

THE KEY of the Kingdom

Feb-March 2013

Editorial

Alessandro a young boy saw Maria Goretti a 12 year young and pretty girl from Goretti family in Nettuno, Northern Italy. He liked her and desired to love her. But Maria remained holy to the Lord. On her refusal he became furious. One day he violated her. But she pleaded him and said she offered to the Lord her life. But the lustful boy stabbed her many times out of fury. On her death she forgave his crime. Alessandro was arrested and after few years Maria Goretti was canonized a saint by the Holy Father. For the canonization ceremony he was brought by the police and he felt greatly sorry and cried. Today St.Maria Goretti is a saint, a model for young people especially young virgins.

Born at Anconia in Italy of a poor family in the year 1890 Maria Goretti spent her childhood near Nettuno in poverty helping her mother in the domestic chores. She was a religious girl and much given to prayer.

Young virgins who are holy and prayerful are blessed by God and they are pride to their families, Church and society.

There are boys and men who are like Alessandro, who have one mind for pleasure and they become blind to life disciplines. For example the six men gang including a minor boy, who violated that Delhi girl, were barbaric and lost their human sense. She died while defending herself. Today she is hailed by women society. Of course she encountered death in the bargain.

We need to rethink about bad boys and men in our society. Such men folks lack proper bringing up by their parents. Parenting is the root that gives way for trees of vices.

Committed faith in the Lord, family prayer, Bible reading, reflection, regular Sunday Mass, good friends, right orientation in life all these lead to holy life.

Dress code of girls/women often remains a cause to attract bad eyes. This holds good also for our Christian females. Church admonishes its faithful to discipline their dress code and make it modest also in the church. Once such call for discipline is shown deaf ear, then many girls face the result.

Also bad company leads young people to sin and disobedience to Bible teaching, parents and to the Church lead young people's life disastrous.

O God, lead kindly light amid the encircling gloom, Lead Thou our faithful on, saving them from their sluggishness and utter sinful ignorance!

Too much of pampering of their kids will not help in the long run, but will ruin their moral conscience! By excusing or tolerating mistakes be small or big committed purposely by their children, parents spoil them.

'What cannot be bent in 5, can never be bent in 50' says a Thamizh proverb. So parents must rethink in giving some sort of punishments for their children as sanction for their wrong conduct or

misbehavior. Juvenile delinquency increases because parents fail to show to their children moral discipline and building their moral conscience.

During this holy season of Lent and the glorious Easter time that comes thereafter, let us take a quick look at our soul and purify it with acts of penance, charity and sacrament of Reconciliation.

Let St. Maria Goretti be a perfect model for holy life for young people.

Editor

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LENT – A TIME TO REFLECT



Lent ([Latin](#): [Quadragesima](#), "fortieth"^[1]) is an observance in the [liturgical year](#) of many [Christian](#) denominations, lasting for a period of approximately six weeks leading up to [Easter](#). In most [Western](#) denominations Lent is taken to run from [Ash Wednesday](#) (13.02.2013) to [Maundy Thursday](#) (Holy Thursday March 28.3.2013), [Good Friday](#) 29.3.2013 or to [Easter Eve](#) (30.3.2013).

The traditional purpose of Lent is the preparation of the believer—through [prayer](#), [penance](#), [repentance](#), [almsgiving](#), and [self-denial](#). Its institutional purpose is heightened in the annual commemoration of [Holy Week](#), marking the death and [resurrection of Jesus](#), which recalls the events of the [Passion of Christ](#) on [Good Friday](#), which then culminates in the celebration on [Easter Sunday](#) of the resurrection of Jesus Christ.

During Lent, many of the faithful commit to [fasting](#) or giving up certain types of [luxuries](#) as a form of penitence. The [Stations of the Cross](#), a devotional commemoration of [Christ's carrying the Cross](#) and of [his execution](#), are often observed. Many [Roman Catholic](#) and some [Protestant](#) churches bare their altars of candles, flowers, and other devotional offerings, while [Crucifixes](#), religious statues, and other elaborate religious paraphernalia are often veiled in violet fabrics in observance of this event. In certain pious [Catholic](#) countries, grand processions and cultural customs are observed, and the faithful attempt to [visit seven churches](#) during Holy Week in honor of Jesus Christ heading to [Mount Calvary](#).

Lent is traditionally described as lasting for forty days, in commemoration of the [forty days](#) which, according to the Gospels of [Matthew](#), [Mark](#) and [Luke](#), Jesus spent fasting in the desert before the beginning of his [public ministry](#), where he endured temptation by [Satan](#).^{[2][3]} However, different Christian [denominations](#) calculate the "forty days" of Lent differently. In most Western tradition the Sundays are not counted as part of Lent; thus the period from Ash Wednesday until Easter consists of 40 days when the Sundays are excluded. However in the [Roman Catholic Church](#) Lent is now taken to end on Holy Thursday rather than Easter Eve, and hence lasts 38 days excluding Sundays, or 44 days in total.

