

THE CATINDIAN

Year I/Issue 7/December/January 2019-2020



Don't miss this issue....

10 Years of Catenians in India



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Strategic Workshop



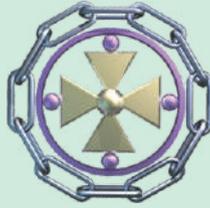
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THE CATENIAN ASSOCIATION IN INDIA



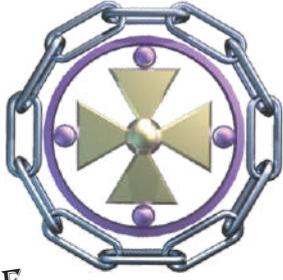
The Catenians

*Strengthening family life
through friendship and faith*

The Catenians are a non-political Catholic Men's Organisation founded in England in 1908 to promote friendship, family life and the Catholic faith and have now grown to over 10,500 members in 4 continents. Catenians cherish their ladies and families and involve them in many activities. Our local groups are known as Circles and meet at least once a month. Catena is Latin for "Chain" and our Circles form a chain of friendship and faith around the world. In India we have 6 circles in Goa, 3 circles in Mumbai and 4 circles in Karnataka

VALUES

1. We will always be encouraging, supportive and helpful to fellow members and their families and be non-judgemental in any dealings.
2. We will behave in a courteous manner at meetings and functions, observing dress codes and maintaining high standards of behaviour.
3. We will always strive to live our personal and business lives in accordance with the ideals of our Catholic faith, where every person matters.
4. We encourage each other to take part in public life through individual action but we do not bring our political affiliations into our meetings or social gatherings.
5. We will always recognise that the circle with its brothers and their families is the most important entity of the association.
6. We will ensure that the association's governing bodies do all that is possible to enable each circle to flourish.
7. We will abide by the obligations of membership.



THE CATINDIAN

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for

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in India**

Editorial Board:

Bro. Domnic Lobo

Andheri Circle 376

Bro. Francis Rodrigues

Malad Circle 364

Bro. Neves Braganza

Donapaula Circle 356

Bro. Joey Carvalho

Panjim Circle 353

Bro. Agostino Fernandes

Panjim Circle 353

Editor:

Bro. Les Menezes

Dona Paula Circle 356

catindian1@gmail.com

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From the Editor's Desk

The Christmas Issue you are reading is slim but bursting at its seams with celebratory exuberance. First, we look forward to enjoying the two greatest EVEs in the Year: Christmas Eve and New Year's Eve. And look back at two wonderful Births.

Christ's Birth is the cornerstone of our FAITH and takes pride of place in our celebrations. In this December 2019 CATINDIAN Issue, we open windows on Christmas through poems by Poet Laureate John Betjeman and Nobel Prizewinner Rudyard Kipling including commentaries, and through the very perceptive eyes of Fr. Nathan who links the sowing of the wheat for the Eucharist, the straw in the manger, the preparation of the Lamb for the "sacrifice" and the Motherhood of Mary in an unusual perspective. In "A Christmas Seasoning", there's a recipe for Christmas Stuffing that any Christmas Dinner Roasted Fowl would die for. The other recipe, Kause, is traditionally available on the streets of Burma, served from two baskets suspended from both ends of a pole shouldered by a travelling one-man restaurant. My tribute to gastronomic motherhood at Christmas time.

Malta sits on the cover of this issue and in our hearts as it becomes Province 23 and "twins" with another Province in Great Britain. It's a highly motivational

event as the Catenian Association grows phenomenally in India with Circles queuing for installation and we look forward to becoming a Province one day.

Our Brotherly Adams from Chembur, Andheri, Thane and Puttur have been toiling in the Catenian Fields with the sweat of their brows dripping onto the pages of this issue. The Puttur Vocation Day was a grand affair with 10 elderly nuns figuring significantly; the Chembur/ Andheri/ThaneBrothers take us on a silent journey through words, picture words (very effectively used) and photographs into the world of deaf and dumb children that they nurtured. Catenian Balls have kept our spirits high and our feet kicking during the December.

But is that what Christmas is all about?

I would like you to consider a globally unifying thought: The Baby Jesus is born repeatedly during a 24 hour cycle as the Globe rotates on its axis. When I attend midnight mass here in Goa, my Australian family and Catenian Brothers in Eastern Australia (Brisbane, Melbourne, Sydney, Adelaide) have celebrated Christmas five and a half hours back; they are either in

deep pre-dawn sleep or after a whole night's partying, are throwing themselves into the arms of a welcome bed. In Perth, Jesus was born 2 hours back, while in Malta, they are preparing to go for midnight Mass, in England they are completing their last minute Christmas shopping and in New York, it's the 24th Christmas morning which is just finding its feet. Nonetheless, in the 24 hours, we will all share in welcoming Jesus to our world and into our lives.



Our second Eve is on 31st December 2019. Time for Ninoshka Alvares-Delaney to guide us expertly in making New Year Resolutions about our clothes so that we step into 2020 with a 20-20 vision of a "clean, green and stylish New Year."

And New Year's Eve will also help us step into 2020 progressively as our Earth rotates.

How do we prepare for these two EVE's?

I have been light-hearted in this editorial but there is a light shining:

We need to spend time clearing out our inner wardrobe. What do we discard? What is our main "soul capsule": the essentials we need to refresh our inner lives, to make them clean. How are we going to be spiritually dressed in 2020?

In all the expensive busy jollity, we have to remember that the straw of the manger is poverty, the wheat seed becomes bread and the lamb is born to die on the sacrificial altar, that just as the blood of lambs gave the Jews a safe Passover, the blood of the CHILD JESUS has enabled us to reach Salvation. Thank you, Fr. Nathan for this introspection. As Betjeman says in the poem "Christmas", Jesus "became a child for me. And lives today in BREAD and WINE"

Holy Christmas and a New Happy Spiritual Year

Les Menezes

Christmas and the Eucharist and Mary the Eucharistic Woman.

BY Fr. NATHAN

Christmas is the lovely feast. We always greet it with joy. Our love gives a new life, and the Eucharist is its continuation. Bethlehem and Cenacle are inseparably linked together; they complement and complete each other. Let us bring alive the First Christmas on 25 December, this year.

The Eucharist was sown at Bethlehem. What is the Eucharist but “the wheat of the elect” and “the living bread”? Now, wheat must be sown. It must fall into the soil, and spring up, and ripen, and be harvested, and be ground before it can be made into good bread.

This heavenly wheat was sown as it were at Bethlehem, the “House of Bread”. See the wheat on the straw. Trodden down and crushed, this straw represents poor humanity. Of itself it is barren. But Jesus will lift it into position in Himself, will restore to life, and will make it fruitful. “Unless the grain of wheat falling into the ground...”

This divine grain has been sown. The tears of Jesus are the moisture that will make it grow into beautiful wheat. Bethlehem is built on a hill facing Jerusalem. When this ear of wheat has ripened, it shall lean towards Calvary where it shall be ground and shall be set on the fire of suffering to become a living bread.

Kings will come to eat of it and find it delicious: “It shall yield dainties to the King.” It is fit for the Royal nuptials of the Lamb: “The Wise men will hasten... to the marriage supper of the King.” The Wise Men at that supper represented the kingly and self-possessed souls who today feed on this Bread of the Sacrament.

The relations between our Savior’s Birth at Bethlehem and the Eucharist considered as Sacrament exist also between our Savior’s Birth and the Eucharist considered as **Sacrifice**.

It was truly a lambkin that was born at Bethlehem. Jesus was born like a lamb in a stable, and like a lamb knew no one but His mother. The Angel appeared to the shepherds who were taking care of the Passover lambs to say that there is no need of any more Passover lambs but Jesus will be the only Passover lamb who would take away the sins of the world. This little Lamb was to grow up close to its Mother; in forty days she would learn the

secret of its immolation. She would feed it with her pure virginal milk, and would preserve it for the day of sacrifice and will be introduced by John the Baptist: “Behold the Lamb of God who would take away the sins of the World.”

The sacrifice, begun at Bethlehem, is consummated on the altar at Holy Mass. How touching is the midnight Eucharist in the Catholic Christian world!

Mary the Eucharistic Woman and Joseph were the first to adore the Word of God Incarnate. Mary laid Him in a manger where the food for the cattle is kept as the sign of the Eucharistic bread, the food for the world. The hospitality of all the hospitalities and the greatest hospitality not restricted to a few but to the whole world.

The Shepherds and the Magi also adored Him in union with Mary and Joseph. The shepherds offered their plain and simple presence and the Magi their magnificent gifts. **The Eucharist also is the meeting-place for persons of all conditions**; it is the centre of the Catholic Christian world. It is the object of that twofold worship of adoration: the interior adoration of faith and love; the exterior adoration through the magnificence of gifts, of churches, and of the thrones on which the Divine Host will be exposed.

Each time we gather around the Eucharistic Table the extension of the incarnation takes place. As Holy Spirit over shadowed Mary and the Word took Flesh in Her womb, when the priest invokes the Holy Spirit to transform the ordinary bread and wine into the Body and Blood of Christ the incarnation is extended.

