

SPLASH YOUR COLOUR



Full Name : _____

House Name : _____

Father's Name : _____

Phone No. _____

Class _____ Unit _____

This competition is only for students from Class 1 to 5



VIVA Teresa.... *A Way to Sanctity*
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Bi-monthly Parish News Bulletin

ഉള്ളടക്കം

എഡിറ്റോറിയൽ

ഇടയശബ്ദം

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Editorial



Once again the Lent period has arrived. We are anxiously preparing for the Easter. All of us are following the Nombu in our own special way, and awaiting the resurrection of our Lord. Some are attending daily Holy Mass, observing abstinence from drinking, smoking, eating non-veg foods, or some other bad habits that we were following. All are trying to be a new person leaving aside our bad habits. But is it required to be followed only for the lent period alone? Are we able to continue this abstinence even after the lent? It seems that whatever abstinence we have followed falls off after Easter. We should not be surprised to know that we may have consumed more alcohol or non-veg foods during the one week of Easter than what we have abstained during the fifty days of Lent. Immediately after Easter Sunday the number people attending daily Holy Mass reduces and only those regular faces of uncles and aunties remain. We have been asked to be new man, leaving aside your old clothes-the clothes of your bad habits - during the lent and Easter. But what are we into? We certainly try to be a new person during the Lent and of course become a new person during Easter. However we again go back to our old ways and start making our new cloth dirty by committing the same offences and following the bad habits what we left behind during the lent. It seems that all of us are getting ready to wear a dirty cloth by the time the next lent starts, so that we can again clean it up during the next lent and wear a new cloth for Easter. Is it what is expected from us as Christians? God expect us to leave behind the bad ways and habits permanently and not just during the lent period. During this lent let's take decisions that we will not get back into bad habits/ways, at least one, what we left behind during lent, may it be smoking, drinking or any other bad habits. Similarly let's try to continue the good habits that we followed during lent, as attending daily Holy Mass, participating daily prayers at home or any other good work that we have done during the Lent. If we can achieve this, the lent and Easter will be more meaningful and will not just remain as a mere ritual. May the Almighty God may bless all of us.

- Chief Editor



ഇടയശബ്ദം

നോമ്പുകാലം. വളഞ്ഞവഴികൾ നേരെയൊക്കാനുള്ള കാലം. കടുത്ത ഹൃദയങ്ങൾ മൃദുലമാക്കാനുള്ള കാലം. വീഴ്ചകൾ മനസ്സിലാക്കി സ്വയം തിരുത്താനുള്ള കാലം.

ക്രിസ്തുവിന്റെ പീഡാനുഭവത്തെ കുറിച്ച് ചിന്തിക്കുക. സ്വന്തം തെറ്റുകൾ മനസ്സിലാക്കി പശ്ചാത്തപിക്കുക. അവ തിരുത്തിക്കൊണ്ട് പ്രായശ്ചിത്തമനുഷ്ഠിക്കുക. അവസാനം അവിടുത്തെ ഉയിർപ്പിന്റെ മഹിമയിൽ പങ്കാളികളാകുക. നോമ്പുകാലത്തിന്റെ അരുചി ഇതൊക്കെയാണ് നമ്മിൽ നിന്നാവശ്യപ്പെടുക.

ക്രിസ്തുവിന്റെ പീഡാനുഭവത്തെ കുറിച്ചുള്ള ചിന്തയുടെ പ്രസക്തി ഇന്നു ചോദ്യം ചെയ്യപ്പെടേക്കാം. യേശുവിന് നമ്മുടെ അനുകമ്പ ആവശ്യമുണ്ടോ? അവിടുത്തെ പീഡാനുഭവത്തിൽ ധ്യാനാത്മകമായിട്ടെങ്കിലും പങ്കുചേർന്ന് എന്തിന് നാം ആകുലപ്പെടണം?

യേശുവിന്റെ പീഡകളെക്കുറിച്ച് നാമാരും വിലപിച്ചിട്ടു കാരുമില്ല. ആരുടെയും അനുകമ്പ അവിടുത്തെ യ്ക്കാവശ്യമില്ല. നാം വിലപിക്കേണ്ടത് നമ്മെക്കുറിച്ചും നമ്മുടെ സന്താനങ്ങളെക്കുറിച്ചുമാണ്, ജെറുസലേം വനിതകളോടു പറഞ്ഞതുപോലെ.

നമ്മുടെ പശ്ചാത്താപവും പ്രായശ്ചി

ത്തവുമൊക്കെ ഈ വിലാപം. ഈ പശ്ചാത്താപവും പ്രായശ്ചിത്തവും എന്തെന്നുള്ളതിനെക്കുറിച്ച് നമുക്ക് വ്യക്തമായ ധാരണ ഉണ്ടാകേണ്ടിയിരിക്കുന്നു. ഏഴാമത് പ്രാവചകന്റെ ആഹ്വാനം ഇവിടെ ശ്രദ്ധേയമത്രേ: “ഞാൻ ആവശ്യപ്പെടുന്ന ഉപവാസം ഇതാണ്. സാധുക്കളുടെ കൂച്ചുവിലങ്ങളും അനീതികളുടെ നുകങ്ങളും തകർത്ത് മർദ്ദിതരെ മോചിപ്പിക്കുക; അഗതികൾക്ക് നിങ്ങളുടെ വീടുകൾ തുറന്നു കൊടുക്കുക” (ഏശ. 58:6-7). ഇതാണ് യഥാർത്ഥ ഉപവാസം. യഥാർത്ഥ പ്രായശ്ചിത്തം. ഈ പ്രായശ്ചിത്തമനുഷ്ഠിക്കുന്നവൻ നീതിക്കുവേണ്ടി സഹിക്കേണ്ടിവരും. പീഡകളേൽക്കേണ്ടിവരും. അപ്പോൾ അത് യേശുവിന്റെ പീഡാനുഭവത്തിലുള്ള യഥാർത്ഥ പങ്കുചേരലാകുകയും ചെയ്യും.

ഈ ‘ഉപവാസം’ സാക്ഷാത്കരിക്കുവാൻ ഉപവാസവും പ്രായശ്ചിത്തവും നമ്മെ സഹായിക്കുന്നില്ലെങ്കിൽ വെറും ആത്മനീതികരണത്തിനുള്ള പ്രഹസനങ്ങളായി അവ അധഃപതിക്കുകയേയുള്ളൂ.

സ്റ്റേഫാപൂർച്ചം,
ഷിബു അച്ചൻ

LETTER TO MY LITTLE FRIENDS



The disciples of Jesus after the crucifixion goes away from the Lord. The only person in which they had trust seems to leave them. They panic and try to find their lost trust in their livelihood, and this is what we see in the incident of 'Emmaus'. They had a dark horizon ahead of them. All the three years' training in which they were taught to have trust in the Lord vanished in a moment. But God didn't abandon them. He followed them as a hound dog. That's the love of God. And then at a moment they realize that God is there with them. They turn and re-start their journey from where they left. This is the message that Easter gives; the message that God is there with us and we have a trustworthy anchor to which we can catch

hold of in any desperate situation.

