



FROM THE EDITOR'S DESK



Once Napoleon Bonaparte, called the national assembly of ministers, officials and representatives of the land. During the deliberation there was a commotion outside his palace, of people demanding economic reforms and food for everyone. The furious and dismayed king demanded explanation from his ministers for not doing their duties. Until then he was under the impression that all was well and that his citizens were happy about his reign and that the fruit of his projects reached his people from the top till the lowest section of the society time to time. During the proceedings he enquired his men, “Gentlemen, what has gone wrong, why the people are not happy, where did go all the projects money? We are answerable to the people and I believed everyone gets everything we do to them !”

“Your Majesty, it is only your presumption that everyone gets everything you do to them. But there is something wrong in the distribution system in your administration” said a representative from the people. Emperor was furious and inquisitive, “How on earth there is something wrong in our distribution system?” The people’s rep said, “O King, kindly arrange for an iceberg on a platter and I shall explain to you”. Napoleon ordered for an iceberg on a platter. The iceberg was brought to the king who was requested to pass it on to the ministers from one to the next seated by ranks. The ice melted little by little as it moved from person to person. When it came to the last in the order, there was a small piece of ice left on the platter. Then the wise rep of the people said, “Your Highness, your intention was good, but the money you allotted for the projects melted like ice as it moved from the respective ministers to various officials under him and finally to the beneficiaries the people. This means there is wide spread corruption starting from the minister concerned till the lowest degree of authority. Thus people received less or no benefit from your projects”. The King was very angry with ministers and reps of people for the criminal act of corruption in his kingdom and dismissed those who indulged in corruption.

Why do our roads in our cities, towns and villages India remain rough, uneven, with pits and potholes? Why the roads in the cities abroad are so clean, well done and beautiful? Why not our roads so? Although enough money is allotted for new roads

or maintenance of the existing roads, you know well it is eaten half by the politicians and one third by bureaucrats and finally only one fourth goes for the projects. Now you know the quality of our roads. The same type of corruption is adopted for every govt projects.

It is said, 'As long as there is a weak civil society, even the buffalo will run the flights'.

Our Indian populace is so weak and ignorant politically, socially that rude, cunning and selfish leaders exploit the situations for their own gain. They are least bothered for the common people. They make hay while sun shines. Their motive is make as much as money and wealth during their power.

Our Country now is awake to the corruption of ministers, politicians, bureaucrats, people in authority and civilians at large. Until recently we were tolerant grudgingly of the corruption prevalent in every sphere of our Indian society. Today we talk of Anna Hazare who was nowhere in the picture.

How did he come to the limelight? He had guts to speak of the corruption in India. He launched a Gandhian protest against corruption, namely fast unto death. As a single man, he is determinant to fight against the social menace that is rooted deep down in the minds of our peoples. He is here to liberate Indians from corruption of all type. Of course, there is a widespread support for him in the struggle for internal independence. Let us give our hands to him in this struggle. But before all else we need to do something very important:

1. Refuse bribe to any one at any cost
2. Stand firm on the principle "I will never encourage bribe till my last breath"
3. Collect people and friends with like minds to stand against corruption
4. Conduct seminar, panel discussion, group discussion about corruption that prevails not only in India at large, but also in our own circle or environment.
5. Fight against corruption that begins at home. Discuss among family members about corruption in our civil society, in our Church among clergy, religious nuns, lay church authorities and in the family circle as well
6. Encourage and practice transparency in your day to day finance dealings(business, account maintenance and so on)
7. Refuse to give extra money on the meter in our auto travel.
8. When you buy articles in any shopping centre, demand official receipts and be ready to pay tax (VAT) whatsoever.
9. When you buy anything ensure you see the price written on it
10. Make sure you differentiate between the gift and the bribe you give
11. Do not flatter someone, what one is not, in order to gain something (this is where corruption begins). This element is rampant in our church institutions too. Favouritism has been prevalent in the Church from time immemorial. Today it is still beyond one's faith.
12. Let our Christian institutions have clean administration.

13. Ensure you pay very justly and legally your employees signed in vouchers. This will prevent stealing or cooking accounts. Justice is to give what is one's due.
14. Demand civil leaders to do what they are obliged to do for the welfare of the people. If still needed, protest, fast or organize rally demanding welfare programs.
15. Create awareness among the govt. officials and authorities to pay enough for the govt employees that they won't put their hands in the public money
16. Avoid favouritism in appointments or selection of individuals for any work or service, but priority or preference be given to the needy, qualified and the deserving
17. Let there be the principle of Nishkama karma (attachment with detachment) in your duties

Fr.J.A.Nathan

Is India poor?

Indians are poor but INDIA is not a poor country". Says one of the swiss bank directors*. He says that "280 Lacs crore" of Indian money is deposited in swiss banks which can be used for 'taxless' budget for 30 yrs. Can give 60 0000000 jobs to all Indians. From any village to Delhi 4 lane roads. Forever free power supply to more than 500 social projects. Every citizen can get monthly Rs. 2000/- for 60 yrs. No need of World Bank & IMF loan. Think how rich politicians block our money. We have full right against corrupt politicians.

Courtesy: Cynthia Stephen

THE POWER OF ROSARY

Beautiful Reasons for Praying the Rosary Even More Often

There are only two people who are not successful in life..

Those who don't Listen to anybody and those who listen to everybody. **Fr. Amorth**, is very well known throughout the church and is the chief Exorcist of the Vatican. He writes



regularly for Zenit.

Father Gabriel Amorth, Chief Exorcist of the Vatican writes:

One day a colleague of mine heard the devil say during an exorcism: "Every Hail Mary is like a blow on my head. If Christians knew how powerful

The Rosary was, it would be my end."

The secret that makes this prayer so effective is that the Rosary is both Prayer and meditation. It is addressed to the Father, to the Blessed Virgin, and to the Holy Trinity, and is

a meditation centered on Christ. I write in addition to the above: Please enunciate each word of the Rosary clearly and distinctly. Do not

Trample on the heels of the words of anyone with your words. Do not speak to the leader if you are following or the respondent if you are leading the Rosary. Remember that they also are having a conversation with Mary Our Mother and it is not polite to speak when someone else is speaking. In the case of the public Rosary there are only two people speaking: the Leader and the respondents. Each is speaking to the Blessed Mother and listening carefully to her response within their hearts as they meditate on the scene before them in their consideration of the mystery being spoken of and interpreted and translated into their lives. Spread this powerful prayer of exorcism, the Rosary, which contains the Our Father, the Perfect Prayer,

Prayed five times in the recitation of each set of the Rosary's Mysteries, backed up by the powerful prayers of Our Mother who prays with us as we pray 53 Hail Marys.

