

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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Editorial

The Serpent's (the evil one) bite was a deadly one. The venom (sin) had worked its way deep into the heart of humanity, doing its gruesome work. The anti-venom was unavailable till Jesus appeared. One drop was all that was needed, so potent was this antidote, His precious Blood. The sacrifice of His entire life poured out to the last drop at the foot of the cross – this was the Son's answer to the Problem of Sin.

Three days later came the Father's equally extravagant answer to the Problem of Death. For Jesus was not simply brought back to life like Lazarus. He passed over, passed through. Death, as St. Paul said, would have no more power over Him. The significance of Easter is that not only sin but death has been conquered by the one who foretold his own resurrection before He gave His life for us on Good Friday.

Thus Dr Marcellino D' Ambrosio, the Catholic speaker, theologian and historian sets the backdrop of Easter beautifully.

At the Easter Vigil, the Church represents the mystery of the light of Christ in the sign of the Paschal candle, whose flame is both light and heat. The resurrection of Jesus is an eruption of light. Death is conquered, the tomb is thrown open. The Risen One himself is Light, the Light of the world. The symbolism of light is connected with that of fire: radiance and heat, radiance and the transforming energy contained in the fire – truth and love go together. With the resurrection, the Lord's day enters the nights of history.

The second symbol of the Easter Vigil – the night of Baptism – is water. Christ descended into the sea, into the waters of death, as Israel did into the Red Sea. Having risen from death, He gives us life. This means that Baptism is not only a cleansing, but a new birth: with Christ we, as it were, descend into the sea of death, so as to rise up again as new creatures.

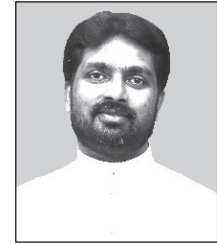
Christian hope is Easter hope. And it is different from the hope we normally encounter in the world today. It is not based on circumstances and prospects; it comes through Jesus' resurrection, and is therefore independent of those things. For all who fear Him, He has stored up abundant happiness, which He will reveal to those who hope in Him, bringing it to completion when we have attained the reality which even now we possess in hope.

As St Paul says, "If, then, you have risen with Christ, seek the things that are above, where Christ is seated at the right hand of God. Set your hearts on heavenly things, not the things that are on earth. For you have died and your life is hidden with Christ in God. When Christ, your life, appears, then you too will appear with Him in glory."

Glory to our Lord Jesus Christ

- Chief Editor

ഇടയശബ്ദം



സ്നേഹമുള്ളവരേ,

ഇങ്ങനെയൊരു മരണം ഇനിയുമുണ്ടാകരുത് എന്ന തലക്കെട്ടിൽ മാർച്ച് ഒമ്പതാം തീയതി മലയാള മനോരമയിൽ ശ്രീ. ഡോ. സി. ജെ. ജോൺ എഴുതിയ ലേഖനം ആരെയും ഒന്ന് ഇരുത്തി ചിന്തിപ്പിക്കുവാൻ പോരുന്നതാണ്. കലാഭവൻ മണിയെന്ന അനുഗ്രഹിത കലാകാരന്റെ അകാലത്തിലുള്ള വേർപാടിനെ ആസ്പദമാക്കി എഴുതിയതായിരുന്നു ലേഖനം. ജീവിത ശൈലിയിൽ ജാഗ്രത പുലർത്താത്തതായിരുന്നു മരണ കാരണമെന്ന് ലേഖകൻ സമർത്ഥിക്കുന്നു.

വളർന്നു വരുന്ന സാമൂഹ്യ പശ്ചാത്തലത്തിൽ കുട്ടുകെട്ടുകളും അതിലൂടെ കടന്നുവരുന്ന മദ്യപാനശീലവും പലരിലും ആപത്കരമായ രീതിയിലേക്ക് വളർന്നു വരുന്നത് ഭയാശങ്കകളോടെ തന്നെ വീക്ഷിക്കപ്പെടേണ്ടതാണ്. കൂടെ വന്നേക്കാവുന്ന ഒത്തിരിയേറെ അപകടങ്ങൾ ഇത്തരം സൗഹൃദങ്ങൾ സമ്മാനിക്കുമെന്നതിൽ സംശയം വേണ്ട.

കുട്ടുകെട്ടുകൾ ആവശ്യമാണ്. പക്ഷെ അത് നന്മയുടെ അതിർവരമ്പുകൾ ലംഘിക്കുമ്പോൾ സ്വയം പിൻമാറുകയും, മറ്റുള്ളവരെ അതിൽ നിന്നും രക്ഷപ്പെടുത്തുവാൻ പരിശ്രമിക്കുകയും ചെയ്യേണ്ടത് നമ്മുടെ കർത്തവ്യമാണ്. നമ്മുടെ പല സൗഹൃദങ്ങളും ഇടുങ്ങിയ സമാന മനസ്സുകളുടെ കൂട്ടായ്മകളും,

പൊങ്ങച്ചത്തിന്റെയും, ആവംബരത്തിന്റെയും ഇടങ്ങളും ഇഷ്ടപ്പെടാത്തവരെ തിരഞ്ഞെടുക്കുന്ന ഗ്രൂപ്പ് പ്രവർത്തനങ്ങളുടെയും വേദികളും ആയി മാറിക്കൊണ്ടിരിക്കുന്നു.

ഈസ്റ്റർ പുതുജീവനെക്കുറിച്ചും പ്രത്യാശയെക്കുറിച്ചും ചിന്തിക്കുന്ന കാലഘട്ടമാണ്. മരണകരമായ എല്ലാ സാഹചര്യങ്ങളോടും പടവെട്ടി നിത്യജീവന്റെ നന്മകളെ പുൽകുന്ന ഒരു ജീവിത ശൈലി നമുക്ക് ഉണ്ടാകണമെന്ന് ഈ കാലഘട്ടം നമ്മെ ഓർമ്മപ്പെടുത്തുന്നു. പ്രത്യാശയോടുകൂടെ ജീവിതത്തെ സമീപിക്കണമെന്ന് പൗലോസ് ശ്ലീഹാ നമ്മെ ഓർമ്മപ്പെടുത്തുന്നുണ്ട്.

നമ്മിലും മറ്റുള്ളവരിലും മരണകരമായേക്കാവുന്ന എല്ലാ ജീവിത ശൈലികളും മാറ്റിയെടുക്കുന്നതിനായി നമുക്ക് പരിശ്രമിക്കാം. നാം തന്നെയും നമ്മെ തോൽപ്പിക്കാൻ തുനിയാത്തതിനേക്കാൾ ആർക്കും നമ്മെ കീഴടക്കാനാകില്ല. നമ്മിലെ സൗഹൃദങ്ങളൊക്കെ നന്മയെ വളർത്തുന്നതാകട്ടെ. വന്ന വഴികളെ മറക്കാതെ എളിമയുടെയും ലാളിത്യത്തിന്റെയും ജീവിതത്തെ നമുക്ക് മുറുകെ പിടിക്കാം.

ഏവർക്കും ഉയിർപ്പു തിരുന്നാളിന്റെ മംഗളങ്ങൾ !!!

