



MESSAGE

I am glad to know that "THE KEY", a monthly bulletin of St. Peter's Church, Rustumbagh is marking its 2nd anniversary (getting into 3rd year) by Nov 2010 issue, and is brought for the benefit of the faithful.

Church has just concluded 'The Year of Priests' and in the Archdiocese of Bangalore, from the month of September, we have begun 'The Year of Youth', with a theme "Rise and Shine for a Better World". The Church continues to abide by the call of Jesus to go forth and to proclaim the Good News of Salvation. I urge young people to renew their lives reading, thinking and living the Word of God, to bring change to all humanity.

"The grass withers, the flower fades: but the Word of God will stand for ever" (Is.40:8)

May the authority of Christ, become the KEY, in the hands of His people especially leaders like you i.e. Servant leaders, that will drive out, the enemy, and release God's Glorious Power.

I congratulate the Parish Priest Rev. Fr. J. A. Nathan, editorial team and everyone responsible for "The Key" May the key unlock the treasures of the kingdom of God and St. Peter's Church be a vibrant Parish of the Archdiocese.

With cordial regards and prayerful wishes

Most Rev. Bernard Moras
Archbishop of Bangalore
20.10.2010

FROM THE EDITOR'S DESK

Dear Friends

2nd Anniversary of 'The KEY'

Dear Friends, due to some inevitable reason, we could not bring out the November issue of The KEY. Kindly bear with us.

However this edition comes out as a special edition of Christmas. I am very glad to inform you that this bulletin (THE KEY) is stepping into its third year from this November-December issue onwards. It has gone through various stages of its growth. I appreciate you for all your support and co-operation.

The main motto of this bulletin is to bring good tidings of Lord Jesus Christ through the journalistic evangelism. This was started to open minds and hearts of people for Jesus Christ. This is in one way a key to open the treasures of life namely WORD OF GOD TO PEOPLE OF ALL NATIONS. Many wonder how come this magazine is progressing month after month so well...

Many priests and people have expressed their appreciations for our work. With my little knowledge of journalism in Vatican Radio I am trying to learn to do better job. Though I am not a big writer or columnist, or critique, yet as a social thinker and philanthropist, I try to bring in human and divine values highlighted in this bulletin. I will go on writing as much as and as long as I can for His greater glory. Ad Majorem Dei Gloriam!

Yes, this is not my work. This is His work. And Jesus Christ is the best communicator and editor for our life. He is the wonderful writer. He writes every day a chapter in our life. He writes regularly but we only show our indifference to his writing. I am sure you catch up what I am trying to say. Many readers do not show interest in reading good literature or writings these days. They prefer and believe to see more than reading. Thus in this world of audio-visual, print media doesn't enthuse people. However, even if there are 5 in hundred who read this bulletin, I am sure I achieve our goal. I thank our Archbishop Bernard Moras for his encouraging message marking the 2nd anniversary of this journal. My deep sentiment of gratitude to Bro.Joachim Peter a lay Catholic minister for his regular article in English and Kannada.

I thank all those who help me in bring out this bulletin monthly. My special thanks to Mr.William Stevens for his good work by printing this journal in his own style not losing its identity.

We need your support through your regular subscription of Rs. 290 per year, your views, your comments, your criticism and your readership. Already the rate of paper, cost of printing, service charge have gone up so high that I find so hard to continue this journal. However, relying on the Lord's providence through your kind generosity, the Key will continue to open up minds and hearts every month.

Hence Kindly support us by your prayer and payment. Please pay attention to every bit of information you find in here and write to us via email: nathanvatican@yahoo.com or call on us **Mob:** 9740203056. God bless you. Merry Christmas and happy New Year 2011.

Fr. J. A. Nathan
Editor

What is Christmas?

A celebration of beauty? A celebration of eat & drink? A celebration of new dress? A celebration of Christmas cards with cake cutting? A celebration of hanging stars at your house top? A celebration of night Mass or Day Mass? A celebration of inviting friends and relatives? A celebration of lights and decoration on your house and inside your rooms? A celebration of distributing

food and special items to your neighbourhoods and relatives? A celebration of placing a crib with colourful lights at house veranda? A celebration of attending Mass during night and singing carols? A celebration of jumbling dolls of Santa Clause at your visiting room?

All these are external signs or visible signs of Christmas. But these alone do not reveal the meaning of Christmas.

Then what else is Christmas?

Reconciliation with your brothers and sisters

Reconciliation with your priest friends with whom you don't talk for long time or you don't want to talk

Reconciliation with your neighbours whom you think not wanted

Reconciliation with someone you don't like

Reconciliation with your husband or wife or your own children

Reconciliation with other language or caste or religious people

Allowing every language people to have their share of rights and privileges in your Church or Parish or Diocese

Accepting other denominational Christians as equally redeemable by Christ

Considering every individual as co-heirs of God in Christ Jesus

If you are lay Christian, following Christ by adhering to what the religious authorities preach-the Good News.

If you are religious, shunning all your authoritarianism, pride, hatred towards your fellow priests-nuns. If you are a person with authority, humble yourself.

Humbling yourself in Christ Jesus through your prayer, word of appreciation, a simple smile with cool mind and warm heart

Keep everything in your heart of faith and surrender to the will of God.

