसा ही सुधारवादी वातावरण बनाने के

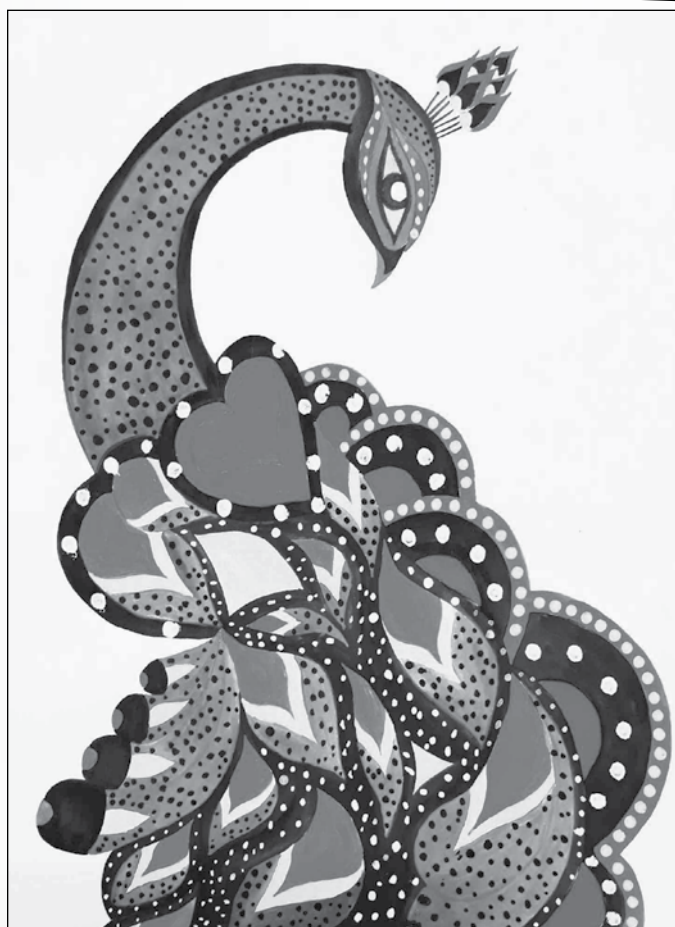
लिए अपने आसपड़ोस में भी माता-पिता, बड़े बुजुर्गों का छोटा समूह बनाकर या लघु ख्रीस्तीय समुदाय में बातें कर बच्चों पर नजर रखनी होती ताकि उन्हें केवल पढ़ाई-लिखाई ही नहीं, बल्कि उनके समुचित विकास पर ध्यान दी जाए।

जंक फूड छोड़कर घर पर बनी दाल-सब्जी रोटी-अनाज व अन्य पौष्टिक चीजों को खाने-पीने की आदत डालना, घर के खेल-कूद के लिए उन्हें प्रेरित करना, सोशल मिडिया, टीवी, मोबाइल से चिपके रहने के बजाय घर पर आये नाते-रिश्तेदारों, मेहमानों के साथ बैठकर उनसे मिलना, बातें करना व उनकी और बड़े-बुजुर्गों, माता-पिता आदि के बीच होने वाले बातों में शामिल होकर दुनियादारी की बातों को सुनना-समझना, सामाजिक मूल्यों व मानवीय रिश्तों को समझना, रीति रिवाजों व सांस्कृतिक विरासत को जानना-समझना, नियमित मिस्सा-प्रार्थना, धर्म क्लास में भाग लेते हुए विश्वास मजबूत बनाना, इत्यादि बातों पर जोर देना होगा। अगर हम इन बातों पर अमल नहीं करेंगे, तो आगे चलकर जब हम बूढ़े हो जायेंगे, तो ये सब देख कर हमें बहुत कष्ट होगा। बच्चे बड़े होकर अपने घर-परिवार, काम-धंधे में व्यस्त होकर हमारी क्या देखभाल कर पाएँगे, जब उनमें हमने अच्छी चीजों का विकास ही न किया होगा। और सोचिये, हमें वृद्धाश्रम में दाल देंगे।

