

From the Editor's Desk... Who is a real Mother?

St. Monica was born at Thagaste in Africa of a Christian family about the year 331 AD. While still young she was married to Patricius and children, one of whom was Augustine. She was unceasing in her prayer to God for his conversion and shed many tears for him. She strengthened her faith by her prayer and was outstanding in virtue, a wonderful example of Christian mother. She died at Ostia in the year 387 (Feast: Aug.27)

St. Augustine was born at Thagaste in Africa in the year 354. As a young man he led an unsettled life both in the philosophy he professed and in his moral behaviour, but later in the year 387, he was converted and received baptism at Milan from the bishop Saint Ambrose. He came back to his own country and the life of an ascetic. Elected Bishop of Hippo, forty-four years he was an exemplary bishop to his flock, teaching his people by his sermons and writings. He died in the year 430 (Feast: Aug.28).

Now these stalwarts of the early Church are real stars for our life of faith.

A certain young man was prepared to be hung in the gallows. He was inquired if he was willing to see his mother before his death. The man refused to see her roaring in his mind. He was asked for the reason for his refusal to see his mother. He said, "When I was a little boy, notorious in my behaviour and attitude, she (his mother) did not correct my movements, did not give enough attention and love to me. She is the sole cause for my notoriety and thus I am now to be hanged, why do I need to see such an irresponsible woman before I face the gallows?"

There are numerous young people abandoned by their mothers. In later stage, they become horns and thorns in the society.

It is said Nero and Trojan, two tyrants in the ancient Roman empire, who killed mercilessly thousands of Christians, were brought up uncared by their mothers. For the brutal behaviour of Adolf Hitler the famous dictator and murderer of millions of Jews in the Swastika Germany, lack of love and attention from his mother is said to be a reason.

If the mother of family is in right order, most of the family problems would be resolved and children would be fine in their character.

On September 8, we celebrate the nativity of the Blessed Virgin Mary. Her birthday is a great boon to humankind. The little lass who was to mother the Son of God, was chosen by God in a very mighty way.

As she grew up, she understood her role in bringing up the little Jesus in Nazareth.

While the Catholics venerate her as the Mother of the whole humankind, they must imitate her virtues not only as a holy virgin but also she is the perfect mother of us all. If so why don't our Christian mothers follow her ways in rearing their children?

A tree is known by its fruits. So also a mother is known by her children.

We venerate the BVM in so many ways. But we hardly pay attention to her virtues.

Monica was a great mother to St. Augustine. She followed him where ever he went trying to get him to the Lord. She unceasingly prayed for him until he accepted the Lord. We can say she was successful in her role as the responsible mother of her children.

Every mother in the world may have one Augustine at home. But if the mothers take constant effort, then they will rejoice over their Augustine after conversion.

Hence let Catholic mothers imitate both St. Monica and the Mother of God bringing up their children.

Visiting St. Mary's Basilica, Bangalore OR Our Lady of Good Health Basilica Shrine at Velankanni in Tamilnadu (OR any Marian Shrine) during the month of September will not suffice to reach heaven but we must follow her footsteps in journeying towards our Lord and God Jesus Christ. Happy Birthday to you Mother Mary!

Happy Feast to all of our readers.

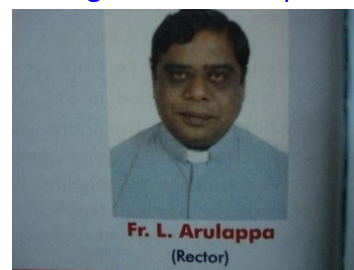
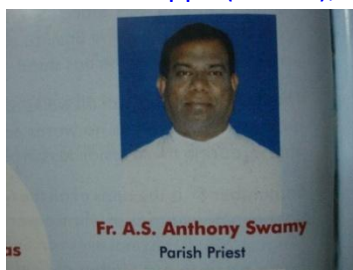
OUR LADY OF HEALTH, SHIVAJINAGAR

Who does not know Blackpalli? The name sounds very rural. Of course, it was almost a village very to Ulsoor lake in Bangalore. If you want to know Blackpalli, please visit Shivajinagr, an area filled with markets, complexes, temples and business centres. One should be very careful to ride any vehicle in this densely populated area in the city of Bangalore. A place well known for vehicles jamming often due to large number of shops and a large bus stand.

Today Shivajinagr is an important MLA constituency in Bangalore. Often it is a deciding factor for major political party to reach the winning point in State election. While getting into Shivajinagr, no one could miss out a large, tall elegant gopuram of a minor Basilica of St.Mary. Reverentially called Arokiamadha Thiruthalam(Shrine of our Lady of Good Health).

It will be a flaw to say only Catholics visit this Shrine. You could see large number of Hindus and Muslim devotees rush in to the Shrine chapel to offer their supplication to Holy Mary the Mother of God. This they do not just because of their maternal feelings, but Mother Mary do great favours to them. You can convince a non-Christian about Mother Mary's role in our life but not the Separated brethren. They out rightly deny the intercessory role of the Mother Mary in our life. However even they are seen visiting the Shrine, a paradox indeed.

Today the Shrine looks very elegant and beautiful as the Mother Mary herself. The heads of the Shrine Very Rev.Fr.A.S.Anthony Samy (Parish Priest and Dean of the Basilica Deanery), Rev.Fr. Arulappa (Rector), with their vast experience along with their respective assistants



Rev.Fr.Pushpadoss and Rev.Fr.Rayappa.M are doing excellently to develop the Shrine. THE KEY appreciates their coordination and creativity in leading thousands of souls to the Lord through their devotional activities in the Shrine. The lights that illumine with white and blue fixed permanently is a feast to the eyes.

Thousands of people of all walks of life flock to the Shrine of Our lady of Health not only during ordinary times, but as no words could be sufficient to describe the glory and grandeur of the Shrine, during these festal days in particular.

September 8th is the apex of all the Marian celebrations held here in the Basilica. The pilgrims do not have any barrier of whatsoever in visiting the Shrine. From the day one of the flag hoisting (August 29) till the final event on Sep 8, one could see the awesomeness of

our Lady of Health, a name given to our Mother of God, as she favours every sort of sick and the dying with good health.

