

KEY OCT.2010

FROM THE EDITOR'S DESK

Desire to live long with illegal wealth and power

In a certain forest were living a Tortoise, a fish and a frog as very close friends. They used to share many things during their daily meetings. However each one had its complexes. Tortoise boasted with pride that he would live one thousand years long. The fish had its share of pride and said that she would live 100 years long. But the frog maintained his usual silence and prudence. That very same evening the big brother Tortoise came out of the pond he was living in for a stroll, crawling on the land with great desire to live long. Alas! A hunter was desperately looking out for a prey. And to his delight, saw the tortoise burrowing in the sand. The hunter seeing our big brother Tortoise trying to hide hit it with a stone. But its strong shell protected the big brother Tortoise from being hurt. But the hunter was merciless all the more to the animal and overturned it and killed it. Not knowing that the fate of the tortoise and its own end imminent, the fish was chirping out of the water now and then with its usual pride of living for 100 years long. It saw with deep joy, a feast to its eyes and mouth, that is, a worm was held captive in a bait drawing near to its mouth. Quickly grabbing the worm in its mouth the fish became a hostage in the hand of a fishing boy who tasted the victim at dinner. Hearing the gloomy end of his friends both tortoise and the fish, the frog swallowed up by fear and simplicity slowly gave into its own prudent decision and swam gently with a sensible mind of humility and simplicity.

Who can live long in this world? Who can be permanent? Who can be eternal in this world? No one. Then for whom do we store up riches here on earth? For our future generation? For our own pleasure? Knowing our life is for short, yet we claim our life a long standing one and thereby try to amass wealth and riches at the cost of poor and the down trodden.

In a tree, once a yellow aged ripe dried leaf was withering. Observing the ripe leaf wither, the young green leaves laughed aloud and mocked the latter. But the fallen leaf said." Today is mine, tomorrow is yours".

Everyone has to disappear from our sight one day. Shortness or longevity of our life doesn't depend on how much have we earned or how much have we been famous but how have felt and thought about the meaning of our life and existence.

Sincerity and honest bring joy to an individual. This stretches one's long and healthy.

A part time auto driver Gopal Rao played a good Samaritan by returning a laptop and cash of Chacko, a businessman from Kerala, who had forgotten to collect it before alighting from Rao's auto. Chacko boarded Rao's auto at Cottonpet (Bangalore) and sought a drop to Central bus stand at 10.30 pm on 18.9.2010. 'Chacko gave me Rs.40 though the fare was just Rs.20. I noticed his bag lying on the seat, minutes after he left. I

searched for the address in the bag, but in vain. I decided to hand it over to the police on Monday as it was late night” Rao told *Deccan Herald* daily.

Rao handed over the high end laptop and Rs.36,000 to the City Police Commissioner Shankar Bidari and Joint Commissioner of Police (Crime) Alok Kumar on 20.9.2010. The police honoured Rao by presenting him an appreciation certificate and Rs.2,000 reward for his gesture.

The Joint Commissioner managed to trace Chacko’s address and contact number with the help of the laptop. Chacko, who came to the Commissioner’s office could not believe that his laptop was found. He was overwhelmed by the auto driver’s gesture. Rao, a marble designer lives with his wife, two daughters and a son near Hoskerehalli bus stand. He said.”I work as a part time auto driver as I am in financial crisis. Life has taught me that money earned through illegal means brings misery” Ref.DH.21.9.2010

Climbing the ladder of life by any means, I mean by any crooked mean is not a matter of honour. It is a shame for an individual and the institution he serves in.

In the medieval age,’Simony’ was practiced widely in the Church. A simony is an unethical act of receiving a Church (hierarchical) position or power for the exchange of money to the authority. In other words, hierarchical or ecclesiastical power or position was purchased for money clandestinely. Unfortunately it became a somewhat accepted norm in the Church even today also as we find bribe among politicians. Ecclesiastical or civil power or position should be offered to any individual with long standing service or merit of experience, expertise and knowledge, and not on the basis of money received as favour. Let justice prevail!

Mr.Gopal Rao’s statement Life has taught me that money earned through illegal means brings misery” should be understood with a moral conscience by any one, say a religious (of any religion) or civil authority.

Someone said to the money (currency notes),”you are only a paper!” But the paper money replied,”I know I am only a paper, but I have not found a place in any dust bin!”

“No can serve two masters. Either he does not like the one and is fond of the other or he regards one highly and the other with contempt. You cannot give yourself both to God and to money” Lk.16:13

Wish to live long with money or power or position earned illegally? Let the Tortoise and the fish in the story mentioned above give us a lesson. Let Gopal Rao a simple auto driver teach us a way !

Fr. J. A. Nathan
Editor

=====

MESSAGE OF HIS HOLINESS BENEDICT XVI

FOR THE WORLD MISSION SUNDAY 2010



Building Ecclesial Communion is the Key to Mission

Dear Brothers and Sisters,

The month of October, with the celebration of World Mission Sunday, offers to diocesan and parish communities, institutes of consecrated life, ecclesial movements and the entire People of God an opportunity to renew the commitment to proclaim the Gospel and to give pastoral activities greater missionary perspective. This annual event invites us to live intensely the liturgical and catechetical, charitable and cultural processes through which Jesus Christ summons us to the banquet of his word and of the Eucharist, to taste the gift of his presence, to be formed at his school and to live ever more closely united to him, our teacher and Lord. He himself tells us, "He who loves me will be loved by my Father, and I will love him and manifest myself to him" (Jn 14: 21).

Furthermore, in many countries the various ecclesial activities are resumed in October, after the summer break, and the Church invites us to learn from Mary, by praying the Holy Rosary, to contemplate the Father's plan of love for humanity, to love her as he loves her. Is not this also the meaning of mission?