"Lent, along with its pious observances is reverently observed by Roman Catholics world over."

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LENT: TIME TO CONNECT WITH OURSELVES & PREPARE

- **By: André Gomes**



"Let not our walk through life, reflect our Christian values; but rather let our Christian values, determine our walk through life."

Lent is that time of preparation for us Christians. "...Prepare the way of the Lord, make his paths straight" (Mt.:3:3, NRSV); said John the Baptist, as he invites people to accept Jesus with His principles, His teachings and His message of salvation. On hearing this stern exhortation, people repented, confessed their sins and prepared the way for the Lord. In the Old Testament too we read about people turning away from their sins (Jonah 3:7-10).



Connect and Prepare:-

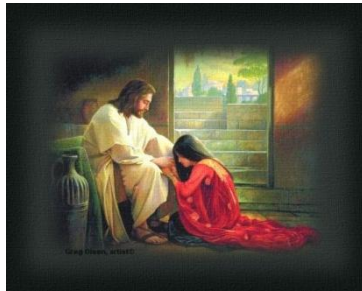
I happened to notice a Christian boss who toiled day and night preparing for seminars, conferences and the visits of international delegates. While I admired his grit and determination and often stood in awe of his passion to commitment, I was dismayed by the sheer neglect of the values he portrayed.

Many people treat Lent as a mere fulfilment of prescribed observances by the Holy Church. Fasting on certain days, abstaining from meat on Fridays, the annual confession during the season of Lent or even attending Holy Week services often defines Lenten observances. People often go about their business with the same attitude, the same unforgiving nature, same levels of Christian motivation and often stagnate at the same level of understanding of their Christian faith. To them and the society around them, Lent must appear as another time of penitential observances. In the early Church Lent was the season of prayerful and penitential preparation, commemorating with gratitude the passion and death of the Lord Jesus Christ who won over man's salvation from the clutches of death. Though the obligation of penance was originally only imposed on those who had committed public sins and crimes, by medieval times all the faithful voluntarily performed acts of penance to repair for their sins. For all those who truly and thankfully acknowledge the saving death of Jesus, must also understand that Jesus' victory is our renewal. Lent is thus a time of renewal, our "spring" ushered in from the Anglo Saxon word "lengten".

Key to introspection:-

I. Change in attitude:

People caught up with diabetes or blood pressure or heart diseases are often seen making changes to their lifestyles. From dietary changes to exercise regimens, patients find themselves challenged every day by unfamiliar routines that would only serve their betterment. Why does it become so difficult for us Christians to alter our negative behavioural patterns during this season of Lent? For the manager, it might be a change in a caring and coaching presence to the staff, for a father it might be setting the right example for the family to emulate, for college young adults it might be focussing on building character. No one is so weak in spirit, as to be unable to face the challenges to a change in attitude. One of the first steps in being able to change is to sit awhile, introspect and accept the areas in one's life that really need change. Remember, a wrong attitude is a candidate for sinful behaviour! So shrugging off any attempt to change negative behaviour is tantamount to denying our sins or even confessing them without true repentance.



II. Growing in forgiveness:

One of the biggest stumbling blocks to any person's physical and spiritual well-being is an insincere or unwilling attitude to forgiveness. This is also stated to be the root cause of many psycho-somatic illnesses and latent stress situations. No person can get through life without being sorry for what he or she has done to another. Man is societal in nature and every wrong deed done by man can be offensive to at least one person, if not more. Christians belonging to the one body of Christ, the universal Church have a moral obligation to forgive. Hard as it may seem, my personal experience in this area would prove otherwise. If we are to expect forgiveness from Christ this season of Lent or ever, we must forgive. Forgiveness does not mean rattling out names in the confessional, it means going back and being sorry and making amends with the person we've oppressed. **Forgiveness calls for humility.** No matter at what professional level one is in their life, one needs to demonstrate this aspect of humility and forgiveness. I find it amusing when managers, students and even parents find it difficult and challenging to demonstrate a forgiving attitude. Forgiveness or humility is not a sign of weakness; it demonstrates a moral acceptance of being responsible for an action that may have caused another hurt.