“The Eucharist is the flesh of Jesus Christ” (St. Ignatius of Antioch) “The Eucharist is the flesh of Incarnate Jesus” (St. Justin) and “The bread becomes the Body of Christ” (St. Irenaeus). Therefore, let us celebrate the meaning and the message of the Eucharist as the extension of Incarnation and guided by Mary the Eucharistic Woman.

**Fr. Nathan.SSS- Blessed Sacrament
Community.**

Mae De Deus Chapel
Gaunsavaddo-Siolim- Bardez-Goa.

POETRY FOR INNER REFLECTION

By John Betjeman 1906-1984

The bells of waiting Advent ring,
The Tortoise stove is lit again
And lamp-oil light across the night
Has caught the streaks of winter rain
In many a stained-glass window sheen
From Crimson lake to Hooker's Green.

The holly in the windy ledge
And round the Manor House the Yew
Will soon be stripped to deck the ledge,
The altar, font and arch and pew,
So that the villagers can say
'The church looks nice' on Christmas Day.

Provincial public houses blaze
And Corporation tramcars clang,
On lighted tenements I gaze
Where paper decorations hang,
And bunting in the red Town Hall
Says 'Merry Christmas to you all'.

And London shops on Christmas Eve
Are strung with silver bells and flowers
As hurrying clerks the City leave
To pigeon-haunted classic towers,
And marbled clouds go scudding by
The many-steepled London sky.

And girls in slacks remember Dad'
And oafish louts remember Mum,
And sleepless children's hearts are glad
And Christmas-morning bells say 'Come!'
Even to shining ones who dwell
Safe in the Dorchester Hotel.

And is it true? And is it true,
This most tremendous tale of all,
Seen in a stained-glass window's hue,
A Baby in an ox's stall?
The maker of the stars and sea
Become a Child on earth for me?

And is it true? For if it is,
No loving fingers tying strings
Around those tissueed fripperies,
The sweet and silly Christmas things,
Bath salts and inexpensive scent
And hideous tie so kindly meant,

No love that in a family dwells,
No carolling in frosty air,
Nor all the steeple-shaking bells
Can with this single truth compare—
That God was man in Palestine
And lives today in Bread and Wine.

Sir John Betjeman, CBE, was an English poet, writer and broadcaster, who was Poet Laureate of the United Kingdom, from 1972 until his death. He graduated from Magdalen College, Oxford University, began his career as a journalist, and ended it as one of the most popular British Poets Laureate, and a much-loved figure on British Television.

In his poem 'Christmas', Betjeman leads us up the garden path, as it were, through the first five stanzas, beguiling us with the sights, sounds and rituals of Christmas in London. Only in the sixth and seventh stanzas when he poses the question 'And is it true', do we take pause to realise that Christmas is, after all, so much more than the mere festive trappings we have come to associate with it. We are jolted out of our complacency, when in the last stanza, he answers his own question by reminding us that the Truth of Christmas is to be realised in the mystery of the Incarnation, and that Emmanuel, 'God with us', continues to be with us, through the Holy Eucharist.

Eddi's Service (AD 687)
(*'The Conversion of St Wilfrid'---*Rewards and Fairies)
By
Rudyard Kipling

Eddi, priest of St Wilfrid
In his chapel at Manhood End'
Ordered a midnight service
For such as cared to attend.

But the Saxons were keeping Christmas,
And the night was stormy as well.
Nobody came to service,
Though Eddi rang the bell.

'Wicked weather for walking,'
Said Eddi of Manhood End.
'But I must go on with the service
For such who care to attend.'

The altar-lamps were lighted,---
An old marsh-donkey came,
Bold as a guest invited,
And stared at the guttering flame.

The storm beat on at the windows,
The water splashed on the floor,
And a wet, yoke-weary bullock
Pushed in through the open door.
'How do I know what is greatest,
How do I know what is least?

That is My Father's business,'
Said Eddi, Wilfrid's priest.

'But--- three are gathered together---
Listen to me and attend.
I bring good news, my brethren!'
Said Eddi of Manhood end.

And he told the Ox of a Manger
And a Stall in Bethlehem,
And he spoke to the Ass of a Rider
That Rode to Jerusalem.

They steamed and dripped in the chancel,
They listened and never stirred,
While, just as they were Bishops,
Eddi preached them The Word.

Till the gale blew off on the marshes
And the windows showed the day,
And the Ox and the Ass together
Wheeled and clattered away.

And when the Saxons mocked him,
Said Eddi of Manhood End,
'I dare not shut his chapel
On such as care to attend.'

Rudyard Kipling the English journalist, short-story writer, poet and novelist, was born to John Lockwood Kipling and his wife Alice Mac Donald on 30 December 1865 at Bombay, where the senior Kipling had been appointed Professor of Architectural Sculpture in the new School of Art in that city. He completed his education in England from 1871 to 1882, returning to India that year to take on the post of Assistant Editor of the Civil and Military Gazette, in Lahore. He remained in India up to 1889, working mainly as a journalist, with a sharp eye for detail and a fine understanding of the world of nature around him. His years in India were to inspire much of his work, which was wide-ranging and prolific.

Kipling's works of fiction include the 'Jungle Book' (1894), 'Kim' (1901), and many short stories including 'The Man Who Would Be King' (1888). His poems include 'Mandalay' (1890), 'Gunga Din' (1890), 'The Sons of Martha' (1907), and his much loved 'If' (1910), a coming-of-age poem he wrote for his son John, who tragically was declared missing-in-action in World War-I at the battle of Loos, in 1915.

Rudyard Kipling wrote many poems on Christian themes, exemplifying the Christian ethic. 'Eddi's Service' though possessing a Christmas flavour, is really about the word of God that is offered to everyone who should choose to be attentive to it. There is a subtle note of caution addressed to any among us, who like the Saxons in the poem are merely 'fair-weather' Christians.

Kipling was sounded for the British Poet Laureate-ship, and several times for a Knighthood, but declined both. He was awarded the Nobel Prize in Literature in 1907, as the first English-language writer to receive the prize, and at 41, the youngest recipient to date. He died on 18 January 1936, aged 71. His ashes are interred at Poets Corner, in Westminster Abbey, along with such luminaries as Dr Samuel Johnson, Thomas Hardy, John Dryden, Charles Dickens, and Robert Browning.

Spiritual reflection for the month of December 2019

Fr. Nathan, Blessed Sacrament Fathers Goa

Read and reap, hear harvest and listen and learn a lesson for life from the word of God. Whether we read personally, as a family or as a group or listen during to the week days and Sunday's liturgical celebration, the Creative power of the word, redeeming power of the word, Sanctifying power of the word, healing power of the word, reconciling power of the word, purifying power of the word comforts us, consoles us, challenges us, convinces us, convicts us, confronts us, care-fronts us, cures us. When we personally, passionately, persistently and perseveringly read and try to meditate on it we can ask the following...

1. What does this say about God? (The focus is on God first then me)
2. Is there any message for me?
3. Is there any sin to avoid?
4. Is there any command to obey?
5. Is there any grace to be obtained?
6. Is there any promise to claim?

As we celebrate the Word incarnate this giving month we call for "God loved the world so much that He gave His only son" (Jn3:16)

1st Dec- Gospel: Mt24:37-44

"Stay awake", to wait, to watch, to welcome- these attitudes characterize Advent. Jesus came in history two thousand and twenty years ago; He continues to come in mystery breaking into our lives at every moment as we wait for Jesus, watch for His coming and welcome Him when He comes.

2nd Dec- Gospel: Mt8:5-11

"I am not worthy to have you under my roof". The more we know ourselves the less worthy we feel. The more we know Jesus the more unworthy we feel. We can have no claim on Jesus except one, the claim on His mercy.

3rd Dec- Gospel: Lk10:1-16 the feast of St. Francis Xavier. April 7- 1506- Dec 3- 1552.

"The harvest is plentiful and the workers are few. So you must ask the Lord of the harvest to send workers into his harvest"...." The Lord of the harvest instituted the sacrament of the holy matrimony the mini church with ministry entrusted. The compassion and the intercession in this passage assure that our intercession will be heard.

4th Dec- Gospel: Mt15:29-37

"I am filled with compassion for these people...." Compassion compelled Jesus to feed them spiritually and materially. Each time when we celebrate the Eucharist it is an invitation for us to have the unexpected mission of passion for compassion.

5th Dec- Gospel 7: 24-27

"Therefore, anyone who hears these words of mine and acts according to them is like a wise man who built his on rock", We can never render Jesus mere lip service. The acid test of our love for Jesus lies in our readiness always to live according to the demands of his word. When we do this then come what may we will not be shaken.

6th Dec- Gospel Mt9:27-31

"Take pity on us, Son of David". Shouted the two blind men. We need too like them need healing. We are blinded by prejudice, passion, and pride. All we need do is like the blind men cry out with faith. For the more we believe the more we shall receive.

7th Dec- Gospel Mt9 35-10:1,5a,6-8

"Heal the sick, bring the dead back to life, cleanse the leper and drive out demons. Freely have you received, freely give". Awareness of who we are, what we do and what we think is always alchemical. Heal the sick-i.e dispelling the darkness from within. Raising the dead-i.e the growth of consciousness in every fiber of our being. Cleansing the leper- i.e healing the past wounds. Casting the demons- i.e the real demon of ego and discriminative mindedness.