"We wish to see Jesus" (Jn 12: 21), is the request in John's Gospel that some Greeks, who had arrived in Jerusalem for the paschal pilgrimage, address to the Apostle Philip. It also resonates in our hearts during this month of October which reminds us that the commitment to, and task of, Gospel proclamation is a duty of the whole Church, "by her

very nature missionary" ([*Ad gentes*](#), n. 2), and invites us to become champions of the newness of life made up of authentic relationships in communities founded on the Gospel.

Ecclesial communion is born from the encounter with the Son of God, Jesus Christ, who, through the Church's proclamation reaches out to human beings and creates fellowship with himself and hence with the Father and the Holy Spirit (cf. 1 Jn 1: 3). Christ establishes the new relationship between man and God.

The Church becomes "communion" on the basis of the Eucharist in which Christ, present in bread and in wine with his sacrifice of love builds the Church as his Body, uniting us with the Triune God and with one another (cf. 1 Cor 10: 16ff.). In the Apostolic Exhortation [*Sacramentum caritatis*](#) I wrote, "The love that we celebrate in the sacrament is not something we can keep to ourselves. By its very nature it demands to be shared with everyone. What the world needs is God's love; it needs to encounter Christ and to believe in him" (n. 84).

Dear friends, on this World Mission Sunday in which the heart's gaze extends to the immense spaces of mission, let us all be protagonists of the Church's commitment to proclaim the Gospel. The missionary impulse has always been a sign of vitality for our Churches (cf. Encyclical Letter, [*Redemptoris missio*](#), n. 2), with their cooperation and their unique witness of unity, brotherhood and solidarity that gives credibility to heralds of the Love that saves!

I therefore renew to everyone the invitation to pray and, despite financial difficulties, to offer fraternal and concrete help to support the young Churches. This act of love and sharing, which the precious service of the Pontifical Missionary Societies to which I express my gratitude will see to allocating, will support the formation of priests, seminarians and catechists in the most distant mission lands and will encourage the young ecclesial communities.

At the end of this annual Message for World Mission Sunday, I would like with special affection to express my gratitude to missionaries who bear witness to the coming of the Kingdom of God in the most remote and challenging places, often with their lives.

As with the "Yes" of Mary, every generous response of the ecclesial community to the Divine invitation to love our brothers and sisters, will raise up a new Apostolic and ecclesial motherhood (cf. Gal 4: 4, 19, 26), leaving us struck by the mystery of the God of love who "when the time had fully come... sent forth his Son, born of a woman" (Gal 4: 4) to give faith and boldness to the new Apostles. Such a response will make everyone capable "rejoicing in hope" (Rom 12: 12) by realizing the project of God, who wills "that the whole human race form one people of God, be united in the one body of Christ, and be built up into one temple of the Holy Spirit" ([*Ad gentes*](#), n. 7).

From the Vatican, 6 February 2010

FEW TIPS FOR THE WORLD MISSION SUNDAY

1. CALL TO PROCLAIM THE GOOD NEWS MT.28.19
2. CALL TO BAPTISE NON-CHRISTIANS
3. CALL TO GIVE COURAGIOUS CHRISTIAN WITNESS BY WORD AND DEED
4. EVERY BAPTISED PERSON IS CALLED TO SHARE THE GOOD NEWS OF JESUS CHRIST WITH OTHERS
5. CALL TO PRAY FOR EVANGELIZATION AND MISSION AND TO REMEMBER ALL THOSE WHO SERVE THE WORLD COMMUNITY IN REMOTE MISSION STATIONS WITH GREAT THREAT TO LIFE
6. CALL TO SHARE OUR MONEY FOR THE WORLD MISSION THROUGH ENVELOPS, MASS COLLECTION
7. THE COLLECTED MONEY IS SENT TO THE PONTIFICAL MISSION AND EVANGELIZATION OF PEOPLES
8. ORGANIZING IN PARISH & ZONAL LEVEL GAMES, FETES, GROUP ACTIVITIES TO MOBILIZE FUNDS TOWARDS THE WORLD MISSION SUNDAY
9. A DAY TO CELEBRATE THE GOOD NEWS OF JESUS CHRIST
10. A DAY TO REFLECT ON THE CHALLENGES TO PROCLAIM THE WORD OF GOD IN A DEEP SPIRIT OF FAITH AND COURAGE
11. THE BLOOD OF MARTYRES IS THE SEED OF CHRISTIANITY-SAYS **TERTULLIAN**
12. THE SALVATION OF INDIA IS IN YOUR HANDS – SAYS POPE JOHN PAUL II

A motherless child is like a man without light or lamp in his hand at night OR like a blind man without a staff in his hand.

Children without Blessed Mother Mary are without sentiment of love and affection. They cannot feel the love of the heavenly Mother.

The Month of October calls us for the love of the Blessed Mother Mary through praying the Holy Rosary. Let us pray the Rosary and witness miracles of love and protection from the Blessed Virgin Mother



VATICAN NEWS

Pope's visit to UK

LONDON, SEPT. 20, 2010 ([Zenit.org](http://www.zenit.org)). - The coordinator of Benedict XVI's state visit to the United Kingdom says the Pope "was here for all of us, as a father."

Monsignor Andrew Summersgill gave this evaluation to Vatican Radio in speaking about the Pontiff's four-day trip to Scotland and England, which concluded Sunday (19.9.2010).

He also emphasized the "great consistency" of the papal message: "In all places he spoke of the importance of reason and faith: He spoke to civil society of the function of religion in public life, during the liturgies he taught us the faith and he showed his faith to young people and to the elderly."