In many areas of our lives we trust others who know more than we do. We trust the architect who builds our home, the pharmacist who gives us medicine for healing, the lawyer who defends us in court. We also need someone trustworthy and knowledgeable where God is concerned. Jesus, the Son of God, is the one who makes God known to us.

So dear friends, let us keep the trust in the Lord. He won't abandon us. Even though we fall, He is there to catch hold of us, if we rise up.

Have a blessed Easter...!!!

Fr. Raphael Ainickal

PARISH NEWS AT A GLANCE

Initiation Ceremony of Altar Boys

The initiation ceremony for the new Altar boys was held on 21st January. Congratulations to the new Altar Angels and their parents.

Catechism Picnic and annual examination

Catechism students and staff went for a picnic on 14th January. The Annual examination for the academic year 2017-18 was held on 11th February.

First Holy Communion and Confirmation

On 10th February 15 children received the first Holy Communion and Confirmation and 5 children received Holy Confirmation from our Bishop. Mar. Thomas Elavnal.

Vicar General's Visit

Vicar General of our diocese Rev. Fr. Monsgr. Kadankavil paid his annual visit to our parish on 4th February. Monsignor met office bearers of all organizations in our church and evaluated the overall functions of church activities.

Mathrusangam

Matrusangam members went for a picnic on 24th February.

Congratulations

Congratulations to Rev. Fr. Raphel Ainickal, on his appointment as the Assistant Director of Catechism, of our diocese.

Good Samaritan Award 2017

On behalf of Kalyan Dioceses Karunya Trust, our parish was awarded the Good Samaritan Award 2017, as an appreciation for the charitable works done by our parish. Thanking each one and all for your magnanimous support.

Unit feast and annual get together

St Sebastian unit 6th January, Holy Family Unit 13th January, St Joseph unit 17th January, Infant Jesus unit & Donbosco unit 3 February and St. George unit 17th February unit celebrated their Unit feast and annual get-together with various cultural programs. Respected priests, sisters and trustees were present on the occasion.

From YOUCAT

Why did Jesus have to redeem us on the Cross, of all places?

The Cross on which Jesus, although innocent, was cruelly executed is the place of utmost degradation and abandonment. Christ, our Redeemer, chose the Cross so as to bear the guilt of the world and to suffer the pain of the world. So he brought the world back home to God by his perfect love. [Youcat ..613-617, 622-623]

God could not show his love more forcibly than by allowing himself in the person of the Son to be nailed to the Cross for us. Crucifixion was the most shameful and most horrible method of execution in antiquity. It was forbidden to crucify Roman citizens, whatever crimes they were guilty of. Thereby God entered into the most abysmal sufferings of mankind. Since then, no one can say "God does not know what I'm suffering."

Why are we too supposed to accept suffering in our lives and thus 'take up our cross' and thereby follow Jesus?

Christians should not seek suffering, but when they are confronted with unavoidable suffering,

it can become meaningful for them if they unite their sufferings with the sufferings of Christ:

"Christ . . . suffered for you, leaving you an example, that you should follow in his steps" (1 Pet. 2:21). [Youcat 618]

Jesus said, "If any man would come after me, let him deny himself and take up his cross and follow me" (Mk 8:34). Christians have the task of alleviating suffering in the world. Nevertheless, there will still be suffering. In faith we can accept our own suffering and share the suffering of others. In this way human suffering becomes united with the redeeming love of Christ and thus part of the divine power that changes the world for the better.

(YOUCAT or The Youth Catechism, which is written in language suitable for young people deals with the entire Catholic faith as it was presented in the Catechism of the Catholic Church (CCC))

POPE FRANCIS

LENT, THE ROAD TO FREEDOM

"Return to me with all your heart... return to the Lord" (Jl 2:12, 13). The prophet Joel makes this plea to the people in the Lord's name. No one should feel excluded: "Assemble the aged, gather the children, even infants at the breast, the bridegroom... and the bride" (v. 16). All the faithful people are summoned to come and worship their God, "for he is gracious and merciful, slow to anger and abounding in steadfast love" (v. 13).

We too want to take up this appeal; we want to return to the merciful heart of the Father. In this season of grace, we once again turn our eyes to his mercy. Lent is a path: it leads to the triumph of mercy over all that would crush us or reduce us to something unworthy of our dignity as God's children. Lent is the road leading from slavery to freedom, from suffering to joy, from death to life. The mark of the ashes with which we set out reminds us of our origin: we were taken from the earth, we are

made of dust. True, yet we are dust in the loving hands of God, who has breathed his spirit of life upon each one of us, and still wants to do so. He wants to keep giving us that breath of life that saves us from every other type of breath: the stifling asphyxia brought on by our selfishness, the stifling asphyxia generated by petty ambition and silent indifference – an asphyxia that smothers the spirit, narrows our horizons and slows the beating of our hearts. The breath of God's life saves us from this asphyxia that dampens our faith, cools our charity and strangles every hope. To experience Lent is to yearn for this breath of life that our Father unceasingly offers us amid the mire of our history.

The breath of God's life sets us free from the asphyxia that so often we fail to notice, or become so used to that it seems normal, even when its effects are felt. We think it is normal because we have grown so accustomed to breathing air in which hope has

dissipated, the air of glumness and resignation, the stifling air of panic and hostility.

Lent is the time for saying no. No to the spiritual asphyxia born of the pollution caused by indifference, by thinking that other people's lives are not my concern, and by every attempt to trivialize life, especially the lives of those whose flesh is burdened by so much superficiality. Lent means saying no to the toxic pollution of empty and meaningless words, of harsh and hasty criticism, of simplistic analyses that fail to grasp the complexity of problems, especially the problems of those who suffer the most. Lent is the time to say no to the asphyxia of a prayer that soothes our conscience, of an almsgiving that leaves us self-satisfied, of a fasting that makes us feel good. Lent is the time to say no to the asphyxia born of relationships that exclude, that try to find God while avoiding the wounds of Christ present in the wounds of his brothers and sisters: in a word, all those forms of spirituality that reduce the faith to a ghetto culture, a culture of exclusion.

Lent is a time for remembering. It is the time to reflect and

ask ourselves what we would be if God had closed his doors to us. What would we be without his mercy that never tires of forgiving us and always gives us the chance to begin anew? Lent is the time to ask ourselves where we would be without the help of so many people who in a thousand quiet ways have stretched out their hands and in very concrete ways given us hope and enabled us to make a new beginning?

Lent is the time to start breathing again. It is the time to open our hearts to the breath of the One capable of turning our dust into humanity. It is not the time to rend our garments before the evil all around us, but instead to make room in our life for all the good we are able to do. It is a time to set aside everything that isolates us, encloses us and paralyzes us. Lent is a time of compassion, when, with the Psalmist, we can say: "Restore to us the joy of your salvation, sustain in us a willing spirit", so that by our lives we may declare your praise (cf. Ps 51:12.15), and our dust – by the power of your breath of life – may become a "dust of love".

Source: vatican.va



Way to Sanctity - 31

SAINT JOHN DE BRITTO



John de Britto, was born in Lisbon on March 1, 1647 to a noble Portuguese family. Growing up, John was a playmate to the future King of Portugal, Pedro II. At fifteen, the young nobleman applied to join the Society of Jesus in to which he was duly accepted. His talent for academic excellence was soon noted by his superiors, however John's great admiration and devotion to St. Francis Xavier urged him to apply to serve in the Indian missions.