As a special feature of the Shrine this year is the mark of 129th Anniversary of the Consecration of the Church on 5.8.2010. While Mass marriages take place at 10.00 am (Kannada) and 12.00 Noon (Tamil), there will be special thanksgiving services both in Kannada and Tamil at 2.00 pm and 3.30 pm respectively.

New Liturgical Services, :

Apart from the usual Masses, the introduction of Divine Mercy Prayer daily at 3.00 to 3.30 pm, again on Friday from 3.00 pm to 4.00 pm with Blessed Sacrament exposed and on first Friday at 3.00 pm Divine Mercy procession followed by the prayer has received with great joy by the devotees and faithful. The feast Mass this year is as flows: 8.00 am in Kannada and 9.30 am in Tamil by the Archbishop Bernard Moras.

Every Saturday: 11.00 am - Mass and Benediction

Every day at 6.30 pm – Rosary Procession followed by Benediction

Prayer Tower-Zion Prayer house: This is new phenomenon in the Basilica arena. This is opened from 10.00 am to 8.00 pm for the pilgrims. Here general counseling and prayer over the sick is done.

Eucharistic Adoration Chapel: This is opened from 7.00 am to 10.00 pm

Reconciliation Chapel: Adjoined to the Eucharistic chapel, there is Reconciliation chapel, confession is heard from 10.00 am to 5.00 pm.

BY EDITORIAL BOARD

E-Mail Box

Sneha, Murugheshpalya, Bangalore: Dear Father Praise God for your deep thoughts regarding IFC article this month (July-Aug, 10). I really appreciate & thank God for it. You have brought out, so simple, clearly & in a beautiful manner. I pray that this information will be a blessing & an eye opener to all readers. Father many people have this problem but they don't work on it, neither want to come out of it with the help of the Lord. Remedy is only for those "who develop self confidence to do the thing you fear and get a record of successful experiences behind you. Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited, for it is a thing to be achieved"

KEY: Sneha, your appreciation is a boost for our evangelical journalism. Why don't you fetch subscribers for our bulletin?

Mrs.Rani, Jayabharathi Nagar: Dear Father, your magazine THE KEY is superb in its outlook as well as in its contents which are very informative and interesting. The articles provide us an international scenario covering various aspects of our human life. When I read the articles, I feel as I am making a world trip.

KEY: I know it is. Our aim is to reach as many readers as possible. Still many receive our bulletin without their subscription paid for quite some time. I need your help in this. Send us some new addresses with subscription of Rs.290 only per annum.

BJP MLA Sticks to His Stand. Lets Campaign for President's Rule in Karnataka - The CSF

Bishop Peter Machado of Belgaum has slammed a remark reportedly made by a pro-Hindu politician, asking people to “to weed out” Christianity from Indian society. Catholics are upset by the comments of Prahlad Remani, said Bishop Machado. The member of the Karnataka legislative house reportedly made the comments while addressing a local celebration marking India’s 64th Independence Day on Aug. 15. Angry Christians demonstrated in front of the local government office on Aug. 16 protesting Remani’s comments. They demanded an unconditional apology from him. Remani, a member of the Bharatiya Janata Party, reportedly said that when the British left India in 1947 they did two wrong things. They allowed the partition of India for the creation of Pakistan and left the “seeds of Christianity” in the country. These seeds are “being spread systematically” through Christian institutions, he reportedly said. “If these seeds spread, then our nation will be under danger,” Remani was quoted as saying, and urged people “to weed out” Christianity from the region.

Bishop Machado said Remani’s remarks created “sectarian tension” in the area, which had been “comparatively peaceful” compared to other parts of the state. The laity have made a police complaint to put a stop to such remarks. “Christians are afraid” that now they will face tension, the bishop added. Christian leaders say anti-Christian incidents in the state rose after the BJP government came to power in 2008. Some regions such as Mangalore and Bangalore witnessed a spate of violence in 2008. The remarks are “a threat to social unity and integrity,” said Father Faustin Lobo, Karnataka Church spokesperson. He said the comments have “deeply hurt” Christians. Remani has told media that he would continue his campaign against Christianity in the region.

Justice Saldanha Records 1000 Attacks in 2 Years. He Calls for Restoration of Rule of Law

**The Hon’ble Mr. V.S. Acharya,
Home Minister of Karnataka,**

On 26th January 2010, I undertook the painful duty of recording that during the short tenure of under two years of the BJP Government in this State, that 500 attacks on the Christian community had taken place. The State Government is acting in total violation of the Constitutional Mandate which guarantees freedom to practice and propagate one’s religion and this hate campaign has official sanction. There are organizations and institutions in this country which are maintaining a careful record of the increase in the number of these attacks in the State of Karnataka, as also of the fact that those involved in them are rarely arrested and even if arrested, the cases are clandestinely withdrawn. The victims are always wrongly arrested and your Government refuses to withdraw those cases and to crown it all, you have officially gone on record stating that all the attackers involved in such serious offences under the IPC are political activists according to you. This is a total aberration.

August 15, 2010 brought the number of such attacks to exactly 1000, an increase of 500 in the last six months. The most sensational one came from your Party MLA – Prahlad Remani who is supposed to be the BJP MLA from Khanapur in Belgaum District. The attack was made by him in the course of his official address at the flag hoisting on Independence Day. I was in Pune attending a Conference on that day and the TV channels have shown his speech live. Among other statements, he has attacked

the Christian community by stating that the British had sown the seeds of Christianity in this country (the man requires to be re-educated because this is factually false) and that Christianity and Christians have to be weeded out and thrown out of this country. This is a serious offence of inciting communal disharmony along with several other allied offences because it immediately provoked violence and tension in the whole District. The State, in such situations is required to register an offence and immediately proceed according to Law. This was not done.

