

THE KEY OF THE KINGDOM

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Bi-monthly

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From the Editor's Desk

Happiness is the ultimate objective of our life.

God created man for absolute happiness. He wanted man to subdue the earth and eat of the fruit of the Earth. He said, 'be fruitful and multiply' (Gen.1.28).

But man in all his stupidity disobeyed God and lost the paradise.

He lost the happiness that God designed for whole mankind.

However, how do we now restore the lost happiness? This is a million dollar question.

Every religion stipulates certain ways to obtain happiness.

Christianity lays down the Sermon on the Mount (Mt.5).

The Sermon on the Mount sums up all the teachings of Jesus Christ. The 8 beatitudes are the 8 gems upon the crown of Christian life. They are embedded to the crown of the cross of Jesus.

Once you carry these gems on your crown, yes, your life will be full of happiness. But every gem has crosses and contradictions attached to it.

We need to seek these 8 gems in order to possess happiness in our life.

The Sermon on the Mount is a beautiful teaching of Jesus Christ that possesses happiness and life eternal.

Looking at the Biblical personalities, God blessed Noah for his obedience to Him.

Abraham remained faithful and obedient to God for which he was elevated as 'Father of faith'.

Similarly Jacob, Isaac, Joseph, Joshua, Aaron, King David, King Solomon and all such men of God in the OT pleased God and were blessed abundantly. They searched for happiness by standing beside God. Though they committed blunders in their life, still God was compassionate to them because they realized their faults and they amended their ways. Apart from that God had greater mission for them.

By being committed to one's call of God for a mission, one is sure to taste happiness in life.

The Catholic Church Canon Law 1055 mentions three objectives of the sacrament of marriage. They are 'Welfare of the spouses, Procreation and Upbringing of children. The objective itself speaks about the welfare of the spouses. The word Welfare is synonymous to happiness. Man and woman marry each other primarily for happiness which is intrinsically caring for one another and raising a family that should last long.

TRUST IN GOD, TRUST IN YOURSELF AND TRUST IN OTHERS BY YOU LETTING THEM TRUST YOU

When do we lose our happiness?

When we depend on somebody totally, because we lose our true identity and we try to be on another person's shadow; When we become selfish, drunkard and greedy, we stop being happy. When we do not plan our time, when we waste our precious time in gossip, when we don't pay attention to

our religious duties, when we don't respect others, when we consider traditions and rituals higher than human persons, when we do not tolerate others, when we pick up quarrel with others, when we lose our temper, when we do not follow the laws of our nation, when we become lazy, when we give room to filthy thoughts and feelings, when we indulge in calumny and slander, when we intend bad for others, when we cheat others, when we long for power and wealth at the cost of others' happiness, when we bluff others maliciously, when we succumb to wrong relationships, when we indulge in immoral desires... in all such circumstances people lose their happiness.

Specially, WHEN WE LEAN TOWARDS A PARTY OF MEN WITH SCANDALS AND SLANDERS; EVEN PEOPLE WHO ARE CALLED FOR A HOLY AND SPIRITUAL LIFE, IF THEY LEAN TOWARDS THEIR SUPERIORS AND AUTHORITIES SCRUPULOUSLY SEEKING SOME TEMPORAL GAIN AND MILEAGE SUCH PEOPLE AT ONE TIME OR OTHER LOSE HAPPINESS.....

Well when you derail from your life focus or vision or mission then you lose your happiness.

Then what is the way to amend ourselves and get back our original happiness that God intended? Read Mk.1:15

‘Repent, the Kingdom of God is at hand’.

2014 will be a year of happiness and prosperity if you believe in Jesus Christ.

JESUS IS THE TRUE SON OF GOD, THE MESSIAH. MK.15:39

Fr.J.A.Nathan

Editor

One day, a very wealthy man was walking on the road. Along the way, he saw a beggar on the sidewalk.

The rich man looks kindly at the beggar and asked, "How did you become a beggar?"



The beggar said, "Sir, I've been applying for a job for a year now but haven't found any. You look like a rich man.

Sir, if you'll give me a job, I'll stop begging."

The rich man smiled and said, "I want to help you. But I won't give you a job. I'll do something better.

I want you to be my business partner. Let's start a business together.

The beggar blinked hard. He didn't understand what the older man was saying. "What do you mean, Sir?"

"I own a rice plantation. You could sell my rice in the market. I'll provide you the sacks of rice.

I'll pay the rent for the market stall.

All you'll have to do is sell my rice. And at the end of the month, as Business Partners, we'll share the profits.

Tears of joy rolled down his cheeks. "Oh Sir," he said, "you're a gift from Heaven. You're the answer to my prayers.

Thank you, thank you, thank you!" He then paused and said, "Sir, how will we divide the profits?"

Do I keep 10% and you get the 90%? Do I keep 5% and you get the 95%? I'll be happy with any arrangement.