The Eternal Father described to a group of us, through a Visionary Friend of mine, what happens when we pray the Rosary, saying, "When you pray Holy Mary Mother of God, pray for us sinners now....., the Blessed Mother comes instantly to your side to pray with you. And she does not come alone. She brings angels with her. And not just one or two for she is the Queen of Angels, so choirs of angels come with her. And she and Jesus are joined at the heart and cannot be separated so she brings Jesus with her. And Jesus cannot be separated from the Trinity so He brings the Father and the Holy Spirit with Him. And where the Holy Trinity is, all of creation is, and you are surrounded by such beauty and light as you cannot imagine in this life. Your Mother comes as Our Lady of Grace with her hands outstretched rays of light emit from her hands piercing your body, healing you and filling you with graces. This is your inheritance which was poured out from the heart of Jesus on the Cross, when the centurion pierced His Heart with the spear, into the only pure vessel ready to receive such graces at that time, Your Mother. Now as you pray the Rosary, or even just recite one Hail Mary, you receive your portion of these graces. He also said at this time, "Anyone who goes to Mary and prays the Rosary cannot be touched by Satan." Is it any wonder that anyone who prays the Rosary from the heart is so blessed and protected and powerful in their prayer

Courtesy: Lorna

100 Years of Bridgettine Journey . . .



We the Bridgettines all over the world celebrate the Centenary year of our revival of our Order which began in 1911. Our charism, **"Hospitality with an Ecumenical Aim"** is centered on prayer and becomes the nucleus of all our activities. We sanctify the hours of the day by praying and adoring the Eucharistic Lord and reach out to others through pastoral assistance, teaching catechism, dispensary, women welfare centers, Kindergartens, computer and typing centers, hostel for women and social work. In all our activities we touch the lives of others with love that echoes the words of our Mother Foundress: **"Spread light and warmth around me, help me, Lord God, to use my day not for self, but to see and serve Thee in my neighbor."**

Contact

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The KEY wishes the Bridgettine Sisters 'ad multos annos' on mark of their 100 yrs of service in the Kingdom of God . God bless them abundantly

**An excerpt from
The Strangest Secret
by Earl Nightingale**

George Bernard Shaw said, "People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them."

Well, it's pretty apparent, isn't it? And every person who discovered this believed (for a while) that he was the first one to work it out. We become what we think about.

Now, it stands to reason that a person who is thinking about a concrete and worthwhile goal is going to reach it, because that's what he's thinking about. And we become what we think about.

Conversely, the person who has no goal, who doesn't know where he's going, and whose thoughts must therefore be thoughts of confusion, anxiety, fear and worry -

his life becomes one of frustration, fear, anxiety and worry. And if he thinks about nothing...he becomes nothing.

How does it work? Why do we become what we think about? Well, I'll tell you how it works, as far as we know. To do this, I want to tell you about a situation that parallels the human mind.

Suppose a farmer has some land, and it's good, fertile land. The land gives the farmer a choice; he may plant in that land whatever he chooses. The land doesn't care. It's up to the farmer to make a decision.

We're comparing the human mind with the land because the mind, like the land, doesn't care what you plant in it. It will return what you plant, but it doesn't care what you plant.

Now, let's say that the farmer has two seeds in his hand - one is a seed of corn, the other is nightshade, a deadly poison. He digs two little holes in the earth and he plants both seeds - one corn, the other nightshade. He covers up the holes, waters and takes care of the land...and what will happen? Invariably, the land will return what was planted. As it's written in the Bible,

"As ye sow, so shall ye reap."

Remember, the land doesn't care. It will return poison in just as wonderful abundance as it will corn. So up come the plants - one corn, one poison. The human mind is far more fertile, far more incredible and mysterious than the land, but it works the same way. It doesn't care what we plant...success...or failure. A concrete, worthwhile goal...or confusion, misunderstanding, fear, anxiety, and so on. But what we plant it must return to us.

You see, the human mind is the last great, unexplored continent on earth. It contains riches beyond our wildest dreams. It will return anything we want to plant.

VATICAN NEWS

ROME, SEPT. 15, 2011 (Zenit.org).- As the Holy Spirit continues to build the Church and inspire new charisms, it is the role of the bishop to accept the gifts with gratitude, but also to discern and judge their validity, says Benedict XVI. The Pope said this today to a group of some 100 newly ordained bishops upon receiving them in audience this morning in the apostolic palace in Castel Gandolfo. The bishops are taking part in an annual course organized jointly by the Congregation for Bishops and Congregation for Eastern Churches.

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VATICAN CITY, SEPT. 5, 2011 (Zenit.org).- Benedict XVI is mourning the death of Cardinal Andrzej Maria Deskur, the retired president of the Pontifical Council for Social Communications and longtime friend of Pope John Paul II. The cardinal, a native of Poland, died Saturday at the age of 87.



A papal note, sent to Cardinal Stanisław Dziwisz, the Archbishop of Cracow, Poland, expressed the Pope's condolences to the cardinal's family and the archdiocese.

"I recall with a grateful spirit his precious collaboration with the Holy See in the service of six pontiffs, dedicating himself especially to the Christian animation of the field of social communications," the Holy Father said.

On Sept. 13, the day before the conclave, Bishop Deskur suffered an incapacitating brain hemorrhage that left him paralyzed on the left side for the rest of his life. Despite news reports of his death, and the many Requiem Masses that had been offered for him, he recovered his brilliance and good humor, though he could no longer move as before.

John Paul II visited Bishop Deskur in the Gemelli Polyclinic the day after he was elected Pope and, according to eyewitnesses, he said to the hospital staff: "He taught me to be Pope."

In 1973, he was appointed president of the Pontifical Commission (now Council) for Social Communications. He was ordained a bishop in 1974.

On Feb. 15, 1980, John Paul II appointed him archbishop and president emeritus of the Pontifical Commission. Cardinal Deskur contributed to numerous congresses and meetings of professionals of the press, radio, television and cinema, visiting 70 countries around the world. Among other activities, he was one of the promoters of "Radio Veritas" for the countries of Asia and Oceania.

He was created cardinal by John Paul II in the consistory of May 25, 1985. Since 1996, he was president of the Pontifical Academy of the Immaculate Conception.

With his death, there are 193 cardinals, 114 of whom are electors.

INTERVIEW ON EUCHARIST & RECONCILIATION

ROME, SEPT. 15, 2011 (Zenit.org).- An available confessor and a confessional with a green light is a hand reaching out to conversion, says the prelate of Opus Dei Bishop Javier Echevarría. He made this reflection when ZENIT spoke to him about the sacraments of Eucharist and reconciliation on the occasion of Italy's 25th National



Eucharistic Congress. The Pope concluded the congress in Ancona last Sunday.

Bishop Echevarría published a book last year on the Eucharist: "Vivir la Santa Misa" (Living Holy Mass).

ZENIT: Why is the Eucharist "the center and root" of the life of every Christian?

Bishop Echevarría: To put the Eucharist at the center of Christian life means to put Jesus at the heart of everything. In the Eucharist we are called to enter into Trinitarian love. By making the Holy Mass the center of our interior life, we are united to Jesus and, in him, to the whole Church, to all men.