സ്നേഹത്തോടെ,

ബിജു അച്ചൻ

LETTER TO MY LITTLE FRIENDS

Time to queue up for confession

We are about to celebrate the remembrance of the assurance of our Salvation -- Easter. It's the commemoration of the salvific acts of Jesus' suffering, death and resurrection through which our loving Lord assured Salvation to you and me.

Jesus carried the heavy Cross, the sign of insult, for our sins and suffered to rescue us from the dangerous consequences of Sin. He salvaged us from drowning in a sea of sins. The Holy Qurbana offered on our Church altar every day is the very same blessed sacrifice through which He rescues us from the clutches of devil and his snares of sin.

Here, we have to understand certain things. Jesus knows that we are weak. Though we have honest desire to retrieve ourselves from sins, we are unable to do so. But His grace helps us. In this desperate situation, Jesus, realizing our desire to remain His beloved people, instituted the Sacrament of Confession through his divine mercy.

During the Lenten season, we meditate in a special way the deep love and mercy that Jesus showers on each one of us in this Sacrament. His love towards us makes us realize the wrongdoings that pain him are to be thrown away from our inner self. For this, we have to approach the confessional in order to strengthen ourselves with the grace of becoming once again His beloved and dearest as we were earlier before committing a sin.

This is the reason why the Lenten season becomes the feast of the confessional. Whenever we meditate on the salvific acts of Jesus, we realize His Love towards us. And each time we go to the confessional, we dive deep into the ocean of His love and mercy. So I wish and pray that this period of lent be the occasion to measure the depth of His love as much as we can. These are the days to approach the confessional and render ourselves pure in His love.

Yours Franklin Achan



A Way To Sanctity – 17

SAINT ANNE

Anne was the mother of the Blessed Virgin Mary and the grand mother of Jesus Christ.

The name Anna derives from Hebrew, Hanna, meaning 'grace'. St. Anna was born in Bethlehem and became the wife of St. Joachim of Nazareth. Joachim was a shepherd, given the responsibility of supplying sheep for the Temple's sacrifice in Jerusalem. They were both from the royal houses of David.

Anne and her husband, Joachim, were very devoted to God. They had no children, and that was believed to be a punishment of God among the Jews. They prayed to God and begged Him to give them a child. She promised to give her child to God's service. Their prayers were heard even though Anne was already too old to have children. A daughter was born to Anne, and she called her 'Mariam' or 'Mary'. She was truly regarded as a child of God, and with the birth of Mary, the elderly Anna began a new life. St. Anne read the scripture to Mary when she was a very small child. She watched her every move with reverent tenderness, and felt herself sanctified by the presence of her immaculate child. But she had vowed her daughter to God. Mary was three years old when Anna and Joachim led her up the Temple steps, saw her pass by herself into the inner sanctuary, where she spent much of her childhood. Mary spent some years helping in the Temple. When Mary was 14, they betrothed her to Joseph of Nazareth and Mary's story continues with the birth of Jesus. Thus Anne was left childless in her lone old age, and deprived of her purest earthly joy just when she needed it most.

God gave Anna special graces, and the greatest was that she was the mother of the Mother of God. Her feast day is July 26th. St. Anne was the patron of mothers and of children. Her prayers to Jesus and Mary are very powerful.



PARISH NEWS AT A GLANCE

First Holy Communion

January 16 was a day of jubilation at our Church as 18 children of our Parish received First Holy Communion and Confirmation. The main celebrant was our Bishop Mar Thomas Elavanal. Many parishioners along with friends and relatives from Kerala also attended the blessed function.

Farewell

Rev. Fr. Sinto Enanickal who was our Asst. Parish Priest for a year was given a solemn farewell on January 24. His humble and friendly nature and great singing talent were fondly remembered by Mother Superior Rev. Sr. Lizy and trustee Mr. Sanju Thomas during their felicitation.

Picnic

On February 13, Mathrusangam organized a picnic to Green Hill Resort, Nallasopara. As many as 105 members, Parish Priest Rev. Fr. Biju Kollamkunnel, Asst Parish priest Rev. Fr. Franklin Cheruvathoor and Rev. Sr. Mollyamma were part of the picnic. They thoroughly enjoyed the day.

Choir Annual Meet

The annual get-together of choir members was held on February 18. During the meeting, Mr. K. T. Paul was appointed as the new Choir leader by Parish Priest Rev. Fr. Biju Kollamkunnel. Almost all the choir members, Asst. Parish Priest Rev. Fr. Franklin, Mother Superior Rev. Sr. Lizy, animator Rev. Sr. Merlit and trustee Mr. Sanju Thomas attended the meeting.

Orphanage Visit

Catechism students visited the orphanage at Haji Malang on February 28. Rev. Fr. Tomy Nelliany, Director of the Orphanage, spoke about the functioning of the institution. About 90 students joined the journey which was indeed a unique experience for them.

Kerygma Quiz winners

Our church has all the reasons to be immensely proud of the

long list of Kerygma Quiz winners at the diocese level. Congratulations to all the top rank holders.

Annual Retreat

The Annual Retreat and the spiritual preparation for the Holy Week was held in the parish from March 4-6. The retreat was conducted by Rev. Fr. Jebin Pathiparambil, MCBS. His profound and insightful talks about faith, awareness of sin and Holy Eucharist were very inspiring.

Calvary Yatra

Pithruvedi organized a Calvary Yatra on March 7. They covered 14 churches in Navi Mumbai, Bhandup, Mulund, Thane, Bhayander and Uttan. They conducted Way of the Cross in the churches they visited. As many as 65 members joined the yatra along with Parish priest Rev. Fr. Biju Kollamkunnel.

Unit Annual Get-together

Feast celebrations and Unit annual get together of St. Sebastian Unit (January 17), St. Chavara Unit (January 24), St. Don Bosco Unit (January 31) and Infant Jesus Unit (February 7) were held with various cultural programmes. ■

SAINTS QUOTES ON RESURRECTION

"For just as by dying He endured all evil to deliver us from evil, so was He glorified in rising to advance us to good things, according to Romans 4:25 which says that 'He was put to death for our trespasses and raised for our justification'

- St. Thomas Aquinas

"And he departed from our sight that we might return to our heart, and there find Him. For He departed, and behold, He is here."

- St. Augustine

"The Eucharistic mystery is in fact the 'summit of evangelization' (Lumen gentium, n. 28), for it is the most eminent testimony to Christ's Resurrection."

- Pope John Paul II

GRIGIO

When Don Bosco was once passing through a rough and seedy area, he noticed two suspicious looking men following him. He tried avoiding them but they kept following him. He decided to turn back, but at that moment they pounced on him, stuffing a handkerchief in his mouth and a blanket over his head. The saint struggled to free himself, his cry for help muffled.

Suddenly, a huge grey dog appeared from nowhere and attacked the two attackers until they fled. Don Bosco named him Grigio.

Whenever somebody tried to attack Don Bosco, it chased the attacker away. The last time Don Bosco saw Grigio was when one night he was going from Murialdo to Noncucco. Along the routes were farms and vineyards patrolled

and guarded by savage dogs.

