

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*
Little Flower Forane Church, Nerul

(Diocese of Kalyan)

Sector 20, Nerul (W), Navi Mumbai 400706

Tel.: 2772 2628

E-mail : vivateresabulletin@gmail.com

Website : www.littleflowerchurchnerul.org

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Editorial...

The incarnation of Son of God, Jesus Christ is the supreme event in the history of mankind. He is the greatest gift, God the Father had given to humanity for its salvation. That is why Christmas is always a grand celebration. It's an amazing news that every human being is also part of God's eternal plan. God said, "I knew you before I formed you in your mother's womb" (Jeremiah 1:5). So each child is a gift from God. The Psalmist's word confirms it, "Behold, children are a heritage from the Lord, the fruit of the womb a reward" (Psalms 127:3).

Many of us experience and understand God's love and forgiving nature while we become parents. "I never knew unconditional love until I became a mom," said Cissie Graham Lynch, granddaughter of Billy Graham, the famous Christian evangelist. True, as Cissie said, God teaches His unconditional love for us through our daughters and sons. Children symbolise their parents' unstinted and unconditional love through which they take part in the Creator's beautiful work.

Jesus said, "Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven" (Matthew 18:3). Here we see children have the qualities our Lord seeks within us to attain heaven. So we are called to be like or imitate small children. They are so simple, kind, innocent, generous and humble. They depend on us adults for their sustenance and existence. Yet they are so cheerful in their disposition.

In December, we celebrated pro-life week. We commemorated and hoisted the values of born and pre-born life. Programmes upholding respect for life were initiated. So as we enter 2017, let our New Year resolutions include a prayer to recreate ourselves to be childlike in nature. Our Lord anticipates this from us all.

Wish you all a happy and blessed New Year

- Chief Editor

Bible verses about Children

Proverbs 22:6

Train up a child in the way he should go; even when he is old he will not depart from it.

Isaiah 54:13

All your children shall be taught by the Lord, and great shall be the peace of your children.

3 John 1:4

I have no greater joy than to hear that my children are walking in the truth.

Proverbs 17:6

Grandchildren are the crown of the aged, and the glory of children is their fathers.

Deuteronomy 6:7

You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.

1 Samuel 1:27-28

For this child I prayed, and the Lord has granted me my petition that I made to him. Therefore I have lent him to the Lord. As long as he lives, he is lent to the Lord

Matthew 18:10

"See that you do not despise one of these little ones. For I tell you that in heaven their angels always see the face of my Father who is in heaven.

Mark 10:14

But when Jesus saw it, he was indignant and said to them, "Let the children come to me; do not hinder them, for to such belongs the kingdom of God.

Jeremiah 1:5

"Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations."

John 16:21

When a woman is giving birth, she has sorrow because her hour has come, but when she has delivered the baby, she no longer remembers the anguish, for joy that a human being has been born into the world.



15. Vilakku : George Kuruvilla [Leader]
P.C. Antony
16. Guest In Charge : Sr. Mollykutty (in Charge)
Lalson George [Leader]
Jessy Shaji, Kunjumol
Philomina Sibichan & Prayer Group
17. Candles And Glass : Bea Thomas [Leader]
V.D. Joy, Angel Mohan,
Tessy Melvin & Mathrusangam
18. Fireworks : P.J Antony [Leader]
Jose J.M., Basil Baby
19. Food : V.I.Varghese [Leader]
C.J Davis
C.L.Johnson
20. Police Permission : Johny Kurien [Leader]
David Antony
21. Electrical Work & Illumination : Biju Mathew [Leader]
Varghese Mathai
22. Vehicle Decoration : Varghese Mathai (Shaji) [Leader]
Gracy Pathrose, Biju Mathew
Biju Varghese & Youth
23. Procession : P. J. Joseph [Leader]
K. X. George, Joseph Nilavamthara,
Jerry Joseph, Joseph Varghese,
P. A. Jacob, Jancy Joseph,
Rejina Mohan, Jiji John, Bea Thomas,
Sheena Varghese, M. P. Jose,
Adv. Paul Poulouse, Babu Pullan,
M. C. Sibichan, Thomas Varghese
24. Traffic : K. P. Francis [Leader]
Jimmy Lucose Joseph Francis,
Siby Joseph, George Kuruvilla,
Savio George, T. D. Paul, Jitto
Thomas, Davy Anthony, Paul Devassy
Jose J.M., Antony David, Biju Alex,
V. K. Thomas, Francis Chacko,
T. D. Antony, Jacob Eranatan, Satish
Paul & Youth Team
25. Food Distribution : Jerusalem, Nazareth, Cannon

ഇടയശബ്ദം

ഈശോയിൽ സ്നേഹമുള്ളവരേ,
എല്ലാ മാതാപിതാക്കളും അസന്നി
ഗ്ധമായി സമ്മതിക്കുന്ന ഒരു കാര്യം,
“ഞങ്ങൾ ജീവിക്കുന്നതും സമ്പാദിക്കു
ന്നതും മക്കൾക്ക് വേണ്ടിയാണ്”
എന്നുള്ളതാണ്. ജീവിതത്തിന്റെ അദ്ധ്യാ
നവും, കഷ്ടപ്പാടുകളും മക്കളുടെ നല്ല
ഭാവിയായി കാഴ്ച വയ്ക്കുന്നവരാണ്
നമ്മിൽ ഏറെപ്പേരും.

മക്കൾക്കായി സമ്പാദിച്ചു കൂട്ടു
മ്പോൾ, മറന്നുപോകാതിരിക്കേണ്ട
ഒരു വലിയ കാര്യം മക്കളാണ് യഥാ
ർത്ഥ സമ്പാദ്യം എന്നുള്ളതാണ്.
എല്ലാം നേടിക്കഴിയുമ്പോൾ അത്
അനുഭവിക്കാൻ മക്കളില്ലാതെ പോയാ
ൽ... നമ്മുടെ അദ്ധ്യാനമെല്ലാം പാഴാ
യിപ്പോയില്ലേ.

മക്കൾക്കുവേണ്ടി ജീവിക്കുക,
എന്നതിനേക്കാളുപരി മക്കളുടെ
കൂടെ ജീവിക്കുക എന്നതാകണം
നമ്മുടെ ശൈലി. ചെറുപ്പം മുതലേ
വളർച്ചയുടെ പാതയിൽ അവരെ
അനുഗമിക്കുന്നവരാകണം മാതാപി
താക്കൾ. അപ്പനും അമ്മയും ഒരു

പോലെ ഉത്തരവാദിത്വമുള്ള ഒരു
കാര്യമായിതിനെ കാണണം. അമ്മയു
ടെ കടമയാണ്... അപ്പന്റെ ചുമതല
യാണ് എന്ന് പറഞ്ഞ് ഓരോ കടമക
ളിൽ നിന്നും ഒഴിഞ്ഞുമാറുമ്പോൾ മക്ക
ളുടെ സമഗ്രമായ വളർച്ചയെ അതു
സാരമായി ബാധിക്കുമെന്ന് നാം ഓർ
ക്കണം.

മക്കളുമായി നല്ല ആത്മബന്ധം വള
ർത്തിയെടുക്കുക, കൂടുതൽ സമയം
അവരുമായി ചെലവഴിക്കുക, അവ
രോട് എല്ലാ കാര്യങ്ങളും പങ്കുവയ്ക്കുക,
അവരുടെ സ്കൂളിലെയും, കോളേജി
ലെയും, ജോലിസ്ഥലത്തെയും, വിശേഷ
ങ്ങൾ തീരുക, പരമോപരി
എപ്പോഴും തങ്ങൾ കൂടെയുണ്ടെന്ന
ബോധ്യത്തിൽ അവരെ വളർത്തുക.
ഈ കാലഘട്ടത്തിൽ വലിയ ശ്രദ്ധ പതി
പ്പിക്കേണ്ട മേഖലകളാണ് ഇവയൊ
ക്കെ.