III. Increased motivation:

Having covered the two aspects of a change in behaviour and forgiveness, we now need that extra push to sustain and move forward in our Christian walk. We need to be strongly motivated these 40 days, so as to sustain for the remainder of the year. Ask a manager what motivation is all about and she/ he would tell you that it is about being charged up to achieve something, keeping the end in sight. What then is the Christian "end in sight"? Is it about filling our financial coffers, about sustaining wealth for our children or even about making that all too important name for ourselves? In the

YEAR OF FAITH OCT 2012 – NOV 2013
What is faith? Where is the need of faith in God? How faith could be expressed in one's life and in community's life? What are the challenges of faith?
What is the real content of faith in the life of Noah? Abraham? Issac? Jacob? Joseph? Moses? Aron? Joshua? Samuel? David? Solomon? Samson? Esther? Judith? Anna? Prophet Daniel? Prophet Jonah? Prophet Jeremiah? People of Israel on the whole? Zecharia and Elizabeth? Blessed Virgin Mary? St.John the Baptist? St.Paul?
Well dear READERS, if you answer these questions with deep and personal experience and reflection, if you are the best YOU WILL RECEIVE Rs.1000...hurry up! Send it to us at the earliest with your photo, address, email and mob number. Best wishes..... Editor, arokiavaticannathan@gmail.com

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Lenten Tips

- 1. Scripture:** "I have learned how to be content with whatever I have." ([Philippians 4:11](#))

My grandmother sums up the above verse with, "What is, is; what isn't, isn't. Blessed be the Lord." She repeats this often, but I find her attitude to be remarkable, considering her many health problems and other troubles she's experienced in her more than 80 years. Those who have learned to joyfully depend upon God, no matter their circumstances, are good Christian role models.

- 2.** Once I was at a bakery to buy bread. Looking at was a little boy well dressed but was found begging the shop keeper for juice and was denied. Taken aback by this I saw the boy and he to saw me and in turn asked me for an alm. No, this is not right, who are you? What is your name? 'My name is Anton....' Where are you studying? I am studying in 5th std in School....O! A Catholic boy and studying in a Catholic school!? I revealed my identity as priest. He was more frightened. Then I advised him with compassion not to indulge in begging and go home and listen to parents. Well, our parents must teach right values to their children.
- 3. Scripture:** "No good tree bears bad fruit, nor does a bad tree bear good fruit. Each tree is recognized by its own fruit. People do not pick figs from thorn bushes, or grapes from briers. The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks." Luke 6:43-45.
- 4.** Have you ever thought about how the condition of your heart could be connected to how generous you are and what you are generous with? A couple of weeks ago, I started to notice a few things about myself: I was getting angry a lot easier than I usually do. I was feeling irritated or even sad for no reason. Instead of "light-hearted" I was feeling "heavy-hearted". I was impatient. I was dwelling on things that made me upset. ...

Learning about the way Jesus lived His life will help you to know how He wants you to live your life.

Courtesy: A holy Soul.

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WHAT JESUS DESIRES FROM US DURING THIS LENT?

Jesus spent the majority of His time teaching people. Topics include our relationship with God; how to treat one another; what our attitudes should be; and how to deal with money. The Sermon on the Mount was Jesus' first great teaching, recorded in the Book of Matthew. In it, Jesus taught: "You are the light of the world... Let your light shine before men, that they may see your good deeds and praise your Father in heaven." Mt.5:14-16

Jesus spoke to our heart, not just to our actions. He said: "You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with his brother will be subject to judgment... You have heard that it was said, 'Do not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart." Mt.5:27-30

Christ taught people to be kind, not vindictive. "You have heard that it was said, 'Eye for eye, and tooth for tooth.' But I tell you, do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also. And if someone wants to sue you and take your tunic, let him have your cloak as well. If someone forces you to go one mile, go with him two miles. Give to the one who asks you, and do not turn away from the one who wants to borrow from you." 5:38-42

Jesus also taught us to pray. He said, "This, then, is how you should pray: 'Our Father in heaven, hallowed be Your name, Your kingdom come, Your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. For yours is the kingdom and the power and the glory forever. Amen.'" Mt.6:9-14

Christ taught generosity. "Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts. But a poor widow came and put in two very small copper coins, worth only a fraction of a penny. Calling His disciples to Him, Jesus said, 'I tell you the truth, this poor widow has put more into the treasury than all the others. They all gave out of their wealth; but she, out of her poverty, put in everything -- all she had to live on.' Mk.12:41-44

Much of Jesus' teaching emphasized faith. Once, when Jesus had entered Capernaum, a centurion (a Roman officer) came to Him asking for help.

"'Lord,' he said, 'my servant lies at home paralyzed and in terrible suffering.'

"Jesus said to him, 'I will go and heal him.'