"I wish I had Grigio here with me," the Saint said to himself. Immediately the dog was at his side, happy to see him his tail wagging while he nuzzled his master. As they passed one farm, two furious dogs rushed at them from the darkness, but Grigio single-handedly sent them fleeing. When Don Bosco reached his destination, his friends were astonished to see the magnificent animal that they had heard so much about.

When they sat for dinner, Grigio laid on the floor besides his master. But when Don Bosco went to give him some food, the animal was gone. Forever.

The Saint never saw his beloved Grigio again. Nor did he need any further need of Grigio's protection. But he deeply missed the companionship of the hound, his guardian angel from heaven on the orders of the Heavenly Father.

Compiled by :
Alphonz George
Dominic Savio

The joy and freedom in forgiveness

Sheena George, St.Mary's unit



The word persecution reminds us of the physical tyranny suffered by people from different walks of life. In the biblical context also, there are umpteen evidences of persecution and sufferings, mostly physical, faced by the disciples or followers of Jesus. Are we, the Christians of this century, free from persecutions? Definitely not, perhaps the manifestation at physical levels might have reduced.

There's another form of persecution which is rampant in our society. Are we aware of the persecution of the mind? Mostly we fail to recognize the most inevitable form of persecution we people face -- that is the mental torture and discrimination not necessary from our enemies, but from the people who are close to us. It can be a word or a malicious dialogue that keep resonating in our minds.

We do not recognize these forms of persecutions at mental realms that allow ourselves to develop grudge and hatred towards the people who have spoken ill of us, is destructive. When we keep the grudge in our minds, remember, WE would be the losers. Our hearts and minds get filled with hateful and spiteful feeling, which could even intoxicate you. But if we forgive those who do or speak badly about us, we are free and can get the release that the Lord promises.

This is what the word of God says, "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you" (Eph 4:31-32). Jesus has come to set us free from all the troubles and tribulations affecting us and the most important solution is to forgive others unconditionally. Through the Holy Scripture, Jesus urges us to have a forgiving mind at all times. "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift" (Matt 5:23-24). If we develop a forgiving mind, we would be the most happiest and free person in this world. In practice, it is not easy to forgive others who have wronged us.

The world might consider us inferior if we don't strike back at the person who had been bad to us. But in reality a person who forgives would emerge as the TRUE WINNER and is far more superior. This is because we have freed ourselves from the negative thoughts that affect us and others close to us, which manifest in different ways if left unattended for longer periods. When we consider that the wrongful words or deeds of the person were out of his ignorance, then it becomes easier for us to think about forgiving the offender.

The words of Jesus are applicable to us in such situations. "Father, forgive them, for they do not know what they are doing" (Luke 23: 33, 34). If we develop similar attitude towards our enemies and people who hurt or wound us, we could forgive them rather very quickly. If we keep grudge towards people who offend us, then our minds would be filled with rage and bitterness for different people and situations and if untreated over days, weeks, month, years and so on..., it would overpower your emotions. We could no longer remain a cool companion to our dear ones. So start practicing the act of forgiveness and develop a forgiving mind.

Any thoughts about the offender or the incidents that come to our mind are not for rethinking about the spiteful experiences, but consider it as God given chance to forgive that person.

CONGRATULATIONS TO KERYGMA TOPPERS

NAME	GROUP	RANK
Amita M Joseph	A	1
Aleesha Joykutty	A	3
Joyce Thobias	A	5
Joel Anto	A	5
Melvin Thomas	A	5
Nagy Cijoy	C	2
Tessy Melvin	D	1
Neena Babu	D	5
Mary Devassy	E	1
Pauly Baby	E	2

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.

Amen

Inserted by : **V.A. Mathew & Family,**
St. Peter Unit

പരിശുദ്ധാത്മാവിനോടുള്ള പ്രാർത്ഥന

പരിശുദ്ധാത്മാവേ എനിക്ക് എല്ലാം വെളിപ്പെടുത്തുകയും എനിക്ക് വഴി കാണിച്ചു തരികയും എന്നോട് മറ്റുള്ളവർ ചെയ്യുന്നതെല്ലാം ക്ഷമിക്കുവാനും മറക്കുവാനും കഴിവു തരുന്ന ദൈവിക ദാനം തരികയും എന്റെ ജീവിതത്തിൽ എല്ലാ ചിന്തകളും ഉള്ളവനുമായ അങ്ങയ്ക്കു ഞാൻ നന്ദി പറയുന്നു. എത്ര വലിയ ഭൗതികാഗ്രഹങ്ങൾ എന്നിലുണ്ടായാലും ഒരു നിമിഷം പോലും അങ്ങയിൽ നിന്നും അകലുവാനോ വേർപെടുവാനോ ഞാൻ ആഗ്രഹിക്കുന്നില്ല എന്ന ഞാൻ തീർത്തു പറയുന്നു.

നിത്യമഹത്വത്തിൽ അങ്ങയോടുകൂടെ ആയിരിക്കുവാൻ ഞാൻ ആഗ്രഹിക്കുന്നു. ദൈവഹിതത്തിനു വിധേയപ്പെട്ടുകൊണ്ട് ഞാൻ അങ്ങയോട് യാചിക്കുന്നു..... ആമ്മേൻ .

Inserted by : **V.A. Mathew & Family,**
St. Peter Unit

POPE FRANCIS**Mary tells us that those who suffer do not weep in vain**

On the first full day of his visit to Mexico, Pope Francis celebrated Mass at the Basilica of Guadalupe in Mexico City. The shrine of the Virgin of Guadalupe is the most visited Catholic pilgrimage site in the world and one that is particularly important to the first Latin American pope.

During his homily, drawing inspiration from the episode of the visitation of the Virgin Mary to her cousin Elizabeth, the Holy Father stressed on the “yes” of Mary's surrender to God which prompted her to give the best of herself, going forth to meet the others. He said the Madonna of Guadalupe “wished to come to the inhabitants of these American lands in the person of the Indian Saint Juan Diego”, and that “she has and continues to accompany the development of this blessed Mexican land.” With reference to the first Miracle in 1531, the Pope said that “God roused the hope of the little ones, of the suffering, of those displaced or rejected, of all who feel they have no worthy place in these lands.”

Juan who considered himself lowly and unworthy, experienced in his own life what hope is, what the mercy of God is. He was called to build a shrine and the Pope emphasized that the shrines that they were called to build are for the poor and the oppressed. “God's Shrine”, he said “is the life of his children, of everyone in whatever condition, especially of young people without a future who are exposed to endless painful and risky situations, and the elderly who are unacknowledged, forgotten and out of sight. The Shrine of God is our families in need only of the essentials to develop and progress. The Shrine of God is the faces of the many people we encounter each day...”

Assuring solace of the presence of Our Lady in the lives of the Poor and suffering, the Pope said “Mary tells us that she has 'the

honour' of being our mother, assuring us that those who suffer do not weep in vain.

Reiterating the call of Mary to be her ambassadors, the Pope said, “we can build shrines by sharing the joy of knowing that we are not alone, that Mary accompanies us.”