നന്മയുള്ള മക്കളാകട്ടെ നമ്മുടെ
സമ്പാദ്യങ്ങൾ !!!

സ്നേഹപൂർവ്വം

ബിജു അച്ഛൻ

LETTER TO MY LITTLE FRIENDS



Children, Gift of God

Michelangelo made his masterpiece, Pieta, the replica of Mother Mary holding the body of Christ, when he was only 24. His contemporaries were not ready to believe that he was the sculptor who had made it. However, this work became world famous and is even now considered one of the best in the art world.

God, after creating man in his image and likeness, affirmed it to be the crown of all creation. Creation in itself was the materialising of the aesthetic sense ever seen. And in that God himself praised the creation of human being to be the best. He found the reproduction of this art as the noblest of everything and thus handed it to humans even without hesitating a moment.

When we ponder over these facts, we would surely realise that each child born is a masterpiece in the hands of God. And never could one think anything that would harm or pain these little masterpieces. When any parent scolds or hits a child for calming down their frayed tempers, they forget that the children they have, are masterpieces that God has allowed in their life. When the children live their lives without heeding to any morals, values or elderly instructions, they too degrade themselves from the state that they are in the sight of our loving Lord.

So, for being good parents and good children, let us realise the presence of the hands of God not only among our midst but also in each and every person. Each child is a gift of God to this world.

Yours Franklinachan

4. Outside Decoration : T. D. Johny (Leader)
Sibichen Joseph, M.K. Thomas,
P.J. Antony, Biju Alex, Biju Vraghese,
Joel Mathew, Amal Joy,
Nithish Thomas, Sonu, Jithin,
Joseph Mathew, Vivi Fenandes, &
Youth
5. Church Inside Discipline : Sr. Rose Mary [In Charge]
Blessy George (Leader)
Sr. Princy A.J. Johnson,
Christoi Melitte, Bijitha Joyce
6. Chenda : Jose Mathew [Leader]
Mohan Kandathil, Davy Antony
7. Kodimaram Decoration : Santosh Koshy (Leader)
Varghese Mathai, C. J. Davis
8. Muthukkuda : Tony Thoppil [Leader]
V. L. Johnson, P. J. Joseph
Jaison & Youth
9. Nercha Distribution : T. P. Varghese (Leader)
Thomas Varghese [Leader]
P. A. Jacob
10. Notice And Publicity : C. J. Nelson [In Charge]
Johny Kurien [Leader]
Jitto Thomas
11. Visuals : Paul Thottian [Leader]
V.E. Thomas, Babu Marokhi,
M.C. Sibichen,
12. Band Set : Thomas M.K [Leader]
Savio George
13. Seating Arrangements : V.D. Joy [Leader]
Johnson Varghese. Lalson George
Joy Kodankandathil
14. Ambu Distribution : Franco Thomas [Leader]
Maju Mathew, K.C. Babu
Felix Varghese, K.J. Baby,
Yohannan K.K.

Little Flower Forane Church, Nerul

St. Sebastian's Feast 2017 - Governing Team



Mr. Johny Kurian
Prasudenth



Adv. V. A. Mathew



Mr. Sabu Scaria

General Conveners

Trustees : Mr. E. P. Devasy
Mr. Sanju Thomas

Sub Committees

1. Liturgy Committee : Rev Sr. Merlit [In Charge]
A.J. Johnson (Leader)
K.K. Simon Jessy Shaji,
Joseph Nialavumthara K.T.Paul,
Silvy Antony
2. Altar & Grotto Decorations : Sr. Molliamma [In Charge]
Gracy Pathros [Leader]
Laly Thomas, Jossy Siby
Tessy Mevil, Leena Johnson,
Mercy Thomas, Mercy Francis
Lathika Joseph. Lissy Mathai
3. Church Inside Decoration : Sr. Molliamma [In Charge]
K.L. Babu (Leader)
Gracy Pathrose
Laly Thomas Lissy Mathai
M.C. Sibichan, Georgekutty George
Davy Antony, Biju Alex,
Joel Mathew & Youth

PARISH NEWS AT A GLANCE

Charismatic Convention

Our Pithruvedi and Mathrusangam members actively participated as volunteers in the Krupabhishekam Charismatic convention held in Airoli from October 29 to November 1. During the four-day convention which was led by Rev Fr Dominic Valamnai, Little Flower Church was the venue for counselling. The church also arranged the accommodation for the team members of Marian Retreat Centre, Anakkara.

Eucharistia 2016

A refresher camp for Catechism students was held in our church on November 3 and 4. Rev Dn Roys, Dn Joby and Rev Fr Franklin conducted the camp with various interesting programmes. The children enjoyed the camp very much.

Talentia competition

Diocesan youth event Talentia was held on November 13 at Canossa school, Andheri. Our youth won 3rd prize in Dubsmash.

Bible Quiz

In the Bible Quiz conducted by the Antop Hill parish on November 20, our team members Mrs Tessy Melvin and Mrs Mary Devassy won the second prize. Congratulations to the winners.

Parish Day Celebration

On November 27, Parish Day was celebrated with much enthusiasm by the parishioners. The chief guest of the day Rev Fr Shibu Pulickal, Rector of Kalyan Minor Seminary, was the main celebrant for the Holy Mass. The church also donated an amount of Rs 60000 to the Minor Seminary at the function. Mother Superior Sr Lizy of Apostolic Oblates received an affectionate sent off during the public meeting.

Orphanage visit

On December 10, Pithruvedi members visited Jyothis Care Centre, Taloja, which is run by the Sisters of the Destitute. As a benevolent gesture, they donated Rs 50,000 to the institution, clothes and blankets to the inmates. They had lunch with the inmates. May God reward them for this merciful deed.

Diocesan competitions

In the Catechism zonal competitions held at Presentation Convent School on December 11, our parish won first place in the Navi Mumbai zone. In the Diocesan level competition held at St Xavier's school, Kanjurmarg, our students won first prize in Bible quiz and third prize in Kaleidoscope. Sanpada Centre won second prize in the mega Bible Quiz competition and fourth prize in diocesan level competition. Congratulations to all the winners for their hard work and team spirit.

Bethlehem Fest

Bethlehem fest was conducted in our church on December 18. This year the competition was restricted to zone-wise Carol singing. The first, second and third positions were secured by Jordan zone, Tabore zone and Emmaus zone, respectively. Congratulations to the winners and the enthusiastic participants.

Unit annual get together

Feast celebrations and unit annual get together of St Jude Unit (November 6), St Martin unit (November 13) and St Francis Xavier unit (November 20) were held with various cultural programmes. Respected priests, sisters and trustees were present on these occasions.

END OF MAN

- 1. DEATH - Genesis 3:19, Job 10 : 9)** - Genesis 3:19 - By the sweat of your face you shall eat bread until you return to the ground for out of it you were taken you are dust. And to you shall return. Job 10:9 - Remember that you fashioned me like clay : and will you turn me to dust again ?
- 2. JUDGEMENT (Romans 14 : 10)** - Why do you pass judgement on your brother or sister ? or you, why do you despise your brother / your sister ? For we will all stand before the judgement seat of God.
- 3. HELL (Matthew 25:46)** - And these will go away into eternal punishment but the righteous into eternal life.
- 4. HEAVEN (Matthew 25:46)** - And these will go away into eternal punishment but the righteous into eternal life.

Compiled by : **Darwin Paul,**
St. George Unit

Bible Quiz

Jan - Feb. 2017
(Exodus)

1. Name the midwives who protected the children of Hebrews?
2. Till what time did Moses' mother hide him in her house?
3. The total number of people born to Jacob was_____.
4. What was Jethro? and how many daughters did he have?
5. _____is mountain of God
6. Wife of Amram?
7. _____ was Moses' helper.
8. ----- took a sharp stone and cut off her son's foreskin and touched Moses' feet with it.
9. _____ is my first born son says the Lord.
10. _____ became a snake.