"The centurion replied, 'Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed. For I myself am a man under authority, with soldiers under me. I tell this one, "Go," and he goes; and that one, "Come," and he comes, I say to my servant, "Do this," and he does it.'

fulfilled His mission from God. He became the eternal sacrifice. Jesus said, "This is my blood of the covenant, which is poured out for many for the forgiveness of sins" (Matthew 26:28)

Why "Good Friday" is Good

Christians now call the Friday before Easter Good Friday. It does not sound "good" if somebody was killed that day. But it is good for all people that Jesus was crucified. He was the ransom for all people's sins.

Freedom from sin is promised to those who accept the sacrifice of Jesus as payment for their sins, both past and future. "If we confess our sins, he (Isa) is faithful and just and will forgive us our sins and purify us from all unrighteousness" (I John 1:9)

Only Jesus Can Save You from Sin and Death. God is Holy and He cannot co-exist with sin. "For the wages of sin is death..." (Romans 6:23). No amount of religious practice or good deeds can "balance" our sinfulness and make us holy. But the answer is not having more religious practices. The answer is in accepting the righteousness God has already provided through Jesus

Jesus is God's gift. Since Jesus was sinless, we only need his sacrifice. One perfect sacrifice is enough to fulfill the requirement of the law for all people for all time. Jesus was this sacrifice.

Easter is the Celebration of the Resurrection of Jesus

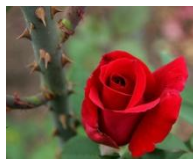
Easter Sunday is not a celebration of the death of Jesus. That would be on Good Friday. Easter is the celebration of a victorious Jesus. His death was not in vain. On the Sunday after His Crucifixion Jesus was [raised back to life](#). He was the first resurrection. 'I AM THE RESURRECTION AND THE LIFE; HE WHO BELIEVES IN ME, EVEN IF HE DIES, HE WILL LIVE' Jn.11:25.

What is Easter for you and me?

Easter is the guarantee of our life eternal after our death. Easter is the liberation for us from all our sins. Easter brings salvation to whole mankind. Easter is the SUCCESS of Jesus over death, Satan and sin.

If Jesus was not risen your faith and mine will be in vain."IF CHRIST HAS NOT BEEN RAISED, THEN EMPTY (TOO) IS OUR PREACHING; EMPTY TOO IS YOUR FAITH"

But have we ever seen in the life Jesus resurrection without cross and bloodshed? No. Jesus predicted his own suffering, death and resurrection..'THE SON OF MAN WILL BE HANDED OVER TO MEN AND THEY WILL KIM AND ON THE THIRD DAY HE WILL RISE FROM DEATH" MK.8:31-33; 9:31. LK18:31-33.



There is no rose without thorns

There is no candle light without it melting itself

There is no atonement for sin without lamp slain

There is no child's happiness without mother's sacrifice

There is no bread without wheat falling into earth and dies

So there is no Jesus' resurrection without his cross, death and burial

In conclusion there is no faith without participating in Christ's sufferings and death.

We cannot have a sharing in Christ's resurrection without partaking in his bloodshed. "UNLESS I WASH YOU, YOU WILL NO HAVE INHERITANCE WITH ME" JN.13:

"UNLESS YOU TAKE UP YOUR CROSS AND FOLLOW ME, YOU CANNOT BE MY DISCIPLE"

It is the respecting of the time set by a body of authority
It is being present on time for any event or activity
It is a sign of obedience to a norm set by an organization
It is adhering to the time schedule collectively accepted by a body of human persons
It is by being present on time that one's education is known or expressed
It is a yardstick to measure one's quality of education or culture
It is an expression of one's self discipline
It is the following of the time agreed upon by two or more individuals that one's character is manifested
It is by following the time set by an institution that one climbs the ladder of life
It is an answer to the question of event or activity, 'when..?'

How to follow punctuality?

Draw a line of control for yourself in any activity you undertake
Keep track of your events
Keep your wall clock or cell phone or email in alarm
Have a strong passion or impulse to follow the timing
Think of your personal profile (dignity or image)
Plan things in advance
Be firm in your decision, 'I must be on time for my work today' 'I will certainly wake up tomorrow morning at 5.30 am or 6.00 am' 'Today I will reach my office on time'
When you have real respect and honor for others, you will follow the norm of punctuality
Try to avoid postponing things
By imitating the westerners in being time conscious you will be able to follow punctuality
Know grudgingly 'Time and tide wait for none'

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To Be a Good Leader, First Be Human

Deep Nishar

December 17, 2012

One of my favourite activities is to flip through old photo albums with my daughter, poking fun at outdated hair styles and clothes. As we were going through this ritual one evening, my daughter looked at me and said, "Papa, you should smile more."