This was the constant teaching of St. Josemaría Escrivá, founder of Opus Dei, who said: "If the tabernacle is at the center of your thoughts and your hopes, how abundant, my son, will be the fruits of holiness and of the apostolate!" The Eucharistic Jesus is the culmination of the gift of himself to humanity; hence, if we identify with him, he will transmit to us the same will to enhance the gift of ourselves and our service to others.

ZENIT: How important is the practice of confession and the Eucharist in the Opus Dei charism?

Bishop Echevarría: In the spirit of Opus Dei, the sacraments of penance and of the Eucharist are as important as they are in the Church: Like all Christians, we try to be penitent and Eucharistic persons, with the practice of frequent Confession and daily participation in the Holy Mass.

The sacrament of reconciliation is profoundly connected to the Eucharist. Confession implies the awareness of being sinners, with faith in divine mercy. Jesus purifies us in his blood shed on the cross for us, so that the Christian can participate with greater fidelity in the Sacrifice of Calvary, which is made present every day in the Holy Mass.

Both sacraments fill the soul with joy and peace -- like the good thief, who, seeing Jesus on Calvary and moved by contrition, felt impelled to acknowledge his sins, and thus found eternal salvation. I insist, confession is very important in the life of the Christian, because it is a sacrament of joy and the door of access to the peace and happiness that are in the Eucharist.



ZENIT: [Mindful of the recently completed National Eucharistic Congress], what suggestions would you make so that the practice of confession and Communion would be more intense and widespread?

Bishop Echevarría: The Church has always taught that fortitude is found in the tabernacle, the surest refuge against fears and anxieties. It is not enough that each one of us, individually, seeks and finds the Lord in the Eucharist; with our witness, we must be able to "infect" the greatest number of persons possible, so that they too will contemplate and discover this "unsurpassable friendship."

Spiritual communion is of great help in the preparation for Eucharistic Communion. To be men and women who are conscious of our divine filiation we must spend time with Christ ever more, receiving him, if we can, every day.

In regard to penance, I think the generous availability of priests to hear confessions is very important: An available confessor, a confessional "with a green light" is a hand reaching out to conversion.

On this point, Benedict XVI suggested to us recently to follow "the example of the great saints of the past from St. John Mary Vianney to St. John Bosco, from St. Josemaría Escrivá to St. Pius of Pietrelcina, from St. Joseph Cafasso to St. Leopold Mandić," ([Address](#) to participants in the course organized by the Apostolic Penitentiary, March 25, 2011).

[Translation by ZENIT]

ECUMENISM

Pope's Letter to Catholic-Orthodox Symposium

"The Destiny of Evangelization Is Certainly Bound Up With the Witness of Unity"

CASTEL GANDOLFO, Italy, SEPT. 2, 2011 ([Zenit.org](#)).- Here is a translation of the Aug. 6 letter Benedict XVI sent to the president of the Pontifical Council for Promoting Christian Unity, Cardinal Kurt Koch, on the occasion of the 12th Inter-Christian Symposium. The symposium, with the theme "The Witness of the Church in the Modern World," concluded today in Thessaloniki (Salonika), Greece:

To the Venerable Brother Lord Cardinal Kurt Koch, President of the Pontifical Council for Promoting Christian Unity,

On the occasion of the 12th Inter-Christian Symposium, with the theme "The Witness of the Church in the Modern World," which is being held in Salonika from Aug. 30 to Sept. 2, 2011, I wish to manifest through you, Venerable Brother, my great appreciation for this laudable initiative, promoted by the Franciscan Institute of Spirituality of the Pontifical University Antonianum and by the Department of Theology of the Orthodox Theological Faculty of the Aristotle University of Salonika.

2. The topic that will be discussed at the symposium is of great current importance and is at the center of my concern and prayers, as I already affirmed in the apostolic letter "Ubi cumque et Semper," with which I instituted the Pontifical Council for Promoting New Evangelization. In the course of the centuries the Church has not failed to proclaim the salvific mystery of the death and resurrection of Jesus Christ, but this same proclamation today needs a renewed vigor in many of the regions that were the first to receive the light and that are experiencing the effects of a secularization capable of impoverishing man in his deepest dimension. In reality, we are witnessing in the contemporary world contradictory phenomena: On one hand there is a generalized distraction and also an insensitivity in regard to transcendence; on the other, there are numerous signs that attest to an ongoing profound nostalgia for God in many hearts, which manifests itself in many different ways and which brings many men and women to an attitude of sincere searching.

3. The present cultural, social and economic backdrop poses the same challenges to Catholics and Orthodox. The reflection that will take place in the symposium will have an important ecumenical consequence. The

interventions will make it possible to draw a clear picture of the common problems and the presentation of the particularities of the different points of view, favoring an exchange of reflections and experiences in a climate of fraternal charity. The mutual knowledge of our traditions and sincere friendship represent, in themselves, a contribution to the cause of Christian unity. I wish to recall here the words of my Venerable Predecessor, the Servant of God Paul VI, when, in regard to evangelization, he affirmed: "As evangelizers, we must offer Christ's faithful not the image of people divided and separated by unedifying quarrels, but the image of people who are mature in faith and capable of finding a meeting-point beyond the real tensions, thanks to a shared, sincere and disinterested search for truth. Yes, the destiny of evangelization is certainly bound up with the witness of unity given by the Church. This is a source of responsibility and also of comfort" (Apostolic Exhortation *Evangelii Nuntiandi*, No. 77).

4. Certainly contributing to the good outcome of this work will be the intercession of St. Paul, whose memory is alive in the city of Salonika, where the Apostle preached the Gospel in the first place -- a city to which he remained linked by a special bond of affection. It is necessary that you be animated by the same apostolic zeal that Paul had for a renewed proclamation of the Gospel in the contemporary world.

5. To all those who contributed to the realization of the symposium, to the illustrious speakers and to all the participants, I address my cordial greeting with the hope that the initiative will be a success. I support the works with prayer and with my Apostolic Blessing. ***From Castel Gandolfo, August 6, 2011******BENEDICTUS XVI***
[Translation by ZENIT]

Russian Orthodox Church on Discrimination against Christianity

ROME, SEPT. 15, 2011 (Zenit.org).- Here is the address delivered by Metropolitan Hilarion of Volokolamsk, head of the Moscow Patriarchate's department for external Church relations, at the opening session of OSCE high-level meeting on anti-Christian violence. The meeting, titled "Preventing and Responding to Hate Incidents and Crimes against Christians," was held Monday in Rome:

Mr. Chairman, dear participants in the meeting: The Russian Orthodox Church considers it to be an important and timely initiative of Lithuania, the current chairman of the Organization for Security and Cooperation in Europe (OSCE), to hold a special meeting dedicated to the position of Christians in the OSCE region. We value highly also the endeavors of the Holy See, which has taken an active part in organizing the event.