CONGRATULATIONS !!!**BIBLE QUIZ WINNERS**

(November – December 2016)

Abhirami Shiju (Infant Jesus Unit)

Rohan Siju (St. Chavara Unit)

Allen Joseph (Holy Family Unit)

Winner of **SPLASH YOUR COLOUR** Competition

(November - December 2017)

Rahul Siju (St. Chavara Unit)

- Losing interest in activities that were enjoyed previously.
- Withdrawing from social contact; depression.
- Mood swings, paranoia and fearfulness.

Help a loved one:

1. **Short-term memory loss** – Encourage the person to use a notebook or Smartphone to create a to-do list each morning and carry it with him or her. Keep their daily use items in easy to remember places. Avoid asking questions that challenge their short-term memory.

2. **Language problems** – Your loved one may have difficulty recalling words. Instead of getting anxious, be patient and supply the word or gently tell them that you can come back to it later. Encourage social interaction even if your loved one has problems in keeping up with a conversation.

3. **Inability to comprehend** – In case the patient fails to understand you, make sure to speak slowly so that he/she gets more time to process. Also find a different way to say the same thing by trying a simpler statement with fewer words. Remember, the patient responds to your facial expression, tone of voice, and body language as much as the words you choose.

4. **Depression** – Symptoms of depression such as withdrawal, turmoil, and changes in sleeping patterns are common among early stage Alzheimer's patients. Boost the patient's outlook by making him feel safe and supported. Depression can also be treated by creating a calm environment and providing opportunities for your loved one to open up and talk about his or her fears and other emotions.

Sources:

World Health Organization, Alzheimer's society, Alzheimer's Association.

Compiled by :

A. J. Johnson, Don Bosco Unit

■

A Way To Sanctity – 22

ST. NICHOLAS

Santa Claus is generally depicted as a portly, joyous, white-bearded man —sometimes with spectacles —wearing a red coat with white fur collar and cuffs, white fur-cuffed red trousers and black leather belt and boots and who carries a bag full of gifts for children. This concept, however, was originated from an ancient story of a man named Nicholas who helped a family secretly and helped them out of their problems in life. The event goes like this:



Nicholas aided a poor man who had three daughters, but could not afford a proper dowry for them. Hearing of the girls' plight, Nicholas decided to help them, but being too modest to help the family in public (or to save them the humiliation of accepting charity), he went to the house under the cover of night and threw three purses (one for each daughter) filled with gold coins through the window opening into the house.

One version has him throwing one purse for three consecutive nights. Another has him throwing the purses over a period of three years, each time the night before one of the daughters comes of age. Invariably, the third time the father lies in wait, trying to discover the identity of their benefactor. In one version the father confronts the saint, only to have Nicholas say it is not him he should thank, but God alone. In another version, Nicholas learns of the poor man's plan and drops the third bag down the chimney. A variant holds that the daughter had washed her stockings that evening and hung them over the embers to dry, and that the bag of gold fell into the stockings. There have been thousands of interpretations about his benevolent acts.

The stories with the most likely historical basis are the stories of Nicholas helping three girls and another story where Nicholas comes to the aid of sailors. Others, especially that of the three murdered children, are much later additions to Nicholas folklore.

The historical Saint Nicholas, as known from history: He was born at Patara, Lycia in Asia Minor (now Turkey). In his youth he made a pilgrimage to Egypt and the Palestine area. Shortly after his return he

became Bishop of Myra and was later cast into prison during the persecution of Diocletian.

He lived at a time when the region was Greek in its heritage, culture, and outlook and politically part of the Romaniocese of Asia. He was the only son of wealthy Christian parents named Epiphanius and Johanna, according to some accounts, and Theophanes and Nonna, according to others. He was very religious from the early age and according to legend, Nicholas was said to have rigorously observed the canonical fasts of Wednesdays and Fridays. His wealthy parents died in an epidemic while Nicholas was still young and he was raised by his uncle—also named Nicholas—who was the bishop of Patara. He tonsured the young Nicholas as a reader and later ordained him a presbyter (priest). ■

From YOUCAT

How does a child respect his parents?

A child respects and honours his parents by showing them love and gratitude. Children should be grateful to their parents in the first place because they received their life from the love of their parents. This gratitude establishes a lifelong relationship of love, respect, responsibility, and obedience, rightly understood. Especially in times of need, sickness, and old age, children should lovingly be there for their parents and care for them faithfully.

How do parents respect their children?

God entrusted children to parents so that they might be steady, righteous examples for those children, that they might love and respect them and do everything possible so that their children can develop physically and spiritually. Children are a gift from God and not the property of the parents. Before they are their parents' children, they are God's children. The primary duty of parents is to present to their children the Good News and to communicate the Christian faith to them.

(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))

HEALTH CORNER

UNDERSTANDING ALZHEIMER'S

Alzheimer's disease (AD) is the most common form of dementia, a physical disease that affects the brain. Problems with memory, thinking and behaviour are the common symptoms of AD. Most people who develop AD do so after the age of 65, but people under this age can also become a victim.

Physical activity, proper diet, cardiovascular and diabetes treatments, antioxidants, and cognitive training can help to slow the progress of early-onset AD. Regular check-ups, professional counseling, sharing the experience of the disease can offer meaningful and productive life to the patients. Around 44 million people worldwide are believed to be living with Alzheimer's disease (AD) or other dementias.

Observe these Alarming Signs:

The most common early symptom of AD is difficulty remembering newly learned information and memory lapses. These symptoms are generally mild to start with, but worsen over time and start to interfere with daily life.

- Personality changes, such as harshness and indifference.
- Frequent lapses of memory, especially of recent memories.
- Forgetting appointments or the names of colleagues at work.
- Getting lost en route to a familiar place.
- Struggling to learn new things and adapting to changes at home or at work.
- Becoming confused about familiar tasks such as handling money or placing a call.
- Difficulty finding words.
- Unsettling moments of disorientation in previously familiar places.
- Difficulty with voluntary movements, physical coordination.

JANUARY - 2017

SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.
1 Is.49:1-6 2Tim.2:16-26 Lk.2:21-35	2 Eph.4:7-12 Mt.6:16-21	3 1Pet.4:12-19 Mt.5:1-12	4 2Cor.12:6-10 Jn.6:16-24	5 Act.3:20-26 Mt.4:12-17	6 Tit.3:1-7 Mt.3:13-17	7 Rom.9:30-33 Jn.10:31-39
8 Is.44:28-45;4 2Tim.3:10-15 Lk.4:16-22	9 Acts14:8-15 Jn.14:1-6	10 Tit.3:8-11 Lk.13:23-30	11 1Cor.6:15-20 Jn.2:13-17	12 1Cor.2:6-10 Lk.7:11-17	13 Eph.2:19-3;7 Mk.6:14-29	14 Rom.10:10-20 Mk.1:21-28
15 Is.45:11-17 Heb.3:1-6 Jn.1:14-18	16 1Cor.11:17-22 Jn.17:20-26	17 1Cor.12:12-18 Jn.15:1-10	18 Eph.2:11-19 Jn.21:15-19	19 1Pet.5:5-9 Mk.4:35-41	20 2Cor.11:21-31 Mt.16:13-19	21 Phil.1:27-30 Mt.15:21-28
22 Is.45:18-46;4 Heb.4:1-10 Jn.1:29-34	23 1Jn.5:1-5 Lk.12:4-12	24 Rom.15:14-21 Jn.17:6-11	25 1Cor.15:1-10 Mt.20:1-16	26 1Tim.6:11-16 Mk.10:17-22	27 1Cor.4:9-16 Mt.10:1-15	28 1Jn.5:13-21 Jn.8:39-47
29 Is.46:5-13 Heb.7:23-28 Jn.2:1-11	30 Acts 16:25-34 Lk.5:12-16	31 Heb.4:1-7 Lk.4:22-30				