आनेवाले दिनों में आपसी रिश्तों से दूर होने, आध्यात्मिक व धार्मिक नींव कमजोर होने से दाम्पत्य जीवन में परस्पर अविश्वास के माहौल में पारिवारिक आलगाव-विखराव और तलाक जैसे चीजों से हमारे संतानों को गुजरना पड़ेगा। स्कूल-कॉलेजों व अन्य संस्थानों से बच्चे अपने पढ़ाई कर पर्यावरण संरक्षण, स्वच्छता आदि के बारे में सीखते हुए अपना रोजगार व नौकरी पा तो लेंगे मगर निजी दैनिक जीवन में स्वस्थ मन, स्वस्थ आत्मा व स्वस्थ शरीर ही न रहेगा, तो सोचो कैसे होगा आने वाली पीढ़ियों का सामाजिक। जब खुद ही नई पीढ़ी इन बातों में कमजोर होती जाएगी पीढ़ी दर पीढ़ी तो वे अपने होने वाले बच्चों को क्या सीखा पाएँगे इन बातों को। अर्थात् इन बातों का सार यही है कि अपनी पीढ़ी से ही शुरुआत करनी होगी, नई पीढ़ी के समुचित के लिए। भविष्य में शांतिपूर्ण घर-परिवार, शांतिपूर्ण समाज व देश के लिए और पूरी दुनिया के लिए ये बहुत जरूरी है। सिर्फ समस्या के बारे में सोचते रहने से समय निकलता जायेगा और बहुत देर हो चूका होगा। तो आइये हम आज, सभी से अपने-अपने घर से शुरु करते हैं, बच्चों के उचित शारीरिक, मानसिक, धार्मिक व आध्यात्मिक विकास के लिए। आज से अगर दस दिनों में एक को भी हमने समझा कर अच्छा रास्ता दिखा दिया, तो ऐसा करते-करते जीवन भर में कुछ लोगों को हम अच्छा बनाकर इस दुनिया से विदा लेंगे।

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A Saint for all times: St. Dominic Guzman

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St. Dominic was born in Spain in 1170 in the illustrious house of Guzman. After graduation from the University of Palencia and ordination to the priesthood, he became a canon of St. Augustine and superior of the canons in the cathedral of Osma. Passing through southern France with his bishop in the year 1203, the young canon was shocked to witness the spiritual horrors wrought by the Albigensian heresy. It was in this storied domain of the troubadours that our zealous Castilian discovered his vocation and laid the foundation of the Order of Preachers.

To perpetuate among these benighted souls his future apostolate Dominic founded a three-fold religious Order, one for the converted Albigensian women at Prouille, one for an apostolic band of preachers, and another for men and women known as Tertiaries living in the world as lay Dominicans affiliated with the Order. Dominic, like St. Bernard before him, found the heretics unreceptive, stubborn and hostile, but the barking of the “Watchdog of the Lord” continued loud and clear, while his hunger for souls grew stronger.

St. Dominic’s humility, his fatherly kindness, patience and joyfulness under persecution impressed even his enemies who at times mocked, spit at him and pelted him with stones or mud. Since he could not shed his blood for their salvation, he fasted, took the discipline during his night-vigils of prayer, and walked barefoot from village to village preaching the faith. When threatened with death, he would reply: “I am not worthy of the martyr’s crown.” He twice rejected a bishopric, and he enjoyed a warm friendship with the Poor Man of Assisi (St. Francis of Assisi) which is still commemorated in the liturgies of the Franciscan and Dominican Orders. Legend says that St. Dominic received a vision of a beggar who, like Dominic, would do great things for the Faith. Dominic met the beggar the next day. He embraced him and said, “You are my

companion and must walk with me. If we hold together, no earthly power can withstand us.”

Several times he was consoled and strengthened in his apostolate by apparitions of Christ and his Mother. Four times Dominic journeyed on foot to the Eternal City where Pope Honorius III confirmed his Order: “We pray and beseech you to preach the Gospel in season and out of season” and granted him the convent of St. Sixtus for his nuns and that of Santa Sabina for his friars. He made foundations in university cities to ensure an adequate education for the brethren. On August 15, 1217, he scattered his men to various parts of Europe saying: “If grain is sown it bears fruit, but if it is stored it rots.” The Founder summoned two General Chapters in 1220 and 1221 and lived to witness the amazing expansion of his Order.