At first, her words did not resonate with me. "Don't I display humor in my day-to-day life?" But the more I thought about it, the more I realized she was commenting on something entirely different.

My daughter was encouraging me to display my emotions, to *be human*.

Many leaders believe that they need to be *in control* all the time. Their teams look up to them for answers and if they display any weakness or waver in their resolve, then the whole organization can crumble around them.

Nothing can be further from the truth.

It is incredibly powerful for your team to know that you can get frustrated, happy or concerned and that you are even stumped by professional situations. It encourages them to seek ways to succeed even as they experience these emotions themselves. It reduces self-doubt and increases our ability to reach out, collaborate and generally become better professionals and human beings.

It takes the focus away from ourselves and puts it on the *problem at hand*.

Being human is not a sign of vulnerability it's a mark of strong leadership

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Vatican's addition to list of sins

We mostly know the Ten Commandments as the basic list of sins to be avoided. Nearly five years ago, the Vatican came up with a list of additional sins. Archbishop Gianfranco Girotti in an interview headlined "New Forms of Social Sin," also listed "ecological" offences as modern evils.

(<http://news.bbc.co.uk/2/hi/europe/7287071.stm>)

What does this mean for us? Will it be held against us if we honour our father and mother but not the earth? Here are ten ways we can cut down on these "ecological" sins

1. **Use less plastic**- This means wherever possible, taking your own bags to shops. Even when in a fancy mall/ lifestyle store, it is perfectly acceptable to take your own bags. You save some money, and you're doing your bit for the environment as well. And you're sinning less.
2. **Use less water** – so don't leave the tap open and do fix leaky taps in the home.
3. **Use paper gift wrapping**. Most shiny plastic gift-paper ends up in the landfills, and cannot be recycled, ask for gift *paper* when you're next in a stationery shop, they are available in all shops and cost the same (or less) as the shiny wrapping.
4. **Recycling** can be seen as giving to those in need.
5. **Segregating your waste** is showing compassion for the garbage workers who must otherwise sort it with their hands. Keep electronics and Batteries out of the trash- they are full of poisonous chemicals, they can be segregated and thrown in e-waste bins. (The e-waste bin closest to our church is the *Saahas* bin at Mother Earth in Domlur; a list of these bins can be found online.)
6. **Turn lights and fans off** when you're not using them. Put your computer to "sleep" instead of leaving it on with the screensaver running.
7. When you have a party/gathering, if you must use disposable cutlery, particularly glasses, use paper and not plastic.
8. Car-pool. Walk where you can, it is good for health!
9. Compost if you can. Read about how it can be done.
10. Use a water filter or boil water to purify water instead of buying bottled water. Not only is bottled water expensive and sometimes unsafe, but it also generates large amounts of container waste. Take a small bottle of water with you when you're going out.(You can visit 'The Story of Bottled Water' on Youtube for more information)

Remember that since we believe that God made the earth; we disrespect Him when we abuse the environment.

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A SHOCKING NEWS

15 Christian Throats slit by extremists in N Nigeria *Second Attack on Christians this Christmas Season*

Washington D.C, December 30, 2012: International Christian Concern (ICC) has learned that at least fifteen Christians were killed by suspected Boko Haram militants in northern Nigeria. The militants snuck into Musari, a neighborhood located on the outskirts of Maiduguri, early on Friday morning and slit the throats of fifteen Christians in their own homes.

The militants specifically targeted Christians because they broke into only Christian homes located in an area of Musari that is predominantly Christian. “The attackers came in and silently went into homes whose residents were all Christians and slit the throats of their victims. They killed fifteen people,” a resident told the press.

According to Nigerian military officials, the death toll only stands at five. Residents of Musari and other relief organizations put the number at fifteen. The Nigerian authorities often under-report the casualties in Boko Haram attacks.

A relief official told AFP “the victims were selected because they were all Christians, some of whom had moved into the neighborhood from other parts of [Maiduguri] hit by Boko Haram attacks.” According to residents, many Christians have moved into the Musari neighborhood because of the many bombings and shootings perpetrated by Boko Haram in other parts of Maiduguri.

Boko Haram is an Islamic extremist group that is currently fighting the Nigerian government for control of northern Nigeria. Boko Haram desires to establish a separate Islamic state in Nigeria’s northern states where it can enact an ultra conservative interpretation of Sharia law. Since beginning its armed insurgency in 2009, Boko Haram has killed over 3,000 people in Nigeria. Christian have often been the victims of violence perpetrated by Boko Haram. In early 2012, Boko Haram leaders demanded all Christians to leave northern Nigeria so that the group could begin establishing its purely Islamic society.