The rich man shook his head and chuckled. "No, I want you to give me the 10%. And you keep the 90%.

A Generous Business Partner (GOD)

For a moment, the beggar couldn't speak. When he tried to speak, it was gibberish. "Uh, gee, uh, wow, I mean, huh?"

He couldn't believe his ears. The deal was too preposterous.

The rich man laughed more loudly. He explained, I don't need the money, my friend.

I'm already wealthy beyond what you can ever imagine.

I want you to give me 10% of your profits so you grow in gratitude.

The beggar knelt down before his benefactor and said, "Yes Sir, I will do as you say.

Even now, I'm so grateful for what you've done for me!"

And so that was what happened. He forgets where the blessings came from.

Each day, the beggar now dressed a little bit better operated a store selling rice in the market. He worked very hard.

He woke up early in the morning and slept late at night. And sales were brisk, also because the rice was of good quality.

And after 30 days, the profits were astounding.

At the end of the month, as the ex-beggar was counting the money, and liking very much the feeling of money in his hands, an idea grew in his mind.

He told himself, "Gee, why should I give 10% to my Business Partner? I didn't see him the whole month! I was the one who was working day and night for this business. I did all this work! I deserve the 100% profits!"

A few minutes later, the rich man was knocking on the door to collect his 10% share of the profits.

The ex-beggar opened the door and said, "You don't deserve the 10%. I worked hard for this.

I deserve all of it!" And he slammed the door.

If you were his Business Partner, how would you feel?

Friend, this is exactly what happens to us God is Our Business Partner!

God gave us life; every single moment, every single breath, and every single second.

God gave us talents; ability to talk, to create, to earn money.

God gave us a body; eyes, ears, mouth, hands, feet, heart.

God gave us mind; imagination, emotions, reasoning, language.

So do we need to give back Our Business Partner something in return?

Who is the beggar?

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INNER LIBERATION

Fr.J.A.Nathan



He was in prison for 26 long years. He spent little less than one third of his life in the prison run by the apartheid in Pretoria. He fought tooth and nail for the liberation of his people. In the long run he achieved what he wanted for his black people.

Do you know whom I am referring to? He is none other than the Noble Prize winner

and Bharat Ratna award winner and the peace icon, NELSON MANDELA. He is hailed as African Gandhi.

Today he is no more. He breached his last on Friday, 6.12.2013. The whole world paid rain of tributes to him. A great man was that he was not tired of talking about liberation, freedom and independence for the Black of South Africa from the Whites of the Pretoria regime.

Archbishop Desmond Tutu, himself a towering figure in the struggle against apartheid that defined much of Mandela's life, told congregants at St. George's Anglican Cathedral early on Friday, "Let us give him the gift of a South Africa united one"... Yes, we the Christians of all denominations should give the new Born King a Church united one.

We often talk about liberation. 'I want to be free from him,' 'I want to be free from her'. When parents exercise too much of authority over children the latter feel the need of liberation. If children show authority and money power over the parents say the elderly, the latter seek liberation from their own children. When one individual exercises his/her superiority over other individuals, the latter wants somehow to get away from the former. A little child when feeling not comfortable with a stranger or a relative cries aloud to get rid of that stranger.

'Freedom is my birthright' said great freedom fighter, Bala Gangadar Tilak. The words 'Freedom' 'liberation' 'independence' are widely used in the present political world as well as in the individual persons' life.

You know, he was a simple man. He lived almost as an ascetic; he ate locusts and wild honey. He wore camel's hair. He cried aloud in the wilderness. He cried out, 'Repent the kingdom of God is near..'. He spoke of liberation. He wanted his people to be liberated. He was not coward to be

cowed down by his transgressors. He spoke truth, only the truth and only about the truth although he had to pay his physical life for that daring preaching.

Can you guess whom am I referring to? ST JOHN THE BAPTIST - JOHN THE BAPTISER.



He was a very bold man of God. He was the cousin of Jesus. He was six months older to Jesus. He was a fore runner of Jesus. He revealed the Lamb of God to the world. He stood for justice. He said, 'I baptize you with water but the one who comes after me will baptize you with water and fire' namely the Holy Spirit'. Referring to Jesus he said, "He must increase and I must decrease".

There were two deer, male and female. They were in love with each other. Once they searched for water in a forest. After a long tread, they found a small pond with little water in it. Each one thought, 'If I drink this little water all myself, perhaps my lover may not have sufficient to drink'. So they pretended to drink just by placing their mouth on the water. However none of them drank water from the pond. The water level in the pond remained the same. Each of these deer felt, 'let my lover increase and I must decrease'. This is called 'LOVE'.

Such was the spirit that John the Baptist had in his mind. He felt Jesus was greater than himself. This is an attitude that most of us lack. And for this attitude, he became greater in heaven than anyone else. He was a very humble man. He said, 'I am unworthy even to untie his sandals'.