FEBRUARY - 2017

SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.
			1 Gala.1:6-10 Jn.10:1-6	2 Ro.9:30-10;4 Lk.2:22-38	3 1Cor.3:10-17 Mt.23:34-39	4 1Cor.9:19-23 Lk.11:14-23
5 Is.48:12-20 Heb.6:9-15 Jn.3:14-21	6 1Tim.2:1-7 Mt.18:23-35	7 Rom.12:1-8 Lk.18:9-14	8 Rom.9:19-29 Mt.6:1-4	9 Eph.6:10-17 Mk.9:33-37	10 2Tim.2:8-13 Mt.5:1-12	11 1Cor.15:50-57 Mt.23:1-12
12 Is.63:7-16 Heb.8:1-6 Jn.3:22-31	13 1Jn.5:6-12 Mk.3:13-19	14 1Jn.1:5-10 Jn.9:35-39	15 Rom.14:1-6 Jn.8:31-38	16 Col.1:21-23 Lk.13:10-17	17 Heb.13:7-9 Mt.16:24-28	18 2Thes.2:5-12 Mt.11:20-24
19 Is.42:5-9 1Tim.6:17-21 Mt.8:5-13	20 2Pet.3:8-13 Mk.13:32-37	21 1Jn.2:12-17 Lk.14:25-35	22 1Thes.2:17-20 Mk.10:35-45	23 2Pet.1:10-15 Lk.5:33-39	24 1Cor.15:39-49 Mt.25:31-40	25 Rev.3:14-22 Mt.15:29-31
26 Is.58:1-10 Eph.4:17-24 Mt.4:1-11	27 Rom.1:16-25 Mt.5:17-26	28 Rom.2:1-6 Mt.5:38-42				

COVER STORY

Unlock the potential in every child

Fr Sony Thekkekkara



Many children were born to become kings, but only one King was born to become a child. For Him, every child is His gift, irrespective of his/ her stature, complexion or physical and mental status. He created men and women with disfigured hands and legs to become gold medalists in Olympics. He has begotten poor school performers to become great scientists. Poor houses were made birth places of highly successful business barons. Underdeveloped villages found their children in the top-most positions in the world. Students were made CEOs overnight by Him. Victorious leaders and scientists were made from vulnerable women. Human beings belittled on earth are exalted in Heaven. For Him, every child is a treasure box of potentials.

'All of them asked, "What then is this child going to be?" For, the Lord's hand was with Him.' (Luke 1:66)

The children should realise that they are a gift of God and not just creatures in the world. Unless the gift keeps its worth in its form and content, it has no value. Parents, teachers, elders, religious heroes are all instruments in making them aware of their value and dignity and the purpose of their life as well. Scolding, shouting, threatening, punishing and other expressions of anger and disappointment are human expressions which come out of parents in their struggle to build a morally upright person in their child. But the children should not be frustrated at them. They should take the key message of such outpouring into serious consideration.

It is true that there are shortcomings and failures from the part of respectful hands like parents, socio-religious and political leaders and elders. The 'anti-social' media highlights them colourfully. Thousands of such replicable examples also go unnoticed in this way. But our children need living examples. Undoubtedly, the parents, socio-religious and political leaders and elders have no greater challenge than this. There should be deliberate discussions in families about the

value-based personalities in our society for the children to understand and follow.

I remember a dark lady named Meera Bhai whom I happened to see in Bihar in one of my journeys through the state. When she was at the fifth month of her third pregnancy, she got the news that her husband who was working as a watchman in New Delhi was down with serious dengue fever. She asked many to help by bringing him home. But no one was willing. Finally, this illiterate lady made her maiden train journey with her children and somehow managed to locate her husband in the crowded city of New Delhi and came back to Bihar with him.

Back at home, she was shocked to see that their hut with thatched roof was fully burned in the hot sun. So with her sick husband and two kids, that pregnant lady stayed in the railway premises and made their living by begging. She lost her husband in a few days and became a widow at an age of less than 30. She delivered her third child in the same railway premises with no assistance. With the earnings from begging, she made up her house and settled back in the home village. She worked hard to send the three children to school. She is now working also as a health volunteer for her village. She learned to read (does not know how to write) and developed her teaching skills to teach the villagers about health and hygiene.

She said, "I do not want to see any of my villagers begging or dying without medical support. My children are the most precious gift I received from God." Within her limitations, she excelled.

Are we not better equipped to show the dignity and value of human life? March ahead with confidence, faith and hope. We are born for better things, so is every child in this world. Let us do a team work to help them recognise their worth. For the hand of God is with them. Every child is a gift of God.

Inviting articles for the next issue of

Viva Teresa (Mar - Apr. 17)

Subject : Sacraments of Initiation

The articles written in English must be send to

vivateresabulletin@gmail.com

അവകാശികൾ

Sheena George, St. Mary's Unit



തിരക്കിട്ട വീട്ടുജോലികളിൽ മുഴുകുമ്പോഴും മനസ്സ് പരീക്ഷയ്ക്ക് പോയിരിക്കുന്ന മകൾക്കുവേണ്ടിയുള്ള പ്രാർത്ഥനയിലായിരുന്നു. പെട്ടെന്ന് കഴിഞ്ഞയാഴ്ചത്തെ ഒരു സംഭവം മനസ്സിൽ തെളിഞ്ഞു. ആ ദിവസം ഷോപ്പിങ് മാളിൽ ഞങ്ങളുടെ കുടെ ഒരു ഫോർമൽ ഷർട്ട് വാങ്ങാൻ വന്ന മകനും ഉണ്ടായിരുന്നു. അവൻ ഒന്നിനു പകരം മൂന്ന് ഫോർമൽ ഷർട്ടുകളും, സോക്സുകൾ, ബെൽറ്റ് എന്നിങ്ങനെയുള്ള അനേകം പായ്ക്കുകളുമായി "ഇത്രയും എനിക്ക് വേണം" എന്ന് പറഞ്ഞ് അവന്റെ അപ്പന്റെ മുമ്പിൽ നിന്നത് എന്നെ അമ്പരപ്പിച്ചു.

അവൻ കാണിച്ച ധൈര്യത്തിന്റെ പ്രതികരണം അറിയാൻ ഞാൻ അദ്ദേഹത്തിന്റെ മുഖത്തേക്ക് ഒന്നു പാളി നോക്കി. മറിച്ചൊരു വാക്കും പറയാതെ ക്യാഷ് കൗണ്ടിലേക്ക് നടന്നു നീങ്ങിയ അദ്ദേഹത്തിന്റെ പ്രതികരണം എന്നെ വിസ്മയിപ്പിച്ചു. ഈ സംഭവവുമായി ഇപ്പോഴെന്താണ് ബന്ധം എന്നാലോചിച്ചപ്പോൾ അതിനുത്തരമായി മനസ്സിൽ ഒരു വചനം തെളിഞ്ഞു. 'നാം മക്കളെങ്കിൽ അവകാശികളുമാണ്' (റോമ. 8:17). എന്റെ മനസ്സ് പ്രശാന്തമായി. ദൈവമകളെന്ന സ്ഥാനം മറന്ന്, പ്രാർത്ഥനയിൽ ഒരു യാചകിയുടെ വേഷം കെട്ടി നിൽക്കുന്ന എന്നെ ഞാൻ ജാല്യതയോടെ ഒന്നു നോക്കി.

പലപ്പോഴും നാം ദൈവതിരുമുമ്പിൽ നമ്മുടെ പുത്രസ്ഥാനം മറന്ന് ഭിക്ഷുക്കളെപ്പോലെ നിൽക്കാറില്ലേ? എന്നാൽ ദൈവം അതല്ല ആഗ്രഹിക്കുന്നത്. മക്കളുടെ അവകാശത്തോടെ സ്വാതന്ത്ര്യത്തോടെ അർപ്പിക്കുമ്പോഴാണ് അത് ദൈവസന്നിധിയിൽ പ്രീതിജനകമായ പ്രാർത്ഥനയാകുന്നത്.

