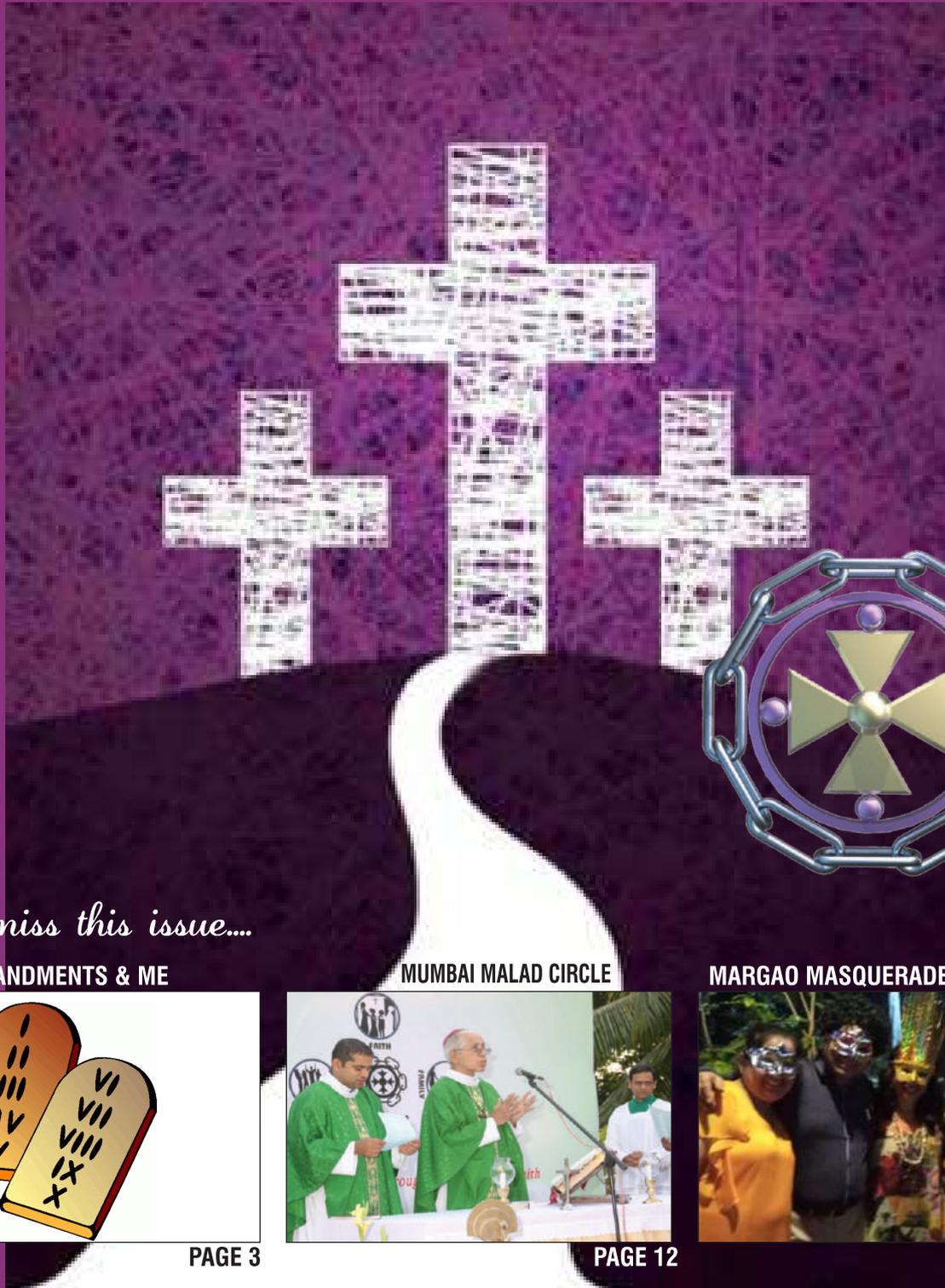


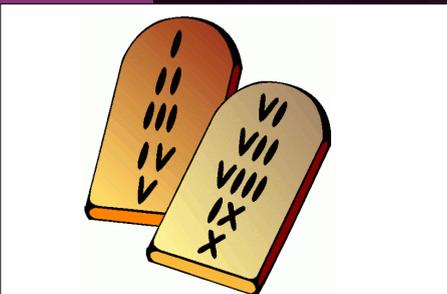
THE CATINDIAN

Year 1/Issue 9/March 2020



Don't miss this issue....

TEN COMMANDMENTS & ME



PAGE 3

MUMBAI MALAD CIRCLE



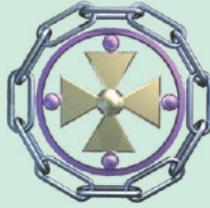
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MARGAO MASQUERADE BALL



CENTRE PG.