8th Dec- Gospel Mt3:1-12

“Change your ways; the kingdom of heaven is at hand”. We need hands to receive, to give and to do something we have at hand. As the Portuguese proverb say, “Hand that we cannot cut we can learn to kiss” We have to do something about it what we have in hand, And the kingdom itself in our hand and the urgency is to do something.

9th Dec- Gospel Lk1:26-38. The solemnity of the Immaculate conception of the Blessed Virgin Mary.

“The Holy spirit will overshadow you....” Each time we celebrate the Eucharist the Holy Spirit transforms the simple bread the wine truly and substantially into the Body, Blood, Soul and Divinity of Christ. When we receive the Eucharist “We become what we eat” and the incarnation continues in our lives and we become the handmaid of the Lord.

10th Dec- Gospel Mt18:12-14

“Your father in heaven doesn’t want even one of these little ones to perish”. Like shepherd He tends His flock, He gathers the lambs in His arms” The care and concern God has for each of us no matter how little or insignificant we might be. He never writes of us as a gone case. Jesus came precisely to seek and save the lost.

11th Dec- Gospel Mt18:28-30

“Come to me, all you who are weary and burdened, and I will give you rest” The heavy burden of 613 commandments/statutes/decrees/precepts divided into ‘Dos’ 248 and ‘Don’ts’ 365, Jesus said “ Love your God and neighbor as yourself” what a simplified profound commandments which is very easy and light. Easily said than done.

12th Dec-Gospel Mt11:11-15

“Let anyone with ears listen” God speaks to us through the word, Sacraments, Sacramental, life’s significant events, wherever truth is spoken, goodness displayed, beauty created, through pain and suffering let us learn to listen instead of hearing.

13th Dec- Gospel Mt11:16-18

“Wisdom is vindicated by her works” Jesus the perfect wisdom of God moved with those who were care of platform list, sinners, not so attractive, celebrities and good for nothing. As Christmas is a giving feast may I reach out to the unreachable at the periphery of the society. This is the extraordinary ministry.

14th Dec- Gospel Mt17:9a,10-13

“Why do the teachers of the law say that Elijah must come first?” The Elijah they were waiting for was John the Baptist who had the spirit of Elijah but they did not heed to his preaching of repentance and heralded the coming of Jesus. God constantly breaks through into our lives. Learn to see God in everything and everything in God.

15th Dec- Gospel Mt 11:2-11

“Are you the one who is to come, or should we expect someone else?” The genuine sign of the coming of Jesus lies in good news preached to the peripheral ones in the family, in our *samudhai*, neighborhood and parish. There is an ample opportunity everyday to reach out and we move around getting ready to celebrate the nativity of our Lord.

16th Dec- Gospel Mt21:23-27

“What authority to have you to act like this?” Today we need license for everything to teach, to sell, to produce, to occupy by a place and we have the best seal printed the love God - the Holy Spirit poured into our hearts (Rom5:5) to bear witness to all that we say and do..

17th Dec- Gospel Mt1:1-17

“This is the account of the genealogy of Jesus Christ, son of David....” Miracle in the mess we find in this list and God can draw a straight line even in the midst of any crookedness. Look at the list of weak kings, murderers, men filled with jealousy, scoundrels and sinful women. What an exchange and Mary is at the very heart of this exchange. ‘Make us instruments of your salvation O Lord’.

18th Dec- Gospel Mt1:18-25

“Joseph was an upright man- he awoke and did what the angel of the Lord told him” He accepted Mary. Today I need to get up from my long holding of hurt feeling, un-forgiveness, to accept someone with make her/him comfortable in my presence.

19th Dec- Gospel Lk1:5-25

“This is his time for mercy and for taking away my public disgrace”. Our God is God of surprises... He opens the closed womb and closes the mouth of the doubted one. Our God is always the God of impossible. The more hopeless our condition, the more reason we have to hope, the more weak we are, the greater the reason to seek His strength.

20th Dec- Gospel Lk1:26-38

“Do not fear Mary, for God has looked kindly on you”, we may never know where God is leading us; but we surely know that He is leading us, for nothing happens except that which God wills and permits. His divine mind knows everything and His mercy embraces us.

21st Dec- Gospel Lk1:39-45

“You are most blessed among women” Indeed the Lord favour was with her. The Lord has formed us, named us called us, carved us on the palm of His hands right from the darkness of the womb of our mother. Indeed we are blessed and we are blessings for others. The more we are blessings for others the Lord will bless us more..

22nd Dec-Gospel Mt1:18-24

“While he was pondering over...” Today 80 percent of time in our lives either we ponder on the past or the future and miss out the present reality. When we come for prayers and Eucharistic celebration we bring this true and real self before the living and true God... what is that predominantly coming to mind these days.....?

23rd Dec- Gospel Lk1:57-66

“What will this child be?” We dream dreams for our children as our parents dreamt for us. What will this child be..... will this child receive and live the good news ? will this child be filled with the gifts and fruits of the Holy Spirit? Will this child be a witness to the gospel?....it was dreamt about us and we dream for our children. The Eucharist motivates us and we have to activate it....

24th Dec-Gospel Lk1:67-79

“We might serve Him fearlessly as a holy and righteous people. All the days of our lives”.. We all have starting power to do something to join the Bible study, to be a leader in our *samudhai*, to celebrate the daily Eucharist, committed to daily prayer, to reach out to others..but we need the staying power too and that the Eucharist offers us the opportunity.

25th Dec- Gospel Christmas day

“From His fullness we have all received favor upon favor” ... This Christmas is itself is a favor for us. As Christmas is a love story, this gift of God’s love for us comes wrapped in silence. Silence is the great revelation and in silence honesty cries out loudly and that is our Christmas song as we meet and greet merry Christmas.

26th Dec- Gospel Mt10:17-22

“Be on your guard with people...” Yesterday we greeted many over the phone and personally but today we have a tall order of be on your guard with people....is it the ones we greeted or someone else...it is often our known people hurts us and that is the time we are to face the white martyrdom of our lives.

27th Dec-Gospel Jn20:1a,2-8

“Then the other disciple, who reached the tomb first, also went in; and saw and believed” The crib is still fresh and we already reflect about the tomb. So quick trip from crib to Calvary and the tomb..Life is a journey and every day we

experience birth/growth/death/resurrection/ dawn/mid-day/dusk/night...but abiding presence of the Lord invites us to believe.

28th Dec-Gospel Mt2:13-18

“Get up, take the child and his mother, and flee to Egypt and stay there until I tell you”.. So the silent Joseph who never spoke a word in direct speech gets up again to provide security to the mother and the son. Today we need to provide an opportunity for others to feel secure in our presence/feeling at home in our presence. **Let us bring joy wherever we go and not whenever we leave** during this season of visiting.

29th Dec-Gospel

“I called my son out Egypt”.... Jesus the new Moses. Old Moses ran away from Egypt; New Moses Jesus goes to Egypt. Old Moses will go to the Mountain for forty day; New Moses Jesus will go to the desert. Old Moses goes to the mountain to receive the commandments; Jesus the new Moses will go up to the mountain to preach the new commandments the Be-attitudes. The mysterious ways of God’s calling comes to us too.....

30th Dec- Gospel Lk2:36-40

“There was also a prophetess named Anna, daughter of Phanuel. Of the tribe of Asher” Anna means, ‘beauty, grace, elegance’.. Phanuel means, ‘the face of God’ Asher means, ‘fortunate’. It is real fortune for us the- grace flowing from the face of God towards us in the daily celebration of the Eucharist where He comes to us body, blood, soul and divinity- truly and substantially. It’s a real fortune for us saints and sinner.

31st Dec –Gospel Jn1-18

“From his fullness we have received favor upon favor” let us make our own magnificat (My soul glorifies the Lord) singing the praises of the Lord and let us make our own litany of thanksgiving at the end of this calendar year.

Fr. Nathan.sss

Mae de Deus Chapel- Blessed Sacrament Community- Gaunsavaddo-Siolim- Bardez-Goa

“Christmas means giving. The Father gave His Son, and the Son gave His life. ‘Without giving there is no true Christmas, and without sacrifice there is no true worship”.

- Gordon B. Hinckley

Youth - A time for developing your skills

“God gives Talent, Work transforms talent into Genius” so said the writer Ana Pavlova. Indeed all of us are born with some gift or the other. It is up to each individual to find his true talent and develop upon the same. If you look around yourself you will find that the world is full of different types of needs and you always get someone to meet those needs.

Thomas Alva Edison was sent home by his teacher with a note to his mother. After his mother had read the note little Tom asked his mother what was written on it. The actual note was that he was no good as a student and that he should not be in school. But the tearful mother told him that the teacher had said that he was too intelligent to be taught by the teacher. The mother went on to tell him that from that day she would teach him. In due course of time Edison went on to become one of the greatest inventors of our time with over one thousand patents to his credit.