Amid strong opposition from family, in 1673 John travelled to Madura in Southern India. As he travelled throughout Indians, abstained from eating meat and lived humbly. Though his holy efforts, John became well-known, and developed a group of catechesis.

Though the practice of Catholicism was not illegal in India, John was hated by many because of his faith. He and his followers were often subjected to agonizing torture, but each time John miraculously recovered.

In 1683, John was banished from India, and departed for Portugal. Returning soon after, the ardent missionary in his apostolate for three more years. In 1693, he was again arrested, tortured and once more commanded to leave India. When he refused, John was sentenced to death, await it with impatience, he wrote to his superior, "It has always been the object of my prayers. It forms today the most precious reward of my labours and my sufferings."

On February 4, John de Britto was executed. As he knelt at the execution block, the rajah's order of death was read aloud.

The executioner hesitated, but John said to him, "My friend, I have prayed to God. On my part, I have done what I should do. Now do your part."

John de Britto was canonized in 1947.



How do we love each other with God's love?

Jinu Francis, Sacred Heart Unit



Once in morning came a gentleman in a hospital to get his stitches removed from his thumb.

The nurse who came to attend him checked his vitals and told him to wait as it would be over an hour before the doctor would be able to see him. While attending old man nurse noticed that he seemed to be in hurry.

So, the nurse told him to wait but the gentleman asks her to hurry if possible. Seeing this nurse thought that she would evaluate his wounds and if possible would take care of it instead of making him wait.

On examining nurse found that wounds were healed, so nurse went to get supplies and came back to the man and started redressing his wound.

As they started talking nurse asked him, "Do you have any doctor's appointment as you seem to be in hurry...?"

The gentleman replied, "No, I need to go to nursing home to eat breakfast with my wife."

The nurse then asked about his wife and came to know that she has been living in the nursing home for a while and was suffering from Alzheimer's disease.

As nurse finished dressing she said, "would she worry if you get there a bit late?"

The gentleman replied, "No... She no longer remembers who I am and had not recognized him in last five years."

The nurse was surprised and said, "She doesn't recognize you yet you go to have breakfast with her every morning? Why?"

The gentleman smiled and replied, "she doesn't know me but I still know who she is..."

●

Isn't this an incredible form of love? Are only the materialist things you have to define your love? For a person in love – time, money or health nothing matters. What matters is love and care for his/her partner despite facing any kind of difficulties. There is a lot of confusion among Christians today regarding what makes for a Godly spiritual marriage relationship.

I will refer to one for the verse from 1 John 4:7-8 which says, "Let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love." So, God is love, and all true love comes from Him. Only God could give us an intimate, passionate and permanent love.

When a husband and wife come together in marriage – this new relationship takes precedence over all other earthly relationships. However, many husband and wife today have started to lose themselves as a couple.

How do we love each other with God's love? Another key verse from Genesis 2:24, says: "For this reason, a man will leave his father and mother and be united to his wife, and they will become one flesh." "One flesh" is a complete coming together of a man and a woman. True unity is accomplished when they're one in three areas: the physical, the emotional and the spiritual.

If we want to love with God's love, we must be connected to Him and join spiritually to one another. We call this "spiritual bonding," which means consistently placing God at the center of our relationship and growing closer to Him as a couple. Sharing our spiritual lives helps us grow closer to Christ. And because we're opening about the most important and intimate part of our lives, we grow closer to one another, too.

So, when we look at Biblical principles for unity in marriage we see that unity comes from a husband and wife talk to one another regularly, pray together and knowing how the other person thinks, the wife submitting to her husband and the husband molding himself to his wife.

●

കർത്തൃപ്രാർത്ഥന

(സുറിയാനി ഭാഷയിലെ സ്വർഗ്ഗസ്ഥനായ പിതാവേ)

അവൂൻ ദ്വശ്മയ്യ നെസ്ഖന്തശ്ശമാക്
തേസേ മൽക്കുസാക് നെഹ് വേ സെവിയാനാക്
ഐക്കന്നാ ദ്വശ്മയ്യാ ആപ് ബർ ആ
ഹവ് ലൻ ലഹമ്മാ ദസാനഖാനൻ യൗമാനാ
വശവാഖ് ലൻ ഹൗബൈൻ വഹത്താഹൈൻ
ഐക്കന്നാ ദാപ് ഹന്നൻ ശ്വഖെൻ ല്ഹയ്യാവൈൻ
ഉലാ താലൻ ല്നെസ്യോനാ
എല്ലാ പസാൻ മിൻബീശാ
മെത്തോൽ ദ്ദിലാക്കി മൽക്കുസാ
ഉഹൈലാ ഉ തെശ്ബൊഹ്ത്താ
ല് ആലം ആൽമീൻ ആമ്മേൻ

സുവിശേഷങ്ങളും പ്രതീകങ്ങളും

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| മത്തായി | - | മനുഷ്യൻ |
| മർക്കോസ് | - | സിംഹം |
| ലൂക്കാ | - | കാള |
| യോഹന്നാൻ | - | കഴുകൻ |

Collected & Compiled by:
Joseph K. J., Cherupushpam Unit

Inviting articles and other materials from parishioners
for the next issue of Viva Teresa (May - Jun 18)
Please provide the materials latest by June 15.
The material written in English must be send to
vivateresabulletin@gmail.com

അമ്മ മനസ്സ്

Soji Siju, Infant Jesus Unit

അമ്മേരിക്കൻ പര്യവേഷകനായ വില്യം കെർഡി ഹഡ്സൺ ഉൾക്കടലിനടുത്ത് ഒരു പര്യവേഷം നടത്തിയശേഷം തിരിച്ചുവരികയായിരുന്നു. യാത്രയ്ക്കിടയിൽ ഒരു ഇന്ത്യൻ സ്ത്രീ രക്തമൊഴുകുന്ന മുറിവുകളുമായി അവൾ യായി കിടക്കുന്നത് അദ്ദേഹം കണ്ടു. അവളുടെ അടുക്കൽ അവളുടെ കുഞ്ഞും ഉണ്ടായിരുന്നു. വില്യം അവരുടെ മുറിവുകൾ വച്ചുകെട്ടി അവളെ പരിചരിച്ചു. ശേഷം അവളോട് ചോദിച്ചു ഇതെങ്ങനെ സംഭവിച്ചു?

