



### 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

### **2<sup>nd</sup> Anniversary of 'The KEY'**

Dear Friends, I am very glad to introduce this bulletin (THE KEY) once again on its 2<sup>nd</sup> birth anniversary. It is stepping into its third year from this November 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 Gloriam Deus!

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. They prefer to see more than reading. Thus in this world of audio-visual, print media doesn't enthuse people. However, even if there 5 in hundred read this bulletin, I am sure I achieve our goal. I thank our Archbishop Bernard Moras for his encouraging message marking the 2<sup>nd</sup> anniversary of this journal. My deep sentiment of gratitude to Bro.Joachim Peter a lay Catholic minister for his regular article in 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](mailto:nathanvatican@yahoo.com) or call on us Mob: 9740203056 . God bless you.

**Fr.J.A.Nathan**  
**Editor**

### **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.

### **LIFE EVERLASTING**

We think a lot about the worldly things and many of us also have such a lot of plans before us for our future. Many people think that this earth is a permanent place and live their lives according to their whims and fancies. They have forgotten that there is an end for their lives. ***“For the ransom of life is costly, and can never suffice that one should live on forever and never see the grave”*** (Psalm 49:8,9).

**A true story** is said like this. There was a certain old lady who was a widow, but she was very rich. She was staying alone in a remote area. A thief had an eye on her. One day he planned to kill her and take away all her wealth. On a particular day he came near her house and was about to enter the house. But at that moment he heard the sound of drums, with curiosity he peeped out of the compound. He could see a funeral procession and a few men carrying the coffin. There on the front side of the coffin it was written, **“Today it is I”**. As the procession moved forward, he could see written on the backside of the coffin **“Tomorrow it is you”**. These words started ringing in his ears continuously. Until this thief had not thought about death. Now he started thinking **“Soon after death”** what would be his condition. He was really touched and decided in his heart to change his life. He went inside the house not to rob or kill, but to reconcile with the old lady.

Yes my dear beloved ones, to go to hell we have achieved sufficient qualification but to go to heaven we have not yet tried even once to the extent of the size of an atom. It is really very sad my dear friend. **A sick body can go to heaven, but not a sick soul.** Let this thought be deep rooted in our hearts.

The Bible tells us ***“For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord”*** (Romans 6:23). Again the Bible clearly tells us ***“If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins; he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness”*** (1 John 1:8, 9).

Every year on **All Souls Day** we make it a point to visit the graves of our near and dear ones and pray for their souls. For many people it is a festival at the cemeteries. For yet

some other people with their superstitious beliefs perform all kinds of unwanted rituals on the graves of their dear ones. We are perfect in doing all these things, but we have not thought even for moment that one day people will come to visit my tomb when I am no more in this world.

So, for a true Christian death in itself is not the end, but is a beginning of a new life, which is life eternal. Let us renounce Sin and Satan, lead a holy life and gain a ticket to enter Heaven, which is life eternal. Praise the Lord.

**Let us pray:** Dear loving Father, I am a worst sinner. By committing sins I have gone away from your love, forgive my sins with the precious blood of your Son Jesus and show me the way to become your child. Help me to lead a life pleasing to you and to attain Eternal Life. Amen.

**Jochime A.Peter**  
**Founder: Little Stars for Christ**  
**Mobile : 9449890475**

### **A BRIEF REPORT OF THE COMMISSION FOR ECUMENISM**

*submitted at the Archdiocesan Pastoral Center during the Commissions' Secretaries Meeting, held on 4 Nov 2010*

The Archdiocesan Commission for Ecumenism has been taking strenuous effort in order to build unity and good will among various Churches in Bangalore.

I believe you are all aware of the KARNATAKA UNITED CHRISTIAN FORUM FOR HUMAN RIGHTS which was formed in 2008 by the heads of the Churches in Karnataka very specially by the initiative of our Archbishop Bernard Moras.

The main objectives being:

- ❖ To stand united as strong Church in Karnataka
- ❖ To register this Forum as a society
- ❖ To defend and protect our Christian rights in the State
- ❖ To foster and promote mutual respect and goodwill among various denominations in Karnataka
- ❖ Not to condemn or criticize each other or any religion
- ❖ To stand united at the time of any attack on any church or church leader or church organization / property
- ❖ To promote the growth of each church respecting one's own cultural, and liturgical difference and beauty

Based on the objectives of the Forum, a 3 dimensional code of understanding was drawn after many deliberations. Viz: Common Minimum Faith Understanding, Common minimum Ethic and Common Minimum Action.