. The resolution of this problem in favour of Christians was possible thanks only to the united efforts of a whole number of countries that spoke out against the Court's original decision. Among the countries united in support of Christian identity in Europe were Russia, Armenia, Bulgaria, Greece, Lithuania, Malta, and others. This was an unprecedented for our times fact of multilateral cooperation on the grounds of common Christian values.

Spain, as well as a number of other countries, has recently introduced a course on "Education in Citizenship" in school syllabuses for primary school pupils, which include sex education. Within this course pupils are indoctrinated with views on sexual relations, which are totally inconsistent with the religious beliefs of their parents. This practice of the course has already resulted in mass appeals to the courts, locally and internationally, but the problem remains unsolved at the European level.

Organizations in the OSCE countries responsible for notifying the public about cases of Christianophobia regularly report cases of persecution of Christians who criticize social evils, albeit that they are legally recognized. For example, clergy and lay believers who criticize homosexuality as sinful often face public ostracism or severe discrimination. Statutory guarantees of freedom of speech laid down in international law are always ignored in such cases.

E-MAIL BOX

Msgr. S. Jayanathan Vicar General (BANGALORE): Dear Fr. Nathan, Peace of Christ! Thanks for the Report of the Ecumenical Event held on 20th August. The Ecumenical Commission of the Archdiocese, under your able guidance, is doing commendable service. On behalf of His Grace the Archbishop, I congratulate you and all your collaborators, and wish you every success in your future endeavours. Best wishes.

KEY: Dear Msgr, The Archdiocese, under the meticulous guidance of the Archbishop Bernard Moras and under your efficient thinking, is marching towards pastoral growth encompassing all spheres. Disseminating the message of good news of Christ realized in all such activities is all that the KEY is accomplishing. Acknowledgment and recognition is also what is required for enthusiastic ministry for priests and nuns, the chosen Servants of God.

Indian Christians Welcome Court Decision on '08 Violence

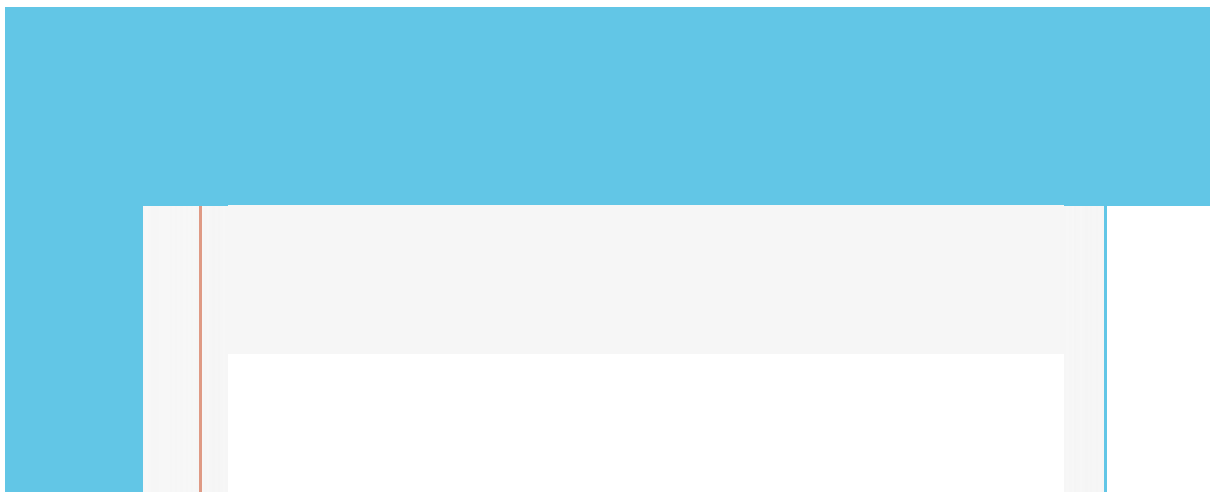
KANDHAMAL, India, SEPT. 2, 2011 (Zenit.org).- Christians in the state of Orissa are welcoming a Monday high court decision mandating the National Human Rights Commission to draw up a status report on efforts to compensate victims of anti-Christian violence.

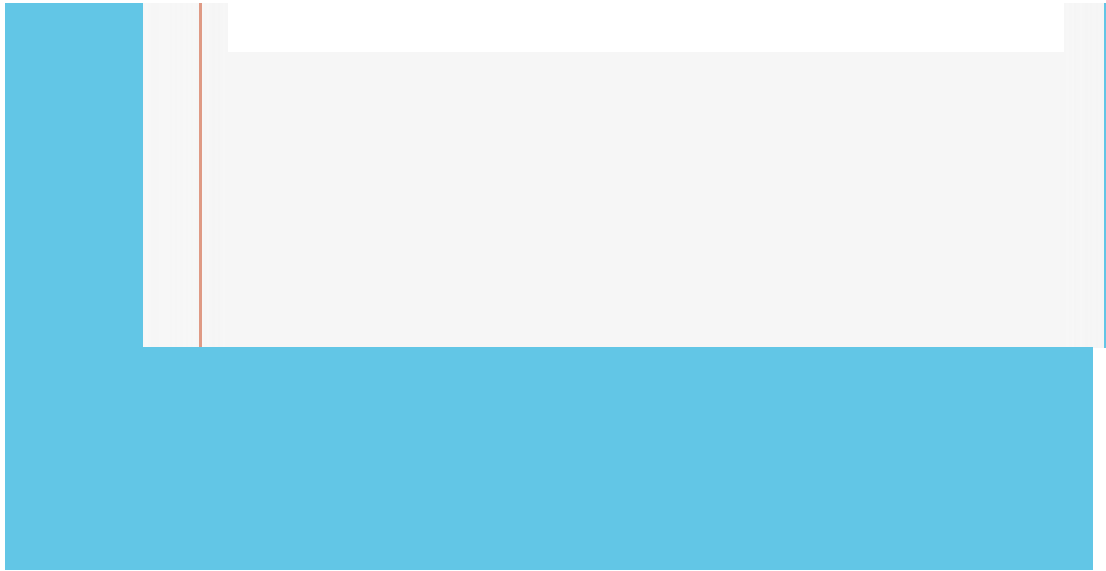


The decision responds to the outbreak of violence that began almost exactly three years ago, when nearly 300 villages were attacked, bringing the deaths of more than 70 people. At least 25,000 people fled for their lives in the violence that was sparked by the killing of politician Swami Laxmananda Saraswati, on Aug. 23, 2008.

UCANews reported that Bipra Charan Nayak, convener of the Survivors Association of Kandhamal Violence, said, "We welcome the court order as it could help restore things to what they were before the violence began." The court decision was a response to a petition filed by retired Archbishop Raphael Cheenath of Cuttack-Bhubaneswar. The commission is to draw up the report within six weeks.

Father Manoj Kumar Nayak, director of the archdiocesan social service center, told UCANews that the Church has petitioned the government several times about property destroyed in the violence, but has yet to receive any compensation.