What is most atrocious is that when several complaints were lodged with the Police Authorities and an FIR was registered that instead of upholding the Law, the State Government immediately transferred the SP who had very rightly taken action. This was done by the Chief Minister and the Home Minister. This shows that the Statements made by the MLA are officially supported by the State Government and that the subversion of the Law and the legal process has also come from the Vidhana Soudha. The citizens of this State are protected by the Constitution of this country and therefore, demand from the State Government that action according to Law must follow.

In the course of the last two years, there have been a whole series of cases where the State Government has incited, supported and shielded such communal attacks. The record also shows that the Law has been misused not only against the victims but against the Media whenever such cases have been highlighted and the International Human Rights Commission and the Press Council of India have taken serious note of this. The Central Government and the International Organizations have taken careful note of the fact that the State Govt. spends an average of Rs.50 Crores a day on self publicity in order to ensure that grave incidents of the present type are not reported. All these incidents are representative of a total breakdown of the Rule of Law in this State, it is a matter of deep regret that they have taken place even on a sacred day like August 15th and we demand that the Rule of Law be restored.

JUSTICE MICHAEL F. SALDANHA

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MARY OUR LOVING MOTHER

Luke:1:41-45 “Now it happened that as soon as Elizabeth heard Mary’s greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, ‘Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? Look, the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.”

Whenever you hear or read the Word of God, generally you get struck by at least one sentence. Read that again, try to understand that sentence, analyze it. Check up what impact does it make in your life. This is how you ‘Live the Gospel.’ In the above passage of St. Luke, one sentence strikes me very much: “*Elizabeth was filled with the Holy Spirit.*”

Elizabeth would not have uttered the words that she had said of Mary, the Virgin, the Mother of God, had she not filled with the Holy Spirit. In other words, unless you are filled with the Holy Spirit you can not honour the virgin mother of God.

Mary is the mother of Jesus Christ. Jesus Christ is the second person of the most Holy Trinity, ‘God the Son.’ The Holy Trinity consists of: ‘God the Father, God the Son and God the Holy Spirit.’ Therefore, Jesus Christ is God. Thus Mary is the Mother of God. And God is not only for Roman Catholic or to that matter for Christians alone but for the entire human race.

From the Cross, Jesus Christ, our Lord and God gave his mother Mary to be our mother through his beloved disciple, John. Thus Mary, the mother of God became our mother too. We are entitled to honour the mother of God. And what a privilege we have to call the mother of God as our mother! You can understand and digest it only when you are filled with the Holy Spirit.

It is very sad that the Christians in thousands do not care to honour Mary. Many hate to respect her due to their wrong belief. May the Holy Spirit enlighten them from their ignorance. God says, ‘My people perish because of ignorance...’ Let us ask the Holy Spirit for the gift of wisdom and pray to Mary our holy mother to plead for entire world to her son, Jesus Christ who is our Lord and God. Amen.

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36th ANNUAL FEAST OF MOTHER OF MINES, KGF

Do you know how the Mother of Mines Shrine originated in KGF(Kolar Gold Fields)?

Here is a story told about the Shrine:

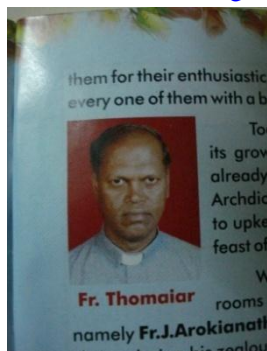
In 1946, a Hindu woman Rangamma brought a statue of Blessed Virgin Mother from Vailankanni, placed it near the gold mines shaft at Oorgaum, KGF. This drew the by-passing mining workers to pray to the Mother of God. A structure made of mud and stones was made for the statue so as to enable the devotees for prayer. According to a tradition, a British Official damaged the structure and the statue out of contempt. Sooner than he did this he lost his vision. Driven with great fear, he began to change his attitude towards the devotion to the BVM and converted. The merciful Mother of God blessed him with his vision. The news about this event spread like wild fire and people began to flock to the place and devotion to Our Lady took its humble growth in this remote non-residential place at Oorgaum. What God wants, He lets things happen. Glory to You O Lord!

Our Blessed Virgin Mary is venerated with deep sentiment of love and piety by various names. 'Mother of Mines' is one such cute name given to her by late Fr.S.Arulanandam, a pioneer in spreading the devotion to the Mother of God in KGF referring to the then gold mines of KGF. The Shrine named its name for the GOLD MINES established in most part of KGF a town built by the John Taylor & Company. The Mother of Mines Shrine is known all over Karnataka and parts of Tamilnadu.

Kolar Gold Mines has the second deepest gold mines (Champion Reefs) in the world. This gold extracting enterprise was started by the British in 1880 by the John Taylor & Company. The KGF gold mines produced more than 800 tons of gold since its inception losing its 6000 skilled labors. The century old KGF gold mines unit was closed down in 2001 Feb by the then BJP Govt. Due to this unprecedented closure of the mines thousands of employees suffered untold misery. Today they travel to nearby city of Bangalore for jobs. Companies and factories should employ them without any stint so as to invigorate their lost glory and life. Mother of Mines is their protector and guardian.

Our Blessed Mother of Mines is the patroness of the people of Kolar Gold Fields especially the mining workers. Although the gold mines are closed, today the shrine is an outstanding pilgrim centre attracting thousands of devotees during the annual feast in September on Sunday after the nativity of BVM.

Erected as a parish in 1976 by late Most.Rev.P.Arokiasamy, the then Archbishop of Bangalore, with great efforts of Fr.P.Balaiah, the Mother of Mines shrine boasts of many priests as stalwarts who worked devotedly for the growth of the shrine like Fr.A.Arulanandam, Fr.Rosario, Fr.Santhan D'Costa, Fr.John Solomon, Fr.Rajarathinam, Fr.Maria Selvan, Fr.Christy Raj, Fr.J.Arokianathan. Thanks to all of them for their enthusiastic pastoral ministry in the shrine. The people of Mother of Mines Shrine recall every one of them with a big salute of honour and gratitude for all their tireless work.