Since then, Boko Haram has been responsible for a series of church bombings, drive-by shootings and Christian pogroms across northern Nigeria.

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UNITY OCTAVE FELLOWSHIP ASSEMBLY- A BRIEF REPORT



‘The Mystical, The Trinitarian, The Christological and The Suffering aspect are the 4 elements of our faith’ said the main speaker at the Trinity Church.

‘As fish needs to be in the water for life, we need to be in God for our life and this is a mystical experience in our life’ Fr.Sebastian Periannan said during his talk here in Bangalore.

‘Our Faith consists in our conviction in God who is Trinitarian in nature and He is revealed in Christ who brought salvation to mankind in and through his suffering and therefore our Christian commitment to faith rests in our own suffering’, he explained to the audience at Trinity Church, MG Road during the Ecumenical Meet in view of Unity Octave that fall between 18 to 25 January every year.

Presenting a well prepared talk on “Walking towards true faith in Christ” on the Ecumenism Sunday 20.1.2013, the speaker of the evening program, held at Trinity Church near MG Road in Bangalore, Fr.Sebastian Periannan lead the delegates of various Churches to the challenges what he termed as confusions hidden beneath our Christian life today.

False preaching, Liberal thinking, Media, Scandals, Property (wealth), Commercializing religion are some of the confusions that we, Christians face these days as opponents of true faith, asserted Fr.Periannan, a professor of Communication at St.Peter’s Pontifical Institute of Theology and Seminary, Malleshwaram, Bangalore.

Insisting on giving connectivity to Christ like mobile phones having connectivity to satellite, the speaker enlisted ‘Internal disposition, Hospitality, Teaching of Truth and Creative service’ as convictions of our Christian life.

In midst of diversity of harmony, we must hold on to certain values such as individual and communitarian prayer, abiding in Christ through meditation, hospitality, family prayer, reading of the Scripture, in order to overcome those confusions against the growth of our faith in Christ, judged Fr.Periannan.

He helped the ecumenical audience with few guidelines for our life of faith in Christ as Communication of our faith, Growth in true faith, Personal meditation (sitting with Jesus), Family and individual Prayer, Being ready to suffer with Jesus, witnessing, Waiting and Obeying.

True Faith in Christ will remove the darkness of sin, doubt, divisive attitude, tendency of criticism among all Christian denominations that he numbered over 30,000 in the world.

Over 200 delegates including Rev.Frs.S.Jayanathan, Vicar General of the Archdiocese of Bangalore, Ronie Prabhu, Karnataka Regional Secretary for Karnataka Regional United Christian Forum for Human Rights, Sagayanathan & Adrian Mascarenhas the parish priest and assistant parish priest of St.Patrick’s Church, Irudayam, parish priest of St.Antony’s Church, J.Arokianathan, Secretary of Bangalore Zonal United Christian Forum for Human Rights, Rev.Pastors Paul Dhanashekar of Trinity Church, Mohan Raj of St.Barnabas Church, Arokiasamy, retired pastor, M.C.Prasad, President of Bangalore Zonal United Christian Forum for Human Rights, Daniel Jesudass Vice President of the Bangalore Forum and large number of nuns were present in the Trinity church, one of the oldest churches of Church of South India.

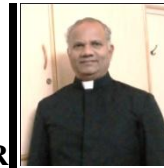
Earlier welcoming the participants of the prayer for Christian unity, Rev.M.C.Prasad read the gist of the points prepared by the Pontifical Council for Christian Unity and World Council of Churches.

Animating the gathering in the spiritual joy through their melodious and vibrant singing in English, Kannada and Tamil, the choir members of Sts.Peter and Paul Church brought sweetness to the evening spiritual exercise meant for Christian unity.

Fr.Jayanathan, representing the archbishop Bernard Moras the president of Karnataka United Christian Forum for Human Rights, appreciated the work and effort of the Bangalore Zonal United Christian Forum for Human Rights led by Fr.J.Arokianathan, Rev.M.C Prasad and Rev.Daniel Prasad the executive members of the Forum.

The highlight of the evening prayer service for Christian Unity in the Bangalore Zone was the candle light pledge for unity guided by the Vigar General.

The whole program was initiated and organized by Bangalore Zonal United Christian Forum for Human Rights under the responsibility of Fr.J.Arokianathan, the Forum's secretary who thanked every one that assisted him in organizing the event especially Rev.Paul Dhanashekar and Rev.Rodrigues the senior pastors of Trinity CSI Church for the venue and other support.