അപ്പോൾ അവൾ പറഞ്ഞു. എന്റെ സമുദായത്തിൽപ്പെട്ട ആളുകൾ മറ്റൊരു സമുദായത്തിൽപ്പെട്ട ആളുകളുമായി യുദ്ധം തുടങ്ങിയതിനാൽ ഞാൻ എന്റെ കുഞ്ഞുമായി അവിടെ നിന്നും ഓടിപോന്നതാണ്. അപ്പോൾ ഈ മുറിവുകൾ യുദ്ധത്തിൽ ഉണ്ടായതാണോ? അയാൾ ആരാഞ്ഞു. അവൾ മറുപടി പറഞ്ഞു. അല്ല, ഈ മുറിവുകൾ ഞാൻ സ്വയം ഉണ്ടാക്കിയതാണ്. അത്ഭുത സ്മൃതനായി നിന്ന അയാളെ നോക്കി അവൾ ഒരു ചുണ്ട കാണിച്ചു

കൊണ്ട് തുടർന്നു. നിങ്ങൾ വരുന്നതിന് അൽപസമയം മുമ്പുവരെ ഞാൻ ഈ ചുണ്ട ഉപയോഗിച്ച് എന്റെ കൈയിൽ നിന്നും മാംസം മുറിച്ചെടുക്കുകയായിരുന്നു. എന്തിനാണെന്നോ? കഴിഞ്ഞ മൂന്നു ദിവസമായി ഞാനും എന്റെ കുഞ്ഞും പട്ടിണിയിൽ ആയിരുന്നു. എന്റെ കുഞ്ഞ് വിശന്നു കരയുന്നത് എനിക്ക് സഹിക്കാൻ കഴിഞ്ഞില്ല. ഞാൻ എന്റെ ശരീരത്തിൽ നിന്നും മാംസം മുറിച്ചെടുത്ത് അതുകൊണ്ട് മത്സ്യം പിടിച്ചു കുഞ്ഞിന്റെ വിശപ്പു മാറ്റി.

മാതൃസ്നേഹത്തിന്റെ ഉദാത്തമായ പ്രകടനമാണ് നാം ഇവിടെ കാണുന്നത്. തന്റെ കുഞ്ഞിനുവേണ്ടി എന്തു ത്യാഗവും സഹിക്കുന്ന അമ്മ, ഹൃദയം തകരാറിലായ സ്വന്തം മകനുവേണ്ടി സ്വയം മരണത്തെ വരിച്ചു തന്റെ ഹൃദയം അവനു നൽകി. അവന്റെ ജീവൻ രക്ഷിച്ച ഒരു അമ്മയുടെ കഥയും എവിടെയോ വായിച്ചത് ഓർക്കുന്നു.

ഒരു കുഞ്ഞിന്റെ ഭാവി വളർച്ചയിൽ ഒരു അമ്മയുടെ സ്വാധീനവും പ്രേരണയും വളരെയുണ്ട്.

നാം വലിയവരായി തീർന്നതിനു പിന്നിൽ നമ്മുടെ അമ്മമാരുടെ നിസ്വാർത്ഥമായ സ്നേഹവും അർപ്പണ മനോഭാവവും ഉണ്ട്.

ഷേക്സ്പിയർ ഇങ്ങനെ എഴുതിവെച്ചിട്ടുണ്ട്. “അമ്മയുടെ ഹൃദയം സ്നേഹവും കരുണയും കവിഞ്ഞൊഴുകുന്ന ഒരു അരുവിയാണ്.

ഒരിക്കൽ ഒരു മാതാവ് തന്റെ നാലു മക്കളെ ക്രിസ്തുമതത്തെ കുറിച്ച് പഠിപ്പിക്കുകയായിരുന്നു. ഒരു ദിവസത്തെ പഠനം കഴിഞ്ഞപ്പോൾ ആ മാതാവ് അവരോട് ഇങ്ങനെ പറഞ്ഞു. “നിങ്ങളിൽ ആരെങ്കിലും ഒരാൾ ഒരു വിശുദ്ധൻ ആകുകയാണെങ്കിൽ അമ്മയ്ക്ക് എന്തു സന്തോഷമാകുമെന്നോ!

അപ്പോൾ അവരിൽ ഇളയകുട്ടി പറഞ്ഞു. അമ്മ വിഷമിക്കേണ്ട ഞാൻ ഒരു വിശുദ്ധനാകും. അങ്ങനെ അമ്മയുടെ ആഗ്രഹം ഞാൻ നിറവേറ്റും. ആ കുട്ടി വാക്കു പാലിച്ചു. അവൻ പിന്നീട് മാർപാപ്പായും വിശുദ്ധനും ആയി. വിശുദ്ധ പീറ്റർ സെലെസ്റ്റിൽ ആയിരുന്നു ആ കുട്ടി.

മാതാപിതാക്കളുടെ സ്നേഹവും ഉപദേശവും മക്കളെ നേർവഴിക്ക് നയിക്കുന്നു. പണ്ട് കുടുംബകാര്യങ്ങളിൽ അപ്പനും അമ്മയും ആയിരുന്നു അവസാന വാക്ക്.

എന്നാൽ ഇന്ന് പക്ഷതയില്ലാത്ത മക്കളുടെ തീരുമാനങ്ങൾക്കനുസരിച്ച് കുടുംബക്കാരുങ്ങൾ വഴിമാറുന്ന പ്രവണതയും കണ്ടുവരുന്നു. അതിന് മാതാപിതാക്കൾക്ക് ചില ന്യായീകരണങ്ങളും ഉണ്ട്. ഞങ്ങൾ അനുഭവിച്ച ബുദ്ധിമുട്ടുകളും ഉണ്ട്. ഞങ്ങൾ അനുഭവിച്ച ബുദ്ധിമുട്ടുകളും കഷ്ടപ്പാടുകളും മക്കൾ അനുഭവിക്കരുത്. ശരിയാണ്. പക്ഷേ ഒന്നോർക്കണം. നമ്മൾ മാതാപിതാക്കൾ അനുഭവിച്ച കഷ്ടപ്പാടും ബുദ്ധിമുട്ടുകളും തന്നെയാണ് ഇന്ന് നമ്മൾ ഏതെങ്കിലും ഒരു നിലയിൽ എത്തിയിട്ടുണ്ടെങ്കിൽ അതിന് ഹേതുവായിരിക്കുന്നത്. മക്കൾ വഴിതെറ്റുന്നുണ്ടെങ്കിൽ അതിനു കാരണം മാതാപിതാക്കൾ അവർക്ക് ശരിയായ ശിക്ഷണം കൊടുക്കത്തക്കതാണ്. തെറ്റുകൾ തിരുത്തുവാനും തെറ്റുകളിൽ വീഴാതിരിക്കാനും മാതാപിതാക്കൾ മക്കളെ പരിശീലിപ്പിക്കണം. അതുപോലെ മാതാപിതാക്കൾ ശകാരിക്കുന്നതും ശിക്ഷിക്കുന്നതും നമ്മുടെ വളർച്ചയ്ക്കുവേണ്ടിയാണെന്ന് മക്കളും മനസ്സിലാക്കണം.

അങ്ങനെ സ്നേഹത്തിലും അനുസരണത്തിലും നമ്മുടെ കുടുംബങ്ങളും നസ്രത്തിലെ തിരുകുടുംബം പോലെയാകട്ടെ.



STRANGER DANGER - Social Media Dangers

01. "Stranger Danger"

Children may find it has to judge strangers they meet in person, and it's even harder to tell friends from foes online. Its very important that parents with younger children are aware of what apps their kids are using and what those apps do. A lot of those applications that target young children have a social media aspect to them. People trying to target children will use those apps, as well. Stress to your children that they should not interact with strangers on these apps, and explain that many people on social media are not who they say they are. You should also monitor their internet usage to ensure their interactions are only with real-life friends."