Today the Shrine is ably governed by Fr.Thomaiair who is actively involved in its growth and development with his priestly experience of long 31 years.

He already ministered the Lord and His people in different parishes in the Archdiocese.. Known for his simplicity and humility, Fr.Thomaiair is doing his best to upkeep the Shrine to its magnificent standard. He is assisted by a Precious Blood priest Fr.Frederick. We wish both of them the very best for the feast of Mother of Mines!

While Fr.John Solomon built the existing large Church building, school class rooms with great enthusiasm and hard labour , the predecessor of Fr.Thomaiair namely Fr.J.Arokianathan (J.A.Nathan), transformed the parish ambience by adding glory to the shrine during his zealous ministry from 2002 to 2008. Much of credit for what the shrine is goes to him. The renovation of the Shrine chapel with glass tiles work and a colorful glass casket for the Mother of Mines' statue, a beautiful and ever green Rosary Park with mysteries of the Holy Rosary boards, renovation of the Infant Jesus Shrine church building with mosaic floor and marble altar with a new sacristy and priest's residence, a library building, a cement slabs flooring in the shrine campus, an attractive grotto with a green garden, a John Paul II cultural stage, a drilling of bore well with non-stop flow of water, construction of an annual feast stage, false ceiling inside the large Church are some of his ever remembered works that attract thousands of devotees and pilgrims.

The annual feast of Mother of Mines is a grand feast to eyes and hearts of the thousands of devotees who come for the feast (12.9.2010). Visit of the devotees in long queue to the main decorated chapel of the Shrine with lighted candles, vibrant singing by the parish Tamil and English Choir, dazzling decoration of the Church, a clean environment with grass maidan, celebrations of holy Mass magnificent decorated car procession, distribution of lunch in the name of the Holy Mother of Mines to all the people are some of the major aspects of this year feast of Mother of Mines. Mother of Mines draws to herself people of all walks of life with various infirmities, problems and send them back with great healing, peace and joy. Next to the feasts of St.Mary's Basilica and Infant Jesus Shrine in Bangalore archdiocese, it is the Mother of Mines shrine in KGF that attracts innumerable devotees for the feast.

Come and experience the feast of Mother of Mines and you will witness how the Parish Priest, Parish Council, Finance Committee and Pious Associations of the Shrine celebrate the feast with great gaiety and faith!

PLEASE NOTE BELOW THE MASS TIMINGS during the 36th annual feast OF MOTHER OF MINES: (Sep.3rd to 12th)

FLAG HOISTING: FRIDAY 4 Sep 2009 @ 5.30pm by Very Rev.Fr.C.Moses (Begur Dean)

FEAST DAY: MASSES @ 6.00 am, 7.00 am (ENG), 8.30 am, 10.00 am, 12.00 Noon and 4.30 pm concelebrated High Mass followed by decorated CAR PROCESSION.

EDITORIAL BOARD

ECUMENISM

Celebration of "Indian Christian Martyrs' Day" on the last Sunday of August.

Dear Fathers, Pastors and Friends

I express whole hearted gratitude to you for the continuous support extended to the Commission for Ecumenism. I would like to bring to your kind notice that the Regional Secretaries' meeting held in Jhansi, Pastoral Centre, on November 09-11, 2009 had suggested to remember all the Christians who died for Christ in India,

calling it as, "Indian Christian Martyrs' Day". It has been positively welcomed by other Ecumenical Churches too.

Inspiration Drawn

Pope John Paul II in his encyclical, '*Ut Unum Sint*' has clearly written about the importance of persons who have sacrificed their lives for faith in all denominations. He writes, "In a theocentric vision, we Christians already have a common "martyrology". This also includes the martyrs of our own century, more numerous than one might think, and it shows how, at a profound level, God preserves communion among the baptized in the supreme demand of faith, manifested in the sacrifice of life itself."

Most Rev Anil Couto, Bishop of Jalandhar, Chairman, CCBI Commission for Ecumenism said, "We are making an effort to remember those who died for Lord Jesus Christ, martyrdom is the highest form of love expressed. Making a Day as Indian Christian Martyrs' Day is not making somebody a canonized saint but remembering their sacrifice to witness Christ. Their brave life is a heritage of the Church and we want to save it for the coming generation. It is not just meant for Catholic Church alone but for all Churches and Ecclesial communities."

Therefore we humbly request you to celebrate Last Sunday of August (29th August) as Indian Christian Martyrs' Day.

Fr. Pushpa Anbu SVD,

National Secretary of Ecumenism



AN ECUMENICAL FELLOWSHIP & GOODWILL MEET WAS CONDUCTED AT ST.PETER'S CHURCH, RUSTUMBAGH, BANGALORE ON 23.AUG.2010. REV.MSGR.S.JAYANATHAN (VG), REV.MSGR.C.FRANCIS(VG), VERY REV.FR.A.S.ANTONYSAMY (BASILICA DEAN), VERY REV.FR. PETER D'SOUSA (DODDABALLAPUR DEAN), REV.FR.I.HRUDAYAM, REV.S.AROKIASAMY(CSI), JACOB THOMAS (NEW LIFE FELLOWSHIP), AND MANY PASTORS FROM METHODIST, IDC, MARANATHA WORSHIP CENTER, BELIEVERS, MARTHOMA, FULL GOSPEL

ASSEMBLY CHURCH AND MANY LAY MEMBERS OF THE BANGALORE
ARCHDIOCESAN COMMISSION FOR ECUMENISM PARTICIPATED.
REV.FR.J.A.NATHAN, SEC. OF THE COMMISSION ORGANIZED THE EVENT.

GLOBAL : Ten Principles for Peace of Mind - Compiled by THE CSF

1. Do Not Interfere In Others' Business Unless Asked - Most of us create our own problems by interfering too often in others' affairs. We do so because somehow we have convinced ourselves that our way is the best way, our logic is the perfect logic and those who do not conform to our thinking must be criticized and steered to the right direction, our direction. This thinking denies the existence of individuality and consequently the existence of God.. God has created each one of us in a unique way. No two human beings can think or act in exactly the same way. All men or women act the way they do because God within them prompts them that way. Mind your own business and you will keep your peace.