Report By: Fr.J.A.Nathan, Secretary, BZUCFHR

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My 10 Resolutions For 2013

This coming year, I have decided that with God's help, I shall:

- Give up complaining Focus on gratitude.
- Give up harsh judgments Think kind thoughts.
- Give up worry Trust divine providence.
- Give up discouragement Be full of hope.
- Give up bitterness Turn to forgiveness.
- Give up hatred Return good for evil.
- Give up anger Practice patience.
- Give up pettiness Put on maturity.
- Give up gloom. Enjoy the beauty that is around me.
- Give up gossiping Control my tongue.

My prayer for you in 2013 is that you will:

- * Accept the shortcomings in others and realize it is not your responsibility to correct them, it is God's to perfect them
- * Understand your own shortcomings and allow God to perfect them, in His own time
- * Reach out to help those whom you can help
- * Accept help from those who wish to help you
- * Understand that God loves you
- * Understand that God wants you to love others

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How do we bring changes in our Indian society in the background of the Delhi gang rape

incident? Please write to us

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HEALTH AND NUTRITION

Signs of Heart Attack

Whilst a heart attack can often be sudden and unannounced, most other times, the condition develops over a period of time. You can read the warning signs and take the necessary precautions if you pay heed.

Here are **7 signs that can be taken as warning and could help avert a catastrophic situation:**

1. Discomfort in the Chest

The most common warning sign of a heart attack is the feeling of discomfort or heaviness in the chest. This feeling could also be more of a burning [sensation](#). Any of these symptoms should not be taken lightly, and if it occurs more than once, you need to rush to your doctor. If another person is complaining of the problem, chances are they have experienced the feeling before and are only expressing it now. So, rush them to the nearest doctor or hospital immediately for a check up.

2. Shortness of Breath

If your breathing gets heavy and the [breath](#) falls short even after a short walk, climb or other form of movement or exercise, it should be a huge cause of worry. Even if this condition is not accompanied with chest discomfort, it should be taken as a warning sign.

3. Sweating

Whilst [sweating](#) is inevitable in the scorching heat of May and June, excessive sweating even in cool conditions is uncalled for. If you notice such sweating, consult a medical professional immediately.

4. Nausea

Regularly feeling nauseous or dizzy could imply the onset of a heart attack. Do not treat it callously as a sign of tiredness. This could happen due to the artery getting blocked. It could also display itself via excessive stress, fatigue after short spans of movement or exercise, or a feeling of weakness despite eating and sleeping well.

5. Numbness in Arms

If your arms feel numb and seem to be drifting to the sides, heart problem may be the cause.

6. Unresponsiveness

If certain parts of your body begin to stop responding, do not ignore the circumstance. The affected parts may be the shoulders, arms or back of the neck.

7. Slurring while Speaking

Difficulty while speaking need not necessarily occur after a bout of drinking with the buddies. It could be a graver situation than that! Inability to speak coherently could be the sign of a great attack. If you think you are suffering this ask a friend or relative to help by asking them to understand what you are saying.

A heart attack can be avoided if the warning signs are read correctly and in time. Seek medical aid immediately if one or more of the above symptoms are noticed. They could be the result of a choked artery. Even if heart attack is not the result, a check up should be done at every 6 months or annually.

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FEW TIPS TO PROTECT YOUR HEART



Apples: An apple a day keeps the doctor away: a very clichéd saying but very true. Phytochemicals, present in apples, act as an anti-inflammatory and also prevent the blood from clotting. It is also high on fibres and vitamins. An apple also makes the perfect snack for someone who is always on the go. Plus it is available in different varieties, so you might not get bored of it soon. Add a few chopped pieces of apple in your Greek salad making it healthier.



Soy: Soy is not a very tasty option but it's really good for your heart. Soy protein can prevent you from having a stroke. It is also a great replacement for the red meat that you've been trying to cut on. This will help in reducing the intake of

saturated fats. Add a few chunks of soy to your rice or stir fry it with your veggies. You can also use soy milk as a substitute for regular milk, for making milk shakes and with your morning cereal.



Almonds: Have you been avoiding nuts for the oil they contain? If yes, then bring it back to your plate because this oil is actually healthy for your heart. The Vitamin E that almonds contain helps in...



- **Brown rice:** may be a better choice over white because it has an ingredient that protects against high blood pressure and atherosclerosis. It is also a good source of fibre and helps lower cholesterol levels in the body. less



Green leafy vegetables and olive oil are vital for maintaining a healthy heart. One serving of leafy greens a day can be key to preventing heart disease. So add them in plenty to your daily diet!