ഈശോ മനസിലാക്കി തന്ന ഈ പ്രാർത്ഥനയുടെ തലത്തെ ഞാൻ അപ്പോൾ തന്നെ പ്രാവർത്തികമാക്കി. ഈ പുതുവർഷത്തിൽ ദൈവമകളുടെ അവകാശത്തോടും, സ്വാതന്ത്ര്യത്തോടും കൂടി നമ്മുടെ പ്രാർത്ഥനകളും പ്രതീക്ഷകളും ദൈവതിരുമുമ്പിൽ സമർപ്പിക്കാം, അനുഗ്രഹം നേടാം.

BAPTISM

1. **05/11/2016: Steven** S/O Mr. Sajimon Sebastian Mrs. Diany (Holy Trinity unit)
2. **26/12/2016: Joviaan** S/O Mr. Jofy Malickal and Mrs. Joisy Jofy (St. Mother Theresa unit)
3. **27/12/2016: Finley** S/O Mr. Jilson and Mrs. Soni Jilson (St. Mother Theresa unit)

HOLY COMMUNION

1. **31/12/2016: Maria Siby** D/O Mr. Siby Joseph and Mrs. Jocy Siby (Infant Jesus unit) received Holy Communion in Kerala.
2. **31/12/2016: Linsa Kurian** D/O Mr. Kurien Augustine and Mrs. Smitha Kurien (St Peters unit) received Holy Communion in Kerala.

UNITED IN MATRIMONY

1. **November 28, 2016.**
Sanil Paul S/O Mr. KP Paul and Mrs. Sheela Paul (St Marys unit) got married to **Maria Paul** D/O Mr. CV Paul and Mrs. Jolly Paul (Holy Cross Church, Anna Nagar, Chennai)
2. **December 28, 2016.**
Sophia Sunny D/O Mr. Sunny Paily and Mrs. Molly Sunny (Fatima Matha unit) got married to **Sagar Mane** S/O Mr. Ramesh Mane and Mrs. Nirmala Mane
3. **January 7, 2017.**
Angel Paul D/O Late Mr. P.A. Paul and Mrs. Rani Paul (St. Joseph unit) got married to **Julius Johny** S/O Mr. Johny and Mrs. Elsamma (St. Thomas Church, Vashi)
4. **January 7, 2017.**
George Mathew S/O Mr. Varkey Mathew and Mrs. Omana Mathew (St. Francis Xavier unit) got married to **Maggie Davis** D/O Mr. K.O. Davis and Mrs. Mary Davis (St. Martin unit)
5. **January 7, 2017.**
Vinsha Varghese D/O Mr. P.O. Varghese and Mrs. Sheela Varghese (Don Bosco unit) got married to **Shibin Renjith** S/O Mr. Renjith George and Mrs. Mary Renjith (Our Lady of Visitation Church, Nerul)
6. **January 8, 2017**
Paul Thomas S/O Mr. K.P. Thomas and Alekutty Thomas (Infant Jesus unit) got married to **Linda Johny** D/O Mr. Johny Lazarus and Mrs. Lizy Lazarus (St. Paul unit)

POPE FRANCIS

Children are always gifts, even in tough circumstances

Pope Francis' latest writings on the family include a strong affirmation of the need to welcome children even in difficult circumstances.

"Each child has a place in God's heart from all eternity; once he or she is conceived, the Creator's eternal dream comes true," he said in his post-synodal exhortation *Amoris Laetitia*. "Let us pause to think of the great value of that embryo from the moment of conception. We need to see it with the eyes of God, who always looks beyond mere appearances," he added.

Pope Francis said the ability of man and woman to conceive life is "the path along which the history of salvation progresses." Their fruitful relationship is "an image for understanding and describing the mystery of God himself," the Trinity. "It is important for that child to feel wanted," the Pope said. "He or she is not an accessory or a solution to some personal need. A child is a human being of immense worth and may never be used for one's own benefit."

The Pope said it matters little whether a new life is convenient, has pleasing features, or fits into parents' plans or aspirations. Citing the synod, he said "children are a gift." He acknowledged that parents do not always feel ready for a child. "Expectant mothers need to ask God for the wisdom fully to know their children and to accept them as they are," he said. While some parents feel their child is not coming at the best time, "they should ask the Lord to heal and strengthen them to accept their child fully and wholeheartedly."

The Pope encouraged adoption and praised it as "a very generous way to become parents." Adoption is "an act of love" that offers the gift of a family to someone. He called adoptive parents "channels of God's love."

The Pope also made bracing statements against abortion. "I feel it urgent to state that, if the family is the sanctuary of life, the place where life is conceived and cared for, it is a horrendous contradiction when it becomes a place where life is rejected and destroyed," he said. "So

great is the value of a human life, and so inalienable the right to life of an innocent child growing in the mother's womb, that no alleged right to one's own body can justify a decision to terminate that life, which is an end in itself and which can never be considered the 'property' of another human being."

"The family protects human life in all its stages, including its last," he added. "If a child comes into this world in unwanted circumstances, the parents and other members of the family must do everything possible to accept that child as a gift from God and assume the responsibility of accepting him or her with openness and affection".

The synod lamented population decline and the anti-child mentality "promoted by the world politics of reproductive health." These factors will harm the ability to support the elderly, impoverishment and a loss of hope. For some, economic problems will deter people from children, while for others consumerism will.

The synod also discussed artificial human reproduction that separates relationship between a man and a woman. The Pope said these ideologies "attempt to sunder what are inseparable aspects of reality."

"Let us not fall into the sin of trying to replace the Creator. We are creatures, and not omnipotent. Creation is prior to us and must be received as a gift," he said. At another point in his exhortation, the Pope said every child has "a right to receive love from a mother and a father." Both parents are needed for a child's best development.

"The family is the setting in which a new life is not only born but also welcomed as a gift of God," he said.

Bible Quiz Answers (November - December 2016)

- | | |
|--------------|------------------|
| 1. Malta | 6. Pharisee |
| 2. Felix | 7. Festus |
| 3. Herod's | 8. Publius |
| 4. Nazarenes | 9. Agrippa |
| 5. Felix | 10. Three months |

ദ്വിപ് സുനാമി തിരയിൽ മുങ്ങാം ! ഒന്ന് ഓർത്ത് നോക്കൂ. ഭക്ഷ്യ വസ്തുക്കൾ കേരളത്തിൽ നിന്നാണ് കപ്പൽ വഴി എത്തുന്നത്. എങ്ങാനും കപ്പൽ വരാൻ താമസിച്ചാലോ? അവർ പട്ടിണി !

തെങ്ങ് കൃഷിയും മത്സ്യകൃഷിയും ആണ് പ്രധാനപ്പെട്ട തൊഴിൽ. വസ്ത്രധാരണ രീതിയിൽ കേരളത്തനിമ ഉണ്ട്. കോൽകളിയും പരിച കളിയുമാണ് ലക്ഷദ്വീപിലെ കലാരൂപങ്ങൾ. ഭാരത മണ്ണിൽ ലക്ഷദ്വീപും ഉൾപ്പെടും. ഇത് മനസ്സിലാക്കി ലക്ഷദ്വീപിനെയും വികസിപ്പിക്കണം. കാരണം ഈ കൊച്ചു മണ്ണ് കൂടി വികസിപ്പിച്ചെങ്കിലേ ഭാരത്തിന്റെ വികസനം സംപൂർണ്ണമാകൂ.

ഈ പ്രകൃതി രമണീയമായ സ്ഥലത്തെ ഒരുക്കിയ നമ്മുടെ സൂഷ്മാവിനെ നന്ദിയോടെ സ്മരിച്ചുകൊണ്ട് ഞങ്ങൾ മടക്കയാത്ര ആരംഭിച്ചു. ■

SHIFTED FROM THE PARISH

1. **Mrs. Shirley Joy** (St. John unit) shifted her residence to St. Mary's Church, Chalakudy
2. **Mr. A. Paul William Vinod** and family (St. George unit) shifted their residence to Infant Jesus Church Kharghar.