STRESS AND HEALTH



INTRODUCTION

Stress and health are closely linked. It is well known that stress, either quick or constant, can induce risky body-mind disorders. Immediate disorders such as dizzy spells, anxiety, tension, sleeplessness, nervousness and muscle cramps can all result in chronic health problems. In the long run they may also affect our immune, cardiovascular and nervous systems.

Cardiovascular ailments

There are varying opinions on whether stress actually has any telling impact on our cardiovascular ailments or not. Research shows that in certain individuals stress does contribute to high blood pressure, high cholesterol, and other cardiac risk factors such as addictions and obesity. Stress induced or not, suffering from cardiac conditions is in itself quite stressful for most individuals and their families.

Frequent stress responses of our body increase a host of molecules potentially dangerous for the optimal health of the heart. These are low-density lipoproteins (LDL, the "bad" form of cholesterol) and other lipid types such as triglycerides. Because stress delays the processing and clearance of these fats, their accumulation puts people at risk of developing atherosclerosis (or arteriosclerosis) and other heart diseases.

As a response to daily stress, extreme reactors show a high level of palpitation and blood pressure in their body. According to a medical research, these surges may gradually result in injury to the coronary arteries and the heart.

Even physical causes of stress such as vigorous physical activity and exercises can place demands on the heart muscle of the weak or of people already suffering from coronary blockage. The coronary artery becomes ischemic (i.e., starved for oxygen through a reduced amount of blood flow) in trying to meet the body's increased demands. The ischemic heart muscle can cause either angina (chest pain) or heart attack (actual death of cardiac muscle). About a half of those patients who experience ischemia during exercise also experience it during mental stress, and this group of patients are more likely to suffer adverse cardiac events.

It is evident that people who live in chronically stressed-out conditions are more likely to take up smoking, alcohol and substance abuse (drugs, prescribed or illegal), fall into eating disorders (unhealthy food habits) and inertia. Medical practitioners say all of these stress-related behaviors have a direct effect on the development of coronary artery diseases. High Blood Pressure/Hypertension Blood pressure fluctuates with age. It gradually increases, as we grow older. It is also known to vary according to the varying hours of the day. But, it has been medically proven that emotional and psychological disturbances due to acute or chronic causes of stress precipitate high blood pressure in human beings.

Immune Related Disorders

Stress is known to worsen many immune related medical conditions, including diabetes. Cortisol produced during stress situations may suppress the body's immune response, increasing susceptibility to infectious diseases.

Results of a recent research have also shown that stressful life events can hasten the progression of AIDS in HIV-positive patients. The study shows that disease progression to AIDS was more rapid in the presence of severe life stressors, absence of social support systems, negative attitude as a coping mechanism, and elevated cortisol levels.

Studies also suggest that frequent or chronic stress conditions increase the chances of bacterial infections such as tuberculosis and group-A streptococcal diseases (GAS). Though most GAS infections are relatively mild ailments such as `strep throat,` or impetigo (a form of skin allergy), on rare occasions it can even cause severe and terminal illnesses. These are known as invasive GAS infections. It occurs when the bacteria get past the defenses of the infected person and enter into parts of the body where bacteria usually are not found, such as the blood, muscle, or the lungs. Two of the most severe, but least common, forms of invasive GAS disease are necrotic fasciitis (destroys muscles, fat, and skin tissue) and Streptococcal Toxic Shock Syndrome (causes blood pressure to drop rapidly and organs such as kidney, liver, lungs to fail), Attacks of flu, pneumonia and common cold are directly related to stressful **life** conditions.

Asthma

In asthma patients, a stressful situation can make the airways over-reactive and precipitate an attack.

Ulcers And Digestive Disorder

In severe stress conditions blood supply to the stomach is restricted, hampering normal digestive functions. Also, the function of the entire intestine is controlled partly by the nervous system, which in turn is directly affected by stress. These conditions, including one's diet during stress can offset gastrointestinal disorders such as an ulcer or irritable bowel syndrome.

Stress can make these symptoms worse if somebody is already suffering from gastrointestinal disorders.

Migraines/ Headaches/ Backaches

It is now established that stress, cognitive appraisal, coping and migraine are reciprocally related. Stress is detrimental to the body and can cause back pains, neck pains and headaches.

Cancer and Neuro-Degenerative Disorders

A path breaking research conducted in the early 1990s showed stress induced reduction in T-Lymphocytes (white blood cells that destroy cancer cells) in the human body leading to an increase in metastasis. A later study on women suffering from breast cancer re-established the previous finding and confirmed the fact that stressors cause lowest levels of natural-killer-cell activity in the body.

Chronic stress induced homeostasis changes and immune reduction, tends to affect the balance between oxidants and antioxidants in the body. Many on-going studies have found that alteration in this balance in favor of oxidants may result in pathological responses causing functional disorders and diseases such as cancer and Alzheimer`s disease. It can also accelerate the aging process. For, oxidation increases electronegative constituents in body molecules mutilating the `blue print` of the cells. Multiplication of distorted cells can set in cancer.

In his treatise on tumors, De Tumoribus, the Greek physician Galen, noted that melancholic women stand a greater chance for developing of breast cancer than those with more optimistic and cheerful traits.

So daer Readers, please avoid stress as much as possible and be healthy.

NEGATIVES OF TEAM ANNA & PASIVITY OF THE CHURCH IN INDIA



INDIA : On the margins of Hazare`s fight by Dr. John Dayal - The media has finally noted the absence of the Dalits, Other Backward Classes (OBC) and religious minorities from the recent Kejriwal-Kiran Bedi-Hazare gathering at the Ramlila grounds. That was the site of a hunger strike by Anna Hazare, a campaigner against corruption who forced the government to agree to a stricter new law against it.

This was perhaps because former union ministers and OBC leaders Sharad Yadav and Lalloo Yadav have exposed the ulterior motive of the campaign in their forceful speeches in the Lok Sabha, India`s lower house of parliament.

Religious minorities and Dalits kept away, fearing the absence of space for them in the campaign, and because of apprehensions that they could become eventual targets of hyper-nationalistic legislation when implemented by administrative and judicial structures whose caste and religious origins have made them suspect among people on the margins of society.

Muslims quite openly distanced themselves from the movement. Several organizations have issued press statements that were not widely covered by the media in which they expressed fear.

Imam Syed Ahmed Bukhari of Delhi`s historic Jama Masjid cited Hazare`s signature nationalist songs, including the slogans "Vande Mataram" and the "Bharat Mata Ki Jai,"

which echoed through the Ramlila grounds as a reason for Muslims to stay away. "Islam does not condone the worship of the nation or land. How can Muslims then join his stir with a war cry that is against the basic tenets of their religion?"

Not all Muslims share the Imam's view, but they too kept away, citing reasons varying from Hazare's alleged "communal" supporters and what has been called his "dictatorial attitude," even as they acknowledged no grievance against nationalist slogans.

CONSPICUOUS ABSENCE - The Dalits have maintained a more aggressive distance. Neo-Buddhist Dalit leader Udit Raj organized a counter-march at the landmark India Gate in central Delhi and denounced the leadership of the Hazare movement.