His preaching of repentance was one of liberation. He said, 'He must increase and I must decrease'. Well, who will get this sort of thought, only those who are filled with the Spirit of God and Grace of God. John is a model for us. We need to be filled with grace and the Spirit of God. Those who aspire for the grace of God receive special blessings of God and they desire only good for others.

When a wife does her daily household chores with the following words to herself, 'My husband should increase and I must decrease' and when a husband says to himself, 'My wife should increase and I must decrease', in such family real peace prevails, prosperity comes in, family members have tremendous health of body and mind. Such family will flourish like that of Jacob in the OT. Jacob desired the blessings from his father Isaac and God allowed such blessing for a His special plan for Jacob.

John the Baptist cried out for repentance. He preached, 'Repent and make your ways straight, the Kingdom is near.' His call for repentance was a call for liberation, independence and freedom.

Nelson Mandela cried for liberation for the blacks of South Africa from the Pretoria's apartheid regime. His call was one of utmost importance for the people of South Africa. For his struggle, he paid for it with 26 years of imprisonment. John the Baptist was imprisoned for his stern stand for truth and righteousness. His outright condemnation of King Herod's double standard and unfaithfulness, latter put him in prison and by his unlawful wife's evil plot, he beheaded the holy man.

Anyone to repent is a big challenge. For a drinking man to change from his habitual drinking that ruins the peace of family and his soul is not an easy task; for a man who robs or misappropriates habitually other's money or property to convert is not a

matter of sweet honey. For a person whether lay or religious, to give up thirst for power and position, is a bitter one. For a Christian who spends his time in gossip and calumny and slander, repentance is must.

Liberation is tantamount to individual's repentance. If anyone wants to be free, then such person must repent.

A fish out of water hopes to get into water, a chained dog craves to be unchained, a caged bird flutters for freedom and fresh air, a child in the arms of an abductor laments to get out of the alien's hands, an imprisoned man longs to be freed, an enslaved individual fights for freedom, a sinner groans for freedom and liberated heart and soul. This is the nature of the whole Nature and humankind.

What we are concerned about here is the soul of sinner in the light of Christ's call for repentance: 'It is time up, repent, the Kingdom of God is at hand'.

Here there is urgency for repentance in the mind of Christ.

What we need is change. Change towards righteousness, change towards peace, change towards reconciliation, change towards discipline, change towards godliness, change towards cleanliness, change towards brotherhood, change towards justice, change towards humanism, change towards greater unity of humankind and in particular sense, change towards greater unity of Christians.

What you want to be, you become when you make effort for it. What you want it to be, it happens when you strive for it. What you think you are and will be, then certainly you will be and you are. If so, when an individual strives for freedom, then he achieves it. This freedom is both external as well as internal.

We need freedom from selfish politicians and disgruntled religious leaders in our country and in our surrounding.

Today's political leaders have only ONE agenda viz: power. For a political party after winning power and position, people in whose name it achieved that power becomes secondary. In our country, service to the society is duped by the selfish and inhuman politicians.

Also quite a large number of religious leaders belonging to every religion in our country have lost the sense of humanity. They are no more men of holiness; they have fallen prey to their inner slaves, namely carnal impulses. I would rather say the political leaders, bureaucrats,

businessmen, and common people should keep in their mind the welfare of the others. Compassion and honesty should rule the country.

Let us pray to the Lord Almighty to lead our countrymen. Let us become patriotic not just holding flags, but with 'the feeling' of discipline and sincerity. We do not have to visit US or Europe to appreciate their progress and law abiding nature. But we must bring US and Europe in our midst. India and Indians have great strength to create US and Europe in our midst for which personal WILL is essential. At the same time, Indianness must be retained with Western guts!

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WE DO ONLY THE LORD'S MISSION. JOIN US IN THIS.

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CHRISTIAN UNITY OCTAVE 2014, Jan 18-25

UNITY OCTAVE- WEEK FOR CHRISTIAN UNITY | JAN 18 – 25

LET US PRAY FOR CHRISTIAN UNITY ALL OVER THE WORLD.

WE ARE ONE IN CHRIST.

ONE CHRIST THOUGH MANY LEADERS.

ONE BAPTISM THOUGH MANY WAYS OF WORSHIP.

ONE FAITH THOUGH MANY THEOLOGIES.

ONE CHURCH THOUGH MANY DENOMINATIONS.

LET US FEEL ONE IN CHRIST.

LET US NOT INDUCE OTHERS TO EMBRACE OUR DENOMINATION.

LET US NOT BUILD ANIMOSITY AGAINST ANY BELIEVER IN CHRIST.

LET US NOT FEEL JEALOUS ABOUT THE GROWTH OF ANY CHRISTIAN SECT.

LET US NOT CONDEMN ANY CHRISTIAN SECT'S THEOLOGY AND THE WAY OF WORSHIP.