If we look over the last two or three centuries what do we find ? In the era preceding the industrial revolution it was the agriculturists and land lords who were the richest people in the world. Then came the industrialists, Oil magnates, Manufacturers like Henry Ford, Shipping Companies, etc. who held sway as the wealthiest people in the world. And now is the age of the intellectuals and skilled people. Bill Gates, Late Steve Jobb, Warren Buffet are some of the examples who have dominated the last few decades as some of those who made their money only with their talent.

Alli Worthington said, “ Only those people who take learning, growth and skills development into their own hands will be tomorrow’s leaders” Today anyone who develops his talent seriously and adapts it to his profession can not only make money but also enjoy what he is doing. A job should not be

something that you are compelled to do as a matter of routine but something that you enjoy doing. And



this can come when you hone your natural likes into a passion and take that up as your career. Jobs which used to be treated as mediocre a few years ago have become much sought after professions in the present times. We need Masons, Plumbers, Electricians, Carpenters, Hair dressers, Tailors, technicians of all sorts as much as we need Doctors and Engineers. In fact often it is easier to find the latter than the former.

No doubt a certain amount of basic education is a must but a degree may not be the only solution to a good future. In the words of the author Larry Bird, “A winner is someone who recognizes his God-given talents, works his tail off to develop them into skills and uses these skills to accomplish his goals”. It is time for our Youngsters to look for that spark of their talent and follow it with passion rather than running away from the country looking for greener pastures.

Bro. Capt. Eddie Viegas Master Mariner and a ship and Marine surveyor in Goa. He represents numerous National & International organizations in the world of shipping as a technical consultant. He is the President of Area Council 30.

10 years of Catenians in India

[] The dictionary has a definition for the word anniversary. But Panjim Circle 353 has another, especially when it happens to be a special one. What was so unique about this year? Well for a start it was a decade not only of the circle, but of the Association in India. And it had to be a Grand Celebration was the unanimous voice of all our circle members.

[] Brother Agostino the youngest president of the circle so far and the visionary of multi circle unity with ideas never dreamed of earliest, put on his boots and seeing that, all got ready to march ahead with him! You need an army of Catenians to organize a Grand one, or get grandpa to do the needful!

[] And indeed that parade culminated on the 26th of October of the Grand finale that was dday. Brothers left nothing to chance, with each playing his part to perfection.

[] The Anniversary Holy mass of Thanksgiving was celebrated in the Bishops Palace Chapel by the Bishop of Sindhudurg, Rt. Rev. Allwyn Barreto a personal friend, humble, ever smiling and above all loved by all who know him and those who would like too. The melodious voices of our very own ladies choir sounded as if the angels were among us, catapulting the members gathered with spouses and children into a feeling of what heaven must be like. The bishop in his homily spoke about love and forgiveness, making it clear that these were the hallmarks and pillars of brotherhood.

[] The next item on the agenda, without any surprises was the Grand celebration at Clube Tennis de Gaspar Dias located at the world famous Goan beach of Miramar. The venue was decorated absolutely gorgeously with flowers on every table, fancy table and chair covers, streamers, decorative lights, a stage with a backdrop showing the 10 past Presidents and the present one, a setup fit for a royal entourage. Brothers, spouses and children along with Bishop Allwyn and two priest from outside Goa were all in awe of this spectacle of grandeur. On the stage were two bands amalgamated to sing as one and keeping all on their feet with their dancing shoes. The Master of Ceremonies Brother Maxie of the

Mumbai Malad Circle was a choice no one could point a finger at with games, fun and command over the language adding to levels of professionalism expected of a Catenian function. An expert in the art of producing perfumes, having worked with Yardley in the UK our joint brother Herbert Fernandes had a presentation on the fine art of perfumery.



[] There was a finger licking 12 course buffet spread with fish, different meats, currys, salads, variety of bread, paluo, vegetables, mixed noodles, and desserts.

Proceeding this procession of food was a continuous service of snacks and various drinks including wine and scotch!

[] Permit me to end with some of the other highlights of this Tenth Anniversary of the Association in India. A workshop with brothers from India and abroad was held charting a vision for the future with Brother Eugene as the main man, and attendance with brothers from Circles in the vicinity of a thousand kilometers!

[] Last but not the least, a joint Circle meeting with the maximum permitted number of four circles the Riviera, Vasco da Gama, and Mapusa present with brothers interacting on levels of fraternal love which is what the Association is all about. This meeting can be summarized with what Past Grand President Brother Tony Godden said, that in his thirty years of being a Catenian this was the best joint meeting he had attended. The gastronomic delight, emphasized the spirit of togetherness, the pleasure of taste, and a balance between human beings with the products of nature, unfortunately running short, and proving once again that the proof of the pudding is in the eating!

[] May this Catenian decade in India, of unity, fraternity, and creativity grow and continue in all the best ways possible in the years to come.

Bro. Joey Carvalho

All India Strategic Workshop in Goa - 26th October, 2019



Following the Strategic Work Group Report, chaired by Bro Peter Woodford and submitted to CC, Bro Eugene Das, DAR, is part of the three man team appointed by CC to consider this among the membership. Bro Eugene took the opportunity to put out the questions to our brothers in India via CATINDIAN magazine and also an Official Whatsapp group to elicit responses. Strategic workshop was designed to coincide with the visit of Bro John Rayer, DDA, and other senior Catenians from UK to



discuss the Strategic issues impacting the Association in India.

The Aim and Purpose of the Strategic workshop as hereunder :

Aim of the Indian Strategic Workshop 2019

The Indian Strategic Workshop 2019 aimed to bring together Catenian brothers from India nationwide to share their knowledge, expertise and experience to help grow and develop the Catenian Association in India with the advice from CC leadership.

Purpose of the Strategic meet

- Provided a platform and an opportunity for Catenian brothers in India for the first time to share their valuable experiences on the Strategic issues.
- Have CC representatives to share their International flavour.
- Provide a conducive environment for the participants to share their experiences of Indian Catenian life
- To trigger the minds of brothers to think out of



the box to help reach our aim of having our Indian Catenian Association Our Indian Brother's met at Clube Tennis De Gaspar Dias, Dr. Jack Sequeira Road, Miramar, Goa, in the afternoon on Saturday 26th October 2019 for the 1st time to think, ponder and deliberate on the Strategy forward for India and how the Association should grow and what brother's could expect from the Association.



Bro Edgar Melo Furtado, Past IAC President welcomed the delegates. Inaugural address was given by Bro Joey, Secretary, Panjim Catenians, followed by a brief Keynote address by Dr Willie Britto, Founder of Catenians in India.

John Rayer provided a short response and shared his brief view on developments in and around the region and also mentioning the wonderful initiative taken in having the Workshop and looked forward to actively participate in the



deliberations.

Bro Eugene then invited Bro Les, Past President of Goa Dona Paula circle to kick off the 1st workshop. After the initial warm-up, Les gave us a brief on the group exercise and shared exercise sheets to one and all. The sheets contained the “5 F’s” of Catenians viz.

- Faith
- Family
- Fellowship
- Friendship and
- Fun



All delegates were put in about 4 groups and each of us were requested to rate individually

- What defines us?
- What is our purpose?

We had to rate from the most important to the least important against each of the core values.

Once we rated it individually, we had to discuss and give our group rating. Post this we discussed and shared our thoughts with other

groups.

After sharing of the rationale of why each value



was important and its rating the group arrived to the consensus shared above.

The outcome of this workshop was overwhelmingly tilted towards being Faith that defines

us followed by “Fellowship”

The Second workshop took us even deeper into how we in India should grow, expand, create awareness and use newer techniques to spread the benefits of Catenians in our Country. This workshop was animated by Bro. Eugene Das, DAR, CC.



We continued to remain in the group formations; however, in this round we had some serious

questions to answer. The questions were:

1. Social events and activities – How important are they for our Catenian Association
2. How to attract “Next Generation” in becoming Catenians (25 to 40 years age group)?
3. Circle visiting and its importance for our Association
4. How important it is for us to support Parishes, Clergy and the Church as a whole?

Each of the groups did a fantastic job and came out good, logical and intelligent thoughts against each of the questions posed by Bro Eugene; a summary of the feedback has been

captured below:

Social events and activities – How important are they for our Catenian Association



Such events are very important for our Association

- Platform for better interaction resulting in bonding
- Helps in identifying hidden talents / skills
- Drawing families together and learning from each other
- Showcasing the Association in Society at large
- Fundraiser for Catenian Charity



- Platform for Catenian Youth to show case talents

How to attract “Next Generation” in becoming Catenians (25 to 40 years age group)?

- Encourage children to join
- Recognise the achievements and talents of Catholic Children – to make them aware
- Organise an annual programme for Catholic Youth
- Have a Youth Wing (at each Circle) (University, Job Migration, Parish)
- Have competitions – Music, Public Speaking
- Youth exchanges - Circles, States, Countries
- Website – Information
- Facebook – Social media
- Introduce our own children

Circle visiting and its importance for our Association:

- Gain a friend / increase your base (contacts / acquaintances)
- Make up attendance by attending other circle meetings (credits)
- Pick up best practices / inputs from other circles and vice versa

How important it is for us to support Parishes, Clergy and the Church as a whole?