Standing at the side of Baby Jesus and resolve to love him through your love for others

Sharing generously what you have with poor and needy

Read meditatively the Birth Narrative of Jesus Mt.I & II OR LK I & II

Don't miss to make a good confession to a Priest without fail before you could receive Holy Communion at Christmas Night or Day Mass

Thus your internal life of purity with right external act will make this Christmas very meaningful.

Try and see

May the New Born King be with you to love and care for you

Merry Christmas and Happy New Year 2011.

E-mail Box

JOCHIME A.PETER, Bangalore: Dear Rev.Father, received your magazine (Oct.2010). Your editorial is very good. The story about long life - Tortoise, Fish & Frog is nicely said. The Word of God is the Lamp is also good. Thank you for publishing my article in Kannada.

KEY: While we are entering into the third year of our bulletin, your appreciation is like a tonic for our effort. Fetching more readerships with subscription is the need of the hour. Please get us at least 5 new readers with subscription. The KEY remembers you with gratitude for your article regularly.

Mr.Chandrakanth, Tumkur: Dear Sir, I am a Hindu. I receive your bulletin regularly. I like your Lord Jesus. I read this bulletin with much interest because Jesus blesses me through this bulletin. This journal opens my mind for Jesus. Thank you very much.

KEY: Mr.Chandrakanth, it is heartening to know this bulletin has reached you. How did you get this bulletin? Please inform your other friends about this KEY. We will send them free if you want. Please write their addresses.

Thereseraj, KGF: Dear Father, your serial story in Tamil 'Avan Avall' is thrilling. It makes to read with deep curiosity. This story somewhat reflects my own life. These wives are so suspicious and selfish that they don't allow in-laws to be happy. Teach that girl Kanimozhi a good lesson. Bring good ending please.

KEY: I am glad you have begun to read the Tamil serial story 'Avan Avall' with great interest. To teach Christian family values is the objective of this story. Please continue to read the story.

CHRISTMAS TIDE EVENTS @ ST.PETER'S CHURCH, RUSTAMBAGH

24.12.2010 FRIDAY 11.00 PM – CAROLS
11.45 PM – CHRISTMAS NIGHT VIGIL SERVICE

25.12.2010 SATURDAY : 6.30 AM – KANNADA
8.00 AM – TAMIL
9.30 AM – ENGLISH

26.12.2010 SUNDAY – HOLY FAMILY FEAST

31.12.2010 FRIDAY: 10.30 PM – THANKSGIVING ADORATION
11.00 PM – NEW YEAR VIGIL SERVICE-FEAST OF MOTHER OF GOD

01.01.2011 SATURDAY: 6.30 AM – KANNADA
8.00 AM – TAMIL

9.30 AM – ENGLISH

02.01.2011 SUNDAY – FEAST OF EPIPHANY

09.01.2011 – SUNDAY – BAPTISM OF OUR LORD

ECUMENISM
KARNATAKA UNITED CHRISTIAN FORUM FOR HUMAN
RIGHTS (KUCF HR)
BANGALORE ZONAL UNITED CHRISTIAN FORUM FOR
HUMAN RIGHTS (BZUCF HR)

Dear Friends

The Recent events in our state as elsewhere in the country where Christians have been attacked and their worship places desecrated have had one good effect: they have brought Christians together. This is a step in some way fulfilling the prayer of Jesus that all his followers must be one.

Thanks to the initiative of our Archbishop Bernard Moras and the support and cooperation of the leaders of other Christians Churches and denominations, the Karnataka United Christian Forum for Human Rights has been launched in 2009. with the following members:

The RC Church, the CSI, the Methodist, the Mar Thoma, The Orthodox Church, the Jacobite Church, the Believers Church, the Assembly of God, the Lutheran Church, Seventh Day Adventist, Baptist and all New Life & Pentecostal groups that are federated together in the Federation of Christian churches & Organizations (FCCO).

All members of the Forum profess a common faith as expressed in the Apostles Creed and they have a common minimum ethic of bearing witness to the faith using only acceptable means appropriate to our times without denigrating the faith and practices of others and offering any allurements or material benefits to them.

The following are the officers of the Forum:

President-	:	Archbishop Dr Bernard Moras, Bangalore Archdiocese of Roman Catholic Church
Patrons-	:	Bishop Vasanth Kumar CSI and Bishop Taranath Sagar, Methodist
Vice President	:	Bishop Samuel Mathew, Believers Church,
Secretary	:	Rev Fr Ronnie Prabhu - RC
Treasurer	:	Rev.S.Arokiasamy, CSI-
AssociateTreasurer	:	Rev.U.M.Paulose, Syrian Jacobite Church

Associate Secretary : Mr.Charles Prabakar, FCCO

If the Forum is to be working effectively it must work not only in Bangalore but all over Karnataka and hence the state has been divided into 8 zones – the North West zone in Belgaum-Dhaward, the North East in Gulbarga etc. and here in Bangalore we have the Bangalore zone and today we have gathered here in one of the first major activities of the Bangalore Zonal United Christian Forum for Human Rights which was set up on 29 Sept 2010. The office bearers of the Bangalore zone are:

Chairperson : **Rev.Manohar Chandra Prasad CSI**
Secretary : **Rev.Fr.J.A.Nathan RC(B'lore Archdiocese)**
Vice-Chairperson : **Rev.Dr.Daniel Jesudass, Bap (FCCO)**
Treasurer : **Rev.Samuel Rajkumar, Lutheran**
Joint Secretary : **Evang.Mrs.Mira Bhupathi- AG Church**

In order to make BZUCFHR's activities and objectives effective for every church in the Bangalore Zone, irrespective of denomination, the formation of Two cells were found essential and imperative. They are:

1. CELL FOR RESPONSE TO ATTACKS ON CHRISTIANS in the Bangalore Zone
2. MINORITY BENEFIT CELL.

As mishaps and attacks on Christian leaders and faithful take place now and then at various places, the concerned Cell will visit the attacked individuals, churches or institutions and will respond pastorally and legally as and when required. This would strengthen the victims' faith at a time when they are in crisis. The Cell will also approach the Media to express our Christian concern during such attacks.

The following individuals have been proposed to be the members of this *Cell For Response to attacks on Christians*:

- | | | |
|-----|-----------------------------------|------------|
| 1. | Rev.Jotsna Francis Antony Baptist | 9632207777 |
| 2. | Mr.Pericho RC | 9880716053 |
| 3. | Mr.O.Mathew Orthodox | |
| 4. | Mr.Antony Vikram RC | 9900123233 |
| 5. | Mrs.Magdalene CSI | |
| 6. | Mr.Kennedy RC | 9886300103 |
| 7. | Rev.Oommen Marthoma | 9845896853 |
| 8. | Rev.David Vijayakumar, Methodist | 9448856359 |
| 9. | Rev.Fr. Jacob Jacobite | 8951412235 |
| 10. | Adv.P.M.Mathew Marthoma | 9448225467 |
| 11. | Mr. X.Thomas RC | 9945085064 |

The State Govt as well the Union Govt. has many benefit schemes for the minorities including Christians. The schemes such as education, employment, maternity, child welfare and so on are just a few to mention. Our Christian faithful in general are ignorant about such benefits and they do not avail properly and sufficiently any benefit at appropriate time. In

order to bring to the notice of our Christian community, such benefits from the State and Union Govts., the Minority Benefit cell was formed to create awareness and for right action.

The following individuals have been proposed to be the members of this Minority Benefit Cell:

1.	Mrs.Matilda Mathias	RC	9448382362
2.	Mr.Susainathan	RC	9448441372
3.	Rev.Dr.Godwin Shiri	CSI	9880263323
4.	Mr.Dhayalan	RC	8892434095
5.	Adv.William,	RC	9341288926
6.	Adv.Daniel Christopher.	CSI	9901065099
7.	Mrs.Indira Peter	CSI	9449045049
8.	Rev.TK Thomas	Orthodox	9448933304
9.	James Joe	CSI	9739632225

Now the BZUCFHR aims at realizing the Mother Forum's objectives in order to achieve greater unity among Christians in Karnataka. Keeping the Lord's wish , " **that they all may be one, as You Father, are in Me, and I in You, that they also may be one in Us, that the world may believe that You sent me..**" **Jn.17:21**, we are striving to organize various activities such as Christmas program, Prayer for Unity, Seminars, Priests-Pastors get together, and so on. Our action starts from Church heads and goes to unify the common faithful of all denominations into one Body of Jesus Christ accepting differences at the bottom and at the top of various denominations at various levels. No matter what church we belong to, but we are called to stand by Jesus Christ and every Christian is called to witness His Gospel.

BANGALORE ZONAL UNITED CHRISTIAN CHRISTMAS PROGRAM

What we aim at in our activities is unity in Christ. One such activity is the United Christian Christmas Program at Bangalore Zonal level was organized collectively by the BZUCFHR on 28.11.2010 (IST Advent Sunday) @ Bishop Cotton Girls' School, St.Mark's Road, Bangalore. Carol singing in Kannada, Tamil, English, Malayalam and Telugu, choreography and group dances by various denominational Churches and Christmas messages by Mr.Igbal (Muslim), Mrs.Laitha Naik (Ex-Minister for Women & Children, Karanataka) and the Archbishop of Bangalore Bernard Moras were the highlights of the that evening show. The evening show on the day was really a spectacular and entertaining with Christmas joy. A thorough preparation continuously for 5 weeks by the BZUCF Executive members and organizers bore its fruit that evening. A memorable one indeed in greater unity in Christ!



We are sure that by this sort of unifying events, we tell the world that, we become and we are One in the Spirit, we are One in the Lord. And we pray that all unity may one day be restored. We will walk with each other. We will walk hand in hand. And together we'll spread the news that God is in our land. We will work with each other. We will work side by side. And we'll guard each man's dignity and save each man's pride.

The Bangalore Zonal United Christian Forum for Human Rights resolves to undertake many more activities like this in the future in fostering and achieving greater unity among Christians in Bangalore Zone, of course, with the support of the Bishops Priests, pastors and faithful of various Churches, for the sake of the Kingdom of God.