He was felled by sheer exhaustion after his last mission in Lombardy at the age of fifty-one. After making a general confession, he said to his weeping brethren: “Do not weep, my children, I shall be more useful to you where I am going than I have ever been in this life. I thank God who has preserved me in perfect virginity to this day. Have charity, guard humility, keep voluntary poverty.” He fell asleep in Christ on August 6, 1221, at Bologna where his

relics now lie in a marble tomb of exquisite beauty, the work of Nicholas Pisano (1160-1265). The tomb was later embellished by Michelangelo and other artists, and may be seen in the Dominican church at Bologna. From heaven, the Patriarch fulfils his promise to answer the prayers of all who invoke him. He was canonized on July 13, 1234 by Pope Gregory IX who declared that he no more doubted the sanctity of Dominic than that of Sts. Peter and Paul. St. Dominic is the patron saint of astronomers and also patronage of the Dominican Republic which has its capital city Santo Domingo (St. Dominic). His feast day is August 08.



Our Life in St. Dominic's Catholic Church

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My son Joe and I arrived in New Delhi on Friday, 24th October, 2014 to take up a four-year posting at the Kenya High Commission in New Delhi. On the evening of the following day we strolled around to establish the nearest Catholic Church in preparation for Sunday mass. Thanks to google maps, it showed that the Church was less than a kilometre away from our house situated on Poorvi Marg. We reached just in time for the Saturday evening mass. We celebrated the mass and the day has had lasting memories for me.

The first Mass celebrated in India filled my heart with so much joy that all the mixed feelings I had (on Christianity) before arriving in India were all swept away instantly, literally. I registered my membership and interest in participation in liturgy (choir) in the Parish on our first Sunday 26th October with the then Parish Priest, Fr. Cyprian Creado. I effectively joined the 8:30 a.m. English choir in 2015 and later 10:00 a.m. choir in 2017.

Our lives at St. Dominic's have been that of religious nourishment and blessing because we found our second family herein. Our dear Priests of St. Dominic's (Fr. Prasad, Fr. Sijo, Fr. Roshan and Fr. Joachim) shepherd the flock with love and diligence in the best way they can by engaging each and everyone, from the children through to the aged, in various ways and activities. The adoration and healing moments on every first Friday of the month, Sardhana Pilgrimage, the Seven Churches Pilgrimage, the celebration of the Parish Feast Day, well organized Service/Celebrations at the Holy Child Auxilium School, House blessing, children's Summer Camps and fulfilled Family Day celebrations, guidance and counselling etc, comprise the endless list of the Priests' commitment to their servitude to Mother Church. All we pray is God's protection and providence be upon them all.

I wish to express my gratitude in a special way to our

dear Priests for the love they have always shown to Joe and me during the good and the not very good times in our lives. In a special way I wish to thank Fr. Prasad and Fr. Sijo for the great support, guidance, counselling and comfort they extended to me during the time when I was in pain and grief due to the demise of my mother in August 2016, for it made the healing process much bearable. May God bless you.

Time flies. The years have passed quickly and it is time to return back to Kenya. Our stay in Delhi has been a blessed one. We have enjoyed our stay and have memories of St. Dominic's family to cherish. We will surely miss St. Dominic's family. May the love of the Almighty God be with you always.

Asanteni Sana na Mungu Awabariki. (Swahili)

(Thank you and God bless you)





Spiritual Adultery

(Based on my own testimony)

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This phrase somehow will surprise many of us, as not everyone has ever heard about this. The words with which we are familiar are mostly the physical or sexual adultery and some time we extend it to food also to denote mixing of unknown substances edible or non-edible in food items. So, we all understand that adultery is mixing up or diluting the purity of the things which is not allowed and it will degrade the quality and purity of the actual substance. We are very particular when buying something that we are not cheated by getting adulterated stuff, we are even very careful in our conduct and try to keep our physical and sexual life unadulterated. But what about our emotional and spiritual life. Are we guarded enough to keep it pure? As the first three commandments speak about being totally faithful to the Lord our God, we will talk about here on spiritual adultery.