- A professional group to support Parish and Parishioners in their area of expertise (talent pool)
 - Support the Clergy for formation of Priest vocation (Financially)
 - Support retired Clergy
 - Support Lay people to bond together in Faith
 - Upbringing the children in Faith
- After our internal group discussions, each group presented their points and shared the rationale behind their thoughts. It was indeed a very enriching workshop with a lot of useful and pertinent ideas and thoughts being shared. Bro. Eugene summarized the session by taking cognisance of the inputs received from each group. After a short tea/coffee break, Bro. John Rayer, DDA, CC then outlined steps on Restructure and India’s move to becoming a National Council. He also briefly mentioned following the restructure of IDT, the Development areas are now having 28 circles with 750 members. In India, he
- Firstly, mentioned the right steps that had been taken: Growth, Area Councils, Next Gen conference, this Strategy session, Bro Eugene Das as DAR on CC etc.
 - Then talked about the next steps:

- o Capitation- resolve it and do it and find a solution that is fair to the whole Association
- o Operating vehicle: follow the advice to use AoP, consider the next steps in parallel
- o Financials; be seen to manage them efficiently and effectively
- o Development: have a plan and manage local development with the



- cost/benefits of developing Metro Centres
- o Compliance: use the new handbook
- o Benevolent fund: He and Tony Godden will discuss the applicability to India with the Trustees of the Benevolent Fund
- o New areas for development, to consider Bro Honorato Velho's suggestions
- o Development of Areas into Province: Demonstrate maturity but do not get hung up about it
- o National Council: Double the numbers at a measured pace and be seen to be ready to take on responsibility and fit into the structures.
- o Communication: Catindian, Catena and



proposed website
He wished India good luck and mentioned the progress made in India and looked

forward to witness a better growth from here on. He was confident that India can move to become a National Council. Following his talk, it was followed by Question & answer session; ending with encouraging impressions of the workshop by John McDermott.

Bro Captain Eddie Viegas, President-AC30 gave the Vote of Thanks thanking the Panjim Catenians and also appreciated particularly Bro Agostino



and Bro Derrick for all the help rendered in making the Workshop a Success and to Bro Joey who clicked the moments! Bro Alan was thanked for his excellent time-keeping and Bro Arun for his assistance in the registrations.

Conclusion : It was felt by all Brothers that this was one of the well- thought initiatives that allowed Indian Brother's to have a platform to discuss and share their experiences on Catenians, think out of the box about future initiatives, learn and share from the experience of the visiting Brother's from overseas. The workshop was conducted in a professional manner

involving each participant and ensuring none of the delegates even realizing it was a post lunch session.

The participants were very happy to have participated in the Strategic workshop and all looked forward to a full day session...

**Lloyd Rego
Thane Catenians**



Red-letter day for Malta Catenians

November 16 was a red-letter day for the Catenian Association in Malta and Gozo, which on that day became Province 23 of the Catenian Association worldwide.



The first Circle of the Catenian Association in Malta was set up in May, 1981 thanks to the efforts of British Catenian Bro. Stanley Clark, who had retired in Malta, and who attended Sunday Mass in English at a chapel in a Maltese village by the name of Mensija. There, one day in 1979, he approached four Maltese young men and encouraged them to recruit friends to form the first Circle. Eventually, Mensija Circle came into being.

Since then, four other Circles have been set up -- Valletta, Victoria (Gozo), St Julian's and San Lucjan, while the San Pawl Group was formed last year. All told, there are about 200 Catenians in Malta and Gozo.

The formal inauguration of the Malta and Gozo Province was held at a gala dinner at the Corinthia Palace Hotel, Attard, attended by just over 200 guests, including a 60-strong

party of mostly UK Catenians and their wives who had travelled to the island for the annual



Malta Week organised by the local branch of the Catenian Association.

The inauguration was presided over by the Association's Director for Development Areas, Bro. John Rayer, who conducted the



installation of the director of the new province, Bro. Joseph Delia, of its president, Bro. Achille Pace, and officers and Councillors on the provincial council. Bro.

Rayer hailed the creation of the new province as a milestone in the history of the Association as it was the first to be formed in 30 years.

In his after-dinner address Bro. Joseph Delia proposed that the newly canonised John Cardinal Newman be declared joint patron saint of the Association together with St Thomas More. He said his motto will be: “We are here for each other, reaching out to others”, explaining that the Association provides a wide network of friendship nourished by the Catholic faith, with its Members making themselves available to Brothers and Brothers’ widows in need while concerning themselves also with the plight of their brethren outside the Association.

He also announced that he will seek to galvanise the special relationship that exists between the Brothers of Malta and Gozo and the Brothers of Great Britain by his endeavouring to twin Province 23 with another Province in Great Britain.

He then thanked past Grand President Tony

Godden and presented him with an inscribed silver platter in appreciation of his constant support of the Association in Malta .

In his concluding address, Bro. John Rayer explained the province’s role and encouraged it to attract new and young members in continental Europe .

Bro. Brendan O’Connell, who at the venerable age of 92 travelled to Malta for the occasion, that coincided with Malta Week, presented a beautiful cup to the newly-installed Provincial Director on behalf of the Australian National Council to mark the Council’s congratulations to the new Province. The presence of Bro. Brendan carried a special meaning because he was the first Brother assigned by the then Grand Council to be ‘in charge’ of Malta & Gozo.

The promotion of Malta & Gozo to Provincial status is a significant achievement for the Association in its development process. The new Province’s Brothers give their grateful thanks to Central Council for granting them such status.



If you **judge** people, you
have no time to **love** them.

- Mother Teresa

**Joint Meeting of PANJIM CIRCLE 353, GOA RIVEIRA CIRCLE 354,
GOA VASCO DA GAMA CIRCLE 363 & MAPUSA CIRCLE 377**



10th Anniversary of Panjim Circle 353 and a decade of The Catenian Association in India





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Hold these dates for travel in 2020

Considering international travel this year? Looking for a destination that offers a range of experiences and also opportunities to be with people with whom you have that special bond of shared faith and values?

Well, in 2020 The Catenians' Australian National Conference will be held in Sydney from Friday 21 to Sunday 23 August.

The outline of the Conference will follow the well-established Australian model, commencing with a Workshop on Friday followed by Conference sessions on Saturday, concluding with Mass on Sunday. These events will be supported by a social programme comprising an informal evening Reception, Conference Dinner and Farewell Lunch.

The Programme outline is:

Day		Session	Topic	Attendees
Friday	21	Morning	Workshop Topics	Members only
		Evening	Reception	Open to Guests
Saturday	22	Morning	Reports from ANC, GBNC, CC, Catena, Bursary Fund, Benevolent Fund, Motions on notice	Members only
Saturday	22	Afternoon	Keynote Speakers	Open to Guests
Saturday	22	Evening	Conference Dinner	Open to Guests
Sunday	23	Morning	Conference Mass	Open to Guests
Sunday	23	Afternoon	Conference Farewell Lunch	Open to Guests

The Conference will provide brothers and their wives with opportunities to enjoy the faith based friendships they have made through membership of The Catenians, to forge new friendships and to experience the unique lifestyle that has moulded much of the Australian character.

Of course, you can arrange to see the man made icons such as the Sydney Harbour Bridge and Opera House, but if you have extra time you could also visit the national monuments in Canberra before visiting the snow fields in the Snowy Mountains, or experience the city-life culture of Melbourne. Perhaps you might visit Perth and travel to the vineyards of Margret Rive. Then there are some unique Eastern Australian natural wonders, such as the rainforests and Great Barrier Reef close to Cairn and some great beaches on the Gold Coast. Maybe you just want to see a kangaroo or koala, an emu or a platypus.

Yes, there's definitely a lot more to Australia than a sun-burnt country – come and visit, the welcome will be warm!

The Conference Coordinating Committee is negotiating attractive rates for hotel accommodation close to the Conference venue at the North Sydney Campus of Australian Catholic University and, as usual, brothers in Provinces 20, 21 and Area Victoria will offer some opportunities of home hosting before and after the Conference, so you can do some local sight-seeing or visit family and friends.

For further information about the Conference and supporting events, please contact:

Conference:	John Tweedie	p21.secretary@thecatenians.org.au
Province 20 (Western Australia)	Ralph and Liana Fitzpatrick	RFitz@inet.net.au
Province 21 (Qld, NSW and ACT)	George Kazs	anc.president@thecatenians.org.au
Victoria Area (Victoria) Peter and	Deirdre Walsh	vac.president@thecatenians.org.au



Outreach to a Deaf and dumb Special children school - AC 31 brothers

20 brothers from Chembur, Andheri and Thane Catenians joined to visit deaf and dumb special children school at Sangamner on 17 November . We met the kids , interacted with them, the kids sang songs for us and were super excited to see us, as they hardly get an opportunity to meet outsiders. It was a soul cleansing activity for all of us. We later ate sumptuous lunch specially cooked by their ladies chefs. bakris, curry and rice. We later moved in the afternoon to Bandadara for camping, reaching there by 5.30 pm. We had , upma organized by the team and moved to our tents by 6.00 pm. Late evening was followed with fellowship and supper. The next day after breakfast we went , followed by in the crystal clear waters of the lake, we trekked to our tents in the wilderness. We said Goodbye to our tents and had a lunch organized by the team. We returned to Mumbai with pleasant memories.