The following are the Executive members of the Forum

**President**-the Bangalore Archbishop Dr.Bernard Moras

**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-  
**Associate Treasurer**-Rev.U.M.Paulos, Syrian Jacobite Church  
**Associate Secretary**-Mr.Charles Prabhakar, FCCO

**In order to uphold better our Forum's activities in a more feasible way, 8 Zones were formed in Karnataka dividing the State geographically. Bangalore Zone is one such zone formed just recently.**

**The Office Bearers of this Zone elected are:**  
**Chairperson:- Rev.Manohar Chandra Prasad CSI**  
**Secretary:Rev.Fr.J.A.Nathan RC**  
**Vice-Chairperson: Rev.Dr.Daniel Jesudass, Bap (FCCO)**  
**Treasurer: Rev.Samuel Rajkumar, Lutheran**  
**Joint Secretary:Mrs.Mira Bhupathi- AG Church**

In order to make known the BZUCFHR's activities and objectives to 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

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.Metilda Mathias RC 9448382362
2. Mr.Susainathan RC 9448441372
3. Rev.Dr.Godwin Shiri CSI 9880263323
4. Mr.Dhayalan RC

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

### **FIELD ACTION BY THE CELL FOR RESPONSE TO ATTACKS ON CHRISTIANS:**

Soon after the formation of the above said Cells, the Cell for Response to Attack on Christians went into its first action by visiting the Holy Cross School at White Field when its Vice Principal was brutally attacked by a BJP outfit openly in the school ground on Oct 16.

The Cell guided by Fr.J.A.Nathan along with few members including an advocate met the concerned school authorities and comforted them in their grief. The Cell also visited the Vice Principal Brother Philip Narohna at St.John's Hospital and strengthened him to stand for his faith and principles.

### **Bangalore Zonal United Christians Christmas Program, Nov 28, 2010**

Now the BZUCFHR has taken up an initiative to organize a united Christian Christmas Program on 28 Nov 2010(1<sup>st</sup> Sunday of Advent) at Bishop Cotton Girls' School auditorium from 4.00 pm to 6.30 pm.

Fr.J.A.Nathan

Sec, Bangalore Zonal United Christian Forum for Human Rights

Sec, Bangalore Archdiocesan Commission for Ecumenism

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### **The General Body Meeting of KUCFHR**

The General Body Meeting of KARNATAKA UNITED CHRISTIAN FORUM FOR HUMAN RIGHTS at Methodist Church at Kingston Road in Bangalore.

Catholic Bishops of Bangalore, Gulbarga, Mysore, Belthangady, Belgaum, Shimoga, Mangalore, Bishops of CSI, Methodist and Believers Church at the assembly delivered addresses regarding how to protect ourselves at the time of attacks on Christians in Karnataka and to strengthen the bond among various denominational Churches in Karnataka.

It was a great delight and encouraging to see pastors and heads of so many big and small churches and Ministries including Assembly of God, Marthoma, Orthodox, Jacobite and many independent Churches.

One of the highlights of this Meeting was a resolution taken by the Bishops for the Church in Karnataka to stay vigilant about the Mission we do in Karnataka without hurting any non-Christian religious groups or making any denigrating statements against any religion.

About 150 pastors, priests, along with the abovementioned bishops took part in the Meeting.

The Meeting was rather more of coming together of heads of various denominations for fellowship than any concrete action oriented that day.

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**WELCOME TO**  
**BANGALORE UNITED CHRISTIAN CHRISTMAS PROGRAM**  
**(INTER-DENOMINATIONAL CHRISTMAS CAROLS & CULTURAL PROGRAM)**  
**28 NOV 2010 (1<sup>ST</sup> ADVENT SUNDAY)**  
**@ BISHOP COTTON GIRLS' SCHOOL AUDITORIUM**  
**FROM 4.00 PM TO 6.30 PM**  
**COME IN LARGE NUMBER AND ENJOY THE EVENT EXHIBITING**  
**OUR CHRISTIAN UNITY WITH CHRISTMAS CAKE**  
**FR.J.A.NATHAN**  
**SECRETARY**  
**BANGALORE ZONAL UNITED CHRISTIAN FORUM**  
**MOB: 9740203056**

**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."

### **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..

**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

## **Christian Arab TV Station Launches Internationally**

### **Leaders Will Address Upcoming Synod of Bishops**

BEIRUT, Lebanon, OCT. 8, 2010 ([Zenit.org](http://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.