Your co-operation is our Christian unity and strength

Fr. J. A. Nathan
Sec, Bangalore Zonal United Christian Forum for Human Rights
Sec, Bangalore Archdiocesan Commission for Ecumenism
Tel: 2526 4343. Mob: 9740203056 Email: nathanvatican@yahoo.com

News in brief:

- ❖ The next World Meeting of Families is in 2012 in Milan, Italy.
- ❖ The president of the Pontifical Council for the Family is Cardinal Ennio Antonelli.
- ❖ The theme for the upcoming 7th World Meeting of Families is: "Family: Work and Celebration."
- ❖ "Work and celebration are intimately connected in the life of families: they condition choices, influence relations between married couples and between parents and children, affect the relation of families with society and with the Church," Pope Benedict XVI
- ❖ The market competition and maximizing profit," – 2 factors "contribute to the break-up of the family and the community and to the spreading of an individualistic lifestyle.
- ❖ "Christian families and ecclesial communities of the whole world should thus feel called and involved and enter solicitously onto the path toward Milan 2012.' Pope says.
- ❖ When guilt is denied, so is the grace of forgiveness, and this is at the root of the spiritual crisis of our times, says Benedict XVI.
- ❖ Making friends is a wonderful thing, but that their first friend is Jesus. Benedict XVI told a group of children
- ❖ Even with a global economic crisis, rich countries have the possibility and duty to help poorer ones, says Jesuit Father Federico Lombardi, director of the Vatican press office, affirmed this on the most recent edition of Vatican Television's "Octava Dies."

NEWS BITS

Christian Arab TV Station Launches Internationally

Leaders Will Address Upcoming Synod of Bishops

BEIRUT, Lebanon, OCT. 8, 2010 ([Zenit.org](http://www.zenit.org)).- The largest Arabic-speaking Christian television network launched its first multilingual satellite program, aimed to reach a worldwide audience.

The Lebanese network, Tele Lumiere, launched an international program in various

languages, including English, Spanish, Portuguese, French and Italian.

Benedict XVI Names 24 New Cardinals

Consistory Scheduled for Nov. 20

VATICAN CITY, OCT. 20, 2010 ([Zenit.org](http://www.zenit.org)).- Benedict XVI announced the names of 24 prelates who will be created cardinals, 20 of whom qualify as electors in the case of a conclave for a Papal election.

The Pope made the announcement today at the end of the general audience. The cardinals will be created in a consistory on Nov. 20, the eve of the Solemnity of Christ the King.

This will be the third consistory of Benedict XVI's pontificate, after two celebrated on March 24, 2006 and Nov. 24, 2007.

In his address, the Holy Father stated that cardinals "have the task of helping Peter's Successor carry out his mission as permanent and visible source and foundation of the Church's unity of faith and communion."

The majority of the new cardinals are European (15), with 10 coming from Italy. In the group, four are from the Americas, another four are from Africa, and one is from Asia.

The Seven Essential Goals of a Godly Woman

By Cheryl Dickow

A Godly Woman is a woman who seeks to know, love and serve God, to live joyfully and in abundant grace and strength.

The first goal of a Godly Woman: Know that God is Love and Mirror that Love to Others God's love is often called "Agape Love." It is a love that could send a most beloved Son to the world for crucifixion. It is completely selfless and cannot be earned, bought, traded, or sold. Agape love is unconditional love. aspect of love in our human relationships, there would be no endurance of time.

The second goal of a Godly Woman: Set Priorities - We know that we ought to find time for God, but few of us take the time to make a goal of setting the right priorities. We juggle, we fret, we get into a groove and we coast, all the while wanting, needing, and understanding how important our relationship with God is and that it should be our first priority. But we don't put God "on our calendar" as readily as we do our kids' sports events and other commitments.

The third goal of a Godly Woman: Trust in God, His Timing and His Wisdom - Fear is the opposite of trust. It is a four-letter word and has no real place in a Christian's vocabulary because of its implication of one's lack of trust in God. Fear is a four letter word that creates an atmosphere where evil lives. The only way to combat fear is to make a conscientious point of trusting God. Trusting God is being able to say, "I live to love, honor, and serve Him and all that He has in store for me is completely right for me."

The fourth goal of a Godly Woman: Persevere - Perseverance is taking on an attitude of diligence in whatever circumstances a woman finds herself. It doesn't rely on a handwritten note from God that says, "Right now I would like you to finish your college education." Perseverance is in doing whatever you do with the full and conscience understanding that all glory goes to God) when we do not have the answers.

The fifth goal of a Godly Woman: Watch Your Words Many hundreds of years ago, in a Jewish village, was a man who had spoken quite poorly to his neighbor and then, as time went by, even more viciously about this neighbor to others. One day this man began to feel regret over his unkind words and went to see his rabbi. "Rabbouni, I have made a terrible mistake. I have spoken terribly to my neighbor and made things worse by saying bad things about my neighbor's character to others. What should I do?" The rabbi thought for a while and then said, "You have to go back to your home and take your bed pillow and walk to the edge of our village where I want you to open up the pillow and shake the feathers out into the wind. When you have done this, please come back to see me." It took the man many hours to do what the Rabbi suggested. Exhausted, but pleased that he had followed the rabbi's instructions perfectly, the man returned and said, "Rabbouni, I have done what you asked. I have spent many hours walking from one place to another and have released all the feathers of my pillow out into the winds. They have been taken far and wide." "Perfect," the rabbi responded. "Now go gather the feathers back." To which the man gasped. "Gather them back!?! Why, that is impossible to do. How can you ask such a thing?" Revealing great wisdom and understanding the rabbi replied, "And so it is with your words. Once uttered, they are impossible to retrieve."