Sushil Sequeira
Secretary - Chembur Catenians



Catenian Ball Report

The Goa Dona Paula Circle 356 of the Catenian Association organised the *Catenian Christmas Ball on Friday the 6th of December 2019 at Coco Loco, Agassaim. The Ball was well attended by the members of the Association, their families, relations and friends. "The Cascades" and "The Valentino's" provided scintillating music and entertained the crowd through the night. The venue was beautifully decorated to suit the Christmas theme. Santa Claus made a grand entry and added to the merriment while surprising all the children present with exciting Christmas goodies. The Catenian Circle felicitated Mr. Francisco Martins for his distinguished list of accomplishments in the field of art and culture, at both, national and international levels. Mr. Edgar Melo Furtado was also felicitated for his extensive contribution to the expansion of the Catenian Association in India and representing the association for conferences abroad. The felicitation of the

recipients was conducted by Mr. Blasio Araujo and the President Mr. Melwin Chico respectively, and the mementoes were presented by His Excellency the Counsel General of Portugal in Goa Dr. Antonio Chrystello Tavares. The most dazzling part of the evening was the Catenian Queen contest. The winner of which was Miss Joanne D'Cunha who was crowned "Catenian Queen" by Dr. Willy Britto. A sumptuous buffet was laid at Cocoloco. Mrs Minaliz Chico e Lobo was the compere for the event which ended on a joyous note.



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Spiritual reflection for the month of January, 2020

By Fr. Eufemiano Miranda

1ST JANUARY (Wednesday):- God sent forth his Son born of a woman (Gal.4:4-7)Comment:“Frailty thy name is woman” exclaimed Hamlet referring to his mother the queen in the famous Shakespeare's tragedy. “All creation's good, mercy, compassion grace thy womanhood”, thus prayed Dante Alighieri to Mother Mary in his Divine Comedy. Challenge: In my approach to every woman and everyone born of a woman, do I highlight the creation's goodness, compassion, graciousness often in everyone or do I see only frailties and inadequacies and faults?

2ND JANUARY (Thursday):- I am the voice of one crying in the wilderness (Jn.1:19-28)Comment:We all have a tendency to build our image by telling others what we are by our degrees, high position, profession, social and blood relations. However, I am what I am by the inner wealth of my personality. Challenge: My personal, social, academic, professional weight is valuable only, in the measure in which, by my Christian calling, I am a voice of the voiceless or of the causes for which few raise their voices.

3RD JANUARY (Friday):- I myself did not know Him (Jn.1:29-34)Comment:None of us can claim full, perfect knowledge of who/what Jesus is. He is and He will remain always a mystery: God who is truly man; a man who is truly God. Only through a humble prayer and contemplation - the area where the Holy Spirit works on us, we will know who Jesus is. Challenge:In my prayer today, I will ask the Holy Spirit to give me a new insight into the knowledge of the saving mission and power of Jesus.

4TH JANUARY (Saturday):- They stayed with Him that day; it was about four in the evening (Jn.1:35-42)Comment:My prayer life must lead me to an encounter with Jesus, a memorable experience of having met Him, as it was for the disciples. As such, the disciples recall the point of time of the event. Challenge: Every moment of my day today shall be a brief, joyous, memorable click of intimacy with Jesus and the Holy Trinity dwelling in me.

5TH JANUARY (Sunday-Epiphany):- Herod inquired of them where the Christ was to be born (Mt.2:1-12)Comment:When in doubt, to inquire is a duty, an obligation of intellectual honesty, of moral reachout. Challenge:The fruit of inquiry should be to grasp better a situation to be remedied, in order to build better relationships, to extend help and not merely satisfy curiosity. When I inquire, I must respect the privacy of the persons.

6TH JANUARY (Monday):- He went about.....healing every disease and every infirmity among the people (Mk.4:12-25)Comment:The more our world develops economically and financially, the more it is under the spell of diseases such as misunderstandings and conflicts among siblings, psychological depression, loneliness in old age, the feeling that elderly parents are a burden on professionally occupied children. Challenge:To remedy, to heal such diseases, I should adopt the attitude of detachment to material wealth, of letting go, of keeping in mind the attitude “after all he is my brother, my sister, my good neighbour”.

7TH JANUARY (Tuesday):- You give them something to eat (Mt.6:34-44)Comment:Was it a physical multiplication of loaves? There is a greater significance if we perceive the gesture of Jesus as His power to convince the people to share the little dry lunch that some persons had. Love increases several times our small material possessions shared because it satisfies the hearts of the people. Challenge: Refuse to consume, refuse to create garbage and you will be able to give what you save.

8TH JANUARY (Wednesday):- Take heart, it is I; have no fear (Mt.6:45-52)Comment:We all go through dark nights, fears, trials. My Christian faith teaches me that there is always a light at the end of the tunnel. Challenge: Only with a clear perception - disengaged from preconceptions and bias, free from fears, inhibitions, consideration of personal loss and gain - I will see the miraculous and my heart will be filled with wonder.

9TH JANUARY (Thursday):- All spoke well of Him and wondered.....But others said: Isn't he the son of Joseph? (Lk.4:14-22)Comment:Opinions about persons swing by personal likes and dislikes of those who are close to them. Challenge: To be able to understand the events around me and to relate myself healthily to persons, I must know myself and be myself, be aware of what is good and excellent in me, correct what needs to be corrected with all humility and graciousness.

10TH JANUARY (Friday):- Yes, I wish, be cured (Lk.5:12-16)Comment:The whole human race is suffering from one kind of disease or another. If not of the body, there are ailments such as hurts, loneliness, helplessness, frustration, bitterness, resentment etc. Medication and psychological counselling can cure us but only God can heal us. Despite my condition, Jesus sends me to heal others. Challenge: The world needs me, a wounded healer. How well am I functioning as such, in the place of my work, in the area of my profession?

11TH JANUARY (Saturday):- He must increase and I must decrease (Jn.3:22-30)Comment:Our spiritual life must aim to let Him - His goodness, resolve to empty Himself, approach of compassion and forgiveness, graciousness - grow in me. Challenge: To allow Jesus to grow in me shall mean that I shall strive to instill in my children, the young men and women around me, in the school, in my residential area, today, one value: graciousness by my words and example.

12TH JANUARY (Sunday):- ... So that the righteousness of God be fulfilled (Mt.3:13-17)Comment:God's righteousness can be grasped only by the one who internalizes the mystery of Incarnation, of God's self-emptying, the Creator - Lord becoming servant of His creatures. Challenge: Ad maiora natus sum - I am born to greater things: This was the ideal of the saints. Belong to, be a part of, get yourself involved in something bigger than your personal petty aim. Think of Communio India, Promotion of Christian Art in Goa, musical formation, Museum of Christian Art, Old Goa Project.

13TH JANUARY (Monday):- Change your hearts..... I will make you fishers of men (Mk.1:14-20)Comment:The Gospel with the richness of its values needs a congenial soil to sprout: a heart that is humble, free from attachments, optimistic, encouraging. Challenge: I shall avoid spiritual, emotional cholesterol by cultivating a heart that never hardens, a temper that never tires and a touch that never hurts.

14TH JANUARY (Tuesday):- He was teaching with authority (Mk.1:21-28)Comment:Learning and teaching is a life-long process. Life and much more so faith is always teaching us and I must all the time learn; and once I have learnt, I must teach with the authority of my example. Challenge:We talk, discuss and teach about climate change, global warming, pollution, garbage etc. Am I prepared to travel by public transport or just walk whenever an occasion arises and thus burn less fossil fuel? It would mean my 'drop-in-the-ocean' contribution towards the solution of the problem.

15TH JANUARY (Wednesday):- And holding her by her hand.... He cured her (Mk.1:29-39)Comment:To love a person is to give a helping hand, hold gently the weak hand and raise the person. Challenge:I promise myself today to make all with whom I interact with feel that there is something worthwhile, valuable, precious in them.
16TH JANUARY (Thursday-Feast of St. Joseph Vaz):- I am sending you as lambs among wolves (Lk.10:1-11) Comment:To proclaim the Gospel is not a comfortable work, free from risks and dangers. The Good Lord does not promise to comfort us or make our life comfortable and safe but to be with us to be comforters and saviours amidst eventual hostilities and opposition. Enjoying a situation of worldly privilege is counter-witnessing. Challenge:Resist the craving for status of minority complex, feeling like a victim or running away from difficulties, while with pride I assert myself to fight any injustice done to me.

17TH JANUARY (Friday):- Son, your sins are forgiven (Mk.2:1-12)Comment:Forgiveness by God in Jesus is the greatest act of compassion. "When I forgive, I forget", He assured us. Yet, under a wrong understanding of sorrow, we tend to wallow in guilt feelings. Challenge:To go to the Sacrament of Reconciliation, in order to experience the freedom from self-satisfaction, fear of the truth, pride, arrogance, self-righteousness.