02. (Over) sharing Information - Don't Reveal Too Much

Another point to address with your kids, according to social psychologist Dr. Susan Newman, author of numerous parenting books and "Psychology Today" blogger, is to make them aware of how much they're revealing about themselves online. Dr. Newman stresses, "You want to be sure your child isn't saying where she is, where she goes to school, where she's going to be with her friends". Discuss the dangers of revealing, too much information on social media, explaining that it gives ammunition to strangers with bad intentions. Also, avoid bypassing age restrictions for kids, and

adhere to the terms of service for social media applications. For example, Face book does not allow anyone under the age of 13 to create an account.

03. Hidden Info in Phtos - Beware of posting Pics

Children should know the potential risks of what they're posting online. Photographs are not exception. It's important that children don't send photographs unless they're 100 percent sure it is a friend they're communicating with. Photos contain EXIF data - information about the camera you look the photo with. This is important to know, because "someone can use that data to pull the exact geographic location of where that photo was taken". With young children, it's better to restrict the use of photos on social media or make use of the parental controls many applications possess. Parents should discuss the fact that photographs contain location information, which could potentially help a stranger find them.

04. The Staying Power of Soc11al Media - Consider the Future

"Parents need to give children some understanding of exactly how powerful social media is. Whatever you put out there is there forever, and that can have consequences down the road." Social media postings can later "be accessed by colleges, potential employers and insurance boards."

05. Cyberbullying - Ask, "Will Others Get Hurt?"

Dr. Newman suggests writing a list of rules about social media usages, discussing them with your kids and posting them near the computer. This checklist should include these questions : "Is this going to hurt someone's feelings? How would I feel if this message came to me? Does this feel threatening in any way?" She urges parents to have a conversation with their children about bullying, enforcing the idea of not joining friends who are gossiping about or teasing other online.

Source : www.care.com. Author - Lauren B. Stevens, a freelance writer, whose work can be found on the Huffington Post and Scary Mommy. Written with input from Cyber expert Tyler Cohen Wood.)

Those shifted from our Parish

1. **Mr. Manual Fernandes and Family** - St. Don Bosco Unit
Sagar Retreat, Room No. 201, Sector - 27, Nerul (E),
Navi Mumbai - 400 706.
2. **Mr. Jerry George and Family** - St. Chavara Unit
Infinity Towers, Flat No. 1100, Plot No. 396, Sector - 36,
Nerul (W), Navi Mumbai - 400 706.
3. **Mr. Ajo Jose and Family** - St. Joseph Unit
Flat No. 4045, House NO. 0482, Sarsole Village, Sector - 6,
Nerul (W), Navi Mumbai - 400 706.

Those who registered in our parish from the month of Mar. 2018

1. **Mr. Sharon George**
Room No. 05, Plot No. 10, Kulshet Gaon, Nerul (W),
Navi Mumbai - 400 706.
2. **Ms. Rincy K. J.**
Appollo Hospitals, Sky Palace, Sector - 23,
Nerul (E), Navi Mumbai - 400 706.
3. **Mrs. Sherly Jose and Family** - Cherupushpam Unit
B-102, Jananti Nivas CHS, Sector - 20, Nerul (W),
Navi Mumbai - 400 706.

Baptism in the months from Jan. to Mar. 2018

1. **Aaron Manoj** - S/o. Mr. Manoj Alex and Mrs. Liby Manoj
St. John Maria Vianney Unit - Platinum Palassio,
C-104, Sector - 23, Ulwe.
2. **(Joseph) Johan Julius** - S/o. Mr. Julius Johny and Mrs. Angel Julius - St. Joseph Unit - A-304, Vakratunda Niwas, House - 355,
Sector - 6, Nerul (W), Navi Mumbai - 400 706.



With Best Compliments from :

J. A. Devassy

A-702, Meridian CHS Ltd, Plot No. 25, 26 & 27,
Sector - 6, Nerul West, Navi Mumbai - 400 706.

Mob.: 98199 23438

ഓർമ്മിക്കാൻ ... ആചരിക്കാൻ ...

മാർച്ച് 2018

- 2 ആദ്യവെള്ളി
- 17 ജനുസലേമിലെ വി. സിറിൽ
- 19 വി. യൗസേപ്പിതാവിന്റെ മരണത്തിരുന്നാൾ
- 25 മംഗലവാർത്താ തീരുന്നാൾ
ഓശാന ഞായർ
- 29 പെസഹാ വ്യാഴം
- 30 പീഡാനുഭവ വെള്ളി
- 31 വലിയ ശനി

ഏപ്രിൽ 2018

- 1 നമ്മുടെ കർത്താവ് ഈശോമിശിഹായുടെ ഉയിർപ്പ്
- 6 സകല വിശുദ്ധന്മാരുടെ തിരുന്നാൾ
വേദസാക്ഷികളുടെ തിരുന്നാൾ
- 8 പുതുഞായർ
- 24 വി. ഗീവർഗ്ഗീസ്
- 25 വി. മർക്കോസ് സുവിശേഷകൻ
- 28 സിയന്നായിലെ വി. കത്രിന

MARCH 2018

| SUN. | MON. | TUE. | WED. | THU. | FRI. | SAT. |
|---|--|--|---|---|--|--|
| | | | | 1 Eph.6;1-9 Mk.12;35-40 | 2 Rom.8;1-6 Mk.12;18-27 | 3 Eph.4;25-32 Mt.21;28-32 |
| 4 Josh9;16-27 Rom.8;12-17 Mt.21;33-44 | 5 Rom.9;1-13 Jn.51-18 | 6 Rom.9;14-18 Jn.5;19-23 | 7 Rom.10;1-13 Jn.6;60-69 | 8 Rom.11;1-10 Jn.7;1-13 | 9 Rom.11;25-36 Jn.7;25-31 | 10 Rom.13;1-7 Jn.7;45-53 |
| 11 Josh9;16-27 Rom.12;1-11 Jn.7;37-39 | 12 Colo.2;16-19 Lk.18;18-25 | 13 2Cor.9;10-15 Lk.10;33-37 | 14 Jude8-13 Jn.8;1-11 | 15 1Tim.4;6-10 Lk.18;31-34 | 16 Rom.13;8-14 Jn.8;49-59 | 17 1Cor.13;1-13 Mk.10;1-12 |
| 18 Josh.22;1-5 Rom.14;13-23 Jn.10;11-18 | 19 2Cor.10;3-11 Mt.1;18-25 | 20 2Pet.2;4-10 Lk.13;31-35 | 21 1Jn.2;7-11 Mt.18;15-20 | 22 2Pet.2;11-17 Lk.3;8-11 | 23 Rom.15;7-13 Jn.11;38-45 | 24 Act.20;22-38 Jn.12;1-8 |
| 25 Zech.9;9-12 Rom.11;13-24 Mt.21;1-17 | 26 Heb.1;5-14 Jn.11;47-57 | 27 Heb.5;1-10 Jn.12;20-26 | 28 Heb.9;15-28 Jn.12;27-33 | 29 Mal;10-14 1Cor.11;23-29 Jn.13;1-14 | 30 Is.53;1-9 Rom.5;6-16 Lk.1;26-38 | 31 Jon2;1-10 Rom.6;3-11 Mt.28;1-20 |