Dalit spokespersons have analyzed from a caste perspective the reason why the oppressed have shown little or no interest in the Hazare-led jamboree. They note that when Anna began a fast at Jantar Mantar in New Delhi, the banners that his supporters put up depicted a whole range of icons, from Bharat Mata to Gandhi, Shivaji and Lakshmi Bai. But Babasaheb Ambedkar and Mahatma Jyotiba Phule, who they maintain as the true liberators of the oppressed castes, were conspicuously absent.

At the venue of the fast, slogans such as "Scrap Reservations, End Corruption!" filled the air. But that was not all. When the joint drafting committee for the Lokpal was formed and five members from civil society were nominated for this purpose, not a single one of them was found to be from among the Dalits, Adivasis or religious minorities. Not one of them was a woman.

Dalit leaders have also questioned the movement over its stand on reservations for the oppressed castes in the private sector, and the condition of Dalits in Anna's own village of Ralegan Siddhi. Perhaps unfairly, they also raised questions about Hazare himself. They wanted to know why Hazare and his followers did not care to go on a fast when heinous atrocities were committed against Dalits, as in the massacre of four Dalits in Khairlanji village in Maharashtra in 2006.

The Dalits said Hazare and his team had no interest at all in the injustice and oppression that millions of Dalits, Adivasis and religious minorities have to suffer on a daily basis. A particularly sharp observation was Hazare's past praise of Gujarat chief minister Narendra Modi, who has been demonized for the massacre of Muslims in 2002 in response to a previous attack on a train carrying Hindu pilgrims, which resulted in the deaths of 58 people. Dalits have also noted that Hazare has also never fasted in protest of the suicides of tens of thousands of impoverished peasants in Maharashtra.

A HOUSE DIVIDED - The Christian church has shown more division and perhaps more confusion than anyone else over what to make of the Hazare movement and whether to join it or side with the Dalit-Bahujan and Muslim groups.

Many in the laity and the clergy of the Catholic and protestant churches were swayed by the media frenzy, and enthusiastically joined the first phase of the movement. It was natural. The laity, especially in northern India, Maharashtra and parts of Karnataka, has made common cause with the largely Hindu majority in their neighborhood.

In travels through various parts of the country, I have often found the Church and the community on the wrong side of civil society. Christians of the Hindi-Gujarati-Marathi belt

are seen to be firmly on the side of the majority, making common cause with them on most social, political and economic issues.

The distance from the movement kept by Muslims relates to issues of local interest and demography as much as to so-called "safety-shelter" syndrome in not challenging the aggressive majority.

In Kerala of course, the Church sees itself as threatened by the rise of Islam and the increase in population in their enclave districts of Malappuram and its environs. The absence of a genuine political lay leadership and the severely divided nature of the Church in terms of denominations, rites, liturgy, ethnicity and mother tongues make it impossible for the Christian community to think as, or act as, an organic whole.

In the Catholic Church, divided into the three rites of the Latin, Syro Malankara and Syro Malabar cultural entities, there has been no occasion to discuss the Hazare issue and come to some sort of reasoned and studied response. Cardinal Oswald Gracias, archbishop of Mumbai and president of both the multi-rite Catholic Bishops' Conference of India and the Latin Rite Conference of Catholic Bishops of India, ultimately issued a statement urging Hazare to call off his hunger strike once it had gone beyond a week.

The archbishop of Delhi, Vincent M Concessao, himself an activist in his youth, is in fact a founding member of India against Corruption, founded by Arvind Kejriwal, who he first met 10 years ago. Concessao was among several other patrons of the movement but patently had no say in the policy formulation or day-to-day activities. Eventually, the archbishop formally distanced himself from the movement but stressed his continued commitment to the war against corruption.

In an explanatory statement, the archbishop has said "corruption is not only illegal, it is also immoral, unjust and exploits the helplessness of people who are forced into bribing. We need an effective Lokpal. However, we cannot set aside the democratic processes. I am in favor of fasts to make a point, but fast unto death is not acceptable as life is a gift of God and God alone has the right to take it away."

RESISTING MOBOCRACY - A more politically nuanced statement was made by the All India Christian Council (AICC) which, while expressing happiness at the ending of the hunger strike that had put at risk the life of an ageing Hazare, said the council was "even more happy that after a seeming capitulation to mobocracy, parliament finally asserted its dignity and its sovereign rights."

Calling the government inept, the council commended the interventions of Rahul Gandhi, who gives a formula that should be looked at, and a draft proposal presented by the political and social activist Aruna Roy.

Hazare's aides, especially Kejriwal and Kiran Bedi, have repeatedly shown they have no faith in a parliamentary democracy. Both push for a unitarian, even dictatorial, regime where decisions, good or bad, are taken instantly. Hazare patently has been used by these people.

The AICC agreed with Roy and Rahul Gandhi that there must be a series of laws to curtail corruption in various sectors, not just one monolithic and super-ombudsman who can easily become a threat to democracy, national security and unity.

For religious minorities, and for Christians in particular, the council felt it was a dangerous precedent to allow mobs to paralyze the national capital and almost dethrone the elected government of the day by dictating policy and laws. "Tomorrow, Hindutva mobs will demand the disenfranchisement of Muslims and Christians as alien religions," the council has cautioned.

John Dayal is a journalist and documentary filmmaker, as well as former president of the All India Catholic Union and secretary general of the All India Christian Council. - <http://www.ucanews.com>

A Saviour for Sri Lanka Tamils?

Sri Lankan Tamils suffer untold miseries.... is there any saviour for them? Why God is silent about their sufferings? Can the Church in Sri Lanka speak for them? Fight for them? Fast for them? Why not the Church voice to impose economic sanction on Sri Lanka for its inhuman atrocities against innocent Tamils? How long can brutal Rajpakshe express his anti-Tamil attitude? Is he a Buddhist (Buddhism known for tolerance and non-violence)? Or a Hindu (visited Thirupathi during his visit to India to attend the CWG)? Can he known as Hitler of Sri Lanka who killed innocent Jews? Do you want to know what exactly happened in Sri Lanka? Then visit GOOGLE, type '**Atrocities against Tamils in Sri Lanka**'.



Strictly speaking, if the teachings and tenets of each religion are followed altruistically, then there won't be injustice against any community. The Tamils of the world need to wake up to stand for unity and struggle against many Rajapakshes all over the world.



The following news bit is a clean beat to prove injustices in Sri Lanka.

SRI LANKA - No teachers for 100 000 children living in conflict zones Vavuniya (Agenzia Fides) After years of interruption due to the ongoing conflicts in Northern Sri Lanka, thousands of students can eventually return to school, but there are no teachers. In 26 years of war, schools were destroyed and the children did not have any access to education. Now that, after more than two years since the declaration of the victory of the Government on the Tamil Tigers (Liberation Tigers of Tamil Eelam, LTTE), many structures have been repaired and the students ready to return, there are no teachers. The situation in the south of Vavuniya is alarming. Out of 197 English teachers there are less than half. Out of 199 science teachers, there are 87. However, the situation is even more complicated in the two rural districts of Vavunja, Vavuniya North and Chettikulam, where there are only 2 teachers for 10 classes. Similar situation in the Kilinochchi district, where 400 teachers are still missing.