18TH JANUARY (Saturday):- He saw Levi, son of Alpheus..... and He told him: Come after me (Mk.2:13-17)Comment:Human look can be of attention, of compassion, of lust, of possession, of graciousness, of contempt, of indifference etc. Jesus looked at Matthew with compassion and loving choice.Challenge:Let me look today at persons, taking notice of the other person. My way of looking will reveal to me whether I am a person humble, pure, of deep faith, of genuine love or not.

19TH JANUARY (Sunday):- He is greater than I (Jn.1:29-34)Comment:John's preaching could attract to him praise and glory. Indeed everyone who was hearing him, took him for a holy and blessed person. He did not allow such glorification to go into his head.Challenge:I will try to have a perfect measure of my size and not allow my refrain "I, me, myself" to cloud my relationship with those with whom I work.

20TH JANUARY (Monday):- So long as they have they have the bridegroom with them, they cannot fast (Mt.2:1-12)Comment:In the new way of life established by Jesus, there will be no place for rituals such as fasts, processions, long prayers, prostration for the sake of doing them as a tradition. We need them only as means of our participation in the mystery of Death-Resurrection of Jesus.Challenge:I promise myself to make the following fast: never gossip, never judge others, finish everything I help myself on the plate, befriend the one who disagrees with me.

21ST JANUARY (Tuesday):- Why do you disciples do on Saturday what they are not allowed to do? (Mk.2:23-28)Comment:Pharisaic attitudes - finding faults in others, inability to see any good in them, "I am holier, more smart and capable than you", self-satisfaction - exists in all of us. Challenge:An inward journey I must undertake to try to find out all the nuances of pharisaism in me.

22ND JANUARY (Wednesday):- Get up and stand in front of all (Mk.3:1-6)Comment:When we stand before the public, we are very conscious of our image. If I feel that I am not going to cut a good image, I feel shy or even run away. The paralytic must have said: "But it is Jesus with me, why should I feel nervous and diminished?". Challenge:With inner self-confidence I say every moment: "I am what I am. My weaknesses and inadequacies are my strength", then everybody will respect me.

23RD JANUARY (Thursday):- The devils were falling before him crying out "You are the Son of God" (Mk.3:7-12)Comment:There was an aura of awe and astonishment before the person of Jesus. He was not a magician or a scholar, a miracle-worker. He was simply a person filled with the power of the Holy Spirit. Hence His ascendancy with his humility, graciousness, openness of heart to everybody coming close to Him.Challenge:When I see disorder, filth, garbage, uncleanliness, my reaction instead of being full of complaints and blame-game shall be one of doing, with my ascendancy, order, cleanliness, healing the wounds, instilling confidence.

24TH JANUARY (Friday):- You have repaid me good, whereas I have repaid you evil (1Sam.24:13-21)Comment:It is one of the most iconic stories of the Old Testament: the noble vengeance of David towards Saul who wanted to kill him (David). It is worth reading and re-reading the text (1Sam.24:13-21). Challenge:People are unreasonable, illogical, self-centred. Love them anyway.

25TH JANUARY (Saturday-Feast of Conversion of St. Paul):- Jesus warned them (the disciples) (Mt.16:15-18). Go out to the whole world; proclaim the Good News (Mt.28:19) Comment:To proclaim that Jesus is the Christ of God, means going beyond saying that He is a miracle-worker, a teacher greater than the philosophers and master-teachers of this world. It is to share with others the experience that He is the Way, the Truth and the Life. Challenge:In prayer and a short reflection, I will see my faith-experience in the light of that of Peter and Paul. Division and persecution within the Church shall never shock or undermine my faith.

26TH JANUARY (Sunday):- Let the light shine (Mt.4:12-23)Comment:What is the Christian vision and mission? What should stir us to action? The proclamation of the Kingdom of God to all people, through the living of the

Gospel. How is this possible? By being a “light” to the nations.Challenge:Do not be so self-preoccupied; live the Gospel fully in all of your relationships - within the faith community and beyond it. Let your joy in the Gospel be contagious.

27TH JANUARY (Monday-Memorial of Saints Titus and Timothy):- Eat what has been set before you; heal the sick; proclaim that the Kingdom of God is near at hand (Mk.3:22-30)Comment:Like John the Baptist, the disciples are expected to be forerunners preparing the way for Jesus. The mission tasks handed over to the disciples cover every aspect of human life.Challenge:We have to regard ourselves as sealed, even branded by this mission of bringing light, blessing, enlivening, raising up, healing and freeing.

28TH JANUARY (Tuesday):- Whoever does the will of my Father, he is my brother, my sister, my mother (Mk.3:31-35)Comment:The first step towards learning to do His will, is my constant awareness that God who is love has made his home within me. Challenge:Do I vibrate with joy? Am I filled with the self-assurance that He accompanies me every moment, ever present to assist and comfort me?

29TH JANUARY (Wednesday):- And some seed fell on good soil, it sprouted and it produced fruit (Mk.4:1-20)Comment:Too often people immerse themselves in all kinds of things they consider important: their jobs, political affiliations, forms of entertainment etc. However, deep down there is a dissatisfaction..... As disciples of Jesus, this is an opportunity for us to to sow the seed of the Word.Challenge:Honesty and Frankness make you vulnerable. Be honest, frank, rich in your convictions anyway.

30TH JANUARY (Thursday):- There is nothing secret that will not be made public (Mk.4:21-25) Comment:We live under various kinds of fear: fear of rejection, (Am I really appreciated?); of taking responsibility (What if I fail?); of the future (What will happen to me?).Challenge:Divine anchoring after the example of David, seated before the Lord (1st Reading). Human anchoring: get guidance, support from persons of sanctity, integrity, discernment.

31ST JANUARY (Friday):- For the harvest has come (Mk.4:26-34)Comment:Small is great and beautiful. Good things come in small packages. Just look at modern gadgets. Jesus spoke of his disciples as “small flock”.Challenge:To believe that the minority dimension of the Church is a proof of the reality that the disciples in God and God's power and not their social, cultural, economic, political resources. Never to live with a minority complex.

**THE OBJECT OF A NEW YEAR
IS NOT THAT WE SHOULD
HAVE A NEW YEAR. IT IS THAT
WE SHOULD HAVE A NEW
SOUL**

G.K. CHESTERTON

Up-cycle old clothes to make Christmas décor

By Ninoshka Alvares-Delaney

We spend so much time shopping for the perfect Christmas decorations to adorn our house during the holiday season. What if we had our own decorations, customized to our own taste, which will last us for years to come?



Ever thought about up-cycling old clothes to create lasting memories? Do you have an old sweater that has a hole and you don't know what to do with

it? Or your favourite pair of jeans that does not fit you anymore? Or a shirt that once belonged to your late grandfather, whose memories you want to cherish forever?

With a little bit of patience and creativity, a sewing kit and some glue, you can make your own Christmas decorations this year.

Baubles for the Christmas tree:



Baubles can be made by wrapping strips of old fabric over an old plastic ball. Alternatively, you can stuff old socks with pieces of fabric, or foam in the shape of a ball



and tie up the top with a satin ribbon. Add some sparkles or beads and sequins to make it bright and colourful.

Christmas wreath:

Use a circular frame like a wire, a hoop or a pressure cooker washer. Tie strips of fabrics around the frame and attach a satin bow to one end. The more strips you use, the denser and more attractive the wreath will look. For best results, use Christmas colours such as green, brown, white, red and gold. A more colourful wreath can be used all year round.

Christmas stockings:

Use any fabric from an old sweater to an old pair of jeans to make Christmas stockings. Cut out two pieces in the shape of a stocking. Sew on the two edges together with thick yarn or contrasting



embroidery thread. You can further customize each stocking by painting or embroidering the names of family members. Similarly, you can make Santa hats.



Decorative snow man:

Old white socks or sleeves of white sweaters, or the legs of an old pair of white leggings can be used to make tiny decorative snow men to display around the house. Stuff the

socks or sleeves with foam or pieces of fabric to create a cylindrical form. Sew shut both the edges. Tie the cylinder a little off centre to create a snow man shape. Sew on buttons for the eyes, nose and mouth. Use another strip of T-shirt fabric to create a hat and muffler for the snow man.

Cushion Covers:

Make a patchwork of old fabric pieces in Christmas colours. Alternatively, applique Christmas motifs such as stars, angels, bells or triangular Christmas trees on a solid coloured base. Re-purpose old button down shirts to make the back of the cushion cover. To preserve the memory of a loved one, you can also make a cushion cover out of their old garment.

Table clothes:

Edges of a solid coloured table cloth can be applied in Christmas colours such as red, green and white. Paint or embroider Christmas messages on the table cloth to give it a festive feel.

Gift wrapping:

Wrapping presents in fabric has been a very old practice. The Japanese have been using *Furoshiki* wrapping cloths for the longest

time to wrap gifts. Koreans use a *Bojagi* cloth. They believe that keeping something wrapped protects good luck. Wrapping gifts in fabric is not only eco-friendly, but also hassle free as compared to paper and plastic. It's easy to wrap just about anything in fabric, from boxed gifts, to wine bottles, books to groceries. A few things to keep in mind when wrapping presents in fabric is to make sure that the fabric is thick and sturdy enough to take the weight of the present. Use a square piece of fabric that is at least three times the size of the gift. You can use old table cloths, a handkerchief or a bandana. The fabric can be lined in a contrast colour to make the wrapping more interesting. Make sure that the edges of the fabric are finished and do not fray. An alternative to fabric gift wrapping is the use of homemade cloth bags made out of old clothes.