THE CATENIAN ASSOCIATION IN INDIA



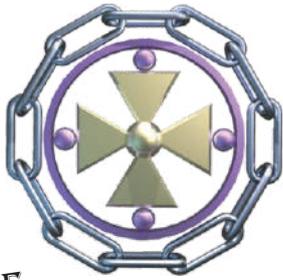
The Catenians

*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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in India**

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From the Editor's Desk

We march into MARCH triumphantly with our readers coming out of the woodwork all over the Catenian World to savour the new flavour: CATINDIAN, spiced with growing Indian activities and garnished with overseas essences.

In this issue, we look forward to the preliminary arrangements for the 2020 Australian National Conference and the friendly competition for the India-Australia Membership Trophy. Besides this, the attractions of the Sydney Venue and the sight-seeing opportunities carry my personal guarantee. I have lived there for more than 30 years: Sydney is a blast.

Looking back, John Rayer on the behalf of John Hogan and their wives reaches out appreciatively to the enthusiastic helping hands that made their recent visit to India memorable. Malad Circle 364, the first in Maharashtra, figured significantly in our previous issue but the printer's devil played hell with their content and photos, so you have repeat servings, properly presented, of their Inaugural Christmas Party, the Orphanage Party and their visit to the Clergy Home at Bandra. Fascinating.

We are blessed with outstanding writers. Stanley Coutinho wears many hats. But no in-depth book review this time; instead, a down-to-earth discussion of the 10 Commandments which brings them to our doorstep to enter into our lives as everyday realities. He also writes "poetry off the cuff". He must have a very large cuff or many cuffs to throw off so many gems. Then there is "The World of Books Off the Shelf". Nothing *off* about either of them.

And now, some self-development: Aurio Pereira kick-starts the reawakening of our passion for life in *Coach Yourself Towards Success*; Capt. Eddie Viegas continues his YOUTH series with focus on

positiveness; and the *Lenten Eco Calendar* should take up residence in the minds of everyone.

The FOOD FOR THOUGHT wobbles in on its humourous legs in *English as She is Spoken and Written*. Our body parts and

organs are scared stiff. Can *Health Advice* pacify them? Find out how.

One of our F's is Food, Fun, Frolic". A delicious recipe with the Bengali favourite HILSA fish represents our growing presence in DAKHA – 3 Circles already. The other is a Maharashtra sweet. The two sitting together on a table would conjure up a unique Fellowship (another of our F's) experience. Chembur and Thane profiles introduce us to our new Brothers in our growing Family.

Finally, a travel feast: a trip to Choroa gloriously painted in words and pics by Mrs. Glenda Coutinho. Though I have one foot in Choroa and the other in Malar, she opens out the beauty of the island with a magical *Open Sesame!* touch.

Enjoy the CATINDIAN monthly ride.

We shall be back with more soon.

- Les Menezes



THE TEN COMMANDMENTS – AND ME! STANLEY COUTINHO

The first known human awareness, perhaps, of the sense of “sin”, arose from the Ten Commandments.¹ John 3:4 confirms this. It was “law”, and it is in the nature of laws to try and be as comprehensive as possible; no law can cover all mischief that the human mind can conceive of; and the very comprehensive-ness is its undoing. Those who have to follow it, take the letter of the law and analyse it to shreds, its spirit is lost in the voluminous verbiage that doesn't help anyone. Jesus, while declaring that He had not come to destroy the law but to fulfil it, spoke on the essence of the Law in two great commandments: Love for God and love for our neighbour (Matthew 22:37-40). We could look at the 10 commandments as God's dictates, disobeying which, would lead to God's wrath upon us; or we could go for a more effective adherence to those dictates, and get at the essence and spirit of the Law.

Each of us would probably have our own idea of the essence, spirit and the values enshrined in the Commandments. As a part of my personal Lenten reflection, I would like to present some of my thoughts on the subject.

- The First and Second Commandments are clear: the service of God (in our own respective spheres of life) is supreme, and so is the respect of His Holy Name. The “strange gods” could be anything that takes precedence over this unquestionable supremacy.

- The Third Commandment, requires that one day be set apart for sacred duty.

- For many of us, “honouring” our parents starts after they have passed away: we offer Masses and decorate their graves on appointed days. Can we offer our seat to an elderly person in church or in a public transport, or offer them a lift in our vehicle if he/she is walking?

- Since the Fifth Commandment forbids killing, most of us can say, hopefully, that it doesn't apply to us! But there are times when “I could have killed him!” escapes from our lips. That is when we have to recall Jesus' words: “I tell you that anyone

who is angry with his brother ... (Mathew 5:21-23). It speaks of reconciliation, and faith in God.

- Mathew 5:28 speaks strongly about adultery in the mind as against mere physical infidelity.

- God's value of justice flows through the Seventh Commandment.