WHO ARE WE TO CONDEMN ANY CHRISTIAN DENOMINATION FOR THEIR STYLE OF FUNCTION?

ALL OF US ARE CALLED TO REACH HEAVEN-CHRIST AND IF SO WHY TO SAY 'THEY HAVE NO LICENCE TO HEAVEN?'

LET US RECOGNIZE AND BE WATCHFUL ABOUT OUR COMMON ENEMY.

EVERY CHRISTIAN IS A MISSIONARY AND ECUMENICAL.

EVERY PRIEST, PASTOR MUST RESPECT AND REGARD EACH ONE'S CALLING TO PREACH THE GOSPEL OF CHRIST.

NO BISHOP OF A CHRISTIAN SECT IS SUPERIOR OVER A BISHOP OF OTHER SECT.

PRESBYTER, EPISCOPUS, FIRST OF ALL, YOU MUST BE SERVANT TO OTHER IN YOUR MINISTRY.

LET US EVANGELIZE NON-BELIEVERS FIRST AND NOT LOOK FOR THE WEAK AND THE ALREADY BAPTISED.

LET US INVITE PRIESTS, PASTORS MUTUALLY TO BREAK THE WORLD OF GOD IN OUR OWN CHURCH AND THEREBY BUILD UP GOODWILL AND FRIENDSHIP AMONG CHRISTIANS OF ALL DENOMINATIONS.

Pope Francis Calls for Christian Unity

“We Catholics should pray together,” Pope Francis said in his (June 19, 2013) Wednesday audience, “but we should also pray together with other Christians.” This is a message every Christian should take to heart. We don’t have to give up our doctrinal differences to know that Jesus Christ is the Way, the Truth and Life. The most important thing is that we put Him at the center. When we do that, the differences we think are so important fade into the background where they belong. We live in a world that is increasingly hostile to Christians. That makes it all the more important for Christians to support and stand by one another.

17 Reasons: Pope Francis is the Most Extraordinary Human Being Of 2013

Pope Francis has been declared Time’s *Person Of The Year*. Looking back on 2013, he has done some incredibly progressive things to lead the Church. He was elected Pope just 9 months ago.

1. He spoke out against frivolous spending by the Church

The average set of cardinal’s clothes costs as much as \$20,000. In October, Pope Francis urged officials to dress more modestly and to not squander such money. In the same month, he ordered a German bishop to explain how he had spent \$3 million on a marble courtyard.

2. He invited a boy with Down Syndrome for a ride in the Pope mobile



During a general audience, Pope Francis invited Alberto di Tullio, a 17-year-old boy with Down Syndrome, to ride in his Popemobile while thousands watched.

3. He embraced and kissed Vinicio Riva



November saw Pope Francis embrace Vinicio Riva, a man

scarred by a genetic disease. Fighting agonizing pain on a daily basis, such an act restored the faith of a man who says that he is often mocked in public.

4. Denounced the judgment of homosexuals



Pope Francis has stated several times that the Church has no right to interfere spiritually in the lives of gays and lesbians. Though Francis maintained the right of the Church to express opinions on homosexuality, he believes that Christians should not judge or ridicule.

5. He held a major ceremony at the chapel of a youth prison



In March, the Pope held a major Holy Week service at Casal del Marmo jail for minors, rather than the Vatican. During the service, the Pope washed and kissed the feet of 12 young offenders to commemorate Jesus' gesture of humility towards his apostles on the night before he died.

6. He urged the protection of the Amazon Rainforest



During his visit to Brazil, Pope Francis met with natives who have been fighting ranchers and

farmers attempting to invade their land. He encouraged that the Amazon be treated as a garden and protected.

7. He personally called and consoled a victim of rape

A 44-year old Argentinian woman, raped by a local policeman, was one of thousands to write a letter to Pope Francis in 2013. The woman was surprised when she later received a phone call from Francis himself--who consoled the woman and told her, "You are not alone."

8. He snuck out of the Vatican to feed the homeless



More recently, it has been discovered that Pope Francis regularly leaves the Vatican at night to feed the homeless. Dressed as an ordinary priest, he joins Archbishop Konrad Krajewski to feed the poor of Rome.

9. He auctioned his motorcycle to benefit the homeless



In October, Francis donated his own Harley Davidson motorcycle to fund a hostel and soup kitchen in Rome

10. He acknowledged that atheists can be good people



Earlier in 2013, Pope Francis spoke out against the common interpretation within the Church that atheists, by nature, are bad people. He stated that, "Atheists should be seen as good people if they do good." After meeting the Pope, the openly atheist president of Uruguay, Jose Mujica, compared Francis to a friendly neighbour.

11. He condemned the global financial system

In May, Francis denounced the global financial system for tyrannizing the poor and turning humans into expendable consumer goods. He believes that, "Money has to serve, not rule!"