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## **Benedict XVI Names 24 New Cardinals**

### **Consistory Scheduled for Nov. 20**

VATICAN CITY, OCT. 20, 2010 ([Zenit.org](http://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.

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President Barack Obama speaks at a town-hall style event with students at St. Xavier's College in Mumbai, Sunday, Nov. 7, 2010. AP Photo

**Earlier, in his introductory remarks, this is what Obama had to say:**

Hopeful of India-US partnership;

Amazed at the resilience of Mumbai and India in fighting tragedies;

Americans and Indians draw strength from tradition;

India is not a rising power but has already risen;

India's future will be decided by the youth;

India's emergence is good for the US and the world;

India-US partnership has limitless potential;

There is a need to think of how do you want India to look in 20 years and in 20 years from now what kind of partnership do you want with America.

This is your century to shape, he said.

**Source: India Syndicate and Agencies**

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## 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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- ❖ cyfpd; vy;yh kiwkhtl;lq;fspYk; ,lk;ngw;WtUk; jpUkzj; jahupg;G eltb;iffSf;F cjTk; Nehf;j;jpy; topfhl;b VL xd;iw ntspapLtjw;Fj; jpUg;gPI FLk;g mit jpl;lkpl;L tUtjhf mwptpf;fg;gl;Ls;sJ. VohtJ cyff; FLk;gq;fs; khehL kpyhdpy; 2012Mk; Mz;L Nk 30 Kjy; [\_d; 3 tiu eilngWk;.
- ❖ M];jpNuypah kw;Wk; fpwp];k]; jPtpd; rpiwfspy; ,d;Dk; 645 rpwhu; cs;sdu;
- ❖ Nfushtpy; Kjpatu;fspy; xd;Nwfhy; ,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; mjpg 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 Mfj;L 15 Kjy; 21 tiu cyf ,isNahu; jpdk; 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; fofj;jpd; jiytu; Mau; fuh];Nfh nj gTyh> Nguhrpupau; ,uhgu;l; vl;tu;l;]pd; ,r;rpfp;ir KiwahNyNa kdpjf; fU Kl;ilfs; tpahghug; nghUshdJk;> tsu;r;rpaille;j fUf;fs; ngUk; vz;zpf;ifapy; Fspu;rhjdg;ngl;bapy; Nrkpf;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 13<sup>th</sup> 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;.

**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 Nfhupdhhd;. mtNsh mtid kd;dpf;fj; jahuhfapy;iy. gifTzu;NthL mtidg; ghu;j;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 ,UtiauANK cYf;fptpl;IJ.... **(,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 ghIq;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;J. 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 Nrjp ml;il ,Ue;jJ. tFg;ghrpupiaaplkpUe;J te;jpUe;jJ. mjpy;> xU ntspehl;L jk;gjpapdu; nry;tpia jj;J vLj;Jf;nfhz;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 njuptj;Jtpl;lhs;. ,ijf;Nfl;l ypNkh ahnjhU gjl;IKk; ,y;yhky; jd; kfspd; mwpT moF tsu;r;rpia mwpe;jtu;fspy; ahNuh mtis jj;J vLj;Jf;nfhz;syhk; vd;W vz;zpapUg;ghu;fs; Nghy vd;W mikjpAld; cs;siwf;Fs; nrd;Wtpl;lhd;. fztdpd; eltb;f;ifiaf; fz;l fdpnkhop fztidf; nfhQ;rk; \$I 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;Lf;nfhz;lhu;. ,g;gjpiyf; Nfl;l fdpnkhop jdJ MNtrj;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;J. jdJ mg;gh mk;khtpd; rpy;yiwr; rz;ilfisg; ghu;j;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;> mjpy; 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; mKjnkhop 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 mjpfk; re;Njff;Jld; ghu;f;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;rpdd; ypNkh.