Do we care enough that we are not cheated in mixing up our spiritual faith, which should be totally and wholly devoted to one and only "Jesus Christ"? If we mix our devotion in any miniscule way and deviate from our path (which is only Jesus Christ as he said "I am the way and truth and life"), we commit spiritual adultery. So, in what ways we commit spiritual adultery?

We receive baptism, come to church every Sunday, donate to poor, help relatives and friends and do many works of compassion, and do care to be totally committed to Jesus. Sometimes we are invited by our friends of other faiths in their religious functions, being a good friend and neighbour, we attend those. And sometime when in front of their gods and goddesses we bow thinking it will show us as rude if we do not and anyway we are worshiping Jesus only in our mind. We just simply break the first commandment by doing so and think ourselves friendly, humble and what not.

When everything is fine, it goes fine, but as soon as trials come, we just crumble under pressure and look for the ways to escape it. First thing we do is pray but Satan is very persuasive, so he keeps increasing the pressure (remember test of JOB and Jesus himself), not being able to stand firm for long time, we just break and stray from Jesus and turn somewhere else for respite. Taking advice from them, start doing small measure advised by them like wearing stones in ring, donating things as prescribed by them on prescribed

day or many such small acts, which we think are harmless as it does not amount to worshipping other than Jesus.

But by doing any of those, we just do what Satan wants and break the very first three commandment committing spiritual adultery, inviting the ire of our beloved Father. Although the Father is very compassionate and slow in showing anger, Satan is very clever, he keeps the pressure on by providing little respites, we are cheated in believing on those measures and go further on wrong path until the Father really gets angry and gives us real hard punishment. Even then we fail to understand and try to find solution in Satan's way. Because God takes away a part of our thought process or wisdom as punishment.

How can we be saved, until we realise our mistake, repent and confess? We do not even realise our sinful ways, Satan makes us believe that we are good Christian and very well are on right path by going to Church, praying daily, donating to poor, helping needy successfully camouflaging our sin. We really need God's grace to even realise that where we are going wrong and we already lost God's grace by this time. OMG who and what will save us and how? The answer is only and only Jesus Christ. He is the only one who is compassionate towards the sinners.

Pray and when you pray for your salvation, it is heard by the LORD, He will give you a ray of light to just be able to see and realise your own mistake. And Lo and Behold You got the chance. Just cling to it, repentance will come inside the heart. Repent, repent and repent cry and finally confess. I did just that and give testimony so that may be others can realise and save themselves.

Now when saved, concentrate on other areas of your life, make BIBLE your friend. It is sometime in very confusing language and seems to be vague, but never mind just keep reading and increase reading. Then after sometime you will start understanding it. You will realise that BIBLE is answer to everyone and everything and it has solution to all the challenges of modern time which Jesus showed us 2000 years ago. If you are blessed enough and have not committed this sin, then be that way with help of daily BIBLE reading and being in company of holy people.



महिला मंडल का उद्देश्य क्या है?

Mrs. Sunita Rai



महिला मंडल एक ऐसा समूह है, जहाँ आपको हर किस्म की महिलाएँ मिलेंगी। सभी अलग-अलग परिवार और अलग-अलग परिस्थितियों से आती हैं। सभी महिलाओं को, चाहे अमीर हो या गरीब, पढ़ी-लिखी हो या अनपढ़, बिना भेद भाव के एक साथ लेकर चलना ही महिला मंडल का उद्देश्य है ताकि हम एक जुट हो कर काम कर सकें। हम सभी महिलाएँ कामकाजी हैं बावजूद दो दिन – शनिवार और रविवार को समय निकाल कर चर्च में अपना योगदान देते हैं। इसके द्वारा ही हमारा एक-दूसरे से परिचय हुआ। हम सभी अलग-अलग स्थानों से हैं, फिर भी एक-दूसरे के साथ मिलजुल कर आगे चलते हैं।