12. He fought child abuse

The Catholic Church has been rocked in recent years by allegations and admissions of child abuse by members of the Church. Pope Francis became the first Pope to take effective action against such atrocities. He amended Vatican law to make sexual abuse of children a crime, and he also established a committee to fight abuse.

13. He condemned the violence of the Syrian civil war



In regard to the use of chemical weapons in Syria, Pope Francis asked for peace and declared that, "War, never again. Violence never

leads to peace, war leads to war, and violence leads to violence."

14. He redirected employee bonuses to charity



When a new Pope is elected, Vatican employees receive a bonus. Upon his election, the extra money was given directly to charity instead.

15. He spoke out against the Church's 'obsession' with abortion, gay marriage and contraception



In a voice of reason, Francis shocked the Catholic world when he stated that the Church was an unhealthy obsession with abortion, gay marriage, and contraception. He criticized the Church for putting dogma before love, and for prioritizing moral doctrines over serving the poor and marginalized.

16. He called for cooperation between Christians and Muslims

During his Angelus address, Francis paid respect to the end of Ramadan. He stated that both Christians and Muslims worship the same God, and he hoped that Christians and Muslims would work together to promote mutual respect.

17. He took part in a selfie



In what might be his most progressive feat of all, Pope Francis met with youngsters to be a part of a truly remarkable selfie. He is embracing the present, and he is undoubtedly taking the Church to a more loving and accepting future.

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A humble request from a crying soul



Dearest Father Nathan,

As I am deeply worried and with broken heart I am mailing you that is my Aunt who's name is Mrs.X, she is good person

and loving person, Lord should forgive her, protect her, guide her path and give her a good health. In that way, I am also a great reason that she began to hate my name so I ask Lord to grant the forgiveness from my aunty. For I need my aunty to forgive me and to accept me. Do please pray for my Aunt that my Lord should change everything and restore her to me. Even pray for her daughter, father and her brother. In your prayers, Lord should show me the way to reach my aunty. Do please pray for my above petition father, this is my humble request..

Thanking you,

Mr...Y

PRAYER

Dear Readers (brothers and sisters), please pray for this petitioner that his legitimate desire be fulfilled. Ask the Lord to bless the aunt of Mr. Y. Perhaps he is in a crisis of relationship. He craves for blessings from above that his aunt might accept him. Lord Jesus, you know everyone's heart. Bless and comfort this person and enable his aunt to reconcile with the petitioner. May your precious blood be poured upon him and his aunt. In Jesus' name I ask you Father. Amen.

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GLOBAL NEWS

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Oxford University Has Created a Beautiful High-Res Version of the Gutenberg Bible You Can View Online

Vatican Shows Off Bones Believed To Be St. Peter's



Italian archbishop

Rino Fisichella holds the ashes of Saint Peter before a ceremony at the Vatican, on November 24, 2013.

One of the most famous and important books in human history is now available for viewing online in high-resolution thanks to archivists at Oxford University and the Vatican Library.

Bones believed to belong to Saint Peter, one of the founding fathers of the Catholic Church, went on display for the first time Sunday, as Pope Francis held a ceremony to end the "Year of Faith".

The "Gutenberg Bible" was printed by Johan Gutenberg in the 15th Century and [is thought to be the first book printed using moveable type](#) - a major technological innovation. The book is also considered to be a beautiful example of Gutenberg's expert craftsmanship.

Tens of thousands of pilgrims gathered to catch a glimpse of the remains, eight fragments of bone between two and three centimetres (around one inch) long displayed on an ivory bed within a bronze chest on a pedestal in St. Peter's Square.

"Produced in 1454 or 1455, the few surviving copies of Gutenberg's Bible remain exemplars of the printer's forethought and craftsmanship; the page dimensions, it is believed, were devised by Gutenberg to echo the golden ratio of Greek aesthetics," according to Open Culture.

The chest, given to pope Paul VI in 1971 and usually kept in the tiny chapel of the papal apartments, was decorated with a carving of Peter, who was a fisherman before becoming the Church's first pope, casting his nets into the sea.

Oxford's [copy of the Gutenberg Bible](#) is only one of seven remaining in the world.

The bones have long been the object of controversy between historians and archaeologists: they were first discovered in a 1940 dig next to an ancient monument

honouring Saint Peter, but ended up gathering dust in a storage box.

It was not until archaeologist Margherita Guarducci discovered graffiti near the excavated tomb reading "Petros eni", which could mean "Peter is here", that she requested tests on the fragments.

She found they belonged to a robust man who died aged between 60 and 70 and had been buried in a purple, gold-threaded cloth -- enough to convince Paul VI to say in 1968 that Peter's bones had been identified "in a convincing manner."

"Faith, the people of God, have always believed these to be the relics of the apostle Peter, and we continue to venerate them in this way," Rino Fisichella, head of the pontifical council for evangelisation, said in the Vatican's newspaper L'Osservatore Romano.