,jw;Fs; nry;tp nrg miwf;Fs; nrd;W ,Uja Mz;ltu; glj;jf; nfhz;Lte;J> “mg;gh> ,Njh> Nghd nts;spf;fpoik ,Uja Mz;ltu; ehds;W> ‘Mz;ltupd; jpU,Ujai;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;Njff;jhYk; mtis md;Gld; elj;jNt KbT nra;jhd;. md;wpuT jd; kfs; nry;tpAld; nrg miwapy; Koe;jhspl;L cUf;fkfhr; nrgpj;jhd;. Mdhy; rhj;jhd; Rk;kh ,Ug;ghdh? mtd; Nrl;ilia md;wpuNt njhlq;fpdd;. nrgpj;Jk; vd;dg; gad; vd;Nw Njhd;wpaJ ypNkhTf;F..... (njhlUk;)



rdtup 2011 ,jo;

mtd; mts; (njhlu;fij)

Kd;fij RUf;fk;

nry;tpapd; gs;spapy; ahNuh xU jk;gjpapdu; mtisj; jj;J vLj;Jf;nfh;sepidj;jpUg;gjhfTk;  
,JFwpj;J mk;khztpapd; ngw;Nwhu;fs; gs;spj;jiyik Mrpupaiu re;jpf;fNtz;LnkdTk;>  
tFg;ghrpupia nry;tpapd; gs;spg;igapy; xU Nrjp ml;il itj;jpUe;jhu;. ,ij fz;l nry;tpapd; jha;  
fdpnkhop NtjidAk; tUj;jKk; mile;jhs;. ,J Fwpj;J mtSf;Fk; mts; fztd; ypNkhTf;Fk; ,ilNa xU  
ngupa tha;r;rz;ilNa %z;lJ. vy;yhk; Xa;e;jgpd;G midtUk; cwq;fr;nrd;whu;fs;. FLk;gj;jpy;  
mikjpiaf; fz;l rhj;jhd; Rk;kh ,Ug;ghdh? jdJ Nrl;iliaf; fhz;gpj;jhd;. (fij njhlu;fpwJ)..

cwq;fr; nrd;w fdpnkhop;Fj; Jhf;fk; tutpy;iy. jiyaizapy; Kfk; Gijj;Jf;nfhz;L mOjhs;. vq;Nf  
nry;tp jd;idtpl;Lg;Ngha;tpLthNsh vd muz;lhs;. ,jw;nfy;yhk; jd; fztd; ypNkh jhd; fhuzk;  
vd;w KbTf;F te;jhs;. ,UtUf;Fk; ,ilNa fpsk;gpa Gaypy; rpf;fpapUe;j ypNkh gaq;fu  
fisg;gpdhy; mg;nghOJhd; Mo;e;J cwq;fpapUe;jhd;. jhd; kl;Lk; kd cisr;rypy;  
,Uf;Fk;NghJ ,tu; kl;Lk; kuf;fl;ilg;Nghy Ruizapd;wp Jhq;FfpwhNu vd;w nghwhikapdhy;  
ypNkhtpd; jiyg; gplupiag; gpbj;jpOj;jhs;. “ vd;dq;f> cq;fsj;jhd;> cq;fSf;F kl;Lk; ey;yh  
Jhf;fk; tUjh? nry;ypapd; gs;spj; jiyik Mrpupia ek;ikf; fhzNtz;Lnkd mioj;jpUf;fpwhu;fNs>  
ehk; Nghfj;jhd; Ntz;Lkh? ePq;fs; Ntz;Lkhdy; Ngha; thUq;fs;. ehd; xUfhYk;  
tukhl;Nld;...” vd;W ,iue;jhs;.

“Vz;b ,ijf; Nfl;f ,Jjhd; Neukh? kdpjd; ed;whf epk;kjpah ,Uf;f tplkhl;BNah? Vd; fhiyapy;  
Nfl;ff; \$lhNjh? Vd; ,e;j nfhiyntwp cdf;F?”