APRIL 2018

| SUN. | MON. | TUE. | WED. | THU. | FRI. | SAT. |
|---|--|--|---|--|--|--|
| 1 1Sam.2;1-10 Rom.6;1-14 Jn.20;1-18 | 2 Rom.4;1-8 Jn.14;18-28 | 3 1Cor.15;12-19 Lk.24;13-27 | 4 Eph.4;1-6 Jn.15;1-10 | 5 Colo.2;12-15 Mt.10;1-15 | 6 Heb.11;3-10 Mt.10;26-33 | 7 Colo.3;1-4 Mk.16;1-8 |
| 8 Act.4;32-37 Col.1;12-20 Jn.20;19-29 | 9 1Cor.1;10-17 Lk.24;28-35 | 10 Acts9;20-25 Jn.5;41-47 | 11 Gal.5;1-6 Mk.7;31-37 | 12 Phil.1;27-30 Mt.15;21-28 | 13 1Cor.1;18-24 Mk.4;1-9 | 14 Colo.3;14-17 Lk.24;36-43 |
| 15 Act.5;34-42 Eph.1;3-14 Jn.14;1-14 | 16 Jas.5;7-12 Mt.25;1-13 | 17 1Thes.5;12-22 Mk.4;13-20 | 18 Phil.1;21-26 Mt.8;1-4 | 19 2Cor.8;1-11 Mk.4;35-41 | 20 Rom.15;1-6 Lk.6;6-11 | 21 Jas.2;14-17 Lk.6;46-49 |
| 22 Act.8;14-25 Eph.2;1-7 Jn.16;16-24 | 23 1Tim.6;13-16 Lk.20;9-16 | 24 1Tim.6;17-21 Mt.19;23-30 | 25 2Tim.4;6-18 Mk.16;15-20 | 26 2Pet.2;1-3 Mt.15;1-9 | 27 Eph.5;13-21 Mk.6;35-44 | 28 1Cor.14;20-25 Mk.6;1-6 |
| 29 Act.9;1-9 Heb.10;19-25 Jn.21;1-14 | 30 1Pet.4;12-19 Lk.11;29-32 | | | | | |

പിറവിത്തിരുനാൾ

P. M. Jose, Holy Family Unit



ആകാശ പുഷ്പങ്ങൾ പുഞ്ചിരി തൂകി
ആയിരം നെയ്തിരികൾ, താലമുയർത്തി
ഒരു വെള്ളിനക്ഷത്രം കിഴക്ക് വാനിൽ
ഒരു മംഗള സൂദിനത്തിൽ സദ്യാർത്തയുമായ്

സ്വർഗ്ഗ കവാടങ്ങൾ തറന്നുവന്നെത്തിയ
സ്വർണ്ണ മണിനാദങ്ങൾ രാഗങ്ങളായി
സ്വർഗ്ഗവും, ഭൂമിയും, മാലാഖമാരെല്ലാം
സ്വർലോക പുത്രന്റെ വരവേൽപ്പിനൊരുങ്ങി

പനിനീർ പൂമണമൊഴുകും കുളിൽ നിലാവിൽ
പാരകെ കോരി തരിച്ച് നിൽക്കെ
പാതിരാപൂക്കൾ വിടർന്ന നേരം
പുൽക്കുട്ടിൽ പൊന്നുണ്ണി ജാതനായി !

മാലാഖമാർ, മൂന്നു രാജാക്കന്മാർ
മാലോകരോടൊത്ത് ആട്ടിയന്മാർ
മഹോന്നതനാം ദൈവത്തിൻ പ്രിയപുത്രന്
സ്തോത്രങ്ങൾ, കാഴ്ചകൾ, അർപ്പിക്കുന്നു.

രാജാധിരാജനാം ഉണ്ണീശോയെ
ഓശാനപാടി പുകഴ്ത്തിടുന്നു
അത്യുന്നതങ്ങളിൽ ഓശാനയും
ഭൂമിയിൽ ശാന്തി, സമാധാനവും

(ആകാശ പുഷ്പങ്ങൾ)

Little Flower Forane Church, Nerul

Holy Week (25th March - 1st April 2018)

1. **Palm Sunday (25-03-2018)**
 8.00 am : Holy Qurbana
 6.30 pm : Holy Qurbana
2. **Maundy Thursday (29-03-2018)**
 7 am - 6 pm : Eucharistic Adoration Zone-wise
 6 pm - 7 pm : Common Adoration
 7 pm : Holy Qurbana
3. **Good Friday (30-03-2018)**
 4:00 pm : Good Friday Services and Way of the Cross
4. **Holy Saturday (31-03-2018)**
 7 am : Holy Saturday Service (No Evening Qurbana)
5. **Easter Vigil (31-03-2018)**
31st March (Saturday)
 10 pm : Uyirppu Thirukarmangal & Holy Qurbana
1st April (Sunday)
 7 am : Holy Qurbana (No. 6.30 pm Holy Qurbana)

Maundy Thursday Adoration Time Schedule

07am – 08am : Bethlehem Zone (Holy Trinity, St. Antony, St. Martin)
 08am – 09am : Canaan Zone (St. Jude, St. Chavara)
 09am – 10am : Egypt Zone (Holy Family, Don Bosco)
 10am – 11am : Emmaus Zone (Fatima Matha, Cherupushpam, St. John)
 11am – 12pm : Israel Zone (St. Alphonsa, Sacred Heart, St. Paul)
 12pm – 01pm : Jerusalem Zone (St. Mary, St. Sebastian)
 01pm – 02pm : Jordan Zone (St. Joseph, St. Thomas, St. George)
 02pm – 03pm : Nazareth Zone (Holy Rosary, Infant Jesus)
 03pm – 04pm : Sehiyon Zone (Holy Cross, St. Francis Xavier)
 04pm – 05pm : Tabor Zone (St. Mother Teresa, St. Dominic Savio, St. Peter)
 05pm – 06pm : St. John Maria Vianney
 06pm – 07pm : Common Adoration
 07pm : Holy Qurbana

LITTLE FLOWER FORANE CHURCH, NERUL

HOLY WEEK – TASKS AND RESPONSIBILITIES

- PRIESTS** : Rev. Fr. Shibu Pulickal (Vicar),
Fr. Raphael Ainickal (Asst. Vicar)
- HOLY WEEK CONVENER** : Gregory Joseph, Jerry Joseph
- PALM LEAVES PREPARATION** : V.I Varghese, Biju Alex, C.J Davis,
Varghese Mathai
- PESAHA MILK PREPARATION & DISTRIBUTION** : V.I. Varghese, Pithruvedi &
Parish Council Members
- POLICE PERMISSION** : K.P. Francis
- SOUND SYSTEM** : T.S John, Varghese Mathai
- VEHICLE DECORATION** : Sanju Thomas, Gracy Pathrose,
Tessy Melvin, Jose Joseph, Biju
Mathew, Biju Varghese,
Varghese Mathai, Shanty Babu
- MAIN 3 VEHICLES COORDINATION** : George Kuruvilla, Lalson George,
K.X George, Bea Thomas, Jancy
Joseph, V.I Johnson
- PASSION NARRATION & PRAYERS** : Choir Teams
- DISTRIBUTION OF THE CROSS & COLLECTION AFTER PROCESSION** : V.L. Johnson (L), T.P Varghese,
Franco Thomas, Johnson Antony,
A.J. Johnson, George Joseph,
Aslyn Joy, Merrin Johny,
Christy Maroki, Roshan Shaji, Martin
Joseph, Riya Davis, Femi Joseph
- TABLEAU ON PASSION OF CHRIST** : Sanju Thomas, Santhosh Koshy,
Varghese Mathai, Amal Joy, Joel
Mathew, Jithin Joseph, Nithish
Thomas