The ceremony brought to an end the Vatican's "Year of Faith", a Benedict XVI initiative which began on October 11, 2012 to mark the 50th anniversary of the start of the Vatican II Council, which approved key Catholic Church reforms.

The Vatican said the "Year of Faith" had attracted 8.5 million pilgrims to Rome.

COURTESY: AFP.

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THE DAYS YOU MUST KNOW.....

ASH WEDESDAY- MARCH 05, 2014

PALM SUNDAY – APRIL 13, 2014

MAUNDY THURSDAY – APRIL 17, 2014

GOOD FRIDAY – APRIL 18, 2014

HOLY SATURDAY (EASTER VIGIL) –
APRIL 19, 2014

EASTER SUNDAY – APRIL 20, 2014

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WHATS GOING TO BE 2014 for you?.....

**2013 HAS GONE AWAY...
2014 is born...**

Fr.J.A.Nathan

We all have some attachment with years born anew. Some speak of a new year for fortunes, luck, good health, business boosting up, marriage alliance, better relationship, and so on. But do you think all our hopes and aspirations come to be fulfilled by the course of a new year born? No. Some are fulfilled and some are not.

If our aspirations are fulfilled then we attribute to the luck of the year, if not, we blame the year.

Some feel they have luck in even numbers and for some in odd numbers. For example, 2013 must have been challenging and trying for some people while for some it would have been the year of luck and happiness. Only by experience we come to this conclusion. But people who work hard and people who are positive in their thinking and doing, such people succeed in their endeavours whether even number or odd number.

Many people believe in luck.

But often it may go by look and luck. If you look handsome or pretty, your luck is at hand. If you are lucky even if you do not have good looks, you will have fortune and success.

However you don't wait for your looks and luck. But you trust in your look and your 'self being' along with hard work.

There are many people in the world who achieved great laurels by their hard work and self effort.

Why can't you be one of them?

The NDTV has recently selected 25 Indians as Global Living Legends who have contributed to the Indian society in their respective fields. Amartya Sen (Scientist), Amitabh Bachchan (Actor), Shah Rukh Khan (Actor), Venkaraman Ramakrishnan (Noble Laureate and Biologist), Rajnikanth (Actor), CNR Rao (Sceintist), Sachin Tendulkar (Cricketer), AR Rahman (Musician), Anish Kapoor (Sculptor), Leander Paes (Tennis player), YK Hamied (Muscian), Zubir Mehta (Music Conductor), Mukesh Ambani (Businessman), Kapil Dev (Cricketer), SH Raza (Artist), Waheeda Rehman (Actress), Indra Nooyi (PepsiCo Chief), Ratan Tata (Industrialist), Fali S Nariman (Former Solicitor General), NR Narayana Moorthy (Infosys Founder and Executive Chairman), Pandit Hariprasad Chaurasia,

Vikram Seth (Journalist), Dr. Prannoy Roy, MS Swamynathan (Scientist), SS Bhadrinath, Ela Bhatt.

All these individuals, what were they earlier? They must have been like one of us. However, they selected their field of life and mastered it and today they are shining stars. You can be one shining star too if you select your field of interest and master it untiringly with great thirst to serve our Indian society.

I too could achieve laurels for 5 years in the Vatican Radio in Rome. How did I achieve it? By bribe? By recommendation? No. I achieved that opportunity by my effort and expertise in the language. I studied, had great interest in the language, composed music, wrote songs and articles, read lavishly books in Thamizh... there I was! I was invited to work in the Thamizh section to broadcast programmes in Thamizh. Thanks to God for such a gift.

Start planning your project ahead! Let the year 2014 be a fulfilling year for you and for our society.

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The Story of Karoly Takacs



Joshua Francis



In 1938, Karoly Takacs of the Hungarian Army, was the top pistol shooter in the world. He was expected to win the gold in the 1940 Olympic Games scheduled for Tokyo.

Those expectations vanished one terrible day just months before the Olympics. While training with his army squad, a hand grenade exploded in Takacs' right hand, and Takacs' shooting hand was blown off.

Takacs did the unthinkable; he picked himself up, dusted himself off, and decided to learn how to shoot with his left hand! His reasoning was simple. He simply asked himself, "Why not?"

The 1940 and 1944 Olympics were cancelled because of World War II. It looked like Takacs' Olympic Dream would never have a chance to realize itself. But Takacs kept training and in 1944 he qualified for the London Olympics. At the age of 38, Takacs won the Gold Medal and set a new world record in pistol shooting. Four years later, Takacs won the Gold Medal again at the 1952 Helsinki Olympics. Takacs – a man with the mental toughness to bounce back from anything.

Lessons Learnt

- Don't lose yourself to self-pity. Pick yourself up quickly
- Set yourself a goal and focus on achieving.
- Winning is less about skills, more about attitude.
- Skills can be acquired.

- We all have moments in our lives when we seem so close to glory but suddenly lose everything. When that happens, don't worry about what you've lost. Focus on what you still have.