The coordinator of the visit said that what impressed him most was "the welcome the Holy Father received, both by Catholics as well as other Christians, those belonging to other religions and those who only went to see him as he went through the city."

=====

Benedict XVI in UK: Bold and Triumphant

By Edward Pentin

LONDON, SEPT. 20, 2010 ([Zenit.org](http://www.zenit.org)).- Benedict XVI's four-day state visit to Britain defied doomsayers and the negative publicity that preceded it, bringing out an estimated 500,000 people in Scotland and England as well as countless others who heard his messages in the media and on the Internet.

Both the government and the Vatican were delighted with how well it went. Vatican spokesman Father Federico Lombardi said it was a "wonderful visit" and, above all, a "spiritual success." "Many, many people listened with profound interest to what he had to say" he said.

The British press, some of which has been extremely hostile to the visit, gave a virtually unanimous verdict that it could not have gone better for the Church. The Daily Mail described the visit as "triumphant," adding that "by last night, the protesters appeared defeated, with celebrity objectors virtually silent and demonstrations against the visit few and muted."

Benedict XVI began his trip by telling Queen Elizabeth II of his concerns over

“aggressive forms of secularism,” but he ended it on a message of hope: Britons, he said, have a “deep thirst” for the message of Christianity, even if the country has become a “highly secularized environment.” He constantly warned of the excesses of secularism and the perils of “atheist extremism,” yet reminded the country of its deep Christian roots from which so much good has been achieved by its people in the course of history.

Britain's Prime Minister David Cameron noted in his farewell address that the messages Benedict had delivered to the country had made it "sit up and think." He gave strong assurances that faith "has been and always will be" part of the fabric of British society. An important factor in the visit's success was the chance for British people to see what the Pope is really like, as opposed to his media-concocted image. They were won over by his shyness, deep humility, and child-like innocence -- just as many in the Vatican predicted they would be. But they were also impressed by his courage and his willingness to speak his mind.

This was a truly historic visit designed to help bring reconciliation between Church and state and between Catholics and Anglicans. Half of all the nation's Parliamentarians turned out for the Pope's speech in Westminster Hall, where St. Thomas More, the patron saint of politicians, was tried and condemned in 1535. The Holy Father expressed his concern at the “marginalization” of religion in society, reminding them that religion is not a problem for legislators to solve, but a “vital contributor” to the national conversation.

New chapter

With the Church of England, the exchanges were remarkably friendly, despite relations having reached their lowest ebb in recent times. The Pope also reached out to interreligious leaders, and engaged teachers and young people, urging the latter not to follow a celebrity culture but to enter into relationship with God and pursue holiness.

The Pope called Blessed Cardinal John Henry Newman, the 19th-century theologian whom the Pope came to England to beatify, a "great son of England," recalling how he showed his priestly compassion to the poor, sick and imprisoned.

=====

Priest-Martyr of Dachau Beatified

MUNSTER, Germany, SEPT. 20, 2010 ([Zenit.org](http://www.zenit.org)).- The Schonstatt Fathers are welcoming another beatification for their spiritual family, Father Gerhard Hirschfelder, who associated himself with the group while he was a prisoner at Dachau concentration camp.

The founder of Schonstatt, Father Joseph Kentenich (1885 - 1968), himself spent several years at Dachau.

Father Hirschfelder followed in the spiritual footsteps of the founder, associating himself with Schonstatt before his death in 1942, at the age of 35.

The priest was beatified Sunday, with Cardinal Joachim Meisner, archbishop of Cologne, representing the Pope at the ceremony.

The cardinal talked to Vatican Radio about Blessed Hirschfelder, classifying him as a model for young people.

Warning of Nazi error

Gerhard Hirschfelder was born in 1907 in Glatz, Silesia, and was ordained a priest in 1932. His path to ordination was strewn with difficulties because Gerhard was an illegitimate child and, according to the rules of the day, needed special authorization to study theology and a dispensation for orders..

While in the Glatz prison, where he was for four months, he wrote an impressive Via Crucis and reflections on the priesthood, marriage and the family.

He was taken to Dachau on Dec. 15, 1941, where he died of hunger and acute pneumonia on Aug. 1, 1942.

In a testimony on the Schonstatt Web page, Father Rehling explains how the two talked of the Schonstatt community. "Father Hirschfelder was interested in the community and knew and loved the thrice admirable Mother," he explained.

This image of the Virgin, the Mater Ter Admirabilis, is at the heart of Schonstatt shrines; the nucleus of the institute is a covenant of love with the Virgin.

News From the Desk of...

Joseph Dias, General Secretary, The CSF

Catholic-Christian Secular Forum www.thecsf.org

Belgaum Methodist Church 26 Acres Prime Property Worth Rs. 100 Crores at Risk (to be Usurped by BJP MLA & His Gang)

We are informed by activist BG Koshy that the BJP and its cohorts are on the verge of invading valuable Methodist Church property in the heart of Belgaum. This is being done by a group of hoodlums, allegedly under the patronage of the BJP MLA, Abhay Patil who are determined to forcibly possess at least 8 acres of vacant land, near the main road, opposite the District Collector's office in the Methodist complex in Belgaum. They have also laid claim to a total of 26 acres which houses - colleges, schools and hostels. Bishop Taranath Sagar of the South India Regional Conference of the MCI is fighting them tooth and nail, but needs to be supported by all concerned.

The SP of Belgaum needs to be told that he will be in contempt of court if he supports the efforts of these intruders to possess Methodist land. He needs to read the report of his predecessor Mrs Sonia Narang which is the truthful account of the ownership and possession of the property. Ms. Narang was supposedly transferred because she obeyed her conscience and protected the church property. As in the case of Wellington Colony in Mumbai, it is apparent that some judas methodists could be involved, besides of course corrupt officials, lawyers, etc. for a scam of this magnitude. The BJP is in power and pressure is being applied on the DGP and SP to interpret the High Court orders to the advantage of the persecutors.