What do discourage the teachers are the precarious conditions of transport systems, accommodation and lack of basic facilities like drinking water and health services. In 2010 the government prepared 1500 teachers and managers, also offering a session for the training of 50 counselors in the area, plus other programs to reduce shortages of English, mathematics, science and computer science teachers. According to the Joint Plan of Assistance Northern Province 2011, published by the Government of Sri Lanka, out of a total of 1016 schools in the northern province, 850 are operational. Of these, 720 were repaired and, at least 114 in the province will be upgraded and improved. The same report shows that 100 thousand school age children live in Vavuniya. The revival of education is already having a positive impact with children and families eager to return back to normality, according to reports by teachers and their students. Out of 179 students who passed an exam in 2010 at national level. - <http://www.fides.org>

WHAT IS ECONOMY

TRADITIONAL ECONOMICS

You have two cows.

You sell one and buy a bull.

Your herd multiplies and the economy grows. You retire on the income.

INDIAN ECONOMICS

You have two cows.

You worship them.

AMERICAN ECONOMICS

You have two cows.

You sell one and force the other to produce the milk of four cows.

You profess surprise when the cow drops dead.

You put the blame on some nation with cows and naturally that nation will be a danger to mankind.

You wage a war to save the world and grab the cows.

FRENCH ECONOMICS

You have two cows
You go on strike because you want three cows.

GERMAN ECONOMICS

You have two cows.
You reengineer them so that they live for 100 years eat once a month and milk themselves.

BRITISH ECONOMICS

You have two cows.
They are both mad cows.

JAPANESE ECONOMICS

You have two cows.
YOU redesign them so that they are one-tenth the size of an ordinary cow, and produce twenty times the milk. You then create cute cartoon cow images called Cowkimon! and market them worldwide.

CHINESE ECONOMICS

You have two cows.
You have 300 people milking them.
You claim full employment, high bovine productivity and arrest anyone reporting the actual numbers.

BANGLADESH ECONOMICS

You have two cows.
You don't know economy.
You choose one of them as the Prime Minister of the country and the other the Leader of the Opposition.

PAKISTAN ECONOMICS

You don't have any cows.
You claim that the Indian cows belong to you

COURTESY: Fr.Ranjith Kumar



Matrimonial 1

Mother : J Elizabeth Suganthi, Home maker, **Brother** - Elder: V Godwin Paul, MCA.
(Senior Soft Ware Engineer-MNC)

Sister- Younger : V Janeta Paul, III year BE(ECE) Class toper

Hobby - Listening to music. Travelling (Passport Holder), Reading books.

Nativity - Grand parents – Dharmapuri, Parent (Father-KGF)(Mother-Usilampatti)

Present/Permanent address : H.No 5/316, Defence colony, Kangayampalayam,
Coimbatore – 641 401 (Own house)

Contact No : 0422-2683291, Mobile No 9442072497 Email : vinsajana@yahoo.co.in.

Desire : To complete M.Phil & Ph.D along with present job.

EXPECTATIONS

1. Religion : Tamil - Christian
2. Community : No Bar
3. Please excuse : Army/Police, above 26 years of age and
Physically handicapped
4. Expected : Matching & suitable groom with PG qualification.
5. Service/Job : Teaching line first priority
6. Special note : Must allow to work and to complete

M.Phil & Ph.D after marriage.

7. Salary : 20K+

[Matrimonial advertisement in the church magazine "The Key"](#)

TO: You 1 recipients

CC: 1 recipient You 1 More

BCC: recipient You

[Hide Details](#)

FROM:

- [justin peter](#)

TO:

- nathanvatican@yahoo.com

CC:

- [Justin P](#)

[Message flagged](#)

Monday, October 3, 2011 10:42 PM

Message body

Dear Father,

As discussed with you yesterday, please find below the adv to be put in the magazine "The Key". I have paid Rs 500 and the receipt number is 82. Please let me know if you have any issues.

"Wanted Roman catholic, well mannered, well settled, professional (BE/MBA/MCA)bridegroom of age between 26 to 30 years earning above 7 lpa belonging to Udayar community.

Trichy based well educated tamilian parents invite suitable match for professionally eduated(MCA from NIT), age 25/ height 154, wheatish complexion daughter, working with reputed MNC as software development engineer in Bangalore .
contact number : 09443807958"

TAMIL PAGE jkpo; gf;fk;

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VATICAN RADIO NEWS IN TAMIL வத்திக்கான் வானொலி – செய்திகள்

www.vaticanradio.org

செப்.13,2011. இத்திங்களன்று கொண்டாடப்பட்ட மரியாவின் புனிதப்பெயர் திருவிழாவையொட்டி, பாரதிய ஜனதா கட்சியின் முன்னாள் தலைவரான திரு எல்.கே.அத்வானி மும்பையில் உள்ள புகழ்பெற்ற மரியன்னைத் திருத்தலத்திற்குச் சென்றார். செப்டம்பர் மாதம் மரியன்னையின் பக்தியால் ஈர்க்கப்பட்டு, மும்பையின் பாந்த்ரா மரியன்னை பசிலிக்காப் பேராலயத்திற்கு ஆயிரக்கணக்கான பக்தர்கள் வருகின்றனர் என்றும், இவர்களில் 30 விழுக்காட்டினரே கிறிஸ்தவர்கள் என்றும் பசிலிக்காப் பேராலயத்தின் உதவி அதிபர் அருள்தந்தை Aniceto Pereira கூறினார்.

மரியன்னையின் புனிதப்பெயர் திருவிழாவான இத்திங்களன்று திரு எல்.கே.அத்வானி இப்பேராலயத்திற்கு வந்து அன்னையின் பாதங்களில் மலர்மாலை சாற்றி, வணங்கிச் சென்றார் என்று ஆசிய செய்தி நிறுவனம் கூறியது. உள்ளூர் ஊடங்களுக்குப் பேட்டியளித்த எல்.கே.அத்வானி, கராச்சியில் கிறிஸ்தவ பள்ளியில் தான் படித்ததைச் சுட்டிக் காட்டி, தான் இங்கு வந்து குருக்களைச் சந்தித்து ஆசீர் பெற்றுச் செல்வது மனதுக்கு மகிழ்வையும், நிறைவையும் தருகிறதென்று கூறினார். பேராலயத்திற்கு வந்த திரு எல்.கே.அத்வானி இத்திருத்தலத்தின் மீதும், கிறிஸ்தவ மதத்தின் மீதும் பெரும் மரியாதை காட்டினார் என்றும் அவருக்கு இப்பசிலிக்காப் பேராலயத்தின் வரலாறு அடங்கிய புத்தகத்தைத் தான் அளித்ததாகவும் உதவி அதிபர் அருள்தந்தை Aniceto Pereira கூறினார்.