NEWLY REGISTERED MEMBERS

1. **Mr. Liju Joseph**, Quarter No. 35, Block No. 4, Type II, Ekta Vihar, CBD Belapur, Sector 25 (Don Bosco unit)
2. **Mr. Bineesh K. Jose** and family, Room No. 201, House No. 766, Sector 20, Nerul West (Cherupushpam unit)
3. **Mr. John Abraham** and family, Lenyadri, Sector 19A, Nerul East (Holy Trinity unit)
4. **Mr. Renjith R.** and family, NL-A, 42/8, Second Floor, Sector 10, Nerul West (St. Francis Xavier unit)

ഒരു അവധിക്കാലത്തിന്റെ ഓർമ്മകൾ

Alisha Joykutty, Holy Rosary Unit



കഴിഞ്ഞ വർഷത്തെ വേനൽ അവധി എന്നെന്നും ഓർമ്മയിൽ നില നിൽക്കുന്ന ഒന്നായിരുന്നു. ഞങ്ങൾ (അച്ഛൻ, അമ്മ, അനുജൻ, പിന്നെ ഞാൻ) കുറെ പ്രകൃതി മനോഹരമായ സ്ഥലങ്ങൾ കണ്ടു. മേയ് മാസം പത്താം തീയതി മുൻപെ അന്തർദ്ദേശീയ വിമാനത്താവളത്തിൽ നിന്നു ഞങ്ങൾ യാത്ര പുറപ്പെട്ടു. പിന്നെ ഒന്നര മണിക്കൂർ ആകാശത്തിൽ! രാവിലെ കേരളത്തിന്റെ മുകളിലൂടെ പറന്നപ്പോൾ താഴെ നിറയെ കേര വൃക്ഷങ്ങളും പച്ചപ്പും കണ്ടു. വിമാനം നെടുമ്പാശ്ശേരി വിമാനത്താവളത്തിൽ എത്തി. കേരള തനിമയോടു കൂടെ ഓടിട്ട വിമാനത്താവളം! അവിടെ നിന്ന് ഇന്ത്യയിലെ കൊച്ചു കേന്ദ്രഭരണ പ്രദേശമായ പവിഴപ്പുറ്റിന്റെ സ്വർഗ്ഗമായ ലക്ഷദ്വീപിലേക്ക് കപ്പൽ കയറാൻ ഫോർട്ട് കൊച്ചിക്ക് പോയി. ദാ, പ്രൗഢിയോടെ നിൽക്കുന്ന ഞങ്ങളുടെ കപ്പൽ എം. വി. അമിൻ ദിവി. പത്തൊൻപതു മണിക്കൂർ ദീർഘമായ യാത്രയ്ക്ക് ശേഷം ഞങ്ങൾ ലക്ഷ്യസ്ഥാനത്തെത്തി - ലക്ഷദ്വീപ്. 36 ദ്വീപുകളുടെ സമൂഹമായി അതിമനോഹരമായ സ്ഥലം. ഇതിന്റെ വിസ്തീർണ്ണം വെറും 32 ച. കി. മീ. മാത്രം. ഞങ്ങൾ സന്ദർശിച്ച മിനിക്കോയി ദ്വീപ് കൊച്ചിയിൽ നിന്നും 398 കി. മീ. ദൂരെയാണ് മിനിക്കോയി ലക്ഷദ്വീപിലെ രണ്ടാമത്തെ വലിയ ദ്വീപാണ്.

ഇളനീർ തന്നു സൗഹാർദ്ദപരമായി അവിടുത്തെ നിവാസികൾ ഞങ്ങളെ സ്വാഗതം ചെയ്തു. ഞങ്ങൾ മിനിക്കോയി ദീപസ്തംഭം കാണാൻ പോയി. ദീപസ്തംഭത്തിന്റെ മുകളിലൂടെ നോക്കിയപ്പോൾ എല്ലാ ദ്വീപുകളും സ്പടിക സദൃശ്യമായ വെള്ളത്തിൻ മുകളിൽ ചെറിയ ചെറിയ കാടുകൾ പോലെ തോന്നുമായിരുന്നു. കടലിൽ ചാടി മഞ്ഞുകെട്ട പോലെ തെളിഞ്ഞ കടൽ വെള്ളത്തിൽ കളിച്ചു. വിവിധ നിറങ്ങളിലുള്ള പവിഴ പുറ്റുകൾ കണ്ടു. അവിടുത്തെ ഭാഷ മലയാളവും മാഹലും ആണ്. അതുകൊണ്ട് അവരുമായി കൂടുതൽ സംസാരിക്കുവാൻ സാധിച്ചു. അവരുടെ ജീവിതത്തെ ഓർത്തു സങ്കടം വന്നു. എപ്പോൾ വേണമെങ്കിലും ലക്ഷ

Why do we behave like Mummies in a museum

How serious are Christians in their faith? Many of the Christians — Catholics included — are not taking their faith seriously. We would rather say many of us are also-ran and behave like mummies in a museum. We are not seeking Jesus Our Lord and He is not considered as our Saviour and Redeemer.

For many of us Christians, Church is some kind of a club to climb the social ladder or get business deals. Many of us treat Church as a place to be seen and manage things. And so the biggest threat of all gradually takes shape: “the gray pragmatism of the daily life of the Church, in which all appears to proceed normally, while in reality faith is wearing down and degenerating into small-mindedness”(EG 83).

As Evangelii Gaudium (EG), the encyclical of Pope Francis, says, a “tomb psychology” thus develops and slowly transforms Christians into mummies in a museum. Disillusioned with reality, with the Church and with themselves, they experience a constant temptation to cling to a faint melancholy, lacking in hope, which seizes the heart like “the most precious of the devil’s potions”.

Called to radiate light and communicate life, in the end they are caught up in things that generate only darkness and inner weariness, and slowly consume all zeal for the apostolate.

Most of us are like the crowd that followed Jesus when He went to the house of Jairus to see his sick daughter. (Mark 5:21-43). A big crowd was milling around Jesus. They didn’t know who Jesus really is. They just followed him and saw His miracles. “Many of us are like the crowd that followed Jesus. We don’t know him. We go for Holy Mass and sit in the church as if some drama or cinema is going on there,” our Parish Priest said in a homily.

This mentality was displayed by the crowd around Jesus who was on the way to Jairus’ house. This story is being repeated even today.

That said, there are some people who have deep faith and belief in Jesus like that woman who had been subject to bleeding for twelve

years. "When she heard about Jesus, she came up behind him in the crowd and touched his cloak, because she thought, 'If I just touch his clothes, I will be healed.'" Immediately her bleeding stopped and she felt in her body that she was freed from her suffering," Bible says.

The small group of people like the sick woman seeks Jesus and trust in Him. And miracles happen in their life. This small group gets healed.

Mark 5:35 says, "while Jesus was still speaking, some people came from the house of Jairus, the synagogue leader. 'Your daughter is dead,' they said. 'Why bother the teacher anymore?' The people who said this don't know Jesus. They didn't know He was the son of God. If they had known that they wouldn't have said this.

The Bible continues, "He went in and said to them, 'Why all this commotion and wailing? The child is not dead but asleep.' But they laughed at him." The Bible says "they laughed at him". They thought Jesus arrived late and the daughter of Jairus has already died. So what can Jesus do now? The crowd underestimated Jesus. Later we read that Jesus brought her back to life.

Yes, we are also part of this crowd. We don't know Jesus. We also behave like the way this crowd behaved. We attend the Holy Mass or praise and worship without knowing Him. We sit in the Church or prayer hall as if we are in a cinema hall or a theatre. And then, we call ourselves Christians.