We need to write URGENTLY to the Governor, Shri HR Bharadwaj (080-22254101 / Fax 22258150) at rbblr@vsnl.com , Chief Minister, Mr. Yeddyurappa (080-22253414 / Fax 22281021 / 22253660) at cm@kar.nic.in , Chief Secretary, SV Ranganath (080-22252442 / 3716 / Fax 22258913) cs-skar@kar.nic.in and Dr Ajai K.Singh DGP of Karnataka (080-22211803) ajaiksingh74@yahoo.com You may also express your solidarity and support to Bishop Taranath Sagar of the Methodist Church, (080-22249827), Baldwin Institutions, Convent St, Bangalore - 25. bishop_sagar@hotmail.com Since emails tend to go unanswered, we suggest a FAX is best.

=====

Amid Persecution in Pakistan, Dominican Vocations Flourish

As the Dominicans hold their general chapter in Rome, the order's vice provincial in Pakistan discusses the persecution Christians endure there. Noting that "the Church in Pakistan is a suffering Church, and attacks against Christians have increased recently," Father James Channan says that "Muslims of Pakistan know that Christians are very firm in the faith, and that we follow the Christ who forgave others and loved his enemies. We do not respond to violence with violence or hatred with hatred." Citing statistics that call to mind Tertullian's observation that the blood of martyrs is the seed of Christians, Father Channan adds: We have 36 professed friars, four novices and 22 young aspirants. That gives us great hope. Our life is challenging and difficult but with the grace of God, we are confident and keep on giving a Dominican witness of Christ in our land.

What challenges do you face in carrying out this mission?

At present, Pakistan is going through a lot of turmoil. It is very unfortunate that our country has become a land which is confronted with the challenge of fanaticism, terrorism, and violence. The 9/11 incident happened only once in the USA, but we are faced with such 9/11 every day in our country. Public places, markets, schools, hospitals, places of worship, such as mosques, shrines of Muslim saints, and our churches have been attacked quite frequently, in which thousands of people have lost their lives. There is no place in Pakistan right now that we can say is a safe place. It seems as every place in Pakistan is an easy target of terrorists. These terrorists and

suicide bombers do not respect their own lives and they do not respect lives of the others. They blow themselves up, and attack others whether they are men, women or children. Seeing such uncertainties and disturbance in the country it is important that we bring a healing presence to the people of Pakistan and change the mindset of these terrorists. Our religion and that of Muslims do not give such teachings of terrorism and killing of others. These religions, and of course other religions, teach respect for life, peace and acceptance of others and respect for all.

At this time when the future seems very dark, and people feel helpless, we as Pakistani Christians and Dominicans have a very important role to play and that is the role of bringing hope to our people. In our country we are the salt of the earth and light of the world. Muslims of Pakistan know that Christians are very firm in the faith, and that we follow the Christ who forgave others and loved his enemies. We do not respond to violence with violence or hatred with hatred. We have a prophetic role to play in Pakistan to bring healing to wounded humanity. We are called upon to play our full role to create a culture of love, peace, care and justice. Our model is Christ who said "Love one another as I have loved you"

=====

YOU SAY

You say: "It's impossible"

You say: "I'm too tired"

You say: "Nobody really loves me"

You say: "I can't go on"

You say: "I can't figure things out"

You say: "I can't do it"

You say: "I'm not able"

You say: "It's not worth it"

You say: "I can't forgive myself"

You say: "I can't manage"

You say: "I'm afraid"

GOD SAYS

God says: All things are possible

God says: I will give you rest

God says: I love you

God says: My grace is sufficient

God says: I will direct your steps

God says: You can do all things

God says: I am able

God says: It will be worth it

God says: I Forgive you

God says: I will supply all your needs

God says: I have not given you a spirit of fear

BIBLE VERSES

(Luke 18:27)

(Matthew 11:28-30)

(John 3:16 & John 3:34)

(II Corinthians 12:9 & Psalm 91:15)

(Proverbs 3:5-6)

(Philippians 4:13)

(II Corinthians 9:8)

(Roman 8:28)

(I John 1:9 & Romans 8:1)

(Philippians 4:19)

(II Timothy 1:7)

You say: "I'm always worried and frustrated" **God says:** Cast all your cares on ME (I Peter 5:7)

You say: "I'm not smart enough" **God says:** I give you wisdom (I Corinthians 1:30)

You say: "I feel all alone" **God says:** I will never leave you or forsake you (Hebrews 13:5)

Believe God is there just for you...

=====

VERY URGENT

Have you ever been grateful for our service to you since two years? Are you justified by receiving our bulletin without any payment so far? Let your goodwill and understanding with your generosity speak for our effort towards the glorification of Our Lord.

By sending Rs.290 only as your subscription either in MO or Cheque in favour of Fr.J.A.Nathan, to our monthly THE KEY, you please rest assured of double fold blessings from the Lord.