महिला मंडल के सदस्य होने के नाते और जरूरतमंदों को ईश्वर का प्रेम दिखाने हेतु हम अपने ही समर्थता के अनुसार दान करने का प्रयास करते हैं। दान में अपने घरों से पैसे देना कई महिलाओं के लिए मुश्किल होता है। इसलिए हम अपना कुछ समय निकाल कर कुछ मदद द्वारा योगदान देते हैं। उदार दान देने हेतु कुछ पैसे इकट्ठा करने के लिए हर रविवार को चर्च के पास नाश्ते का स्टॉल लगाते हैं और उससे जो भी मिलता है, उसे जमा करते हैं। जमा की गई धनराशि से हमारी बजट के अनुसार हम जरूरतमंदों को मदद करते हैं। जैसे बीमारों के उपचार में सहायता, गरीब बच्चों के लिए किताब, कॉपी या बैग खरीदना, इत्यादि। हम महिला मंडल के सदस्यों का यही प्रयास होता है कि हमसे जितना हो सके, उतना मदद करते जायें।

पल्ली के बाहर भी जाकर हम लोगों की मदद करने की कोशिश

करते हैं। विभिन्न आश्रमों जैसे-आनंद आश्रम, मदर टेरेसा का आश्रम आदि में जाकर सहायता करते हैं और अगर कोई बीमार हो तो उनके घर जा कर प्रार्थना करते हैं और जरूरत पड़ने पर महिला मंडल की पूँजी से आर्थिक सहायता भी करते हैं। पिछले साल हुई केरल में तबाही के समय भी बाढ़ पीड़ितों के लिए भी हमने अपना योगदान दिया। वर्ष 2013 में शांति आवेदना में और 2014 में खेड़ा-खुर्द में हम अनाथ बच्चों को देखने गए थे और उनके साथ कुछ वक्त बिताया, उनके लिए खाने का प्रबंध किया और 24 बच्चों के लिए कुछ उपहार भी दिए। इस प्रकार अलग-अलग तरीके से लोगों के बीच में, विशेषकर जरूरतमंदों के बीच में ईश्वर के प्रेम को प्रकट करना ही हमारा मुख्य उद्देश्य है।

पल्ली स्तर पर जो काम होता है, उसमें भी हम अपना हाथ बँटाते हैं। हमारे लायक कार्य के लिए सदा तैयार रहते हैं। पल्ली के किसी भी कार्यक्रम में, चाहे वह संत दोमिनिक का पर्व हो या क्रिसमस या पास्का पर्व हो, अपना योगदान देने के लिए हर समय तैयार रहते हैं। इस तरह से महिला मंडल समूह के माध्यम से हम सभी महिलाएँ पल्ली के सभी गतिविधियों के साथ जुड़े हुए हैं और हमेशा जुड़े रहना चाहते हैं। हर महीने के पहले सप्ताह में मिस्सा बलिदान की अगुवाई भी करते हैं। हर साल पल्ली में महिला दिवस भी मनाते आ रहे हैं। ईश्वर से हमारी यही प्रार्थना है कि वे महिला मंडल को हमेशा आशिष प्रदान करें ताकि हम उसके प्रेम को फैला सकें।





Youth: The “Lily of the Valley”

Ms. Anisa Fernandes
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Teach me, Lord, the ways of truth,
So I may not abuse my youth
In idle things that will not give
Instructions in the way to live.
Bless me with a godly mind
That I may walk and be most kind
To all of those who may not know
The Christian way in which to go.
Teach me, Lord, in my old age
To see your goodness in every page
Of my Bible as I read
Of how you'll meet my every need.
Please teach me, Lord, this prayer I pray
To serve you now in every way.

(By: Shirley Strawter)

The words of Shirley Strawter are ever so refreshing when it comes to relationship with God, how beautiful is the thirst and the want of the God, the Saviour. This is my prayer for all youth that they may become what God truly wants them to be. That they may fall in love with their Redeemer and glorify Him at every moment of their life.

Youth, how small is the word; yet it contains so much of power. Youth contains zeal and passion that could lead to world changers. No wonder the Bible is full of youth who would be with Jesus and use themselves for Him. By ways of contrast, though, the Creator also recognizes the value of youth to the divine cause. Youngsters have energy, they are daring, and their hearts are filled with vision for the future. This is because people belonging to the younger generation are full of life. They are curious to learn new things and ready to explore the world.