2. Forgive And Forget - This is the most powerful aid to peace of mind. We often develop ill feelings inside our heart for the person who insults us or harms us. We nurture grievances. This in turn results in loss of sleep, development of stomach ulcers, and high blood pressure. This insult or injury was done once, but nourishing of grievance goes on forever by constantly remembering it. Get over this bad habit. Life is too short to waste in such trifles. Forgive, Forget, and march on. Love flourishes in giving and forgiving.

3. Do Not Crave For Recognition - This world is full of selfish people. They seldom praise anybody without selfish motives. They may praise you today because you are in power, but no sooner than you are powerless, they will forget your achievement and will start finding faults in you. Why do you wish to kill yourself in striving for their recognition? Their recognition is not worth the aggravation. Do your duties ethically and sincerely.

4. Do Not Be Jealous - We all have experienced how jealousy can disturb our peace of mind. You know that you work harder than your colleagues in the office, but sometimes they get promotions; you do not. You started a business several years ago, but you are not as successful as your neighbor whose business is only one year old. There are several examples like these in everyday life. Should you be jealous? No. Remember everybody's life is shaped by his/her destiny, which has now become his/her reality. If you are destined to be rich, nothing in the world can stop you. If you are not so destined, no one can help you either. Nothing will be gained by blaming others for your misfortune. Jealousy will not get you anywhere; it will only take away your peace of mind.

5. Change Yourself According To The Environment - If you try to change the environment single-handedly, the chances are you will fail. Instead, change yourself to suit your environment. As you do this, even the environment, which has been unfriendly to you, will mysteriously change and seem congenial and

harmonious.

6. Endure What Cannot Be Cured - This is the best way to turn a disadvantage into an advantage. Every day we face numerous inconveniences, ailments, irritations, and accidents that are beyond our control. If we cannot control them or change them, we must learn to put up with these things. We must learn to endure them cheerfully. Believe in yourself and you will gain in terms of patience, inner strength and will power.

7. Do Not Bite Off More Than You Can Chew - This maxim needs to be remembered constantly. We often tend to take more responsibilities than we are capable of carrying out. This is done to satisfy our ego. Know your limitations. Why take on additional loads that may create more worries? You cannot gain peace of mind by expanding your external activities. Reduce your material engagements and spend time in prayer, introspection and meditation. This will reduce those thoughts in your mind that make you restless. Uncluttered mind will produce greater peace of mind.

8. Meditate Regularly - Meditation calms the mind and gets rid of disturbing thoughts. This is the highest state of peace of mind. Try and experience it yourself. If you meditate earnestly for half an hour everyday, your mind will tend to become peaceful during the remaining twenty-three and half-hours. Your mind will not be easily disturbed as it was before. You would benefit by gradually increasing the period of daily meditation. You may think that this will interfere with your daily work. On the contrary, this will increase your efficiency and you will be able to produce better results in less time.

9. Never Leave The Mind Vacant - An empty mind is the devil's workshop. All evil actions start in the vacant mind. Keep your mind occupied in something positive, something worthwhile. Actively follow a hobby. Do something that holds your interest. You must decide what you value more: money or peace of mind. Your hobby, like social work or religious work, may not always earn you more money, but you will have a sense of fulfillment and achievement. Even when you are resting physically, occupy yourself in healthy reading or mental chanting of God's name.

10. Do Not Procrastinate And Never Regret - Do not waste time in protracted wondering "Should I or shouldn't I?" Days, weeks, months, and years may be wasted in that futile mental debating. You can never plan enough because you can never anticipate all future happenings. Value your time and do the things that need to be done. It does not matter if you fail the first time. You can learn from your mistakes and succeed the next time. Sitting back and worrying will lead to nothing. Learn from your mistakes, but do not brood over the past. DO NOT REGRET. Whatever happened was destined to happen only that way. Why cry over spilt milk? - Forwarded by Catholic-Christian Secular Forum www.theccsf.org

INDIA : CBCI and the Archdiocese of Delhi welcome the new Apostolic Nuncio to India by Fr. Thomas d'Aquino Sequeira, Dy. Secretary General, CBCI & Director, C.B.C.I. Centre - The Catholic Bishops' Conference of India (CBCI), the apex body of the Catholic Church in India and the Archdiocese of Delhi gave a warm welcome to Most Rev. Salvatore Pennacchio, the new Apostolic Nuncio to India on August 9, 2010 at the Indira Gandhi International Airport, New Delhi.

Along with Mons. Chibuike Onyeaghala, Chargé d'Affaires, a.i. at the Apostolic Nunciature, Mons. Arnaldo and Mons. Ricardo, His Beatitude Moran Mor Baselios Cleemis, Major Archbishop of Trivandrum and Vice-President-I of the CBCI welcomed Most Rev. Salvatore Pennacchio on behalf of 164 Catholic Dioceses of India and assured full support and collaboration of the CBCI to the new Nuncio in his new mission as the representative of His Holiness Pope Benedict XVI in India.

INDIA : Belgian nun helps two million domestic workers in India regain dignity and rights by Santosh Digal *In 1985, Sister Jeane Devos founded the National Domestic Workers Movement (NDWM), an organisation that now has 53 branches in 23 states. Domestic workers are often denied their rights, underpaid and treated like animals. A domestic worker in Tamil Nadu recounts how she was not treated as a human being but thanks to the NDWM, her situation improved.* New Delhi (AsiaNews) In India, the National Domestic Workers Movement (NDWM) has been able to improve the conditions of some two million domestic workers, whose rights have been traditionally denied. Founded in 1985 by Sister Jeane Devos, a Belgian nun with the Order of Missionary Sisters of the Immaculate Heart of Mary, the NDWM is affiliated with the Labour Commission of the Bishops' Conference of India.

"We broke a wall of silence, slavery and exploitation," Sr Jeane said. "Our movement has grown and we can change the situation of domestic workers through solidarity, dignity, justice and empowerment."