Here is our postal address: THE EDITOR, FR.J.A.NATHAN, ST.PETER'S CHURCH, RUSTUMBAGH, BEHIND MANIPAL HOSPITAL, OLD AIRPORT ROAD, BANGALORE - 560 017, INDIA. TEL: 080-25264343, 09740203056 EMAIL: nathanvatican@yahoo.com



ARCHBISHOP MOST REV. BERNARD MORAS INAUGURATES "PAALANA BHAVANA" PASTORAL CENTER, A NEW 4 STORY BUILDING ON 17.9.2010 MARKING HIS 6TH ANNIVERSARY OF HIS NOMINATION AS THE ARCHBISHOP OF BANGALORE. SEEN (FROM LEFT TO RIGHT) ARE V. REV. C. FRANCIS, VG, V. REV. S. JAYANATHAN, VG AND V. REV. A. S. ANTHONY SAMY, CHANCELLOR



DISPLAY AT THE BANGALORE ARCHDIOCESAN PASTORAL CENTER RECEPTION WITH PICTURES OF VARIOUS COMMISSIONS GUIDED BY THE GOOD SHEPHERD LORD JESUS CHRIST

INDIA & CWG

The following article and the report will give us a critical report as how poor and weak we are in preparing an international event like the CWG at New Delhi. The ethos in organizing such an event on Oct 3, betrays the substandard quality in compassion with many Asian Countries, leave alone the West.

Why are we Indians weak and less superior in our quality and standard in organizing CWG? Is there any dearth for brain and resources for an able planning and execution of the game? This one event, at least, an international one in its nature, is a very big challenge for us to go for any Olympic Games organization. Look at China, how meticulously prepared it is for 16th Asian Games, even two months (Nov 2010) well in advance!

We had performed very well and given a good show in conducting the first Asian Games in Delhi in 1964 even when facility was not so advanced. The expectation of the participating nations will not be the kind that we go about with poor health and sanitation. Theirs is always a high profile with international protocol. We should be ready to stand with it.

India boasts of the third powerful nation as far as the global power is concerned. But yet, a CWG, we are unable to satisfy the international athletes who arrive in our Capital.

Corruption, lies, fraud, deceit, indecency, unhygienic environment, substandard work, callousness, laziness, selfishness, ego, non-co-operation, inefficiency, security flap, and many more demerits have greatly contributed for the unpreparedness for the Games. We may have to eat our humble pie at the end of the show.

Lack of political will with absence of high orientation on the side of Union Sports Ministry and Organizing authority is to be blamed for criticism. Actually, this sort of event should make every Indian proud. But unfortunately, every Indian has to be blamed for holding these people with poor thinking in power. Let us hope for the best. Please read the following report with highly sensitized criticisms from different angles about the way CWG is going to be. Courtesy: KEY EDITORIAL BOARD

Even as CWG struggles to get ready, China's Asian Games ahead of schedule

This is one news the CWG organisers would hate to hear in the current circumstances. The Asian Games are scheduled to be held in China's Guangzhou city in November and the Games Village (Town) there has been handed over to the Organising Committee 2 months in advance.



Beijing: As India works feverishly to prepare for the Commonwealth Games that begin Oct 3, Asian Games Town with 8,000 apartments in China's Guangzhou city is complete and has been handed over to the organising committee nearly two months ahead of the sporting event.

Asian Games Town, which took more than two years to construct, has been formally handed over to the Guangzhou Asian Games Organizing Committee, China Daily reported Wednesday.

The town is ready to accommodate an estimated 40,000 athletes, coaches, technical officials and members of the media from around the world. It has been built on the banks of Pearl River tributaries and is spread over 2.73 sq km.

The 16th Asian Games are from Nov 12 to 27. Besides an athletes' village with 13 apartment buildings, the town has a media village, technical officials' village, international broadcast center and a main press center.



Xu Ruisheng, vice-mayor of Guangzhou and executive deputy secretary-general of the organizing committee, said: "The coming Asian Games will serve as a showcase for China's Lingnan culture that thrives in Guangdong and other parts of south China."

Yuko Arakida, a former Japanese Olympian, heaped praise on the Games Town after she visited it. "I think the facilities for the athletes at the Asian Games are much better than at the Beijing Summer Olympic Games. There is lots of green and it is a very good environment for the athletes," Arakida was quoted as saying.

Over 63 percent of the town has been covered in greenery and tropical trees and fruit plants are now being planted.

The Commonwealth Games to be held in New Delhi Oct 3-14 has come in for criticism for lack of preparedness. Hygiene issues have dogged the Games Village which is to house the athletes.



CWG faces pull-out threats

Looks like nothing is going right for the CWG 2010. Barely 24 hours after the foot overbridge collapsed near the main Jawaharlal Nehru stadium, has a false ceiling collapsed near the weightlifting arena inside the main stadium. Luckily, no one has been injured in the mishap.

This is the 2nd such incident in less than a day and puts serious question marks on the

quality of infrastructure that has been put up for the prestigious Games, the biggest ever in Independent India.

The New Zealand Prime Minister has come out in full support of all the Kiwi athletes who want to pull out.

The Commonwealth Games, to be held in New Delhi from Oct 3, has suffered another blow after three of England's high profile athletes - Phillips Idowu, Christine Ohuruogu and Lisa Dobriskey - withdrew citing security and injury concerns.

British newspaper The Daily Telegraph reported that Idowu's agent Ricky Simms had earlier insisted that no official decision had been made, but the 31-year-old Idowu used his Twitter account to say: "Sorry people, but I have children to think about. My safety is more important to them than a medal."

"I understand people will be disappointed that I will not be competing. I am disappointed. If you know me as an athlete you will know these games mean a lot (sic) to me. It's the champs in which I won my 1st medal.

"And four years ago won my 1st gold, which kicked off the success I have in my career to date.



Olympic Champion too pulls out

Christine Ohuruogu, the Olympic 400 metres champion, and world 1,500m silver medallist Lisa Dobriskey, both of whom won their first international gold medals at the Commonwealth Games in Melbourne four years ago, cited injury problems.

"I had already picked up my team kit and was getting ready to go to the preparation camp in Doha. Instead, I will have a short break now and resume winter training in October to get ready for the 2011 season," Ohuruogu was quoted as saying by the daily.