The Scripture represents youth as a time both of danger and challenge. God said that “the imagination of man’s heart is evil from his youth” (Gen. 8:21), and Paul admonished Timothy to “flee youthful lusts” (2 Tim. 2:22). Youth not only can prepare themselves to become future leaders, but also allow them to contribute to the Church. This is seen many times in the Bible, as God often used young people to do great things. For example, God used Timothy to pastor and lead the Ephesian Church when he was a teenager. 1 Timothy 4:12 says, “Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.”

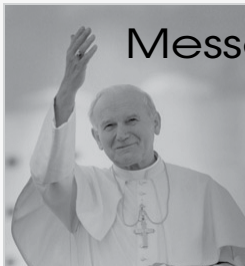
Youth needs a lot of guidance and support as they navigate through the most challenging part of their development and seek to grow in their walk with Christ. Today more than ever

Christ-like youth are needed to serve young members of the congregation and help them to reach their full potential. They are also capable of generosity, solidarity and loyalty when faced with causes that motivates them. Many a times they are also faced with a lot of challenges. One of the greatest challenges to youth today is — time! They are incredibly “busy” and unfortunately, many of them seem to get busy long before gaining any kind of understanding, let alone mastery, of basic time management skills.

Youth is a very demanding stage of one’s life, they have professional work, responsibilities in terms of work, family, friends and community. They are also pressurized to set goals to make life (settle down/committed). They are constantly at a battle with time and the responsibilities they hold. However, as busy as they maybe it is a perfect time/stage to give ‘in’ to God. As this is the time that the Lord has called for, the Bible is full of many youthful members of Christ, for e.g. Stephen, Timothy, Joseph, Mary etc. They too were immensely busy but they made God as their first priority. These followers of Christ made time for God, as the Bible says in Matthew 6:33 (But seek first the kingdom of God and His righteousness and all these things shall be added unto you)

Therefore, Youth is a very sensitive yet very bold stage of life, if nurtured properly with necessary counsel, prayer, love and fellowship the outcome can be very different. Think of them as lily of the valley, when planted well in the good soil with right amount of sun and water, they come out blooming and ever standing facing the creator and giving glory to Him.





Message of St. Pope John Paul II to Altar Server

(General Audience, August 1, 2001, the 1000th of his pontificate)

Compiled by : Mr. Saleem Kujur
(saleemkujur25@gmail.com)



“Your commitment to the altar is not only a duty, but a great honor, a genuine holy service. In connection with this service, I wish to propose some reflections to you.

The altar server’s clothing is very special. It recalls the garment that each one puts on when he is welcomed in Jesus Christ in the community. I am referring to the baptismal gown, whose profound meaning Saint Paul clarifies: “For all of you who were baptized into Christ have clothed yourselves with Christ” (Galatians 3:27).

Even if you, dear altar servers, can no longer fit into your baptismal gown, you have put on [the clothing] of altar servers. Yes, baptism is the point of departure of your “authentic liturgical service,” which places you next to your bishops, priests and deacons.

In the liturgy, you are much more than simple “helpers of the parish priest.” Above all, you are servers of Jesus Christ, of the eternal High Priest. Thus, you, altar servers, are called in particular to be young friends of Jesus. Be determined to go deeper and to cultivate this friendship with him. You will discover that in Jesus you have found a true friend for life.

The altar server often has a candlestick in his hand. How can one not think of that which Jesus says in the Sermon on the Mount: “You are the light of the world” (Mathew 5:14). Your service cannot be limited to the inside of a church. It must shine in everyday life: in school, in the family, and in different realms of society. Because, whoever wishes to serve Jesus Christ inside a church must be his witness everywhere.

Dear young people! Your contemporaries wait for the real “light of the world” (cf. John 1:19). Do not hold your candlestick only inside a church, but carry the light of the Gospel to all those who are in darkness and are living through a difficult time in their life.

I have spoken of friendship with Jesus. How happy I would be if something more sprang from

this friendship! How beautiful it would be if some of you were to discover a vocation to the priesthood! Jesus Christ has urgent need of youths who will be at his disposition with generosity and no reservations. Moreover, might not the Lord also call one or two of you girls to embrace the consecrated life to serve the Church and the brothers and sisters? Even for those who wish to be united in marriage, the service of altar servers teaches that a real union must always include readiness for reciprocal and free service.”