Tomatoes: Tomatoes contain lycopene (a phytochemical) that is known to lower cholesterol, cut risk of colorectal cancer and heart disease. Studies show that men who regularly eat food rich in lycopene have lesser chances of developing prostate cancer and heart disease. You might want to start enjoying tomato sauce as it has more lycopene. Cooked tomato works much better on your body than raw ones. So start adding it

to your vegetables and salads. Tomato is also known to improve memory and other signs of aging



Oats: Start your day with a bowl of oats! Oats are full of fibre, omega-3 fatty acids, folate, and potassium, and can help lower cholesterol levels and keep arteries clear.



- **Salmon:** Your heart will love you for the fresh salmon you have and so will your taste buds. Fish contains omega-3 fatty acids. This will help your blood from clotting. It is suggested that you should eat fish (sea food) atleast twice a week for a healthy heart. Opt for grilled fish and avoid spicy seasoning. You can also add a dash of lime to it for an excellent flavour and add it to your green salad



- **Whole Grain:** Starting the day with whole-grain cereal may lower the risk of heart failure in the long run, as whole grains protect against coronary heart disease.



Red Wine: And last, but not the least, ditch your beer and whiskey and say cheers with wine. Antioxidants in red wine called polyphenols may help protect the lining of blood vessels in your heart. But drinking too much is too bad..be cautious!



- **Berries:** Strawberries, cranberries, blueberries, mulberry, huckleberry, gooseberry and all the other berries are a pack load of vitamin C. With so many flavours you can possibly never get bored of ...

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[Reasons to Sleep More](#)

We all know how a good night's sleep makes us feel energetic, inducing a typically refreshed feeling.

However, there is a lot more to a [good sleep](#) beyond these very palpable advantages. Unless you are someone who sleeps throughout the day, it is recommended that you try to catch a few hours of extra



sleep whenever possible. The following will help you understand why sleeping more is so beneficial for you:

1. Helps to Regulate Weight

Sleep deprivation is major reason of weight gain across people of all ages. [Lack of sleep](#) impairs our metabolic functions. It reduces the rate at which we burn calories. It also makes us feel hungrier. This creates a mechanism where our body is more likely to store carbohydrates and fats. Lack of sleep is known to induce hunger pangs. People who feel un-rested are more likely to feel irritated. They often seek solace in beverages with high-sugar content. The sugar spike makes them feel better for a short while and they often become addicted to this pattern.

[Insufficient sleep](#) also affects the hormonal functions. It triggers the release of cortisol—this is our basic stress hormone. When stress hormone levels are raised, we tend to suffer from hunger pangs and levels of Leptin hormone tend to decline. This is a natural appetite suppressant. Without sufficient Leptin, the level of Ghrelin hormone rises. This hormone has an appetite-stimulating effect. People suffering from a combination of these factors are prone to snacking throughout the day, drinking more caffeine or tea and binging upon sugary foods. Thus, their propensity to gain weight is a lot more.

2. Raises Your Mental Performance

Our mind needs to process information it has received in the form of visual, auditory and other stimuli. This is done during sleep. This is when the brain recuperates. This ensures that we are able to remember, recall and understand things. Even dreaming patterns are related to the thoughts buried in our sub-conscious. Thus, [getting sufficient sleep](#) is vital for our mind to function properly. It is widely acknowledged that people are at their creative best when they have a good sleep. Proper sleep ensures that we are more insightful and can understand things a lot faster.

3. Ensures Better Cardiovascular Health

Apart from the bulging waistline caused by lack of sleep, people suffering from [sleep deprivation](#) are known to suffer from hypertension—an established cause of cardiovascular diseases. Greater concentration of stress hormones are the underlying cause of many cardio problems. This includes arrhythmias or irregular heartbeat patterns. Sleep apnea or lack of sufficient oxygen during sleep has been linked with Type 2 Diabetes which is a major cause for heart diseases.

4. Raises Immunity

Quality of sleep and our overall immunity are directly related. This includes our ability to fight-off common infections like flu or common cold. [Poor sleeping patterns](#) tend to lower the synthesis of antibodies. Medical research has linked this with the increased risk of developing colon and breast cancer.

5. Improves Our Overall Quality of Life

[Healthy sleeping patterns](#) ensure that we are less prone to getting anxious or stressed. It helps us take upon day-to-day activities with more vigor. These are direct contributors towards feeling good throughout the day. With a calmer mind, more physical energy, mental clarity and less chances of falling ill, we feel much better. This helps to raise the libido levels too and impairs the progression of aging-related health issues. ([Health, MensXP.com](#))

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PICTURES COLUMN

Photoes of UNITY OCTAVE FELLOWSHIP MEET 26.1.'13 @ TRINITY CHURCH







Fr.J.A.Nathan offering Christmas gifts to poor children in addition to education aid to them