Source: Vatican Radio

From YOUCAT**How did the disciples come to believe that Jesus is risen?**

The disciples, who before had lost all hope, came to believe in Jesus' Resurrection because they saw him in a different way after his death, spoke with him, and experienced him as being alive. [640-644, 656]

The Easter events that took place in Jerusalem in the year 30 are not a made-up story. Following the death of Jesus and the defeat of their whole cause, the disciples fled (“We had hoped that he was the one to redeem Israel,” Lk 24:21) or else barricaded themselves behind locked doors. Only their encounter with the risen Christ freed them from their paralysis and filled them with an enthusiastic faith in Jesus Christ, the Lord of life and death.

What changed in the world as a result of the Resurrection?

Because death is now no longer the end of everything, joy and hope came into the world. Now that death “no longer has dominion” (Rom 6:9) over Jesus, it has no more power over us, either, who belong to Jesus. [655, 658]

(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))

സ്നേഹാഗ്നി

Babykutty, Cherupushpam Unit

വിണ്ണിലെ വെള്ളരിപ്രാവേ,
ദിവ്യസ്നേഹാഗ്നി നിലാവേ,
താണു പറന്നു, പറന്നിറങ്ങേണമേ
താഴെയീ മർത്യരിൽ വാഴാൻ ...

മേലേ വിഹായുസ്സിൽ നിന്നും
നന്മതൻ പൊൻവെയിലിൽ, പാകു
നിർമ്മല നീലിത സ്നേഹ സുമങ്ങൾ
പൂണ്യ സുഗന്ധം പരത്തിടട്ടെ ...

ഈ വിശ്വമാകവെ നിന്റെ
ശാന്തി സന്ദേശം മുഴക്കൂ...
അറിവിന്റെ അക്ഷയ ക്ഷീരപാത്രങ്ങൾ
അവനിയിലെന്നും തുളുമ്പിടട്ടെ ...

മനസ്സിന്റെ ലോലമാം താളിൽ
കനിവിന്റെ മഷികൊണ്ടെഴുതൂ...
കറപൂരളാതെ കനലെരിയാതെ
ഹൃദയതീരങ്ങളെ കാത്തിടുക ...

BIBLE QUIZ ANSWERS (JAN - FEB 2016)

- | | |
|----------------|--------------------------|
| 1. Lion's face | 7. Three |
| 2. Six | 8. Besides River Chebar, |
| 3. Four | Babylonia |
| 4. Bull's face | 9. Scroll |
| 5. Mortal Man | 10. Jerusalem |
| 6. Buzi | |

ഓർമ്മിക്കാൻ ... ആചരിക്കാൻ ...

മാർച്ച് 2016

- 18 ജറുസലേമിലെ വി. സിറിൽ
- 19 വി. യൗസേപ്പിതാവിന്റെ മരണത്തിരുന്നാൾ
- 20 ഓശാന ഞായർ
- 24 പെസഹാ വ്യാഴം
- 25 പീഡാനുഭവ വെള്ളി
- മംഗലവാർത്താത്തിരുന്നാൾ

ഏപ്രിൽ 2016

- 1 സകല വിശുദ്ധന്മാരുടെയും തിരുന്നാൾ
- വേദസാക്ഷികളുടെ തിരുന്നാൾ
- 3 പുതു ഞായർ
- 23 വി. ഗീവർഗ്ഗീസ് വേ.
- 24 മാർ അദ്ദായി
- 25 വി. മർക്കോസ് സുവിശേഷകൻ
- 29 സിയന്നായിലെ വി. കത്രീന
- 30 തൊഴിലാളി മദ്ധ്യസ്ഥനായ വി. യൗസേപ്പ്.

Parable of the Pencil

The Pencil Maker took the pencil aside, just before putting it into the box. "There are 5 things you need to know," he told the pencil, "Before I send you out into the world, always remember them and never forget, and you will become the best pencil you can be."

One : "You will be able to do many great things, but only if you allow yourself to be held in someone's hand."

Two : "You will experience a painful sharpening from time to time, but you need it to become a better pencil."

Three : "You will be able to correct any mistakes you might make."

Four : "The most important part of you will always be what's inside."

And **Five** : "On every surface you are used on, you must leave your mark. No matter what the condition, you must continue to write."

The pencil understood and promised to remember, and went into the box with a purpose in its heart.

Now replace the pencil with you. Always remember them and never forget, and you will become the best person you can be.

One : "You will be able to do many great things, but only if you allow yourself to be held in God's hand. And allow other human beings to access you for the many gifts you possess."

Two : "You will experience a painful sharpening from time to time, by going through various problems in life, but you'll need it to become a stronger person."

Three : "You will be able to correct any mistakes you might make."

Four : "The most important part of you will always be what's on the inside."

And **Five** : "On every surface you walk through, you must leave your mark. No matter what the situation, you must continue to do your duties."

Allow this parable on the pencil to encourage you to know that you are a special person and only you can fulfill the purpose to which you were born to accomplish.

Never allow yourself to get discouraged and think that your life is insignificant and cannot make a change.

Compiled by : **Saji Attumanukaran**
Blessed Mother Theresa Unit

The power of humility

Abraham Lincoln's father was a shoemaker and Lincoln became the US President. The first speech that Lincoln delivered on the inauguration of his term was interrupted right at the beginning. A man stood up and said, "you have become the President. But never forget that your father was a shoemaker. In fact, in my family, your father used to come to make shoes for everybody. The shoes I am showing you were made by your father."

The whole Senate laughed, they thought they had humiliated Lincoln. But with tears in his eyes, Lincoln said, "I am immensely grateful to you for reminding me of my father. He was a perfect shoemaker, and I know I cannot be that perfect a President. I cannot beat him. But I will try my best to at least mach close to his greatness. As for your family and the shoes my father has made, I can inform the whole Senate that there may be other artistocratic families that my father used to make shoes for. He has taught me a little bit of the art of shoemaking too. If his shoes are not working well, if they pinch you, if those are too tight or too loose... I can always mind them. I am my own father's son. Of course, it will not be the same as my father; but he is dead."

It was Abraham Lincoln's genuine humility that enabled him to be such a strong and gentle leader.

Compiled by : **Aleesha Joykutty**,
Holy Rosary Unit

"By His Resurrection, Christ conquered sin and death, destroyed Satan's dark kingdom, freed the enslaved human race and broke the seal on the greatest mysteries of God and man."

- St. Nikolai Velimirovic

"Now all things have been filled with light, both heaven and earth and those beneath the earth; so let all creation sing Christ's rising, by which it is established."

- St. John of Damascus

Good Friday

Cheated by his disciple Judas,
Scourged and crowned with thorns
Pilate condemned Him to die,
Ripped him with thousand whips;
Bleeding and bruised shoulders
Took all our sins.
With pain and blood,
He suffered, stumbled and fell.
Struggled and rose towards death

On His way to Calvary,
Met His mother - both in grief.
Craving for water and rest,
Growing weaker and weaker
Simon helped carry the cross.
His face bathed in sweat and blood,
Veronica wiped His face
That imprinted on the cloth.
The HOLY FACE - HIS Highness.