Pope Francis uses harsh words to lambast such people. He says spiritual worldliness lurks behind a fascination with social and political gain, or pride in their ability to manage practical affairs, or an obsession with programmes of self-help and self-realization. It can also translate into a concern to be seen, into a social life full of appearances, meetings, dinners and receptions. It can also lead to a business mentality, caught up with management, statistics, plans and evaluations whose principal beneficiary is not God's people but the Church as an institution.

This leads us to display a "tomb psychology" and slowly transforms Christians into mummies in a museum. Jesus doesn't want us to be mummies.

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Marriages made in Heaven ?



Claire Paul, Cherupushpam Unit

One Sunday, our catechism teacher asked us to join a Forane level group competition for the youth. It was about the topic marriage and we could either explain about the sacrament of marriage or the challenges which the couple faces.

As our group chose to speak on the challenges of marriage, we had to do a lot of research on the subject. My idea about marriage was like two people who love each other, stay together under one roof and live happily ever after. But after doing some research on the topic, I understood that 'happily ever after' is only in stories or movies. In reality, there are a host of problems that a married couple faces.

Many forget the fact that marriage is a sacrament. It is important to choose your partner carefully. Many marriages end up in a disaster because they fail to understand each other. Even small arguments, some misunderstandings and petty ego problems can lead to big fights, leading to divorce. I understand that the partners should be good listeners and learn to forgive and forget.

There was a talk given by a lady about marriage. She even shared her experience. She said as time passes, more problems arise. Nowadays these problems evolve because of modern lifestyles the young couples adopt. Out of many points she said, one of them really touched me. She said the best gift you can give your partner is your virginity. Isn't it true? Many marriages are breaking because the spouses are not loyal to each other.

The bottom line is that be open and honest to your partners. And religiously follow the Ten Commandments. Avoid hiding things. If you keep things for later, we may face its consequences.

■

Let's think less and act more like a child. Let's not forget the journey that the Holy Family undertook when Jesus was 12 years old. We do cherish that in the Fifth Joyful Mystery. His parents found him after three days and they returned from Jerusalem to Nazareth. That humble gesture from our great Lord was also a perfect consummation of the quality of obedience. "Children, obey your parents in everything, for this pleases the Lord." (Colossians 3:20).

Isn't that the perfect example for us to emulate? Put differently, a good example of becoming child-like. We should also follow the same footsteps.

Just like how Jesus accompanied Mother Mary and Saint Joseph back to Nazareth, our loving Lord is also persuading us back to a 'child-like' life. Let's pay heed to that call more carefully and reverently. Let's follow Him as His obedient flock.

ഉണ്ണിയേശു പിറന്നു

P. M. Jose, Holy Family Unit



ആയിരം താരങ്ങൾ പുഞ്ചിരിക്കും രാത്രിയിൽ
ആകാശതിരുമുറ്റത്തവിളി പിച്ഛവെയ്ക്കും രാത്രിയിൽ
വെള്ളിപ്പേരങ്ങൾ ഉജ്ജ്വലിക്കും നീലാകാശനീളയിൽ
വിണ്ണിൽ മിന്നുന്ന വെള്ളി നക്ഷത്രം പാതിരാവിൽ ഉദിച്ചപ്പോൾ

കാലാവകാശം, സ്വർഗ്ഗവാസികൾ കീർത്തനങ്ങൾ പാടുന്നപ്പോൾ
കംഗളധ്വനി മുഴങ്ങുന്നു വിണ്ണിലും മണ്ണിലും
സ്വർഗ്ഗവാതിൽ തുറന്നൊരായിരം സ്വർണ്ണരശ്മി പ്രവാഹത്തിൽ
സ്വർഗ്ഗത്തിൽ നിന്നും ദിവ്യസന്ദേശം, ഉണ്ണിയേശു പിറക്കുന്നു !

മണ്ണിലായിട്ട് മുങ്ങിയ തിരുരാവിൽ, കുളിരുതിരും ദിവ്യയാമത്തിൽ
മലയോരത്തൊരു കൊച്ചുപുൽക്കുട്ടിയിൽ ലോകരക്ഷകൻ ജാതനായ്
കാലാവകാശം രാജാക്കന്മാർ ഉണ്ണിയേശുവേ വന്ദിച്ചു
അട്ടിടയന്മാർ ലോകരക്ഷകനായ് കാഴ്ചകൾ അർപ്പിച്ചു സ്തുതിചൊല്ലി

വിണ്ണിലും മണ്ണിലും ശാന്തി സഭാധാനം
വിശ്വമൊട്ടാകെ നേഹജ്വാലയായ് ക്രിസ്തൻ ദിവ്യസന്ദേശങ്ങൾ
ക്രിസ്തൻ കംഗളാശംസകൾ !

Children : Teach them to have faith in God

Rita Chacko, Holy Rosary Unit.

God loves children. The first command God gave to the mankind was to "be fruitful and multiply" (Genesis 1:28)

Furthermore, God is the One who provides the ability to conceive children. According to the Psalms 127:3, "Children are a heritage of the LORD: and the fruit of the womb is His reward". In Genesis 33:5, Jacob refers to his children as "the children whom God has graciously given your servant." Our children are the greatest gift God has given and their souls the crucial responsibility He has placed in our hands. So we need to spend time with them and teach them to have faith in God. Be a person in whom they can have faith. When we become old, nothing else would matter us more than this. "A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world," says John 16:21. The child is the most beautiful gift of God to a family and even to a nation. Let us never refuse this gift of God. Let us always have the faith to see and love God in each person including the unborn.

മറിയം ഒരു മാതൃക

Mrs. Philomina Sibichan, St. Thomas Unit

ഗബ്രിയേൽ മാലാഖയുടെ മംഗളവാർത്ത കേട്ട് 'ഇതാ കർത്താവിന്റെ ദാസി'യെന്ന് ദൈവതിരുമനസ്സിന് വിധേയപ്പെടുന്ന മറിയം. ഉടൻ തന്നെ എലിസബേത്തിനെ ശുശ്രൂഷിക്കാൻ പുറപ്പെടുന്ന മറിയം. കൃപനിറഞ്ഞവൾ, ദൈവപുത്രന് അമ്മയാകുന്നവൾ എന്ന സ്ഥാനങ്ങളൊന്നും ഇതിൽ നിന്ന് അവളെ പിന്തിരിപ്പിക്കുന്നില്ല. ഇവിടെ മറിയം എളിയയുടെ വലിയ മാതൃകയാണ്. മാത്രമല്ല മറ്റുള്ളവരുടെ ആവശ്യങ്ങൾ കണ്ടറിഞ്ഞ് സഹായിക്കാനും സ്നേഹിക്കാനും നമ്മെ പഠിപ്പിക്കുകയാണ് പരിശുദ്ധ അമ്മ. കാനായിലെ കല്യാണ വിരുന്നിലും ഇതേ മാതൃക നാം കാണുന്നു. മറിയത്തിൽ നിറഞ്ഞുനിന്ന മറ്റൊരു നന്മയാണ് അനുസരണം. യൗസേപ്പിതാവിനോടൊത്ത് ബേത്ലഹേമിലേക്കുള്ള യാത്ര തന്നെ അനുസരണത്തിന്റെ മാതൃകയാണ്. ഏറ്റവും വലിയ പ്രേഷിതയുമാണ് മറിയം. തകർന്നവരെ താങ്ങാൻ, പ്രത്യാശകൊണ്ട് നിറയ്ക്കാൻ, ദൈവാഗ്രയത്തിൽ ജീവിക്കാൻ, പരിശുദ്ധിയിൽ ജീവിക്കാൻ പരിശുദ്ധ അമ്മ നമ്മെ പഠിപ്പിക്കുന്നു. മറിയം വചനത്തെ സ്വീകരിച്ച് കൃപയിൽ നിറഞ്ഞു തുളുമ്പി. നമുക്കു ലഭിച്ചിട്ടുള്ള വിളിയിലൂടെ നമുക്കും കൃപയിൽ നിറയാം. പുത്രനായ തമ്പുരാന്റെ അമ്മയായി തീരുവാൻ അമലോത്ഭവയായി ജനിക്കുവാൻ ദൈവം അനുവദിച്ചു. ജോവാക്കീം അന്ന ദമ്പതികളുടെ നിലവിളക്ക് ദൈവം കൊടുത്ത ഉത്തരം. ലോകരക്ഷയ്ക്കായി കർത്താവിനോട് ചേർന്നു നിന്നവൾ. ആ സ്വർഗ്ഗീയ നക്ഷത്രമാണ് മേരി.