8 Ways to Improve Bladder Control

Kegel exercises: **Arnold Kegel** developed a series of exercises in the late 1940s that helped pregnant women overcome stress incontinence. But, they are used today by almost anyone to control the bladder and bowel movements. For at least 2 minutes – 3 times a day, follow these exercises:

1. a) Relax your muscles and imagine that you are holding back a bowel movement by tightening the anal muscles.
 b) When urinating, stop the flow, and restart it.
 c) Sit or lie down with your knees slightly apart and tighten the pelvic muscles for at least 2 seconds, relax for 2 seconds and repeat this 10 times. Gradually, hold and relax the muscles for about 10 seconds each time.
2. Watch your fluid intake: If your diary shows that you have been having lots of fluids (coffee, juices, soups, etc) you may need to cut it down, at least before bedtime or just before a long journey. However, take care that you do not cut away too much and dehydrate yourself.
3. Look out for diuretics: Alcohol, caffeine and grape juice are well-known diuretics that increase the urge to urinate.
4. Seize opportunities... To relieve yourself. Holding it in for too long in social gatherings or during meetings may lead to an infection or overstretch the bladder. Get into the habit of relieving yourself at regular intervals.
5. After you urinate, wait for a few seconds and stand up and sit down again. Double voiding usually works for those who do not feel relieved even after urinating.
6. Stop smoking. The nicotine irritates the bladder and the lungs. A sudden cough could lead to a loss of bladder control. Smoking also raises your blood pressure causing increased urine production.
7. Cranberries juice or capsules significantly reduce urinary tract infections and also alleviate the symptoms of urinary tract illness. It also deodorizes urine and inhibits the adhesion of dangerous micro-organisms that stick to the urinary tract.
8. Watch your weight: Fat deposits put a lot of pressure on the bladder and pelvic muscles. Studies have found that those who suffer from incontinence and then shed excess weight are able to control their bladder better.

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Heart Attack and Water

Anita Nazareth

An extremely valuable information READ!!!

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night!!

Heart Attack and Water - I never knew all of this ! Interesting.....

Something else I didn't know ... I asked my Doctor why do people need to urinate so much at night time. Answer from my Cardiac Doctor - Gravity holds water in the lower part of your body

when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. This then ties in with the last statement!

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me. Correct time to drink water... Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body: 2 glasses of water after waking up - helps activate internal organs 1 glass of water 30 minutes before a meal - helps digestion 1 glass of water before taking a bath - helps lower blood pressure 1 glass of water before going to bed - avoids stroke or heart attack

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

A Cardiologist has stated that if each person after receiving this e-mail, sends it to 10 people, probably one life could be saved!

"Life is a one time gift"

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Mental Health.....The Optimistic Creed

Susila Sinnappan

- Promise yourself that to be strong that nothing can disturb your peace of mind.
- To talk health, happiness and prosperity to every person you meet.
- To make all your friends feel that there is something in them.
- To look at the sunny side of everything and make your optimism come true.
- To think only of the best, to work only for the best, and expect only the best.
- To be enthusiastic about the success of others as you are about your own.
- To forget the mistakes of the past and press on to the greater achievements of the future.
- To wear a cheerful countenance at all times and give every living creature you meet, a smile.
- To be too large to worry, too noble to anger, too strong for fear and too happy to permit the presence of trouble.

Mental Health.....How Much are you Worth?



Dominic F. Dixon

Have you felt belittled or put down? Have you felt that the emotion of feeling belittled was a lie from the devil? Have you relied on your own understanding instead of the wisdom of the Lord? Well, this sounds all too familiar. Let's see how

the world's greatest Philosopher and Moral Educator, Jesus de Nazareth handled His issues of self worth.

Then the devil took him (Jesus) to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: "He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.' Matthew 4:5-6. The Scripture says that the devil took Jesus to the highest point. In this narrative, the devil did not physically take Jesus to the

pinnacle, but he drew a mental picture for Jesus.

A rich businessman walked into a posh hotel and saw a beautiful custodian woman cleaning the floors of the hotel on which the rich and the famous trampled upon. The businessman looked at the woman and said, "Woman, I would give you a million dollars, if you would spend the night with me". To this she replied, "Oh, no way sir, I would never do something like that." As the man proceeded to his room, reason came riding on her mind as she thought, "What can I do with a million dollars?" She replied to herself, "I can get outta this town and outta this poverty and have a good life." Having reasoned herself out of dignity, she called out to the man and said, "Sir, I will do it." He said, "Ok; meet me at five in the evening."

At five in the evening, a limousine showed up at the hotel, the businessman took the woman in the car and proceeded to the best beautician in town, then to the most lavish clothing store and then to the most expensive jewellery store and then to a sumptuous dinner. After the meal was over and as they were on their way to the hotel, this time, reason came riding on the businessman's mind. He said to her, "Look, I've been thinking. A million dollars is a lot of money. How about I just give you a hundred dollars instead?" The woman replied, "Sir, what kinda cheap woman do you think I am?" The businessman replied, "You don't have to tell me how much you are worth. I already knew how much you were worth the moment you agreed to spend the night with me."

