

MY EDITORIAL FOR THIS ISSUE IS THIS PASSAGE. WHAT CAN I WRITE BETTER THAN THIS PASSAGE?

I IMPLORE YOU TO READ THIS GOSPEL PASSAGE AND SHARE WITH OTHERS

READING 2 JAS 1:17-18, 21B-22, 27

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## **Be doers of the word and not hearers only, deluding yourselves.**

Religion that is pure and undefiled before God and the Father is this:  
to care for orphans and widows in their affliction  
and to keep oneself unstained by the world.

GOSPEL MK 7:1-8, 14-15, 21-23

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When the Pharisees with some scribes who had come from Jerusalem gathered around Jesus,

they observed that some of his disciples ate their meals with unclean, that is, unwashed, hands.

--For the Pharisees and, in fact, all Jews, do not eat without carefully washing their hands, keeping the tradition of the elders.

And on coming from the marketplace they do not eat without purifying themselves.

And there are many other things that they have traditionally observed, the purification of cups and jugs and kettles and beds. --

So the Pharisees and scribes questioned him, "Why do your disciples not follow the tradition of the elders but instead eat a meal with unclean hands?"

He responded,

"Well did Isaiah prophesy about you hypocrites, as it is written:

***This people honors me with their lips,***

***but their hearts are far from me;***

***in vain do they worship me,***

***teaching as doctrines human precepts.***

**You disregard God's commandment but cling to human tradition."**

He summoned the crowd again and said to them,  
"Hear me, all of you, and understand.  
Nothing that enters one from outside can defile that person;  
but the things that come out from within are what defile.

"From within people, from their hearts,  
come evil thoughts, unchastity, theft, murder,  
adultery, greed, malice, deceit,  
licentiousness, envy, blasphemy, arrogance, folly.  
All these evils come from within and they defile."

Editor

The Parish priest of Bl. John Paul II church at Sannasandra in the outskirts of Bangalore was attacked and threatened on 19 August 2012 by some linguistic fanatics and ordered him to stop Mass in the language that he celebrated for the sake of so many families belonging to their language.

Earlier a group of disgruntled Catholic men from various parishes in the city mobbed together in the parish office and held his neck to attack him. They shouted slogans against that priest and the mob went into the church and began to shout the rosary loudly in their language when Mass was about to start for the people of other language. They acted as terrorists. Yes, they are language terrorists. Although they are Catholic believers they hate one particular language and people, an anti-human right attitude indeed. This is a sort of terrorism fostered by few priests of one particular language.

And they worship the Lord. This is equal to eating biriyani sitting very next to gutter that has filth, garbage in it.

We see common scene in Indian cities men and women alike eating delicious food sitting at the side of drainage that runs with stinking filth.

Well, followers of Christ attacking other followers of Christ in the name of language. What an ironical picture! Any common faithful with right understand and faith will condemn this heinous attack on priests just because he celebrated Mass in another language that they hate.

BJP, Bajrangdal, RSS, Shivasena are some of the parties with religious fundamentals. News of their attack on other religious people are easily seen in newspapers these days.

The attack on that Catholic priest is worse than non-Christian groups indulging in anti-human compassionate acts.

**"LET YOUR VALUES BE HIGHER THAN OTHERS"** says our Lord.

**Who has given authority to attack violently priests and faithful of other languages and castes or religion or denomination?**

## **Dry Skin: Natural Remedies**

For most people, the winter destroys our **skin**. It causes our **skin** to flake and dry. This is because of the cooler weather contains less humidity. However, this does not have to be an issue. There are many natural remedies that can bring the moisture back and help your skin become healthy again. **Olive oil** is one great treatment for **dry skin**. It helps to sooth the itch and moisturize your skin. A natural exfoliate will also help your dry skin, and many of these can be found in your dairy aisle, or your kitchen at home. These can include yogurt (plain), **papaya**, and **pumpkin**. These make excellent cleansers and exfoliate with lactic acid, not painful **scrubbing granules**. You can also create a scrub with simply **brown sugar** and oil, using equal parts, and rubbing it on the skin with light and circular motions, but be sure to shower afterward. Honey is a great way to improve dry lips, heels, and elbows. Just rub a little on. One last tip is to treat dry skin from inside the body. Eating a diet that includes foods such as dark chocolate, salmon and other fatty fish, carrots, oranges, and mangoes will give you magnesium, fatty acids, vitamin C, and beta-carotene, all which naturally feed your skin from the inside. This can make it less prone to becoming **dry**. If the weather has caused your hair to dry, there is a remedy for that too: simply mix a tablespoon of liquid castle soap and one egg yolk into you shampoo. If the weather has caused your body to become a mess, you can fix it naturally. Start moisturizing your dry skin today.

### Does playing sports and eating a healthy diet help you live longer?

Many of us know that a good diet and exercise can help us live longer, healthier lives. It is also true that playing sports does the same. This is because when you play sports, you are more active. Moving with speed and purpose will help increase your heart rate, as well as improve your lung capacity. Even sports like golf are helpful because of all the walking required. The running and jumping that many sports require help us with our overall body conditioning, and any sport that requires strength training is also great. It has been shown that players also have a much easier time fighting diseases such as cardiovascular problems, as well as diabetes. There has also been a correlation between sports and lower risks of cancer. One last advantage of playing sports is the emotional benefits. We learn about teamwork, friendship, and work ethic by working together towards a common goal. These skills not only help while playing sports, but also in other areas of our lives. Eating foods like broccoli, which contains anti-carcinogens; oily fish, which help lower cholesterol and prevents strokes and blood clots; and onions which not only help protect from cancer, but also help protect you from breathing conditions such as asthma, will help you live longer. Combining a good diet with playing sports, of any sort, will improve your overall health and increase your chances of living to a great, ripe old age.

Posted on August 6, 2012

### **How often must you repeat the cleaning of your teeth?**

There are many things you can do to keep your **teeth clean**: seeing a **dentist** for a yearly cleaning, flossing, and brushing. But how often should you do these things to maintain a healthy mouth? Well, you should at the very least see a **dentist** for a yearly cleaning. Flossing is good to do at least once or twice a day, but more often is ok. As far as brushing goes, it's ok to brush twice a day, at least once



before bed. At minimum, you should brush twice a day, at least once before bed. However, those of us that snack more often should brush more frequently. Brushing your **teeth** helps remove **plaque**, which is caused by **bacteria**. **Plaque** creates a nasty, sticky film over your **teeth**, and can cause two major mouth diseases: **cavities** and **gingivitis**, or gum disease. You should always brush after eating because the foods and drinks that you consume contain acids which eat away at the enamel on your teeth. Foods that are low in acid and sugars, as well as drinking lots of water, will help keep your **teeth clean** in between brushing and dental cleanings. On top of brushing twice daily, finding an antimicrobial mouthwash is a good step to keeping your mouth healthy. Also, flossing daily is a good step to cleaning really well between the teeth and in tough to reach areas. Keeping your **teeth** clean and healthy is a crucial part of a good lifestyle and keeping your smile looking amazing!



**One single banana tree has yielded 477 bananas in Vasai Taluk 50 kms from Mumbai**