The NDWM operates 53 branches in 23 Indian states. Its goal is to secure the recognition and protection of domestic workers.

Mgr William D'Souza, archbishop of Patna, said that steps have been taken in the right direction "to create a just society where domestic workers are treated as people with dignity, where their rights are defended, where their contribution to the economy and to development is recognised, where their voice is heard."

At present, the situation for many domestic workers is truly appalling, something that Seetha Lakshmi, a domestic worker in Dindigul (Tamil Nadu), knows all too well. "I was getting 50 rupees a month (US\$ 1.1) and I was never treated like a human being," she said. "I cried every day." "In 1992, I heard about NDWM and so I turned to them. We talked about wages, hours, and days off. When I spoke to my employer about this movement, my situation improved," she said.

Over the years, the NDWM has carved a space for itself in Indian society and has found support among political leaders.

"Women and child domestic workers suffer exploitation and discrimination in various ways and forms," said the former governor of Maharashtra state, Sanayangba Chubatoshi Jamir. "Together with migrant workers, they form the most vulnerable group of people in society who are often denied their basic rights as human beings," he added. Therefore, "it is gratifying to note that NDWM has been lending its voice to the cause of women and child domestic workers."

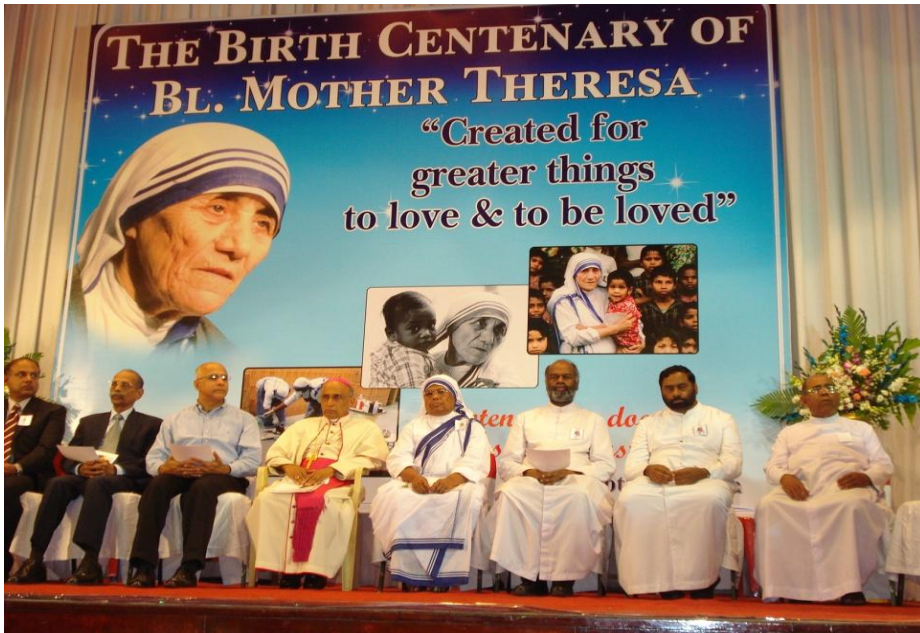
Thanks to the NDWM, the International Labour Organisation has been developing labour standards for domestic workers. "Great things have happened to domestic workers," Sr Jeane said. "We shall continue to move with faith in God and the Spirit that guides the movement." - www.asianews.it

INDIA : Christians, Muslims and Hindus learn about each other reading the Bible by Santosh Digal, Khristnagar (AsiaNews) A group of Christians, Muslims and Hindus are currently attending a five-day Bible workshop in Khristnagar (West Bengal). This will provide them with an opportunity to know each better. The seminar, which is the initiative of the local diocese, is available every week.

Many kids "are eager to learn about the Bible and know Jesus," said Mgr Joseph Suren Gomes, bishop of Khristnagar. Created six years ago, the Bible workshop usually includes 25 students, Christians, Muslims and Hindus, who are provided an opportunity to look at the broad issues that affect society. Through the inspiration that the Bible offers, they can find a certain unity. Sessions include explanations about the Christian worship, sharing time together, and examining life experiences through Biblical readings with the help of priests, nuns and lay people.

"By experiencing the divine, participants can become 'Christ bearers' to the world," the prelate said. "By freely taking part in the [workshop's] activities, each one of them becomes more conscious of what he or she does."

No formal invitation is issued to participants. "The strategy is simple," Mgr Gomes said. "Everything is done by word of mouth. All those who have already participated and who are impressed by the workshop tell their friends, family and neighbours, inviting them to the next session." The bishop, who sometimes personally runs some of the sessions, insisted on the importance of helping lay people study the Bible, because that helps them spread the Word of God with



The Birth Centenary of Bl.Mother Theresa was celebrated in gaiety and solemnity at St.Francis Xavier's Cathedral on 26 Aug 2010 and a public function was held at St.Germain's School Auditorium presided by Dr.Bernard Moras, Archbishop of Bangalore

PASS THIS INFORMATION TO AS MANY AS YOU CAN, IT MAY SAVE LIVES.

Dengue Fever Remedy *Papaya Juice - Cure for Dengue*

I would like to share this interesting discovery from a classmate's son who has just recovered from dengue fever. Apparently, his son was in the critical stage at the ICU when his blood platelet count drops to 15 after 15 liters of blood transfusion.

His father was so worried that he seeks another friend's recommendation and his son was saved. He confessed to me that he gave his son **raw juice of the papaya leaves**. From a platelet count of 45 after 20 liters of blood transfusion, and after drinking the raw papaya leaf juice, his platelet count jumps instantly to 135. Even the doctors and nurses were surprised. After the second day he was discharged. So he asked me to pass this good news around.

Accordingly it is raw papaya leaves, 2pcs just cleaned and pound and squeeze with filter cloth. You will only get one tablespoon per leaf. So two tablespoon per serving once a day. Do not boil or cook or rinse with hot water, it will loose its strength. Only the leafy part and no stem or sap. It is very bitter and you have to swallow it like "Won Low Kat". But it works.