- CARRYING OF THE CROSS** : P.C Antony, P.A Jacob, C.K Thobias, Andrews Antony, Bejoy Jose, Ciffin Joseph
- KAIPUNEER** - Preparation : V.I Varghese, C.J Davis
 - Distribution : Rejeena Mohan, Jennifer Victor, Jessy Shaji, Bijitha Joyce, Lathika Joseph, Justin, Anto Joy, Martin Joseph, Angel, Reeba, Mariya, Rittisha, Christy Shaji & Youth
- BUTTER MILK**
 - Preparation & Distribution : V.I Varghese, Pithruvedi & Parish Council Members
- KANJI & CHERUPAYAR**
 - Preparation & Distribution : C.J Davis (L), Johnson Varghese, Pithruvedi & Parish Council Members
- PROCESSION & TRAFFIC CONTROL**
 Procession : K.P Francis (L), V.A Mathew, Paul Poullose, John Antony, Biju Jose, Joseph Thomas, John Paul, Thomas John, Sabu Scaria, C.K Thobias, Sibi Joseph, Joy.G. Kodamkandathil, V.D Joy, T.D Paul, Noble Antony, Bea Thomas, Riya Davis, Jaison Joseph, Sheena Varghese, Joseph Nilavanthara
- Traffic (Front)** : C.J Nelson (L), Benny K.C, Antony David, Francis Chacko, Savio George, Jacob Ernath, James K. Philip, Jimmy Lukose, E.P Devassy, V.K Thomas, Jitto Thomas, Amal Joy, Sonu Francis.
- Traffic (Middle)** : George Kuruvilla (L), Mohan Kandathil, Siby Joseph, Joseph Francis, Maju Mathew, V.I. Johnson, C.I Joy, K.J Kuriakose, Thomas Varghese, Jitto Thomas, Thomas George, Johnson Varghese, Nithish Thomas, Prince Mathai, Cijoy Jose.

- Traffic (Back)** : P.J Antony (L), Paul Devassy, Joseph Varghese, M.K Thomas, John Fernandes, Johnny Kurian, Mathew John, M.C Sibichan, Rejeena Mohan, Jessy Shaji, Lathika Joseph, John Victor, Anto A.O, Jancy Joseph, Jamesh Joseph, Joel Mathew
- KISSING OF CRUCIFIX** : Jose Mathew (L), Joseph J.M, Tony Thoppil, T.P Varghese, K.C Babu, K.J Baby, Nancy Nelson, Anto Joy, Rijin Shaji & YOUTH
- SEATING ARRANGEMENTS FOR HOLY WEEK** : V.G. Varghese, V.E Thomas, Santhosh Koshy, Biju Alex, V.D Joy
- VISUALS** : Paul Thottian, Frango Varghese, Tomas Paul
- ELECTRICAL WORK** : Jose Joseph, Varghese Mathai, Biju Varghese, Maju Mathew.

Thanksgiving...

Novena To St. Jude



Most Holy Apostle, St. Jude, faithful servant and friend of Jesus, the Church honors and invokes you universally, as the patron of difficult cases, of things almost despaired of, Pray for me, I am so helpless and alone. Intercede with God for me that He bring visible and speedy help where help is almost despaired of. Come to my assistance in this great need that I may receive the consolation and help of heaven in all my necessities, tribulations, and sufferings, particularly -

(make your request here)

- and that I may praise God with you and all the saints forever. I promise, O Blessed St. Jude, to be ever mindful of this great favor granted me by God and to always honor you as my special and powerful patron, and to gratefully encourage devotion to you.

Inserted by : Vikas Varghese

Amen

READING AND ALTAR DECORATION- 2018

| S.No. | Name of the Unit | From | To |
|-------|--------------------|----------|----------|
| 1 | St. Don Bosco | 04.03.18 | 10.03.18 |
| 2 | Cherupushpam | 11.03.18 | 17.03.18 |
| 3 | Holy Rosary | 18.03.18 | 24.03.18 |
| 4 | Fatima Matha | 25.03.18 | 31.03.18 |
| 5 | St. Jude | 01.04.18 | 07.04.18 |
| 6 | St. John Vianney | 08.04.18 | 14.04.18 |
| 7 | St. Martin | 15.04.18 | 21.04.18 |
| 8 | St. Francis Xavier | 22.04.18 | 28.04.18 |
| 9 | St. Antony | 29.04.18 | 05.05.18 |
| 10 | St. Peter | 06.05.18 | 12.05.18 |
| 11 | St. Thomas | 13.05.18 | 19.05.18 |

SUNDAY FOOD DISTRIBUTION - 2017-18

| S.No. | Name of the Unit | Date |
|-------|------------------|----------|
| 1 | St. Alphonsa | 11.03.18 |
| 2 | Sacred Heart | 18.03.18 |
| 3 | St. Paul | 25.03.18 |
| 4 | St. Mary | 01.04.18 |
| 5 | St. Sebastian | 08.04.18 |
| 6 | St. Joseph | 15.04.18 |
| 7 | St. Thomas | 22.04.18 |
| 8 | St George | 29.04.18 |
| 9 | Holy Rosary | 06.05.18 |
| 10 | Infant Jesus | 13.05.18 |
| 11 | Holy Cross | 20.05.18 |

Suicide - A Sin

Christine Rose Sebastian, Dominic Savio Unit



All of us have gone through many ups and downs in our lives. When we go through such hard times in our life, we tend to disassociate ourselves from our surrounding world. We may even go into depression which might take us to such an extent that we may try to commit suicide. When we are really depressed we tend to think that suicide is the only option, but is it really the only option?

Suicide isn't the only option, well; it isn't even an option. It's just a thought that is brought in our minds by the devil. We must remember that suicide isn't a solution to the problems instead; it might lead to the rise of many other problems. We must also remember that suicide is sin. It's God who owns the life that we live, we just can't destroy a life that is being owned by God.

Ups and downs are a normal and a very essential part of our lives. We, must learn to be strong and tough when we go through such times. God has given us this life so that we can live it and enjoy it. Lastly, we must remember that God is always with us. He will be there for us and guide us when we go through such hard times. All we need to do is, have complete faith in God and keep praying.

Thanksgiving...



Novena To St. Jude

St. Jude, please forgive me for not publishing this sooner; You helped me, as I begged you to do. I apologize to you from the bottom of my heart and at the same time thank you for all that you have done to try and help me. I ask that you continue to work for me my life as I do not know what I would do without your love, kindness, and support. You have truly been a miracle in my life. Thank you, St. Jude, for answering my prayers!