He fell again under the heavy cross,
Soldiers dragged His feet to go on
Women wept seeing,
"Weep not for me, but for your children.
Pain and agony accelerated, blood dripped,
Weak and exhausted fell again.
The soldiers tried to make Him walk,
With acute pain reached Calvary –

They stripped Him and reopened bleeding wounds.
In pain and agony –
He was thrown on the cross,
Nailed His hands and legs on the wood.
When asked for water, gave Him bitter.
After THREE HOURS -
He gave Himself to Almighty,
As if the clock still the world.

Lifeless body brought down
Placed Him in the arms of His sorrowful Mother,
Cried and wounded... Why?
Body was cleaned,
Wrapped in shroud
Slowly and tenderly laid Him into the tomb.
They prayed and departed,
For the soul to rest in peace
But He rose again to conquer death.

Rosemary Jerry Thekkekara
St. Martin Unit

AND THE CREATOR CALLED HIM FATHER

Bible calls him the righteous man. March is the month dedicated to St Joseph, the foster father of Jesus. When I stand in front of his statue to agree in prayer with him for my family, I wonder what glorious position he must be holding in heaven. It must have been an astounding journey for him here on earth. I don't know how much he could fathom the gracious position he was given as foster father of the Holy Child, God Himself and as husband of Mary, the most blessed woman on earth.

But in the Bible, we don't see him utter even a single word. What stress he must have gone through when he found his fiancée pregnant. But he was simple enough to believe the words of the angels in his dreams. His decision to leave her in secret shows why he was called righteous in the Bible. His amazement at the revelation that Mary is carrying the Heavenly One must have been tremendous. While fleeing to Egypt to save the Holy One from King Herod, what anxiety he must have suffered.

We see boy Jesus lost and found after 3 days. Again we don't see Joseph admonish Him. Yes, this carpenter was special in God's eyes. I believe his prayers for us is of great value in heaven, which our Lord cannot deny.

- Jimmy Lukose
Don Bosco unit

പൊന്നുണ്ണിച്ഛായ് ...

P. M. Jose, Holy Family Unit



ധനുമാസ രാവിന്റെ പുനിലാവലകളിൽ
വെൺകൊറ്റക്കൂട ചൂടും നീലവാനം
മഞ്ഞിൻ തുമ്പത്തുകൾ മണിമാല കോർക്കുന്ന
കുളിരുതിരും രാവിൻ നിറയാമങ്ങളിൽ

മാലാഖമാർ വീണമീട്ടിടുമ്പോൾ
മാലോകർ ഹൃദയം ഒരുക്കി ഒരുങ്ങി
സ്വർഗ്ഗീയ വൃന്ദങ്ങൾ ആമോദത്താൽ
സന്ദേശ സങ്കീർത്തനങ്ങൾ പാടി

ഒരു മിന്നും താരം ഉദിച്ചു വിണ്ണിൽ
ഒരു ദിവ്യ സുനം വിരിഞ്ഞു മണ്ണിൽ
പാതിരാവിൽ ദിവ്യയാമങ്ങളിൽ
കാലിത്തൊഴുത്തിലെ പുൽമെത്തയിൽ
ശാന്തി, സമാധാനം, വാഗ്ദാനമായ്
ദൈവത്തിൻ പുത്രൻ ഭൂജാതനായി.

ആട്ടിടയന്മാർ കൈകുപ്പി വണങ്ങി
ആരാധിക്കാനായ് അണി നിരന്നു
രാജാക്കന്മാരും, ജനകോടികളും
കാഴ്ചകൾ അർപ്പിച്ച് സ്തുതി ചൊല്ലുന്നു
എങ്ങും സന്തോഷത്തിൻ സുദിനങ്ങളായ്
എന്നും “പൊന്നുണ്ണി” യുടെ അനുഗ്രഹങ്ങളും !



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.

Amen

Inserted by :

Philip P. J.



With Best Compliments from :

T. A. Devassy

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

Mob.: 98199 23438

MARCH - 2016

SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.
		1 Rom.9;14-18 Jn.5;19-23	2 Rom.10;1-13 Jn.6; 60-69	3 Rom.11;1-10 Jn.7;1-13	4 Rom.11;25-36 Jn.7;25-31	5 Rom.13;1-7 Jn.7;45-53
6 Josh 9;16-27 Rom.12;1-11 Jn.7; 37-39	7 Colo. 2;16-19 Lk.18;18-25	8 2Cor.9;10-15 Lk.10;33-37	9 Jude 8-13 Jn.8;1-11	10 1Tim. 4;6-10 Lk.18;31-34	11 Rom.13;8-14 Jn. 8;49-59	12 1Cor.13;1-13 Mk.10;1-12
13 Josh.22;1-5 Rom.14;13-23 Jn.10;11-18	14 1Thes.3;6-13 Jn.12;44-50	15 2Pet.2;4-10 Lk.13;31-35	16 1Jn.2;7-11 Mt.18;15-20	17 2Pet.2;11-17 Lk.3;8-11	18 Rom.15;7-13 Jn.11;38-45	19 2Cor.10;3-11 Mt.1;18-25
20 Zech.9;9-12 Rom.11;13-24 Mt.21;1-17	21 Heb.1;5-14 Jn.11;47-57	22 Heb.5;1-10 Jn.12;20-26	23 Heb.9;15-28 Jn.12;27-33	24 Mal1;10-14 1Cor.11;23-29 Jn.13;1-14	25 Is.53;1-9 Rom.5;6-16 Lk.1;26-38	26 Jon 2;1-10 Rom.6;3-11 Mt.28;1-20
27 1Sam.2;1-10 Rom.6;1-14 Jn.20;1-18	28 Rom.4;1-8 Jn.14;18-28	29 1Cor.15;12-19 Lk.24;13-27	30 Eph.4;1-6 Jn.15;1-10	31 Colo.2;12-15 Mt.10;1-15		

APRIL - 2016

SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.
					1 Act 6;8-15 Heb.11;3-10 Mt.10;26-33	2 Colo.3;1-4 Mk.16;1-8
3 Act.4;32-37 Col.1;12-20 Jn.20;19-29	4 1Cor.1;10-17 Lk.24;28-35	5 Acts9;20-25 Jn.5;41-47	6 Gal.5;1-6 Mk.7;31-37	7 Phil.1;27-30 Mt.15;21-28	8 1Cor.1;18-24 Mk.4;1-9	9 Colo.3;14-17 Lk.24;36-43
10 Act.5;34-42 Eph.1;3-14 Jn.14;1-14	11 Jas.5;7-12 Mt.25;1-13	12 1Thes.5;12-22 Mk.4;13-20	13 Phil.1;21-26 Mt.8;1-4	14 2Cor.8;1-11 Mk.4;35-41	15 Rom.15;1-6 Lk.6;6-11	16 Jas.2;14-17 Lk.6;46-49
17 Act.8;14-25 Eph.2;1-7 Jn.16;16-24	18 1Tim.6;13-16 Lk.20;9-16	19 1Tim.6;17-21 Mt.19;23-30	20 Heb.7;1-10 Jn.5;30-38	21 2Pet.2;1-3 Mt.15;1-9	22 Eph.5;13-21 Mk.6;35-44	23 1Cor.14;20-25 Mk.6;1-6
24 Act.9;1-9 Heb.10;19-25 Jn.21;1-14	25 2Tim. 4;6-18 Mk.16;15-20	26 Rom. 9;1-13 Jn.5;1-18	27 Colo.3;5-11 Jn.3;1-8	28 Heb.3;7-13 Jn.5;24-29	29 1Cor.2;1-5 Mt.15;10-20	30 Heb.7;11-17 Jn.16;1-4

പരിശുദ്ധ അമ്മ

Babykutty, Cherupushpam Unit

ഹൃദയതാലത്തിലെ പ്രാർത്ഥനാ സുമുഖങ്ങളെ...