You may have heard this elsewhere but if not I am glad to inform you that papaya juice is a natural cure for dengue fever. As dengue fever is rampant now, I think it's good to share this with all.

A friend of mine had dengue last year. It was a very serious situation for her as her platelet count had dropped to 28,000 after 3 days in hospital and water has started to fill up her lung. She had difficulty in breathing. She was only 32-year old. Doctor says there's no cure for

dengue. We just have to wait for her body immune system to build up resistance against dengue and fight its own battle. She already had 2 blood transfusion and all of us were praying very hard as her platelet continued to drop since the first day she was admitted.

Fortunately her mother-in-law heard that papaya juice would help to reduce the fever and got some papaya leaves, pounded them and squeeze the juice out for her. The next day, her platelet count started to increase, her fever subside. We continued to feed her with papaya juice and she recovered after 3 days!!!

Amazing but it's true. It's believed one's body would be overheated when one is down with dengue and that also caused the patient to have fever papaya juice has cooling effect. Thus, it helps to reduce the level of heat in one's body, thus the fever will go away. I found that it's also good when one is having sore throat or suffering from heat.

Please spread the news about this as lately there are many dengue cases. It's great if such natural cure could help to ease the sufferings of dengue patients.

Furthermore it's so easily available. Blend them and squeeze the juice! It's simple and miraculously effective!!

COURTESY: AN UNKNOWN AUTHOR

Do you want 'Peace'?

A man asked God, "I want peace". God replied, "Remove the 'I' that is ego., Remove the 'Want' that is desire., and 'Peace' will be automatically yours"

News Column in Tamil – jkpo;r; nra;jpfs;

விசுவாசத்தில் ஆழமாக வேருன்றிய ஆயர்கள் திருச்சபைக்குத் தேவை கர்தினால் Marc Ouellet

ஆக.21,2010. விசுவாசத்தில் ஆழமாக வேருன்றிய ஆயர்கள் திருச்சபைக்குத் தேவை என்று திருப்பீட ஆயர் பேராயத்தின் புதிய தலைவராக நியமிக்கப்பட்டுள்ள கர்தினால் Marc Ouellet கூறினார்.

தனது புதிய பணி குறித்து ஊடகம் ஒன்றிற்குப் பேட்டியளித்த கர்தினால் ஊலெ, ஆயர் என்பவர் தன்னிடம் ஒப்படைக்கப்பட்ட சமூகத்தை வழிநடத்த வேண்டியவராய் இருப்பதால் அவர், இறைவார்த்தை மற்றும் தூய ஆவியின் வல்லமையில் நம்பிக்கையுடையவராய் இறைவார்த்தையை போதிப்பதில் திறமையுடையவராய் இருக்க வேண்டும் என்றார்.

ஓர் ஆயர், ஆண்டவரின் ஆவியானவர் தொடும் மனிதரின் இதயங்களோடு பேசுவதற்கும் அரசியல், கலாச்சார மற்றும் சமூகச் சூழலை எதிர்கொள்வதற்கும் திறமையுடையவராக இருக்க வேண்டும் என்றும் கர்தினால் கூறினார்.

திருப்பீட ஆயர் பேராயத்தின் புதிய தலைவராகிய கர்தினால் Marc Ouellet கனடாவின் கியுபெக் உயர்மறைமாவட்டத்தின் பேராயராக எட்டு ஆண்டுகள் பணியாற்றி இருக்கிறார்.

உலகின் ஆயர்களைத் தேர்ந்தெடுப்பதில் திருத்தந்தைக்கு உதவுவது இவரின் பணிகளில் ஒன்றாகும்.

ஈராக்கிற்குத் தேவையானது அமைதியும் பாதுகாப்புமே பாக்தாத் துணை ஆயர்

ஆக.21,2010. ஈராக்கில் கடந்த ஏழு ஆண்டுகளாக போரில் ஈடுபட்டிருந்த அமெரிக்க ஐக்கிய நாட்டுப் படைகள் தற்போது அந்நாட்டை விட்டு வெளியேறியுள்ள தூழலில் ஈராக்கிற்குத் தேவையானது அமைதியும் பாதுகாப்புமே என்று பாக்தாத் துணை ஆயர் Shlemon Warduni கூறினார்.

அமெரிக்க ஐக்கிய நாட்டுப் படைகளின் கடைசிப்பிரிவு ஈராக்கை விட்டு வெளியேறியதை முன்னிட்டு வத்திக்கான் வானொலிக்குப் பேட்டியளித்த ஆயர் Marc Ouellet சட்டமும் அரசும் இல்லாத ஒரு நாட்டில் வாழ்வது மிகவும் கடினம் என்றார்.

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இலங்கைப் போரின் போது காணாமற்போன அருள்திரு ஜிம் பிரவுனை சாதி இன வேறுபாடின்றி மக்கள் நினைவுகூர்ந்தனர்

ஆக.21,2010. இலங்கைப் போரின் போது 2006ம் ஆண்டு ஆகஸ்ட் 20ம் தேதி காணாமற்போன அருள்திரு ஜிம் பிரவுன் மற்றும் அவரது உதவியாளர் விமலதாசை நினைவுகூரும் நிகழ்ச்சியில் சிங்கள, தமிழ் மற்றும் முஸ்லீம் மக்கள் கலந்து கொண்டனர்.

கொழும்பு நகரிலுள்ள சமூக சமய மையத்தில் நடைபெற்ற நிகழ்ச்சியில் பலர் கலந்து கொண்டு அக்குருவின் தன்னலமற்ற சேவையைப் பாராட்டினர்.

அருள்திரு ஜிம் பிரவுன் பங்குத்தளத்திற்கு மிக அருகாமையில் தாக்குதல்கள் நடைபெற்ற போது அவர் பொது மக்களுக்கு ஆலயத்தைத் திறந்து தஞ்சம் அளித்தார். போரில் காயமடைந்தவர்களை மருத்துவமனைக்கு எடுத்துச் செல்வதற்கு இராணுவத்திடம் அனுமதி கேட்டார். அச்சமயம் அவர் இலங்கை கடற்படை அதிகாரியால் அச்சுறுத்தப்பட்டார் என்று சொல்லப்படுகிறது.