Keeping this message of Pope St. John Paul II, we try our level best to serve the Eucharistic celebration joyfully. We are trained on every Saturday to assist at Mass. It is a great privilege, honor and blessing to stand by the sacred altar and witness the great miracle happening right in front of us. We all feel proud and blessed because we are chosen to serve Jesus in Eucharistic celebrations.



*“I have fought the good fight, I have finished the race,
I have kept the faith” (2 Timothy 4:7).*



MAHLI LIVINUS TIRKEY

(05/03/1933 - 24/03/2019)

Deputy Director (Retd)

UN Division, Min of External Affairs, Govt of India

An upright officer, passionate historian of tribal cultures and a celebrated writer.

A loving husband, a wonderful father and a noble soul.

Deeply grieved by family and friends

Best Compliments and Easter Greetings From



MANJULA TUDU & FAMILY

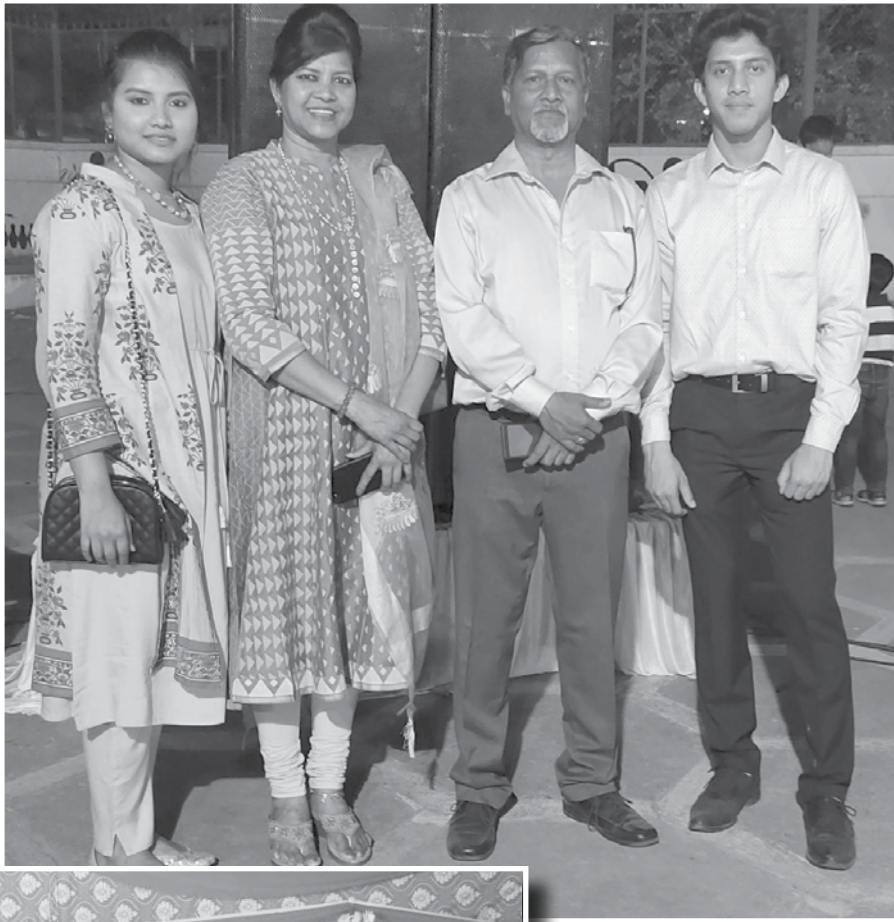


Best Compliments and Easter Greetings From



Kumud Ekka
and
Family

Best Compliments and Easter Greetings From



**RATTAN BAXLA
AND
FAMILY**

**A Very Happy Easter to Rev. Fr Prasad George OP, Fr Sijo OP,
Fr Roshan OP, Fr Joachim Lakra OP and all the
Parishioners of St. Dominic's**



**Nitya Franco
&
her Mother**

THE MYSTERY OF FAITH



SYNOD ON YOUTH



we talk
together

THE **YOUNG, FAITH**
and **VOCATIONAL DISCERNMENT**



"CHRIST IS ALIVE AND HE WANTS YOU TO BE ALIVE."
(Pope Francis, *Christus Vivit*, n.1)