ഒക്കനീട്ടി വാങ്ങണോ കന്യാംബികേ,

അലിവുറും മനമല്ലേ, ആശ്രയം തരികില്ലേ

അമലോത്സ നാലേ, ജൂപാ വാരിഭയ ...

ഹൃദയാംബരത്തിലെ ശ്വാമദേഹങ്ങളെ

തുമഞ്ഞുമുളയായ് മാറ്റേണമേ,

കണ്ണുനീർപ്പാടങ്ങൾ കരകവിയാതെ

കാര്യബുദ്ധനേ, കാക്കേണമേ ...

ഹൃദയ താഴ്വാരത്തിൽ നീ വളർത്തേണമേ

പുണ്യത്തിൽ പൂമണി ശലഭങ്ങളെ...

ഉള്ളിൽ പ്രശാന്തി നിറയ്ക്കും നിലാവായ്

എന്നും തെളിഞ്ഞിട്ടു, വിൻ തിങ്കളെ...

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 :

P. C. Chandy

Amen

Holy Door invites you

On March 13, Nerul parishioners will pass through the Door of Mercy at St Thomas Cathedral Church, Kalyan West. An estimated 10,000 Holy Doors were opened in Catholic churches around the world in December.

The opening of these Holy Doors means that everyone can receive the jubilee indulgence associated with passing through the Holy Door, something that up to the "Great Jubilee" of the year 2000 only pilgrims who traveled to Rome could do.

The Year of Mercy is an invitation to show love, kindness and unbounded generosity. Pope Francis has offered us an opportunity to encounter the incredible mercy of God. Encountering mercy means encountering God. It can transform your life, your relationships, your work and your ability to embrace and experience all of life.

What're we supposed to do in the Year of Mercy?

CORPORAL WORKS OF MERCY: Feed the hungry; Give drink to the thirsty; Clothe the naked; Harbour the harbourless; Visit the sick; Ransom the captive and Bury the dead.

SPIRITUAL WORKS OF MERCY : Instruct the ignorant; Counsel the doubtful; Admonish sinners; Bear wrongs patiently; Forgive offenses willingly; Comfort the afflicted and Pray for the living and the dead

34 simple ways to practice mercy:

1. Resist sarcasm; it is the antithesis of mercy: "'Set, O Lord, a guard over my mouth; keep watch, O Lord, at the door of my lips!'"
2. Share your possessions: share your things with the needy.
3. Call someone who you know is lonely, even if you understand why they're lonely. Especially if you do.
4. Write a letter of forgiveness to someone. If you cannot send it, sprinkle it with holy water, ask Christ Jesus to have mercy on you both and then burn or bury it.
5. Learn to say this prayer: "Dear Lord, bless [annoying person's

name] and have mercy on me!”

6. Plan a mini pilgrimage to a local shrine; make an effort along the way to live the corporal work of mercy of “welcoming the stranger” as Christ.
7. Do something kind and helpful for someone who you don’t get along with, or who has wronged you.
8. Be mindful of your behavior online. Is that post designed to improve your image ... and leave others feeling bad? Are you hammering people in order to serve your anger and humiliate others?
9. Take time in prayer to contemplate the good qualities of someone who is difficult for you. Do the same for each member of your family.
10. Offer to run an errand (groceries, dry cleaning pick-up, dog-walking) for a busy parent or homebound person.
11. If you can’t sit down beside a homeless person to talk for a while today, at least send a donation to a ministry .
12. Memorize the 14 corporal and spiritual works of mercy and show your children what they mean.
13. Instead of losing patience with someone online (or in person), try to hear that person’s fear. Ask God for what Solomon asked for: “an understanding heart.”
14. Offer to drive an elderly person to Mass.
15. Recall a time you were not given the benefit of the doubt, and extend one to someone else.
16. Put down the mobile phone and really listen to someone else. With eye contact.
17. Create a short end-of-day ritual to ask for (and extend) forgiveness with those you live with. “Do not let the sun set on your anger” (Eph. 4:26).
18. Make a list of your “enemies.” Then, every day, say a prayer for them.
19. Make a point to smile, greet or make conversation with someone who is not in your everyday circle.
20. Give away something of yours (that you really like) to someone you know would enjoy it.

21. Pray a Divine Mercy Chaplet as you are traveling to or from work.
22. Make a gratitude journal for your spouse and jot down little things he or she does that you’re grateful for. Bite your tongue and go write in it (or at least read it) the next time you want to criticize in a moment of frustration.
23. Respond to provocation with the respect you wish a person would show you.
24. Take a few minutes during the week to stop at a church and sit before the Tabernacle simply to be with Christ, the Merciful. If you cannot do that, meditate upon the crucifix.
25. Pray a novena for the good of someone you dislike.
26. Ask the Holy Spirit to groan for you when you cannot bring yourself to pray for someone who has done you an injury.
27. When conversations devolve into “the dark joy” of gossip, help change the subject.
28. Visit the graves of your ancestors, or visit a local cemetery and walk around, praying a rosary for all the souls buried there.
29. Go for a retreat. It’s a way to be merciful to yourself and the people around you, who know you need to go for a retreat. If you cannot do that, at least try to make a day, or evening, of recollection.
30. Admit your jealousy to yourself and your confessor.
31. Offer to pray with someone, even someone you encounter on the street or public transport who looks like they could use it.
32. Offer hospitality in your home to someone or a group of people you would normally never invite over.
33. If someone you know seems to lack faith, share some of yours — tell him or her how Christ has changed your life.
34. Pray every day for the souls in purgatory. Pray for your dead.

Compiled by: Sincy Thomas,

Don Bosco Unit

മരണമേ നിന്റെ ദംശനമെവിടെ ?

തിരുനാളുകളുടെ തിരുനാളാണ് ഈസ്റ്റർ. ഈശോയുടെ ഉത്ഥാനം പാപത്തിന്റെയും മരണത്തിന്റെയും സാത്താന്റെയും മേലുള്ള വിജയമാണ്. തത്ഫലമായി ഭോഷ്യത്തിന്റെ ചിഹ്നമായ കുരിശ് രക്ഷയുടെയും മഹത്വത്തിന്റെയും ചിഹ്നമായി മാറി. ക്രിസ്തുവിന്റെ ഉയിർപ്പ് നമ്മുടെ ഉയിർപ്പിന്റെ അച്ചാരമാണ്. നമ്മുടെ വിശ്വാസത്തിന്റെയും അടിസ്ഥാനം.