- As far as I am concerned, the most important value in interpersonal relationships is the aspect of “bearing false witness”. This is not a reference to the witnesses in a court of law. We have low-level defamation here and slander; detraction and calumny; idle gossip where the “first-to-know” is the winner if he/she is the “first-to-tell”. Or when to try to curry favour with one, you make up tales about another, spoil their relationship. If “Blessed are the peacemakers”

- The Ninth and Tenth Commandments speak of coveting the good fortune of another.

3 Having gone through the basic Law, it becomes clear that the spirit thereof is seen in Jesus' response to the young man: The first and great commandment is: You shall love the Lord, your God, with all your heart.... and, the second is like it: You shall love your neighbour as yourself (Matthew 22:37 & 39).

There is a stage where, at an intellectual level, we understand the law as it stands, and we consciously decide to follow it, based on what is known as “informed compliance”. This could be a turning point for most of us from, say, blind obedience of some vague law handed down to us. So, from this intellectual exercise, it is the grace of God that fuels the next stage: value-based living in accordance with the Law of God. This stage is a manifestation of our spiritual growth – achieved but rarely. Perhaps Jesus' reminder, “Many are called, but few are chosen” (Mathew 22:14) applies here.

Meditating on the letter of the law could help us get to that level. If we do not see the law as a statement of values but as a mere set of rules,

we may not be motivated to obey it. We should remember that Jesus (in the Sermon on the Mount) expounded on values such as humility, empathy, meekness, seeking righteousness, mercy, purity, peace-making and enduring persecution with joy, for both righteousness and for Christ's sake (see Mathew 5:1-12), thus emphasising the spiritual mind-set necessary to follow God's law in its true spirit. Meditation is the first stage of thought necessary to achieve an understanding of the word of God. This "thought", first of all, needs us to know the content of the law: which requires us to go beyond the mere reading of the law. We then

analyse: what does the law permit, what does it forbid? Why? What do I need to develop by way of habit/attitude/faith to apply those values in my life? How can other tracts of the holy scriptures help me in this quest?

There is no "how-to" guide on this subject! There is no standard operating procedure. To each is given the grace to work on his own conscience. The Lord will "give unto this last, even as unto thee" (Mathew 20:14).

May the grace of God be with you, through the season of Lent!



LENT 2020

Pray The HOLY ROSARY Daily / www.facebook.com

February 26 --- **ASH WEDNESDAY**

April 5 --- **PALM SUNDAY**

April 9 --- **HOLY THURSDAY**
TRIDUUM

April 10 --- **HOLY FRIDAY**
TRIDUUM

April 11 --- **HOLY SATURDAY**
TRIDUUM

April 12 --- **EASTER SUNDAY**
SOLEMNITY

Important business for Indian brothers at 2020 Australian National Conference

Peter Tilbrook

First, the personal business.

Drawing on the experience of past Australian National Conferences, the Conference Coordinating Committee has identified the View Hotel, 17 Blue Street North Sydney, as the property most likely to meet visiting brothers' requirements.

Situated next to North Sydney Station and reviewed on *tripadvisor* as at least 4 on all measures, it offers easy rail access for international and domestic air travellers and, of course, to the Sydney CBD. Onsite parking is available and facilities include a restaurant and a lounge bar. Importantly, the property is within walking distance of all programmed events, except the Conference Dinner, and particularly accessible to the on campus events and Mass venue. Booked this far in advance, harbour view rooms, particularly those on upper levels, are available at very competitive rates.

An important item of business in the morning session of the Conference will be the announcement of the winner of the Australia - India Membership Trophy.

Inaugurated at the 2018 Australian National Conference, the Trophy is intended to strengthen the fraternal bond between Catenians in India and their brothers in Australia and encourage development of the Association through friendly competition in the recruitment of new members to existing Circles. The country with the greatest percentage increase in new members in existing Circles during a Catenian year (1 April to 31 March) is awarded the Trophy.

Fittingly for an artefact of a proudly Catholic fraternity, the Trophy features images of Saints important to the Church in the respective countries, St Mary of the Cross MacKillop and St Francis Xavier.

While the life of St Francis Xavier is widely known throughout the universal Church, few outside Australia and New Zealand would be familiar with the life of St Mary MacKillop.

Born in 1842 to Scots parents in Melbourne

suburb of Fitzroy, Mary MacKillop was educated by her parents. As her father proved an unsuccessful farmer, the family became dependent on income earned by his eight children. Mary, the eldest, commenced clerical work at 14 before taking a position as governess to the children of her uncle and aunt in rural Penola, South Australia, in 1860.

Already set on helping the poor whenever possible, she soon included the children of workers on the property in her lessons, as well as engaging with the children of the local indigenous people. This brought her into contact with Fr Julian Tenison Woods, who was the parish priest of the south east region of the State.