The sixth goal of a Godly Woman: Letting Go when Necessary - As Women of God we choose to let go so that we can move on and be instruments for His glory. In so doing, we are able to step towards Him who heals us and lay our hurts and angers and "baggage" at the foot of the Cross.

The seventh goal of a Godly Woman: Remember that you are a Daughter of the King - John Paul II, in his discourse *Mulieris Dignitatem*, speaks of a "feminine genius" that we all have as daughters of the King. Godly Women embrace this role. Accepting who we are as daughters of the King is a noble endeavour. It involves understanding how differently you have been created from man but loving how God will use each, man and woman, for His plan.

ALL ARE WELCOME

ONE-DAY ADVENT RECOLLECTION (CHARISMATIC) @ ST.PETER'S CHURCH, RUSTAMBAGH, OLD AIRPORT ROAD, BANGALORE-17

12.12.2010 (SUNDAY) FROM 9.00 AM TO 5.00 PM

High Lights of the Recollection: Spirit filling Praise & Worship, Message,

Singing, Holy Mass, Lunch & Tea

Recollection animated by Rev.Fr.Joy & Team (LOGO CENTRE)

Thanks ----- MISSION SUNDAY COLLECTION

Mission Sunday Collection (Oct.2010) from St.Peter's Church, Rustumbagh amounts to **Rs.1,21,535** (One Lakh Twenty One Thousand Five Thirty Five only)

A Word of 'thanks' to all those who contributed towards Mission Sunday by donation, food sale, games and Mass collection. A special thanks to the Parish Council & Finance Committee members, ushers and well wishers of St.Peter's Church, Rustumbagh

Parish Priest
St.Peter's Church
Rustumbagh, Old Airport Road
Bangalore-17

The 10 Secrets of Happy Couples

They might be 30 or 75. They come in all colors, shapes, sizes and income brackets. It doesn't matter how long they've been together. Whatever the demographics, when you see a happy couple, you just know it!

How do these couples stay in love, in good times and in bad? Fortunately, the answer isn't through luck or chance. As a result of hard work and commitment, they figure out the importance of the following relationship "musts."

Happy Couples and Their Secrets

1. **Develop a realistic view of committed relationships.** Recognize that the crazy infatuation you experienced when your romance was new won't last. A deeper, richer

relationship, and one that should still include romance, will replace it. A long-term relationship has ups *and* downs, and expecting it will be all sunny and roses all the time is unrealistic.

2. **Work on the relationship.** An untended garden develops weeds that can ultimately kill even the heartiest plants. And so it is with relationships. It is important to address problems and misunderstandings immediately. Some people believe good relationships just happen naturally. The truth is that a good relationship, like anything you want to succeed in life, must be worked on and tended to on a regular basis. Neglect the relationship, and it will often go downhill.

3. **Spend time together.** There is no substitute for shared *quality* time. When you make a point of being together, without kids, pets and other interruptions, you will form a bond that will get you through life's rough spots. Time spent together should be doing a shared activity, not just watching television.

4. **Make room for "separateness."** Perhaps going against conventional wisdom, spending time apart is also an important component of a happy relationship. It is healthy to have some separate interests and activities and to come back to the relationship refreshed and ready to share your experiences. Missing your partner helps remind you how important he or she is to you.

5. **Make the most of your differences.** Stop and think: What most attracted you to your partner at the beginning? I'll almost guarantee that it was exactly the thing that drives you most insane today. Take a fresh look at these differences. Try to focus on their positive aspects and find an appreciation for those exact things that make the two of you different from one another. It's likely that your differences balance one another out and make you a great team.

6. **Don't expect your partner to change; but at the same time give them more of what they want.** If both you and your partner stop trying to change each other, you will eliminate the source of most of your arguments. At the same time, each of you should focus on giving one another more of what you know the other person wants, even if it doesn't come naturally. For instance, instead of complaining how your partner never cleans out the dishwasher, try just doing it yourself once in awhile without complaint. Your partner will likely notice your effort and make more of an effort himself around the house. If you do both of these things at once you've got a winning plan!

7. **Accept that some problems can't be solved.** There may be issues upon which you cannot agree. Rather than expending wasted energy, agree to disagree, and attempt to compromise or to work around the issue. Two people cannot spend years together without having legitimate areas of disagreement. The test of a happy relationship is how they choose to work through such issues — through compromise, change, or finding it's just not that important to stew over.

8. **Communicate!!** Lack of communication is the number one reason even good relationships fail. And here is a useful format for doing so, especially when dealing with incendiary topics: Listen to your partner's position, without interrupting him. Just listen. When he is finished, summarize what you heard him say

9. **Honesty is essential.** You may share with your partner the things he doesn't want to hear. Better this than to have him doubt your honesty. Mistrust is one of the key deal breakers in relationships. And once trust is lost or broken, it can take a very long time to re-establish it in the relationship. The happiest couples are the ones where honesty is as natural and every day as breathing.