Dobriskey, who had hoped to double up in the 800 and 1,500m, was insistent that her withdrawal had nothing to do with the adverse reports emerging from New Delhi about the Commonwealth Games. She said her decision to pull out was because of an upper ligament injury picked up in Zurich a month ago when she had to swerve sharply to avoid a final-bend pile-up.

Earlier, Australia's women's world discus champion, Dani Samuels had pulled out of the Games after admitting that she was terrified about the security threat.

"At the end of the day, this is sport," she said. "It's not worth risking your life."



Canadian media slams CWG

Toronto: The Canadian media tore India apart Tuesday, describing its Commonwealth Games preparations as **"a bad joke"** on the world and said India was frittering away what could have been its "showcase moment".

"Monsoon rains, a dengue fever epidemic, car bombs, a collapsing pedestrian bridge, corrupt construction rackets, traffic Armageddon, indifferent politicians and a filthy athletes' village that does not even have proper plumbing yet. Or wiring. Or paint on the walls," the National Post wrote Tuesday.

But amid all this, the paper said, "the good news is, the Indians don't seem to be too worried. The organisers have responded to the international outcry with a mere head-scratching, saying that standards of 'cleanliness' might differ from other standards of 'cleanliness'," the paper said.



Foolproof security is a joke

Canada is sending 255 athletes, 51 coaches and 52 support staff for the Games that begin in New Delhi Oct 3. Narrating how India is failing whereas China and South Africa used the recent mega-sporting events to convey a political message to the world, the paper said, "China's Summer Olympic turn in 2008 flashed an Asian industrial tiger's might while soccer's World Cup cast an incandescent glow over South Africa, revealing a nation packed with human potential too often overlooked or underestimated by the West.

Making fun of India's assurances to provide fool-proof security, the paper described how an Australian journalist managed to get past security with a bomb detonation kit.

"Mike Duffy managed to go past...poured additional gasoline on an already combustible

situation by sidling past Delhi police and into the main Commonwealth stadium this week with an oversized suitcase. Inside was a bomb detonation kit."



Canada threatens to pull out

Canada hinted that it is ready to pull out of the Commonwealth Games if India quickly fails to fix the problems - lack of preparedness at venues and fears about security. The Canadian contingent was to start arriving in the Indian capital from Friday for the Games which start Oct 3.

Taking Indian organizers to task, Canadian officials strongly hinted that if all the problems are not fixed before the arrival date of their athletes, the country might pull out of the Games.

"It is not as if the Indian government has been unaware of these problems - and that is, I think, the source of so much frustration on the part of many of us."

In an angry tone, he said, "Personally, I am deeply disappointed with the reactions of the Indian government and the organizing committee. They reflect, it seems to me, a certain level of indifference that borders at times on the intransigent - and they have been glacial in responding to the concerns that have been raised by colleagues and I for weeks and, indeed, months leading up to these Games.

"We're addressing an extremely challenging situation and monitoring developments very closely."

Expressing his "serious concern" over safety, security and site preparedness, Canadians Sports Minister Gary Lunn also said, "It's going to take a lot of work (by India) to rectify" these problems."



New Zealand PM in favour of pull-out

New Zealand Prime Minister John Key said that he would support any athlete who decides not to participate in the Commonwealth Games and added: "they have to make their own decision on whether they feel comfortable or not with the risks involved".

Some 7,000 participants and officials from 71 countries and territories are expected to attend the Oct 3-14 Commonwealth Games, India's biggest sporting event after the 1982 Asian Games it hosted in New Delhi.



Too short a time even for PM's magic

New Delhi: Amid mounting concerns over New Delhi's preparations for the Commonwealth Games that are just 12 days away, Prime Minister Manmohan Singh once again intervened and ordered a slew of measures in a bid to save India's image internationally.



Source: Agencies

Valuable Information

Correct timing to drink water, will maximize

Its effectiveness on the Human body.

Two (02) glass of water - After waking up - Helps activate internal organs

One (01) glasses of water - 30 minutes before meal - Help digestion

One (01) glass of water - Before taking a bath - Helps lower blood pressure

One (01) glass of water - Before sleep - To avoid stroke or heart attack

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

rgyk; rQ;ryk; re;Njfk; ,it %d;Wk; ,izgpupah Njhou;fs;. xd;W ,Ue;jhy; kw;w ,uz;Lk; \$lNt tUk;. Mdhy; ,it %d;Wk; moptpd; tpj;Jf;fs;.....

mts; kdjpy; jhd; mofp vd;w Mztk; ,Ue;Jnfhz;NlapUf;Fk;. mts; ngau; fdpnkhop. nfhQ;rk;\$l fdpT ,y;yhjts;. jd; fztd; Ntiy Kbj;Jf;nfhz;L te;jTld; mtDila ifnjhiyNgrpia ,ufrpakhf vLj;Jr;nrd;W ,ufrpakhf ,af;fpg; ghu;g;ghs;. mts; fztd; ngau; ypNkh. mtDila ngw;Nwhu; jkpo; ,yf;fpaj;jpd; kPJ <LghL mjpfk; nfhz;ltu;fs;. ,e;jpa njd;Kid> ny%upah fz;lj;NjhL ,ize;jpUe;j jkpou; gFjp vd;W ek;gpatu;fs;. vdNt jq;fs; xNu Mz;kfDf;F ypNkh vd;Nw ngau; itj;J kfpo;e;jdu;.