Think about it! This year, using your old clothes to make Christmas decorations and wrap gifts will not only help you save



money, but will be a huge load off the environment. Unfortunately, a lot of ready-to-use decorations available in the market are made out of plastic. Imagine how grateful mother earth will be if you adopt this small change in your lifestyle this Christmas season.

Have a Merry Christmas!

(NinoshkaAlvares-Delaney is a National Award winning Fashion Designer and creative director of the sustainable fashion label Ninoshka. You can follow her on Instagram and Facebook @ninoshkaindia)

BOOK REVIEW: THEY BROKE THE SILENCE

STANLEY COUTINHO

She said. Nobody listened. That she said at all, was taken amiss. What she said, was rubbish. Then they all said #MeToo ... and (with due apologies to Robert Browning) “it was as if an army muttered, and the muttering grew ... to a mighty rumbling and out of the houses the rats came tumbling” Surreptitious celibates, arrogant judges, politicians, and those with casting couches, groping employers, inebriated customers, and, sickest of all, the elders at home. When once rumours would float in frightened whispers and victims refused to speak; and those who spoke were shredded mercilessly in law courts and the media; while powerful and wealthy perpetrators ensured silence through pay-offs and threats; when once the victims took the more comfortable option to “move on” ... it was now the time to speak.

Jodi and Megan ventured here, acutely conscious of the underhand tactics and outright sabotage that the predators were capable of. The “wrenching, risky decisions of the first brave sources to break the silence...” which formed the tentative basis of their report, crept like tiny waves coaxed upon the shore, later assumed diluvian proportions ... which, among other things, prompted Time magazine to name “The Silence Breakers” as 2017 Person of the Year. The authors’ painstaking efforts led to the publication of their first article titled: “Harvey Weinstein Paid Off Sexual Harassment Accusers For Decades” in the New York Times in October 2017 and all hell broke loose. Incidentally, the book also refers to the authors’ investigation into allegations against Donald Trump and Brett Kavanaugh.

While the detailed steps leading to the article and the arrest of Weinstein make for interesting reading in themselves, it is the observations and questions spread throughout the book that reveal the true

nature of the research, and the researchers, pulling their work out of the ordinary, from a dreary victim-based account to a revelation from a position of power:

How much is truly changing, they ask, and is it too much or not nearly enough? What should accountability look like? In the world of journalism, they admit, the story is the final product; but in the world at large, it only signified the emergence of conversation, action, change. Interestingly, as this review is being written, the sale of Ronan Farrow’s book about Weinstein has been blocked by threats of legal action, in Australia.

In the initial stages of their investigation, they’re aghast at the amount of help that help Weinstein had to cover-up his predatory activities. The Guardian (as recently as the 26th of October, 2019), reports equal surprise at “how readily they’ve been welcomed” when these perpetrators come out on bail; in fact, when rape survivors objected to Weinstein’s presence at a New York show recently, they were told to “shut up” and were escorted out.

Jodi & Megan also ask: What happened to women who spoke up, and what did they make of everything that had transpired thereafter? The authors discuss this and several other questions with 12 survivors on the 16.01.2019 – poignantly recorded in the “Epilogue”. Perhaps the hope expressed by the authors in the “Acknowledgements” says it best: To our daughters, and to yours: may you know respect and dignity always, in the workplace and beyond.

A CHRISTMAS SEASONING

By Les Menezes

CHRISTMAS STUFFING

Any roast fowl would welcome this as its companion on the Christmas dinner table.

Ingredients

Potatoes 1 kg
4 minced onions
2 minced tomatoes
4 slit green chillies
2 tbs garlic
3x1 inch sticks cinnamon
8 cloves
Chicken liver/ Chicken gizzard/ Bacon: 250gm each
Chicken cubes 2
6 crushed hard boiled eggs
2 tbs chopped green coriander
pepper/salt

Procedure

Step 01 POTATOES

Wash potatoes thoroughly; place in large pan; cover with water till potatoes are visible.

Boil till cooked; peel off skin; cube.

Fry cubed potatoes; keep aside.

Step 02..SPICES

Mix the onions, tomatoes, green chillies, garlic, cinnamon, cloves.

Fry till onions are cooked.

Step 03 MEATS

Chop 250 gm each of liver, gizzard and bacon

Fry till well done. Flavour with Chicken cubes.

Step 04 COMBINATION FINALE

Combine Potatoes, Spices, Meats.

Add crushed hard boiled eggs, chopped coriander leaves, salt and pepper to taste.

SERVE WARM or CHILLED with HOT or COLD roast turkey, duck, chicken or any other fowl

CHICKEN KAUSUE (ka-sue-a)

A Burmese "street" curry that is welcome in any season served with noodles, rice and garnishes. It's one of my signature dishes.

Ingredients

A. Chicken

2 tbs oil
8 pieces chicken (preferably leg, thigh pieces)
2 medium sliced onions

2 tsp garlic
2 tsp ginger
2 tsp chilli powder

B. Spices

1 tsp pepper
2 tsp cinnamon
½ tsp clove powder
2/4 tsp coriander
¼ tsp turmeric
½ tsp cumin
4 cubes
2 cups water
2 tsp cardamom
1 tbs vinegar (optional)
1 cup coconut milk (optional)

C. Garnishes

ESSENTIAL

Garlic (cut in half and fried)
Onions (sliced, fried)
Coriander leaves (sliced/ chopped)
Spring onions (sliced/ chopped)
Lemons (quartered, deseeded)
Chilli flakes

OPTIONAL

Eggs (hard boiled, chopped)
Onions (sliced, raw)
Nuts (cashew, peanuts – chopped)

PREPARATION

Step 01

Fry ingredients A in oil till onions are soft,
Add chicken, coat with ingredients and fry till browned and cooked to the bone
Keep aside

Step 02

Mix all the spices in B (including vinegar, if desired) in water and bring to boil.
Add fried Chicken mixture and simmer.
Add coconut milk at the very end (5 minutes) of the simmer

Step 03

Serve Chicken gravy on cooked noodles or rice or both till dish becomes soupy.
Garnish with garlic, coriander leaves, spring onions. Sprinkle chilli flakes generously. Squeeze lemon juice liberally.
(Essential)
Optional garnishes (hard boiled eggs, raw onions, nuts) add distinctive flavor.

Note: Chicken can be replaced by mutton, beef or for that extra zing, a combination of both.

Recipes

A CATENIAN ANTHEM BASED ON THE CATENIAN PLEDGE

TOGETHER WE WILL STAND

LYRICS: BRO. STANLEY COUTINHO
MUSIC: PIERRE FERNANDES



Moderato

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17 BRING-ING ALL OUR JOYS BRING-ING ALL OUR LOVE BRING-ING ALL OUR TA-LENTS ALL OUR LIVES

MEDIATION TO RESOLVE DISPUTES

WHAT IS IT? DO YOU NEED TO KNOW MORE?



-Not everything needs to be fought in Court. Resolve disputes through Mediation

-Speedy Justice -
MAINTAIN Relationships.
 Repair Communication -
REDUCE COSTS
 Keep private issues private.



Oasis Knowledge Tree



Goa
**COMMUNITY
 MEDIATION
 CENTRE**

WORKSHOP MODULE:

First Sunday in a Parish

- will be dedicated to creating awareness about the concept of Mediation.

TIME PERIOD	THEME / TOPIC	STYLE
10am – 10.30am	Presentation on Mediation & Conflict	Interactive Talk Session & Exercises
10.30am – 11.15pm	How Mediation is different from the Court System, Arbitration, Lok Adalat	Interactive Talk Session & Exercises
11.15am – 11.30am	Comfort Break	
11.30am – 12pm	What are the different kinds of cases that can be referred to Mediation + the process & advantages	Interactive Talk Session & Exercises
12pm – 12.30pm	LIVE DEMO OF MEDIATION SESSION	
12.30pm – 12.45	BATNA / WATNA - Why you should convince your lawyer about mediation	Interactive Talk & Practical Session

The follow-up Saturday in a Panaji Centre from 9 a.m. to 1 p.m. (afternoon) & 2 p.m. to 5 p.m.

- will be dedicated exclusively to serving those who want give Mediation a try.
- Certified and trained mediators would provide personal attention to parties who bring forward their disputes. This first session will be FREE.
- It would operate in the form of a free legal aid clinic, but in a more private setting, where only parties to the dispute and the certified mediator would address the conflict behind closed doors.
- Each Session would go on for a maximum of one hour. Both parties will get an opportunity to present their case. If the case needs further time, then the certified mediator will assign time for another session of mediation in a more

Contact us:

- **Adv. E. O. Mendes** - Accredited Gr 'B' mediator
+91 7972662678
- **Mr. George Ninan** - Accredited Gr 'B' mediator
+91 9822123001
- **Adv. Shailendra Bhohe** - Accredited Gr 'B' mediator
+91 9823165663
- **Ms. Gandha Sahu** - Accredited Gr 'B' mediator
+91 9011610300