ഓർമ്മിക്കാൻ ... ആചരിക്കാൻ ...

ജനുവരി 2017

- 1 നമ്മുടെ കർത്താവിന്റെ നാമകരണം
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- 1 നമ്മുടെ കർത്താവിന്റെ ദൈവാലയ പ്രവേശനം
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- 6 മൂന്നു നോമ്പ്
- 10 ഗ്രീക്ക് സഭാപിതാക്കന്മാർ
- 11 ലൂർദ്ദുമാതാവ് (രോഗീദിനം)
- 17 സുറിയാനി സഭാപിതാക്കന്മാർ
- 23 വി. പോളിക്കാർപ്പ്
- 24 സകല മരിച്ചവരുടെയും ഓർമ്മ
- 27 വിഭൂതി തിരുനാൾ

Jesus asks us to be child-like, not childish



Reshma Siju, Chavara unit

The word 'child' has always made me cautious because it posed a very relevant question: "Who is a child?" Our Lord Jesus Christ has promised Kingdom Heaven only to those who become like a child. "And he said: Truly I tell you, unless you change and become like little children, you will never enter the Kingdom of Heaven." (Mathew 18:3).

Don't mix up the words 'child-like' and 'childish'. Our Lord clearly asks us to be 'child-like' and not 'childish'. But we lose our child-like innocence, honesty, frankness and guilelessness during our journey from childhood to adulthood.

How long a child can be called a child? Maybe till twelve years of age. What exactly happens to a child after twelve years? Obviously he or she enters the teenage period. Any parent who has a teenage girl or boy would definitely give a detailed difference between a child and a teenager. As years pass by, a child is no more a child but becomes a teenager. In other words, a teenager may not be that innocent to depend on God completely. True, there are exceptions. There are children who grow up and walk with Jesus till the adulthood.

For many children, the transition from childhood to teenage may appear like a fall from the Garden of Eden to the earth. There are children who, after becoming teenagers, turn into true followers of Jesus. With the next transition from teenage to adulthood, the life cycle enters the most crucial phase. The journey of a child over the years can be either very tempestuous or peaceful.

Our Lord Jesus rightly asks us to be 'child-like' and make it clear that only those willing to become like children will possess the Kingdom of God. Are we child-like? Are we the 'children' of God? Remember that Jesus is the Son of our Heavenly Father.

When we are called to become the children of God, shouldn't we have that innocence, kindness and the caring approach that we always had in our childhood? The only difference is that as children we expressed these qualities quite freely whereas as adults we experience inhibition, coyness or some reservation to express our 'child' within us. Our Lord throughout His life showed us how to be kind, loving and caring to others without any fear.



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'Kindness is the language which the deaf can hear and the blind can see'



Jinu Francis, Sacred Heart Unit

A poor boy, who was selling goods from door to door to pay his way through school, was hungry. He decided he would ask for a meal at the next door.

However, he lost his nerve when a lovely young woman opened the door.

Instead of a meal he asked for a glass of water. She thought he looked hungry and brought him a large glass of milk. He drank it slowly, and then asked, "How much do I owe you?"

"You don't owe me anything," she replied. "My mother has taught us to never accept pay for a kindness."

"Then I thank you from my heart," he said.

Year's later that young woman became critically ill. The local doctors were baffled. They finally sent her to a big city, where they called in specialists to study her rare disease.

Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, a strange light filled his eyes. Immediately he rose and went down the hall of the hospital to her room. Dressed in his doctor's gown, he went in to see her. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day he gave special attention to the case.

After a long struggle, the battle was won. Dr. Kelly requested the business office to pass the final bill to him for approval. He looked at it and wrote something on the edge and the bill was sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill. She began to read the following words:"

"Paid in full with one glass of milk"

This small story must be familiar to you, but reiterated to help recollect the real meaning of kindness, which we often forget in this busy life.

Kindness is a universal language which is comprehended beyond

the boundaries. Every individual is supposed to understand and speak this language. "Kindness is the language which the deaf can hear and the blind can see," Mark Twain put it very succinctly.

An act of kindness never goes futile. If you are kind to someone it will reflect in your and his behaviour. Being kind to others instills a positive feeling and makes the world a better place to live. Jesus expects this from us.

Kindness is one of the seven virtues. It can be defined as the righteous and caring attitude towards other. But the definition of the kindness does not limit to these two words. Kindness is a complex term to comprehend but simplest to realise. Showing kindness towards others gives a feeling of joy to the recipient.

സ്തുതിഗീതം

നാഥന്റെ മുമ്പിൽ കൈകുപ്പി നിൽക്കേ
ഒരു കുഞ്ഞു കുളിർകാറ്റുപോലെ,
ആമോദമെന്നെ മെല്ലെ തലോടി
മൽമൽ വിരൽ തൂമ്പിനാലെ...
ഉള്ളിന്റെയുള്ളിൽ സ്തുതി മഞ്ഞു പെയ്തു
ഇമകളും കുമ്പിടത്തും...
നൈലോൺ ചിറകുള്ള പൂപട്ടമായി
മനസു മേലേ പറന്നു ...

നിർലിനമായൊരു സ്വരനിർജ്ജരിയുടെ
ശ്രവണപ്രവാഹത്തിലലിയേ
മനസ്സിലെ പൂല്ലാങ്കുഴലുകൾ വീണ്ടും
ശ്രുതി ഗലഭങ്ങളുണർത്തി...
അവ പകർന്നിടമാ ധ്യാനാനുഭൂതിയിൽ
ഞാനുമാത്മാവും ലയിച്ചു

വെൺമുകിൽ രാജികൾക്കപ്പുറം, ദൂരെ ...
മാലാഖമാരും നിരന്നു ...
അവരുടെ കയ്യിലെ അഴകാർന്ന കൂടയിൽ
നറുമലരിതളുകൾ നിറഞ്ഞു...
അവ പൊഴിച്ചിടമാ സൗരഭ ധാരയിൽ
ഞാനുമാത്മാവും കുളിർന്നു ...



Babykutty,
Cherupushpam Unit

'I will always keep the child within me alive'



Merin Reji, Holy Rosary unit

It has been three years since I've been away from home. What initially started as a weekend visit home, became once a month slowly and sometimes even less. But still, even to this day, whenever the Volvo bus crosses Mumbai-Pune Expressway and reaches Panvel, there is a feeling of excitement and happiness which only doubles on seeing my dad waiting for me at the bus stop.

I've thoroughly enjoyed the privileges of being a single child -- being dropped to school every day till my 12th grade even though it used to be just a 15-minute walk, pampered -- but not spoilt -- and to be the centre of attraction in my family.

But apart from all the material benefits, I've also been immensely blessed to experience the love of two amazing individuals, my parents. Their constant presence and care, which I used to take it for granted at home, is something that I miss the most when I'm in Pune.

Home is where my heart is, and for me that's Nerul. Even the Sunday Mass elsewhere would not be as meaningful as it is in my parish. There would always be a comparison, be it the choir, the feel of the Mass or the people.

Food is a big issue. Even after gobbling so much junk food, my people shout at me for not eating, dieting and for losing so much weight (which I take as a compliment). But nothing can match the joy of having home food like rice, yummy buttermilk curry and fish fry.

I might be staying in a flat away from home, feeling all grown up, responsible and cooking on my own but I miss being a kid sometimes. That is why I just lie lazily in my house whenever I come home without doing any work which often irritates my parents. As author Frank McKinney once said, I will always keep the child within me alive.