The story of the woman in the above narration speaks volumes. It speaks on the lack of self worth she had and how she was deceived. Have you been duped by evil schemes where you thought that what

was drawn in your mind seemed exciting but you ended up being deceived? This deception happens with the damsel, with the married and with every single human being that is not vigilant.

Dear friend, how much are YOU worth? Is the enemy drawing you false promises of satisfaction with the lust of the eyes, the lust of the flesh and the pride of life? Don't be deceived by his schemes. He has nothing to offer you, but the destruction of your soul. Walk in the truth and live the truth that you may discern the schemes of the enemy. Matthew Henry said, "The best evidence of our having the truth is our walking in the truth."

The devil tried to place a doubt in the mind of Jesus with the words "If you are the Son of God...", Satan was challenging Christ's credentials. Jesus did not try to prove His credentials to Satan by throwing Himself down or by turning stones into bread, instead, He held on to His identity of being from the Father when He quoted what the Father said of Him: "This is My Son" Mark 9:7.

You are worth every drop of the Blood of Jesus, because He died for you. Carry His word within you. As Jesus relied on God's will and not on things that will perish, He submitted in humility and declared the mighty works of God. He was the Word of God. Mary, the mother of Jesus, carried the word of God, from HER womb, to HIS tomb! She fought a good fight.

Know your worth.

The encouragement of the Church through Christ would be for us to live our lives to the fullest, even in the midst of long sufferings. This new year, live in happiness that pleases God through your holy lifestyle as the world is looking to see if Christians truly are happy and holy.

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REQUEST FOR YOUR PRAYER AND YOUR SUPPORT

Dear Readers, in order to facilitate the senior citizens, physically challenged people and the sick climbing the church steps, we have undertaken a LIFT installation, 3 levels, here at St. Peter's Church, Rustambagh, Behind Manipal Hospital, Old Airport Road, Bangalore – 560 017.

The work has just begun. Please pray for the success of the work. Along with your prayers, we look forward to your 'BIG' heart. God bless you.

PARISH PRIEST, 080-2526 4343,
09740203056,
arokiavaticannathan@gmail.com

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The 2014 National General Election is at hand. What is your response for this general election?

Here are few tips:

1. Exercise your franchise without fail
2. Your duty is also to elect right and responsible candidates
3. Look not for any material gain and favour
4. Study and examine the candidate you are intending to vote
5. India is the largest democracy, so you are a member of that largest democracy. If so you are responsible for whoever you elect
6. Avoid candidates with criminal background
7. Brush aside any one's false propaganda and false promises
8. Avoid candidates who are very regional minded, caste fanatic, religious bigot and crooked and narrow minded
9. Look for secularism and fundamentalism
10. Be political conscious
11. Join a party that has national importance and that which has label for national integrity and service for the people
12. Look for any party that talks about eliminating corruption
13. Keep talking about national politics rather than frontier outlook
14. Christians can never be onlookers but active participants in the national politics for the sake of overall country
15. To have Christian representation in the parliament, we must elect Christian candidates with the support of national parties

A LIFT FOR GOD'S PEOPLE IN A BANGALORE PARISH

Installing a lift is something unusual but more of pastoral mind. St.Peter's Church, Behind Manipal Hospital, Bangalore shares a pride in its own way to have a lift for parishioners who are physically challenged, aged and the sick. The parish priest is more people oriented than.....

Thanks to the following Donors who generously contributed towards the project of LIFT in St.Peter's Church, Rustambagh.

S.No	Name	Amount
1.	C P Jose	500
2.	Manohar Rueben	500
3.	Tharcis Kumar	500
	Balraj	500
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	Benson Joseph	10000
	Marceelan	10000
	Nithin Rodrigues	10000
	Regi D'Souza	10000
	Sanil Antony	10000
	Alfonsa Paramita	10000

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125.	Joseph Prema Angelo	25000
126.	Mrs. Leena Quadros	25000
127.	Lorna Lobo	25000
128.	Alwyn Pinto	25000
129.	Basil	50000
130.	Darwin Joseph	50000
131.	Joe Mascarenhas	100000
132.		
133.		
134.		
135.		

Photo Column



Rev,Fr.Nathan distributed Christmas gifts to the adopted children 15.12.2013



The adopted children honour Fr.Nathan for his generosity to the adopted children



The Bangalore United Christian Forum organized Christmas

program at Baldwin Boys' School 7.12.2013



The Methodist Baldwin Boys' School staff performing an excellent piece of fisher women dance at the BUCF's Christmas event



BUCF stands united singing unity anthem



St.Peter's Church (Vde Paul) distributes provision for the adopted families as Christmas gift