10. **Respect your partner, and don't take him for granted.** Treating your sweetheart with respect is likely to get you the same in return. And regularly reminding him how much he means to you will enrich your relationship in indescribable ways. When you say, "I love you," pause for a moment to really mean it. And don't be afraid to express your feelings of appreciation with your partner — he will be thankful that you did.

Making these secrets an integral part of your relationship won't be easy. In fact, your efforts may initially seem like planted seeds that never come up. If you maintain your efforts, however, you will likely reap what you sow

Watermelon lowers blood pressure

No matter how you slice it, watermelon has a lot going for it — sweet, low calorie, high fibre, nutrient rich — and now, there's more.



Why watermelon?

"Watermelon is the richest edible natural source of L-citrulline, which is closely related to L-arginine, the amino acid required for the formation of nitric oxide essential to the regulation of vascular tone and healthy blood pressure," Figueroa said.

In contrast, watermelon is well tolerated. Participants in the Florida State pilot study reported no adverse effects. And, in addition to the vascular benefits of citrulline, watermelon provides abundant vitamin A, B6, C, fibre, potassium and lycopene, a powerful antioxidant. Watermelon may even help to reduce serum glucose levels, according to Arjmandi.

"Cardiovascular disease (CVD) continues to be the leading cause of death in the United States," Arjmandi said. "Generally, Americans have been more concerned about their blood cholesterol levels and dietary cholesterol intakes rather than their overall cardiovascular health risk factors leading to CVD, such as obesity and vascular dysfunction characterised by arterial stiffening and thickness -- issues that functional foods such as watermelon can help to mitigate.

Approximately 60 per cent of U.S. adults are prehypertensive or hypertensive. Prehypertension is characterised by systolic blood pressure readings of 120-139 millimetres of mercury (mm Hg) over diastolic pressure of 80-89 mm Hg. "Systolic" refers to the blood pressure when the heart is contracting. "Diastolic" reflects the blood pressure when the heart is in a period of relaxation and expansion.

Findings from Figueroa's latest pilot study at Florida State are described in the American Journal of Hypertension.

Source: Florida State University

Plus:

Red onion may be good for heart, says new study
Super pepper: The king of spices

jkpopy; RUf;fkhdr; nra;jpfs;

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- ❖ M];jpNuypah kw;Wk; fpwp];k]; jPtpd; rpiwfspy; ,d;Dk; 645 rpwhu; cs;sdu;
- ❖ Nfushtpy; Kjpatu;fspy; xd;Nwfh; ,yl;rk; Ngu; kwjp Nehahy; ghjpf;fg;gl;Ls;sjhfTk; ,d;Dk; 15 Mz;Lfspy; ,J 80 ,yl;rkhf mjpfupj;JtpLk; vdTk; vjpu;ghu;f;fg;gLfpwJ.
- ❖ nfhupahtpy; mjpf kf;fspd; ek;gpf;iff;Fupa kjkhfr; nray;gLtJ fj;Njhypf;fNk vd me;ehl;by; mz;ikapy; vLf;fg;gl;l Ma;nthd;wpd; %yk; njupate;Js;sJ.
- ❖ 2011Mk; Mz;L Mf];L 15 Kjy; 21 tiu cyf ,isNahu; jpd; nfhz;lhl;gLfpwJ.
- ❖ Nrhjdf;Foha; top Foe;ij gpwg;igf; fz;Lgpbj;jtUf;F kUj;Jtj;jpw;fhd Nehgy; tpUJ toq;fpajpy; mt;tpUJ epWtdk; ed;ndwp rhu;e;j Nfs;tpfis Gwe;js;spAs;sJ vdf; Fw;wQ;rhl;bAs;s tho;Tf;fhd jpUg;gPlf; fy;tpf; fof;jpd; jiytu; Mau; fuh];Nfh nj gTyh> Nguhrpupau; ,uhgu;l; vl;tu;l;]pd; ,r;rpfr;ir KiwahNyNa kdpjf; fU Kl;ilfs; tpahghug; nghUshdJk;> tsu;r;rpaille;j fUf;fs; ngUk; vz;zpf;ifapy; Fspu;rhjdg;ngl;bapy; Nrkp;fg;gLtJk; Jtq;fpd vd;whu;.
- ❖ 1917Mk; Mz;L Nk khjk; Kjy; mf;Nlhgu; tiu ghj;jpkhtpy; ML Nka;f;Fk; 3 rpwhu;fSf;F kupad;id fhl;rp toq;fpaij rpj;jupf;Fk; The 13th Day- A Story of Hope”

vd;w jpiug;glk; mz;ikapy; Catholic Truth Society vd;w epWtdj;jhy;
ntaplg;gl;Ls;sJ.