செப்.13,2011. ஒரிஸ்ஸாவின் கந்தமால் பகுதியைச் சார்ந்த ஓர் உயர் அரசு அதிகாரி அப்பகுதியில் தடை செய்யப்பட்டிருந்த கோவில்களை மீண்டும் கட்டுவதற்கு உத்திரவு அளித்துள்ளார். மூன்று ஆண்டுகளுக்கு முன் கிறிஸ்தவர்களுக்கு எதிராக கந்தமால் பகுதியில் நடைபெற்ற வன்முறைகளில் சேதமடைந்த கோவில்களை புதுப்பிப்பதற்கும், புதுக் கோவில்களைக் கட்டுவதற்கும் அப்பகுதியின் இடைநிலை அரசு அதிகாரி ஒருவர் தடை விதித்திருந்தார். இதைத் தொடர்ந்து, அரசு அதிகாரிகளுக்கும்

கிறிஸ்தவ பிரதிநிதிகள் குழுவுக்கும் இடையே அண்மையில் நடைபெற்ற பேச்சுவார்த்தைகளின் பயனாக, கந்தமால் மாவட்டத் தலைவர் ராஜேஷ் பிரபாகர் பட்டில் கோவில்கள் மீண்டும் கட்டப்படலாம் என்ற உத்திரவை வழங்கினார்.

செப்.13,2011. இலங்கை சிறைச்சாலைகளில் பல ஆண்டுகளாக சிறைப்படுத்தப்பட்டுள்ள தமிழ் அரசியல் கைதிகளை, கைதிகள் தினத்தையொட்டி மனிதாபிமான ரீதியில் பொது மன்னிப்பளித்து விடுதலை செய்ய வேண்டும் என்று கைதிகளின் உறவினர்கள் இத்திங்களன்று கோரிக்கை விடுத்துள்ளனர். இந்தக் கைதிகளின் தற்போதைய நிலை குறித்து கருத்து வெளியிட்ட மன்னார் ஆயர் இராயப்பு ஜோசப், சட்ட திட்டங்களுக்கு அமைய அவர்கள் விசாரணை செய்யப்பட வேண்டும் அல்லது விடுதலை செய்யப்பட வேண்டும் என்பதை வலியுறுத்தியுள்ளார்.

செப்.13,2011. இசைக்கருவிகளை இசைப்பவர்களின் கேட்கும் திறன் மற்றவர்களின் கேட்கும் திறனை விட அதிக ஆண்டுகள் நீடிக்கின்றது என்று கனடாவில் வெளியான ஓர் ஆய்வு தெரிவிக்கிறது. 70 வயதான இசைக் கலைஞரின் கேட்கும் திறன், இசைக் கலையற்ற 50 வயதுடையோரின் கேட்கும் திறனை ஒத்திருந்ததென இந்த ஆய்வின் முடிவில் கண்டுபிடிக்கப்பட்டுள்ளது. பொதுவாக மனிதர்களுக்கு 60 வயது தொடங்கி கேட்கும் திறன் குறைந்து வரும். அவர்கள் 80 வயதை அடையும்போது அவர்களது கேட்கும் திறன் 60 விழுக்காடு குறைந்து விடும்.

செப்.15,2011. பல ஆண்டுகளாக மேற்கொள்ளப்பட்ட ஒரு முயற்சியின் பயனாக, தென் ஆப்ரிக்காவில் Radio Veritas என்ற பெயருடன் செயல்படும் கத்தோலிக்க வானொலிக்கு உத்தரவு வழங்கிய அரசுக்கு தன் நன்றிகளைத் தெரிவித்த Johannesburg பேராயர் Buti Tihagale இவ்வானொலியின் மூலம் தன் உயர்மறைமாவட்டம் பெருமளவு பயன்படும் என்பதைக் கூறினார்.

ஆப்ரிக்காவின் உகாண்டாவில் கடந்த ஆண்டு முதல் இயங்கி வரும் மற்றொரு கத்தோலிக்க வானொலி நிலையம், அந்நாட்டில் இராணுவப் பயிற்சிகளில் ஈடுபட கட்டாயப்படுத்தப்படும் குழந்தை வீரர்களை மீட்கும் பணியில் தீரிவமாக செயல்பட்டது குறிப்பிடத் தக்கது.

செப்.15,2011. மதச் சுதந்திரம் என்பது இந்தியக் குடிமக்களின் அடிப்படை உரிமை என்று கூறப்பட்டாலும், அந்நாட்டின் ஒரு சில மாநிலங்களில் மதச் சிறுபான்மையினருக்கு எதிராக நடத்தப்படும் கொடுமைகளை நீக்குவதற்கு அம்மாநில அரசுகள் சரிவரச் செயல்படவில்லை என்று அமெரிக்க ஐக்கிய நாடு வெளியிட்டுள்ள ஓர் அறிக்கை கூறுகிறது.

2010ம் ஆண்டின் இரண்டாம் பாதியில் அகில உலகில் நிலவிய மதச் சுதந்திரம் பற்றிய ஓர் அறிக்கையை இச்செவ்வாயன்று அமெரிக்க அரசுச் செயலரான Hillary Clinton வெளியிட்டார்.

ஐ.நா. அண்மையில் வெளியிட்ட உலக மக்கள்தொகை கணக்கின்படி, அக்டோபர் 31ம் தேதி உலக மக்கள் தொகை 700 கோடியைத் தாண்டும் என்றும், இதே அளவில் மக்கள்தொகை அதிகரித்து வந்தால், 2050ம் ஆண்டிற்குள் மக்கள் தொகை 900 கோடியையும், 21ம் நூற்றாண்டு முடிவடைவதற்குள் உலக மக்கள்தொகை 1001 கோடியையும் தாண்டும் என்று கூறப்பட்டுள்ளது.

செப்.15,2011. இரண்டாம் உலகத் தமிழர் பொருளாதார மாநாடு மற்றும் கண்காட்சி துபாயில் உள்ள உலக வர்த்தக மையத்தில், அக்டோபர் 1ம் தேதி முதல் 4 நாட்கள் நடைபெறும் என்று செய்திகள் கூறுகின்றன.

Photos

Christian unity in action @ UTC on 20.8.2011

**Msgr.S.Jayanathan graced the Ecumenical event
with his presence and message**



BZUCF Executive members share a bit of joke

(Fr.J.A.Nathan (Sec), Rev.M.C.Manohar,CSI (President), Rev.Daniel Bap, V.President



Group discussion towards oneness



180 Christians leaders of various denominations in great cheer



Bangalore Zonal United Christian Forum Secretary

Fr.J.A.Nathan animating the get together



Praise Jesus Ministry Animator

Bro.Bhakianathan leads the singing



Group wise attempt for oneness