ദൈവത്തിന്റെ സൃഷ്ടിയായ മനുഷ്യന്റെ ജീവിതത്തിലെ ഏറ്റവും സംഭീതമായ ഒന്നാണ് മരണം. അതിന്മേൽ വിജയം വരിക്കാമെന്ന് മനുഷ്യാവതാരം ചെയ്ത ഈശോ നമ്മെ ബോധ്യപ്പെടുത്തുകയാണ് തന്റെ ഉയിർപ്പിലൂടെ. മറ്റു മത വിശ്വാസികൾ മരണശേഷമുള്ള ജീവിതത്തെക്കുറിച്ച് അവ്യക്തത പ്രകടമാക്കുമ്പോൾ, ക്രിസ്തുവിന്റെ ഉയിർപ്പ് എന്ന ചരിത്ര സംഭവം ക്രൈസ്തവന് ജീവിതത്തിൽ ശക്തിയും പ്രത്യാശയും പ്രദാനം ചെയ്യുന്നു. ക്രൈസ്തവരുടെ ജീവനും, വിശ്വാസത്തിന്റെ അടിത്തറയും കർത്താവിന്റെ ഉയിർപ്പാണ്.

കർത്താവിന്റെ ഉയിർപ്പ് കത്തി ജ്വലിക്കുന്ന ഒരനുഭവമായി മാറി, ഏതു നിരാശയുടെ നടുവിലും ഒരു ക്രിസ്ത്യാനിയുടെ ജീവിതത്തിൽ പ്രത്യാശയുടെ അവസ്ഥ എന്നും നൽകുന്നതാകണം.

മനുഷ്യത്വരഹിതമായ പെരുമാറ്റങ്ങൾ, ക്രൂരമായ വാക്കുകൾ, തെറ്റിദ്ധാരണകൾ എന്നിവ വഴി അപരന്റെ ഹൃദയത്തിൽ നാം വലിയ ക്ഷതങ്ങൾ ഏൽപ്പിക്കുന്നു. പകപോക്കാനും കണക്കു തീർക്കാനും നാം ഹൃദയത്തിൽ പല മാതൃകാധാരങ്ങൾ കരുതി വെച്ചിരിക്കുന്നു. വാശി, വൈരാഗ്യം വെറുപ്പ്, വിദ്വേഷം, അസൂയ അഹങ്കാരം എന്നിങ്ങനെ. ഇവയെ നമ്മൾ പരാജയപ്പെടുത്തേണ്ടത് ഈശോയുടെ ഉയിർപ്പിലുള്ള പങ്കുചേരൽ വഴിയാവണം.

ദൈവവും മനുഷ്യനും, മനുഷ്യനും മനുഷ്യനും തമ്മിലുള്ള മുറിപ്പാടു വീണ ബന്ധങ്ങൾ, നേരെയാക്കണം. ബന്ധങ്ങളെ ഊട്ടി വളർത്തുന്ന നല്ല ദൈവിക ഭാവങ്ങളായ എളിമയും, സ്നേഹവും രമ്യതയും ഹൃദയത്തിൽ ഉദിച്ചുയരണം. നമ്മിൽ രൂപം പ്രാപിക്കണം.

ജീവന്റെ സംരക്ഷണം ഉയിർപ്പു തിരുനാളിന്റെ നട്ടെല്ലാണ്. ജീവൻ അതിന്റെ പൂർണ്ണതയിൽ സംരക്ഷിക്കുക എന്നത് ഈസ്റ്റർ നൽകുന്ന മഹത്തായ സന്ദേശമാണ്.

രക്ഷകന്റെ ഉത്ഥാനത്തിലൂടെ കൈവന്ന പുതുജീവനിൽ ആഹ്ലാദിക്കാനുള്ള അവസരമാണിത്. ഈ പുതുജീവൻ സ്വായത്തമാക്കുന്നവരാണ് വിശുദ്ധർ. വി. പൗലോസ് ശ്ലീഹ അനുസ്മരിപ്പിക്കുന്നതുപോലെ ഞാന സ്നാനത്താൽ നാം മിശിഹായോടുകൂടി സംസ്കരിക്കപ്പെട്ടു. ക്രിസ്തു മരണശേഷം പിതാവിന്റെ മഹത്വത്തിൽ ഉയിർത്തെഴുന്നേറ്റതുപോലെ നാമും പുതുജീവിതം നയിക്കേണ്ടതിനാണ് അവനോടൊത്ത് സംസ്കരിക്കപ്പെട്ടത്. നമ്മുടെ സ്വർഗ്ഗാരോഹണത്തിന്റെ നാദിയായി ഈശോയുടെ സ്വർഗ്ഗാരോഹണവും നമുക്ക് ചിന്താവിഷയമാക്കാം.

- എഡിറ്റോറിയൽ ബോർഡ്

TO BELIEVE

... is to know that every day is a new beginning
It is to trust that miracles do happen
and dreams really do come true.

To believe is to know the value of a nurturing
hand, the innocence of a child's eyes,
and the beauty of an aging hand,
For it is through their reachings,
We learn to love.

To believe is to know we are not alone,
that life is a gift, and this is our time to cherish it.

To believe is to know that wonderful surprises
are just waiting to happen,
And all our hopes & dreams are within reach,
if only we believe.

Compiled by :
Nancy Nelson

Newly born in Christ Jesus

Joanna Maria d/o Mr. Joseph Kallarakal and Mrs. Annies Joseph from St. Peter Uni on January 2, 2016.

Called for Eternal reward

Paily Ittyera Vazhappilly from St. Paul Unit on January 8, 2016.

United in the Holy Matrimony

1. Mr. Joel Raphy s/o Mr. Raphy and Mrs. Leena Raphy (Holy Rosary) with Miss Catherine Rappai d/o Mr. Antony Rappai and Mrs. Mercy K. J. from St. Marys Catholic Church, Dubai on February 7, 2016
2. Miss Theresa Francis d/o Mr. Francis Bastian Thottunkal and Mrs. Lucy Francis (St. John) with Mr. Danny Jacob s/o Jacob Alloor Mathews and Mary Jacob, from St. Vincent Pallottis Church, Bangalore on 06/02/2016
3. Mr. Jaison Thomas s/o Mr. Joy Thomas Puthentharayil and Mrs. Elsamma Thomas (Infant Jesus) with Miss Bincy Varghese d/o Mr. Babu Varghese and Mrs. Mariamma Varghese from Christian Orthodox Malankara Church, Nerul on January 31, 2016
4. Miss Binsy Maria Thomas d/o Mr. Thomas Pandarapattathil and Mrs. Mary Thomas (Don Bosco) with Mr. Arun Raju s/o Mr. Thomas Raju and Mrs. Celine Raju from St. George Forane Church, Edappally on February 6, 2016
5. Miss Binitha Joseph d/o Mr. Joseph Chacko and Mrs. Leelamma Joseph (Holy Trinity) with Mr. Emil Cherian Thomas s/o Mr. Thomas Vayalattu and Mrs. Annamma Thomas from St. Joseph Church, Changanacherry on January 11, 2016
6. Miss Emily Wilson d/o Mr. Wilson Varghese and Mrs. Elsy Wilson (Holy Rosary) with Mr. Joseph Franco s/o Mr. Francis Puthur and Mrs. Kochuthresia Francis from St. Josephs Church, Pavaratty, Trichur on January 24, 2016