- ❖ ,e;jpa czTf; fplq;Ffspy; Rkhu; 180 ,yl;rk; ld; czTj; jhdpaq;fs; ahUf;Fk; gadpd;wp
tPzhFk; epiyapy; ,Ug;gjhf gh.[.f nrayu; fpupj; Nrhikah Fw;wk; rhl;bAs;shu;.
- ❖ ,yq;if fu;jpdhy; khy;fk; ,uQ;rpj; cs;gl 24 Gjpa fu;jpdhy;fspd; ngau;fis jpUj;je;ij
16Mk; ngdbf;l; mwptpj;Js;shu;. ,k;Kiw ,e;jpaUf;F tha;g;G vJTk; ,y;iy.
- ❖ cyf mstpy; Gifapiyiag; gad;gLj;JNthupy; ,e;jpah ,uz;lhk; ,lk; vd;Wk; Gifapiy
jahupg;gpy; ,e;jpah %d;whk; ,lk; vd;Wk;; ,e;jpa FLk;geyj; Jiw mikr;ru;
\$wpAs;shu;.
- ❖ ,e;jpahtpy; 2009 Mk; Mz;by; Rkhu; 20 ,yl;rk; Ngu; fhr Nehahy;
jhf;fg;gl;Ls;sdu;.,e;Nehahy; 13 ,yl;rk; Ngu; ,we;jdu; vd;W cyf eytho;T mwpf;if
njuptpg;gpwJ.

ed;wp: tj;jpf;fhd; thndhyp jkpo;g;gpupT

mtd; mts;.... (njhlu;fij)

Kd;fij RUf;fk;:

kaq;fpf;fple;j jd; kidtpapd;(fdpnkhop) Kfj;jpy; jz;zPu; njspj;jhd;(ypNkh--mts; fztd;).
rj;jkhf mtisf; \$g;gpl;Lg;ghu;j;jhd;. mts; votpy;iy. gae;JNghdhd; mtd;. mts; fz;tpopj;jhs;.
Kfk; rpte;jpUe;jJ. fz;zk; tPq;fpapUe;jJ. mtisj; jl;bf;nfhLj;jhd;. mtisr; rkhjhdg;gLj;j> jhd;
mbj;jJ jtW vd;W kd;dpg;G Nfhupdhd;. mtNsh mtid kd;dpf;fj; jahuhfapy;iy. gifTzu;NthL
mtidg; ghuj;jhs;.

md;iwaypUe;J ,UtUf;Fk; tha;g;Nghu; njhlq;fpaJ. mYtyfk; rk;ge;jg;gl;;l xU ngz;zhy; jdf;F
,t;thW epfo;e;Jtpl;INj vd;W mtd; tUe;jpdhd;. jd; fztd; jd;NdhL Kfk; nfhLj;Jg;
NgrhjngOnjy;yhk; tPl;Lf;F te;jpUe;j ngz;zplk; ,tu; jfhj cwit itj;jpUg;ghNuh vd;w
re;Nfj;jhy; mtSk; jPg;nghwp tPrpdhs;.

ghTk; mtd;. xt;nthU Qhapwd;W jtwhky; jpUg;gypf;Fr; nrd;W te;jhd;. gf;jp tpRthrk;
mg huk;. Mdhy; mtNsh> Myak; gf;fk; te;jNjapy;iy. ,Utupd; cwTk; vl;bf;fhaha; fre;jpUe;j
Neuj;jpy; xU rk;gTk; ele;jJ. mJ ,UtiuANk cYf;fptpl;J.... **(,dp fij njhlu;fpwJ)**

gs;spf;Fr; nrd;W jpUk;gpapUe;jhs; nry;tp> mtu;fspd; xNu nry;ykfs;. FLk;gj;jpy; Mapuk;
njhy;iyfs; ,Ue;jhYk; FLk;gj;jpd; ikakhfj; jpfo;gts; nry;tp. ,uz;lhk; tFg;G
gbj;Jf;nfhz;bUe;;jhs;. gbg;gpy; ypNkhitg;Nghy; gLRI;b. vy;yh ghLq;fspYk; Kjy; juk;
ngWths;. mts; moF gs;spapy; gapYk; vy;yh khzt khztpfSf;Fk; gpbf;Fk;. jd; tFg;G
Mrpupiaj;; jd; kPJ nfhs;is gpupak; itj;jpUe;jhs;. mJ ypNkhTf;Fj; njupe;jpUe;jJ.
fdpnkhopf;Fk; njupe;jpUe;jhYk; jd; kfs; kPJ tFg;ghrpupia gpupak; itj;jpUg;gJ xU Ntis
jd; fztd; kPJ mts; fhjy; fj;jupf;fha; VjhtJ nfhz;bUg;ghNsh vd;Nw epidj;jpUe;jhs;.

md;W tPL jpUk;gpa nry;tpapd;; Gj;jfg; igapy; xU Nrij ml;il ,Ue;jJ.
tFg;ghrpupiaaplkpUe;J te;jpUe;jJ. mijpy;> xU ntspehl;L jk;gjpapdu; nry;tpia jj;J
vLj;Jf;nfhS;tjhfTk; ,J Fwpj;J ngw;Nwhu;fs; jiyik Mrpupaiuf; fhzNtz;Lk; vdTk;
Fwpg;gplg;gl;bUe;jJ. ,ijf; fz;l fdpnkhop NfhgKk; tWj;jKk; mile;jhs;. fztdplk; ,ijr;
nrhy;yhkNy tpl;Ltplyhk; vd;W KbTnra;jpUe;jhs;.