பின்னர் அல்லிப்பிடயில் அருள்திரு ஜிம் பிரவுனும் 5 பிள்ளைகளுக்குத் தந்தையுமான விமலதாஸ் என்பவரும் காணாமற்போயினர்.

இந்தியாவின் வெள்ள நிவாரண நிதி உதவியை ஏற்கிறது பாகிஸ்தான்

ஆக.21,2010. பாகிஸ்தானின் சிந்து மாநிலத்தில் வெள்ளத்தால் பாதிக்கப்பட்ட மக்களுக்கு இந்தியா அளிக்கும் வெள்ள நிவாரண நிதியான சுமார் 50 இலட்சம் டாலரை ஏற்றுக் கொள்வதற்கு பாகிஸ்தான் முன்வந்துள்ளதாக அறிவிக்கப்பட்டுள்ளது. இந்தியாவின் இவ்வுதவியை வரவேற்பதாகக் கூறினார் பாகிஸ்தானின் ஐ.நா. தூதர் அப்துல்லா ஹுரூன்.

இந்தியாவின் இவ்வுதவி குறித்துப் பேசிய இந்தியாவின் ஐ.நா. தூதர் ஹர்தீப் சிங் பூரி, பாகிஸ்தானுக்கான இந்தியாவின் இவ்வுதவி தொடக்கநிலை உதவி எனவும் பாகிஸ்தான் விரும்பினால் இந்தியா மேலும் உதவிகள் செய்யத் தயாராக இருப்பதாகவும் கூறினார்.

இவ்வெள்ளியன்று வெளியான ஐ.நா. அறிக்கையின்படி பல நாடுகளிலிருந்து இதுவரை 49 கோடியே 7 இலட்சம் டாலர் நிவாரண உதவி பாகிஸ்தானுக்கென கிடைத்துள்ளது. மேலும் 32 கோடியே 50 இலட்சம் டாலர் உதவிக்கு உறுதி வழங்கப்பட்டுள்ளது.

அமெரிக்க ஐக்கிய நாட்டு மக்களின் வாழ்க்கையில் சமயம் ஏற்படுத்தும் தாக்கம் குறைந்து வருகிறது

ஆக.21,2010. அமெரிக்க ஐக்கிய நாட்டு மக்களின் வாழ்க்கையில் சமயம் ஏற்படுத்தும் தாக்கம் குறைந்து வருவதாக புதிய ஆய்வு ஒன்று கூறுகிறது. சமயம் மற்றும் பொது வாழ்க்கை குறித்து பியு ஆய்வு மையம் எடுத்த புதிய ஆய்வில் திருச்சபைகள் அரசியல் விவகாரங்களிலிருந்து ஒதுங்கிச் செயல்படுமாறு 52 விழுக்காட்டினர் தெரிவித்துள்ளனர்.

அதேசமயம் திருச்சபை அன்றாட சமூக மற்றும் அரசியல் விவகாரங்களில் தலையிடுமாறு 43 விழுக்காட்டினர் தெரிவித்துள்ளனர்.

கிறிஸ்தவத்திற்கு எதிராகப் பேசிய அரசியல்வாதி மீது கடுமையான நடவடிக்கை எடுக்க வேண்டும் - இந்திய கத்தோலிக்கத் தலைவர்கள் வலியுறுத்தல்

ஆக.20,2010. இந்தியாவிலிருந்து கிறிஸ்தவத்தை வேருடன் பிடுங்கி எறிய வேண்டுமென்று பொதுப்படையாகவே மக்களைத் தூண்டியுள்ள அரசியல்வாதிக்கு எதிராகக் கடுமையான நடவடிக்கை எடுக்க வேண்டும் என்று இந்திய கத்தோலிக்கத் தலைவர்கள் வலியுறுத்தியுள்ளனர்.

கர்நாடக மாநிலத்தின் பாரதிய ஜனதா கட்சியைச் சேர்ந்த சட்டமன்ற உறுப்பினர் பிரஹலாத் ரெமானி என்பவர் இந்தச் சுதந்திர தின விழாவன்று ஆற்றிய உரையில், கிறிஸ்தவத்தின் விதைகள் இந்தியாவில் பரவி வருவது குறித்து மக்கள் விழிப்புடன் இருக்க வேண்டும், இந்துக்கள் உட்பட எந்த மதத்தவராய் இருந்தாலும் கிறிஸ்தவத்தை வேருடன் பிடுங்கி எறிய வேண்டும், கிறிஸ்தவ விதைகள் பரவினால் நாடு ஆபத்தை எதிர்நோக்கும் என்று பேசியுள்ளார்.

பிரஹலாத் ரெமானியின் இவ்வுரை குறித்து தனது வன்மையான கண்டனத்தைத் தெரிவித்த கர்நாடக ஆயர் பேரவைத் தலைவரான பெங்களுர் பேராயர் பெர்னார்டு மொராஸ், அரசு, இந்த அரசியல்வாதிக்கு எதிராகக் கடுமையான நடவடிக்கை எடுக்க வேண்டுமெனக் கேட்டுள்ளார்.

கிறிஸ்தவம், இந்தியாவின் இன்றியமையாத ஓர் அங்கமாக இருக்கின்றது.

கிறிஸ்தவர்களின் தேசப்பற்றை யாரும் கேள்வி கேட்க முடியாது என்றும் பேராயர் மொராஸ் கூறியுள்ளார்.

மேலும், இவ்வியாழனன்று ரெமானியின் சொந்த ஊரான கனாப்பூரில் சுமார் 5,000 கிறிஸ்தவர்கள் கண்டன ஊர்வலம் நடத்தினர்.

வாழ்க்கை என்கிற ஆடையில் நன்மை தீமை என்ற இரு நூல்களும் இருக்கும். ஷேக்ஸ்பியர்