“cq;fis ehd; Jhq;ftplkhl;Nld;> vOe;jpUq;fs;. vdf;F gjpy; nrhy;ypNa MfZk;..” Rdhkp mts;  
thapy; fpsk;gpapUe;jJ. vd;dr; nra;tJ vd;wwpahj ypNkh mikjpAld; kPz;Lk; fz;%bdhd;. ,  
,ijf; fz;l fdpnkhop rpwpjsTk; fdpT ,d;wp xU nrk;Gf; Fspu;e;j ePiu nfhz;L te;J ypNkhtpd;  
Kfj;jpd; kPJ fhl;lkhf tPrpdhs;.

,g;gbAk; xU ngz; ,Uf;fKbAkh vd;W vz;zp Kbtjw;Fs; fdpnkhop jd; Nfhgj;ij ntspapLtjw;F  
Clfk; (top) Njbdhs;. jhd; Nghu; ;j;gpapUe;j fk;gpsia ntLf;nfd;W vLj;njwpe;jhs;. nghWikNa  
cyfhSk; vd;w KJnkhopia jdjh;f;fpf;nfhz;bUe;j ypNkh fOj;jpy; jhd; mzpe;jpUe;j rpYitia  
nfl;bahfg; gpbj;Jf;nfhz;lhd;. ‘Mz;ltNu vd;idf; fhg;ghw;W> ,tsplkpUe;J vd;id rPu;gLj;J  
vd;W Ntz;bdhd;.

xU ngz;Zf;F Nfhgk; tuyhk;. Mdhy; gfytd; mts; kPJ m];jkpf;Fk; msTf;F Nfhgk; tUtJ  
tho;Tf;Ff; NflhdJ. Mdhy; ,tNsh Nfhgj;ijNa tho;thff; nfhz;Ltpl;lNns vd;W nghWkpdhd;  
ypNkh. xUNtis ,ts; gpwe;jJ tsu;e;jJ jha; tPl;by; tho;e;jJ ,tisg; ghjpp;jpUf;FNkh? xU tpij  
vg;gbg;gl;l tpijnad;gijf; fhl;bYk; vj;jifia kz;zpy; tpijf;fg;gLfpwJ vd;gJ jhd; Kf;fpak;.

ey;y kz;zpy; tpijf;fg;gLk; tpij EhW gyd; nfhl;fpwJ vd;fpwhu; ,NaR Mz;ltu;. ek; ,jak;;  
epyj;ijg;Nghd;wJ. ek; vz;zk; tpijiag;Nghd;wJ. ey;y vz;zq;fis ehk; tpijj;jhy; md;G vd;w

gapu; Kisj;J ew;nray; vd;w fdpiaf; nfhLf;fpwJ. ew;fdpahdJ kfpo;r;rp mikjp epk;kjp vd;w ,dpikiaj; jUfpwJ.

,J xt;nthU fztd; kidtpf;Fk; gps;isfSf;Fk; nghUe;Jk;. ypNkh Nghd;w fztd; ,Ue;jhYk; fdpnkhop Nghd;w fdpNt ,y;yhj kidtp mike;Jtpl;lhy; ey;y epyj;jpw;Fk; ey;y gapUf;Fk; ew;fdpf;Fk; kfpo;r;rp;Fk; gQ;rk;jhd;. vj;jid Kiw kd;dpg;gJ? VO Kiwah? vd;w rPlu; ,uhag;gupd; Nfs;tpf;F> “VOKiwad;W VOKiw vOgJKiw” vd;fpwhu; Mz;ltu;. fztd; kidtpf;fpilNa vy;iyaw;w kd;dpg;G ,Ue;jhy; kl;LNk FLk;gk; FLk;gkhf ,Uf;Fk; ,y;iynadpy; RI;nlupf;Fk; jzyhf ,Uf;Fk;.

fdpnkhopf;F Vd; ,j;jid Nfhgk;? Vd; ,j;jid MNtrk;? ,j;jid ntWg;G? ,j;jid fhI;lk;?..... mg;nghOJ mtSf;F MW taJ ,Uf;Fk;. jha; khkd; guhkupg;gpy; tsu;e;j fhyk;. ngw;Nwhu; ,UtiuAk; mts; ghu;j;jpUf;ftpy;iy. mg;gh mk;kh ahnud;W \$l mwpe;jpuhj gUtk;. xU ehs;..... (njhlUk;)

**je;ij ehjd;**