jd; fztd; vtSldhtJ NgrpapUf;fpwhuh vtshtJ mtSf;Fj; njhiyNgrpapy; njhlu;Gnfhz;L NgrpapUf;fpwhsh? mtu; jd;idj; jtpu NtW vtisahtJ “itj;Jf;nfhz;bUf;fpwhuh” vd Muha;r;rpr; nra;ths; fdp;. mts; fztNdh vq;Nf jdJ ifnjhiyNgrp vd;W Njbf;nfhz;bUg;ghd;. mtDila Njliy; fz;L ,ufrpakhff; fpz;lyhfr; rpupj;Jf;nfhs;ths;. ,uT czTf;F Kd;Ngh gpD;Ngh ahUldhtJ> Vd; jdJ mYtyf Mz; ez;guhff; \$l ,Uf;fl;Lk;> rw;W ePz;l Neuk; ciuahbnfhz;bUe;jhy; \$l mt;tsT jhd; ,j;jhypapd; vj;dh vupkiyNghy; nfhe;jspj;Jg;Nghths;.

xU ehs; ypNkhitf;fhz xU ngz; tPl;Lf;F te;jpUe;jhs;. mtDf;Fk; mtSf;Fk; ,ilNa gzpepkpj;jk; gupr;rak; Mdts;;. mYtyfg; gzp Fwpj;J mtdplk; Ngr mg;ngz; te;jpUe;jhs;. fdpNah re;Njfi;jpw;Fk; rgyj;jpw;Fk; ngau;Nghdtshapw;Nw! fjtz;il epd;Wnfhz;L xl;Lf;Nfl;f> ghu;f;f Muk;gpj;jhs;. mt;tpUtUk; ciuahlyf;fpilNa Gd;difi;Jnfhz;ldu;. ,ij fz;Zw;w mts; Nfhgj;jhy; neUg;Gg; gpok;gpy; Fspj;jhs;. te;jpUe;j mg;ngz; nrd;wJk; jpLjpg;ngd;W ypNkhtpd;; rl;iliag; gpbj;Jf;nfhz;lhs;. “mtis ePq;f tr;rpUf;fPq;fsh? mts; Vd; tPl;Lf;F tuNtz;Lk;? mtSf;Fk; cq;fSf;Fk; vd;d cwT? ,J vt;tsT ehsh elf;FJ? vd; gps;isfis mior;Rfpl;L vq;f mk;kh tPl;Lf;Fg;

NghfpNwd;> my;yJ vq;NfahtJ Ngha; nrj;Jj;njhiyANwd;.....” vd;W jd; kdjpy; Njhd;wpa
mj;jid czu;r;rpfisAk; Nga; kioaha; nfhl;b; jPuj;;jhs;.

nra;tJ ahJ vd mwpahJ ypNkh jpifj;jhd;> fjpfyq;fpg;Nghdhd;. ,UtUf;Fk; tha;g;Nghu; %z;lJ.
xU jtWk; mwpahJ mg;ghtpj;jdkhf> gpwuplk; ciuahLk; gof;fKila mtd; Nfhgj;jpd;
cr;rj;jpw;Nf nrd;wtdha; mtis fz;zj;jpy; miwNky; miwe;jhd;. mts; %u;r;iraile;jhs;
gae;JNghdhd; mtd;. jd; kdjpw;Fs; vz;zj;jpw;Fs; jd; kidtpiaj; jtpu NtnwhUj;jpia mtd;
vz;zpaNj ,y;iy. mg;gbapUe;Jk; mts; mtid re;Njfi;jpd; Ngupy; tha;f;fpopa Ngrp jhyp fl;ba
fztd; vd;W\$! ghuhky;; mtkjpi;jhs;;. ,opthfg; Ngrpds;;.

kidtpia ifePl;b miwe;Jtpl;NlNd vd;w NtjidAk; mr;rKk; xUGwkpUe;jhYk; “gpd;Nd vd;d> ,ts;
kl;Lk; ,g;gb vd;idg; Ngryhkh? ehDz;L vd; flikAz;L vd;W my;Yk; gfYk; FLk;gj;jpw;fhf
cioj;Jf;nfhz;bUf;fpd;Nwd;. ,ts; vd;dlhd;dh> mehtrpakh vd;id tirkhwp; nghopfpd;whNs>
Ngr;rpNy mlf;fk; Ntz;lkhk? fztd; vd;fpw kupahij Ntz;lkhk? ,ts; tPl;bNy ,jah
fw;Wf;nfhz;lhs;;? fy;ahzkhfp ,uz;lhz;L \$! Kbay> ,jw;Fs; ,ts; vd; kPJ mghz;lkhf gop
Rkj;JfpwhNs... ,y;iy ,y;iy... vd;dj;jhd; ,Ue;jhYk; ,ts; ngz;zy;yth> ,tis mbj;jJ rupapy;iy> ehd;
nfhQ;rk; mikjpahf ,Ue;jpUe;jhy; XykpLfpw eup jhdh mlq;fpg;NghjNgyhy mtSk;
mlq;fpg;NghapUg;gh> ,dpNky; mg;gbj;jhd; nra;aZk;” vd;W jdf;Fs;Ns xU thjk;; Gupe;jhd;.

kaq;fpf;fple;j jd; kidtpapd; Kfj;jpy; jz;zPu; njspj;jhd;. rj;jkhf mtisf; \$g;gpl;Lg;ghu;j;jhd;
mts; votpy;iy. gae;JNghdhd; mtd;. mts; fz;tpopj;jhs;. Kfk; rpte;jpUe;jJ. fz;z; kPq;fpapUe;jJ.
mtisj; jl;bf;nfhLj;jhd;. mtisr; rkhjhdg;gLj;j> jhd; mbj;jJ jtW vd;W kd;dp;G Nfhupdh;
mtNsh mtid kd;dpf;fj; jahuhfapy;iy. gifTzu;NthL mtidg; gh;u;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;Nj 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;Njfi;jhy; mtSk; jPg;nghwp tPrpds;.

ghTk; mtd;. xt;nthU Qhapwd;W jtwlky; jpUg;gypf;Fr; nrd;W te;jhd;. gf;jp tpRthr;K;
mghuk;. 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;lJ....

njhlUk;.... (je;ij n[M.ehjd;)

=====

jkpopy; nra;jpfs;.