Mdhy; mjw;Fs;shf> nry;tp jd; mg;ghtplk; gs;spapy; ele;jij njuptpj;Jtpl;lhs;. ,ijf;Nfl;l
ypNkh ahnjhU gjl;lKk; ,y;yhky; jd; kfspd; mwpT moF tsu;r;rpia mwpe;jtu;fspy; ahNuh
mtis jj;J vLj;Jf;nfhS;syhk; vd;W vz;zpapUg;ghu;fs; Nghy vd;W mikjpAld; cs;siwf;Fs;
nrd;Wtpl;lhd;. fztdpd; eltb;f;ifiaf; fz;l fdpnkhop fztdf; nfhQ;rk; \$l kjpf;fhky; ,J Fwpj;J
tpthjpf;fhky; gs;spapd; jiyik Mrpupaiu njhiyg;Ngrpapy; mioj;jhs;.

jyik Mrpupau; kWehs; jd;id gs;spapy; te;J re;jpf;fTk; NgrTk; Nfl;l;nfhz;lhu;. ,g;jpiyf;
Nfl;l fdpnkhop jdJ MNtr;j;ij ntspg;gLj;jp juf;Fiwthfg; Ngrpaijf; Nfl;l ypNkh mtis
rkhjhdg;gLj;j Kad;W Njhw;Wg;Nghdhd;. ,jdhy; tPl;by; kPz;Lk; ufis Vw;gl;lJ. jdJ mg;gh
mk;khtpd; rpy;yiwr; rz;ilfisg; ghuj;Jf;nfhz;bUe;j nry;tp> “mg;gh> Nghdthuk; vd;id
NfhtpYf;Ff; \$l;bf;nfhz;L NghdPu;fNs> jpUg;gypapy;> FUthdtu; vd;dr; nrhd;dhu; vd;W
njupAkh? kwe;Jtpl;Bu;fsh?” “vd;dr; nrhd;dhu;?” ypNkhtpd; tpag;G epiwe;j Nfs;tpf;F>
“mg;gh> FLk;gk; xU Nfhtpy;> mijpy; fztd; kidtp ,U jPgq;fs;> tpsf;F vupa md;G vd;w
vz;izia Cw;Wq;fs; vd;W nrhd;dhNu kwe;Jtpl;Bu;fsh?” nry;tpapd; mKjnhop ypNkhit
tpag;GwTk; kfpoTk; nra;jJ. jd; kfs; gbg;gpy; kl;Lky;y Md;kPf tp\aq;fspYk; rw;W rkj;jhf
,Uf;fpwhNs vd;W ngUkjpjile;jhd;. nry;tpapd; JLf;Fj;jdkhdg; Ngr;Rk; mwpTf;\$u;ikAk;
vjpu;fhyj;jpy; jd; FLk;gj;jpw;F ngUik Nru;f;Fk; vd;W fdTyfpy; rQ;rupj;jhd; ypNkh.

xU epkplk; jd;idNa kwe;j epiyapypUe;j ypNkhitj; jl;bdhs; nry;tp. “cz;ikjhd; nry;yk;>
FUthdtu; ekJ FLk;gj;jpw;Fj;jhd; gpurq;fk; nfhLj;jhu;> ehd; vd;dlh nry;yk; nra;tJ? ehDk;
jPgkhf ,Uf;f Kaw;rpg; gz;Nwd;. cd; mk;kh jhd; vd;id mijpfk; re;Njff;Jld; ghuf;fpwhNs>
tk;Gf;F ,Of;fpwhNs> NfhtpYf;Ff; \$l mioj;jhYk; tUtjpy;iy> vg;gb FLk;gj;jpy; gf;jpAk;
rkhjhdKk; ,Uf;Fk;? nrhy;Ylh vd; nry;yk;” vd;W mtisf; nfhQ;rpdh; ypNkh.

,jw;Fs; nry;tp nrg miwf;Fs; nrd;W ,Uja Mz;ltu; glj;ijf; nfhz;Lte;J> “mg;gh> ,Njh> Nghd
nts;spf;fpoik ,Uja Mz;ltu; ehSD;W> ‘Mz;ltupd; jpU,Ujaj;jplk; KiwapLq;fs;> cq;fs;
FLk;gj;jpy; rkhjhdK; cz;lhfK;’ vd;W nrhd;dhNu kwe;Jtpl;Bu;fsh?” vd;W VNjh mDgtk;
ngw;wts; Nghy; nrhy;yp Kbj;jhs;. ,ij Nfl;l ypNkh jhd; VNjh Xu; xsp ngw;wJNghy;
czu;e;jhd;. jd; kidtp fdpnkhop jd;id vg;gb juf;Fiwthfr; nrhd;dhYk; re;Njfpj;jhYk; mtis
md;Gld; elj;jNt KbT nra;jhd;. md;wpuT jd; kfs; nry;tpAld; nrg miwapy; Koe;jhspl;L
cUf;fkhfr; nrgpj;jhd;. Mdhy; rhj;jhd; Rk;kh ,Ug;ghdh? mtd; Nrl;ilia md;wpuNt
njhlq;fpdh;. nrgpj;Jk; vd;dg; gad; vd;Nw Njhd;wpaJ ypNkhTf;F..... (njhlUk;)

je;ij n[M.ehjd;