Hearty welcome to new family members

1. Mr. Jijo Joseph and family in St. Marys unit
2. Mr. M. L. Robinson and family in St. Don bosco unit

3. Mr. Jijomon Abraham and family in St. Joseph unit
4. Mr. Josemon George and family in Sacred Heart unit
5. Mr. Jonet Abraham and family in St. Chavara Unit
6. Mr Lijo Thomas and family in Infant Jesus Unit
7. Mr. Gregory Johnson and family in Holy Cross Unit

Farewell and heartfelt gratitude

1. Mrs. Mary George and family, shifting their residence to St. Mathew's Church, Palakkal.
2. Mr. P. J. Philip and family, shifting their residence to Mar Sleevea Forane Church, Pazhavangady, Alappuzha.

**Received first Holy Communion and Confirmation
on Jan 16, 2016**

1. Albert Joykutty
2. Emmanuel Babu
3. Anagha Johnny (Brijit)
4. Ayda Joseph
5. Lenin Kennedy
6. Jissy Joshy (Elizabeth)
7. Barbara Sebastian
8. Elizabeth Sebastian
9. Dinah Saji
10. Taniya Saji

Received first Holy Communion on January 16, 2016

1. Eathen Robin (Sebastian)
2. Edwin Tomy (Jacob)
3. Eltone Noble (Antony)
4. Avinesh Ajay (Antony)
5. Abhirami Ajay (Elizabeth)
6. Justina Thomson
7. Thomas Mathew
8. Sarah Benny

CANCER : NOT THE END OF THE WORLD

Everyday someone loses someone special to them, because either they didn't go to their regular cancer screening tests and cancer was detected too late or because they lost hope once it was detected. It is natural to be scared and disturbed once you have been diagnosed with cancer. However, the idea is not to let this fear paralyze you or shut you down. Cancer is not the end of the world. There are ways to survive cancer and even more ways to prevent it.

What are the warning signs and symptoms of cancer?

The signs and symptoms depend on where the cancer is, how big it is, and how much it affects the organs or tissues. If a cancer has spread, symptoms may appear in different parts of the body.

General:

- Unexplained weight loss of 5 kgs or more
- Any change in the size, shape, or colour of a mole or other spot in the skin
- Bloody stool or urine lasting for more than a day
- Lump or swelling anywhere in the body that lasts a month or more
- Frequent discomfort in swallowing accompanied with vomiting or weight loss
- White or bright-red patches inside your mouth or on your lips
- Coughing for more than 3 to 4 weeks
- Fever is very common once cancer has spread from where it started
- Bone-deep tiredness that never gets better in spite of resting and relaxing
- Persistent indigestion or swallowing problems

- A long lasting sore anywhere on skin that do not heal
- Depression along with stomach pain

For Women:

- Bloating for over two weeks accompanied with weight loss or bleeding.
- Breast changes like dimpled skin, inward nipples, redness, and scaling.

For Men

- Problems while urinating like leaking, weak stream, frequent need to urinate.
- Any lump, heaviness, or any other change in the testicles.

How can you prevent Cancer?

Avoid Tobacco: Tobacco smoking causes many types of cancer and an estimated 22% of cancer deaths per year. Don't use tobacco and avoid exposure to second hand smoke.

Lead a healthy lifestyle : Modify your diet with lots of fruits and vegetables. Regular physical activity and maintenance of a healthy body weight helps to reduce cancer risk.

Reduce alcohol consumption: Drink in moderation to prevent cancer of the oral cavity, pharynx, larynx, oesophagus, liver, colorectum and breast.

Get vaccinated: Cancer prevention includes protection from certain viral infections like hepatitis, human papilloma virus.

Avoid infections: Prevent infection and infestation of *Helicobacter pylori*, *Schistosoma*, liver fluke as they can cause stomach cancer, bladder cancer and cholangiocarcinoma of the bile ducts, respectively.

Control environmental pollution: Exposure to carcinogenic chemicals in the environment can occur through drinking water, contaminated food or pollution of indoor and ambient air. Check contaminants such as arsenic in water, coal fire, aflatoxins or dioxins.

Avoid carcinogenic radiations: Avoiding excessive exposure to sun's ultraviolet rays, use sunscreen and protective clothing to

prevent skin cancer. Also avoid residential exposure to radon gas from soil and building materials.

Get screened regularly: Do regular self-examination and take proper medical care for skin, colon, prostate, cervix and breast cancers. If these are detected early, treatment is likely to be successful.

What to do once you are diagnosed with cancer?

The best thing you can do is start taking care of yourself as you begin to cope with this news:

Do not panic: Cancer isn't death. Gather your thoughts and analyze what you have been told. This could take a few days. You need to be able to make clear decisions about yourself, your healthcare team and your treatment.

Take charge: Know about your condition. Surround yourself with specialists, technicians, family, friends and support. You are the most important person to take care of your health so do not leave your life-decisions to someone else.

Ask questions: Do remember that you have the right to question your doctor until you are satisfied. Do not assume anything, demand explanation for everything he has to say. You can write down your doubts before visiting your doctor.

Get a second opinion: Increase your chances of survival by taking a second opinion. You can get perspective of a different specialist or an opportunity to meet someone more in tune with your needs.

Manage stress: Cancer detection adds overwhelming anxiety and stress which can delay the recovery. Find out way to relax yourself such as meditation, positive thinking, and allow people to help you.

Sources: WORLD HEALTH ORGANIZATION, KIDWAI MEMORIAL INSTITUTE OF ONCOLOGY, CENTERS FOR DISEASE CONTROL AND PREVENTION.

Compiled by : **A. J. Johnson**
Don Bosco Unit

Bible Quiz

March - April 2016
(Sirach Chapter 1 to 3)

- 1) was created before anything else
- 2) To the Lord is a heartfelt delight, it will give you a long and happy life
- 3) To the Lord is wisdom at its fullest.
- 4) Keep when trouble comes.
- 5) Gold is tested by fire and human character is tested in the furnace of
- 6) We place our destiny in the hands of the Lord not in the hands of men because his is as great as his majesty.
- 7) Never seek honour for yourself at your expense.
- 8) Whoever his parents or gives them cause for anger may as well be cursing the Lord.
- 9) My son, be humble in everything you do and people will it more than anything.
- 10) will get you into trouble

CONGRATULATIONS !!!

BIBLE QUIZ WINNER

(Jan – Feb 2016)

Melvin Thomas (Holy Rosary unit)

Winner of **SPLASH YOUR COLOUR** Competition

(Jan -a Feb. 2016)

Rohit Fernantez (St. Chavara Unit)