- jpUj;je;ijapd; gpupl;lDf;fhD Kjy; jpUg;gazk; (nrg;. 16-19)

jpUj;je;ij 16 Mk; ngdbf;l; gpupl;lDf;fhD jdJ Kjy; jpUg;gazj;ij nrg;. 16 Kjy; 19 tiu
ntw;wpfukhf Nkw;nfhzLs;shu;

];fhl;yhe;J jiyefu; vbd;gu;f; muR khspifapy; gpupl;ld; murp ,uz;lhk; vyprngj;ijr; re;jpj;jhu;. nrg;.16 khiy fpsh];Nfh ngy;yhmT];ld; G+q;fhpty; jpUg;gyp epfo;j;jpdhu;. nrg;.19Mk; Njpp Qhapwd;W gu;kpq;fhkpy; ,iwabahu; [hd; vd;wp epA+nkd; vd;gtUf;F Kj;jpg;NgW gl;lk; toq;fp Gdpju; epiyf;fhd xU gb Ke;jpd epiyf;F cau;j;jpdhu;. ,e;epfo;r;rp ghg;gpiwapd; ,j;jpUg;gaz;j;pd; kzpkFlkhf tpsq;Fk; vd;W jpUg;gPl Ngr;rhsu; mUs;je;ij ng/lupNfh nyhk;ghu;jp \$wpdhu;. Nghg; Mz;lifapd; ,g;gazk; cyfpd; Vo;ik kw;Wk; ntg;gepiyapd; khw;wj;ijf; Fiwf;f cjTk; vd;W ,g;gaz;j;pw;fhd gpupl;ld; gpupjpejpp Nyhu;L Ng;ld; \$wpdhu;.

NkYk; fu;jpdhy; epA+nkd; njhlu;ghd ,uz;lhtJ Gjlk Fwpj;j tprhuizfSk; ,lk;ngw;Wf;nfhz;bUf;fpd;wd. cUf;Fiye;J gpwf;Fk; vd;W vjpu;ghu;f;fg;gl;l xU Foe;ij Fiwapd;wp gpwe;jjw;F> fu;jpdhy; epA+nkd; vOg;gpa Ntz;LjNy fhuzk; vd;W mf;Foe;ijapd; jha; \$wpAs;shu;.

mnkupf;fhpty; jpahf;Nfhd; gzpGupAk; [hf; Ry;iytd; vd;gtupd; jz;Ltlj;jpy; Vw;gl;l Fiw> 2001 Mk; Mz;L Fzkhdij xU Gjlk vd;W Vw;Wf;nfhz;lhy;> fu;jpdhy; epA+nkd; Kj;jpg;NgW ngw;wtuhf cau;j;jg;gl;lhu;. ,tu; Gdpjuh f cau;j;jg;gLtjw;F Foe;ij Fwpj;jg; Gjlk gw;wp tprhupf;f tj;jpf;fhd; tof;fwpQu; nkf;rp;Nfh nry;ytpUf;fpwhu; vd;GJ Fwpg;gplj;jf;fj.

-Fuhd; vupg;G tje;jpianahl;b> fhRkPu; gs;s;j;fhf;fpy; cUthfpAs;s gjl;l;jpw;F> rKjha kw;Wk; murpay; fhuzq;fSk; cs;sd vd;W [k;K =efu; Mau; gPl;lu; nry];jPd; vyk;gNrup \$wpAs;shu;.

nrg;lk;gupy; epA+ahu;f;fpy; Fuhd; vupf;fg;gl;lJ my;yJ fpopf;fg;gl;lJ vd;w tje;jpfisj; njhlu;e;J> fhRkPu; gFjpapy; ,uz;L fj;Njhypf;f kw;Wk; fpwp];jtg; gs;spfs; jP itj;Jf; nfhSj;jg;gl;ld. fuhr;rpapy; **rh yl;b/g;** efupy; nge;jNfh];Nj MyaKk; tptypa Ehy; ghly; Gj;jfq;fs; kur;rpYitfSk;; nfhSj;jg;gl;Ls;sd. NkYk; nrg;. 12Mk; Njpp Yhj;jud; Nfhpty; xd;W jhf;fg;gl;Ls;sJ.

-xuprh khepy fe;jkhy; gFjpapy; fj;Njhypf;fu;fs; tYf;fl;lhakhf ,e;J kjj;jpw;F kjkhw;wk; nra;ag;gLfpd;wdu; vd;W fl;lf; GtNdRtu; Nguhau; uNgy; rPd; xuprh Kjy;tu; etPd; gl;ehaf;fplk; Kiwapl;Ls;shu;.

-cyfpy; 2009 Mk; Mz;by; grpahy; thLNthupd; vz;zpf;if 102 Nfhhahf ,Ue;J ,t;thz;by; gj;J Nfhh Fiwe;jpUe;jhYk; MW nehb;f;F xU Foe;ij Cl;lr;rj;jpd;wp ,wg;gjhf l.eh.tpd; czT kw;Wk; Ntshz;ik mikg;G \$wpAs;sJ.

-nrg;.17Mk; Njpp **ghydh gtdh** vd;w ngaupy; ngq;fSu; ngUkiwkhtl;l Nka;g;G gzp ikak; (4 khb fl;blk;) xd;W Nguhau; ngu;dhu;L Nkhuh]; mtu;fshy; jpwf;fg;gl;Ls;sJ.

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