Most loving protector, great St. Anthony, I hasten to thank you. Full of appreciation and profound gratitude I acknowledge the favors you have secured for me in reply to my prayers and those of our Franciscan missionaries.

Because you answered my petitions and all those the children of the missions offered for my intentions, I rejoice in your power with God and your unfailing goodness to your brothers in Christ. May you ever be honored and blessed, most powerful wonder-worker of Padua! May your merits and favors remain an unending hymn of praise to the most Holy Trinity, and to our blessed Lady, Queen of Heaven.

Inserted by :

Ashme Reji, Cherupushpam Unit

HYPERTENSION : STAY AWAY FROM THIS SILENT KILLER

Hypertension, or high blood pressure, is one of the most common lifestyle diseases in which the long-term force of the blood against artery walls is high enough to eventually cause heart disease or stroke. You probably have high blood pressure (hypertension) if your blood pressure readings are consistently 140 over 90 mmHg, or higher, over a number of weeks.

Fast Facts:

- People with hypertension are three times more likely to develop heart disease and stroke and twice as likely to die from these when compared to people with a normal blood pressure.
- One in three Indian adults have high blood pressure and approximately one-third of our population will suffer from it by 2020.

Symptoms and Causes:

Hypertension is a silent killer because it may have no visible symptoms for years. It can cause internal damage to the heart, lungs, blood vessels, brain, and kidneys. If the blood pressure has reached a severe stage, headaches, vision problems, shortness of breath or nosebleeds can occur.

There is no single cause of hypertension but lifestyle can affect the risk of developing it. The following factors increase your risk:

- Eating too much salt
- Not consuming enough fruit and vegetables
- Not being physically active
- Being overweight
- Consuming too much alcohol

Complications of Hypertension:

1. Heart attack or stroke: Hardening and thickening of the arteries (atherosclerosis), which can lead to a heart attack, stroke or other complications.
2. Aneurysms: Abnormal bulge in the wall of an artery due to

increased pressure which can be life threatening if ruptures.

3. Kidney malfunction: Blood vessels in the kidneys narrow or weaken. This may cause kidney failure.
4. Vision loss: Blood vessels in the eyes thicken, get narrowed and might bleed. This may lead to vision changes or blindness.
5. Heart failure: Heart muscle thickens to pump blood against the higher pressure in the vessels and can lead to heart failure.

Prevention and Treatment :

Lifestyle changes are the best way to prevent and manage hypertension:

- Lose weight
- Quit smoking
- Eat a healthy diet
- Reduce the amount of salt in your diet
- Get regular aerobic exercise (such as brisk walking)
- Limit alcohol (no more than 2 drinks per day for men, and 1 drink per day for women and persons 65 years and older).

Did you know ?

Approximately one-third of people with high blood pressure do not know that they have it.

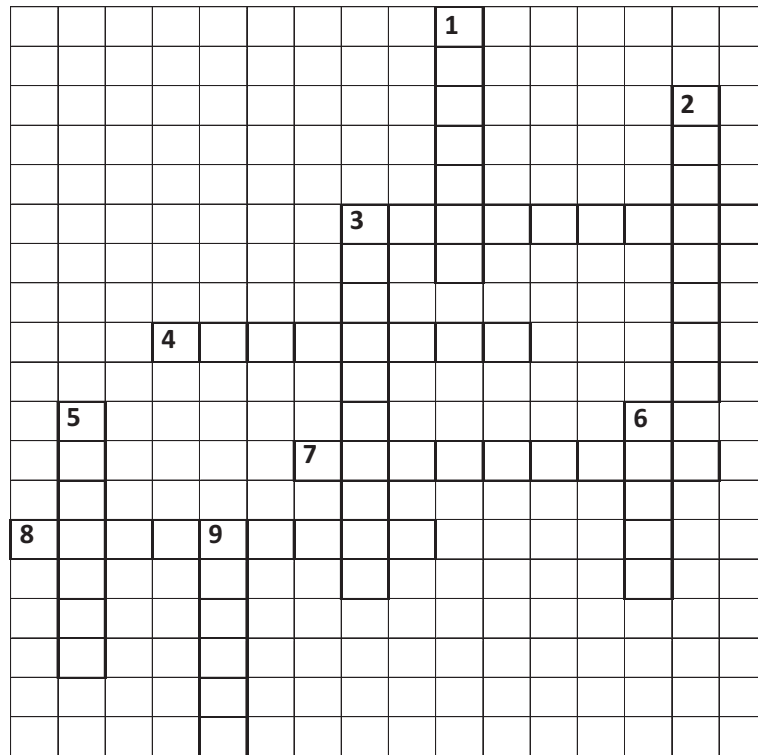
Sources : Mayoclinic, Blood Pressure UK.

Bible Quiz Answers (January - February 2018)

- | | |
|-----------------------------|---------------------------|
| 1. Abijah (1:5) | 7. At the house of Simon, |
| 2. Emperos Augustus (2:1) | the Pharisee (7:36-50) |
| 3. Heli (3:23) | 8. Legion (8:30) |
| 4. Naaman the Syrian (4:27) | 9. The Mother of my |
| 5. Beside the lake | Lord (1:43) |
| Gennesaret (5:1) | 10. In Galilee (4:14) |
| 6. Apostles (6:13) | |

2 Maccabees 5-8

Crossword Puzzle



Across

- 3 Into whose country did Jason flee after his failed conspiracy?
- 4 Who took refuge in the citadel, when the city was capture?
- 7 Who was the king who dared to enter the most Holy temple?
- 8 Judas was also called -----

Down

- 1 The governor of Coelesyria and Phoenicia
- 2 Whom did the king send to compel the Jews to forsake the laws of God and their ancestors?
- 3 Whom did Antiochus send to Egypt to kill men and sell women and boys as slaves?
- 5 Who was martyred for refusing to eat unlawful swine's flesh?
- 6 Who defeated Nicanor?
- 9 Who was the ruler of Arabs who accused Jason?

Bible Quiz

Mar - Apr 2018

- Jesus said, It is easier for heaven and earth to pass away than something else to happen. What is that?
- Which chapter from the Gospel of Luke is written in the context of a banquet?
- Which city will not be exalted to heaven but brought down to Hades?
- Blasphemy against whom will not be forgiven?
- Who were the disciples present with Jesus when he was transfigured?
- Which is the city that kills the prophets and stones those who are sent to it?
- What is the sign that Jesus will give to his generation?
- Which chapter of the Gospel of Luke consists of parables alone?
- What should the disciples rejoice at, more than their victory over evil spirits?
- Who asked Jesus the following: " Lord, do you want us to command fire to come down from heaven and consume them"?

CONGRATULATIONS !!!Winner of **SPLASH YOUR COLOUR** Competition

(January - February 2018)

Shone G. Shajan (St. Peter Unit)**Bible Crossword Puzzle - Answer Jan- Feb 2018****Down**

- 1 Eupator
- 4 Aristobul
- 6 Jeremiah
- 8 Apollonius
- 10 Nehemiah
- 11 Antiochus

Across

- 2 Purification
- 3 Crated
- 5 Jason
- 7 Onias
- 9 Seleucus
- 12 Chislev