After two years Mary moved to Portland, Victoria, where she established a boarding school for "young ladies". In the meantime Fr Julian had become the first Director of Catholic Education of the State of South Australia and had become concerned by the lack of education opportunities, particularly for Catholic children, in the State.

In 1866 he invited Mary and two of her sisters to return to Penola and establish a school, which opened that year with more than fifty children enrolled. At this time Mary declared her dedication to God and began wearing black.

On the feast of the Presentation of Mary that year several other women joined Mary and her sisters in this dedication and Mary adopted the [religious name](#) of Sister Mary of The [Cross](#). The small group began to call themselves the Sisters of St Joseph of the Sacred Heart and began wearing simple brown habits. This combination of name and habit made it inevitable that the sisters would become colloquially known as "the Brown Joeys". It was the first religious institute to be founded by an Australian.

Soon Mary and her Josephites were involved not only with schools, but also with orphanages, neglected children, girls in danger, the aged poor, a reformatory and a

home for the aged and incurably ill. Generally, the Josephite sisters were prepared to follow farmers, railway workers and miners into the isolated [outback](#) and live as they lived.

The Josephites were an unusual congregation in two ways. Firstly, the sisters lived in the community rather than in convents. Secondly the congregation's constitutions required administration by a Superior General chosen from within the congregation rather than by the bishop, which was uncommon at the time. It also made for a series of fraught relationships with members of the clergy and Hierarchy, one of which saw Mary excommunicated for a time and another her removal as Superior General. Mary, however, remained active in the governance of the congregation and was re-elected to the office in her later years.

Notwithstanding these travails and Mary's frail and failing health, the ministries of the congregation flourished and by her death had spread throughout Australia and New Zealand. Mary died on 8 August 1909 at the Josephite convent in [North Sydney](#). Things had changed; the Archbishop of Sydney, Patrick Cardinal Moran, said: "I consider this day to have assisted at the deathbed of a saint."

August 2020 is the month in which the twenty fifth anniversary of the beatification of Mary MacKillop and the tenth anniversary of the celebration of her canonisation as St Mary of The Cross MacKillop, the first Australian

Saint. Her Feast Day falls on 8 August. For Catenians in Australia it will mark twenty five years during which her intercession has been sought at the commencement of Circle meetings and when new Australian brothers make the enrolment pledge.

Brothers attending the Conference Mass to be held in the Memorial Chapel which bears her name will have the opportunity of visiting St Mary's tomb, which is situated next to the sanctuary.

But what of the Australia - India Membership Trophy?

In 2018 the honours went to team India, so they have a well-earned reputation for getting runs on the board. But, are there Membership Officers of the calibre of Steve Smith in Province 20, or Marnus Labuschagne in Province 21? Perhaps there's the equivalent of a Warner piling up memberships in Area Victoria. Or has team Australia taken its eye off the ball in their notorious summer 'silly season', lulled into complacency by the round of Christmas festivities and January joint Circle meetings? Join your brothers at the Australian National Conference in Sydney for what could well be a stunning result - as commentators are wont to say.

In the meantime, no letters to the Editor about boomerangs, please!

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

sydney2020@thecatenians.org.au



COACH YOURSELF TOWARDS SUCCESS

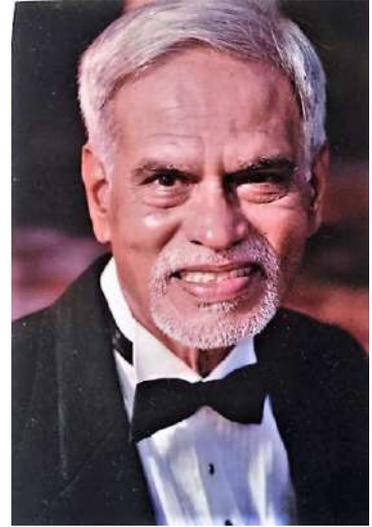
Bro. Aurio Pereira

Be your own life coach. Create and re-create as you take things day by day. Many people know where they want to be, but are not aware, why they can't get there. Identifying that block is the first step. While a therapist or a counsellor may look into how your past is affecting you, one can create strategies for change building on your strengths.

Steps towards self-betterment

1. Write a life history – jot down the story of your life so far – your key experiences, turning points, successes, aspirations and what means most to you. It may help to narrow it down to your top greatest achievements, disappointments. It is a way of realising your true self.
2. Learn to appreciate yourself - Be your own best friend and thus boost up your confidence. Talk to yourself as you would to a treasured friend and enjoy your own company. Reflect on the successes in your life – a good job, close friendships, different interests. Live for yourself not just hanker after relationships.
3. Take responsibility – It can be tempting to blame others or circumstances for what happens to you, but this is disempowering. What we think, say and do can have a dramatic impact on our own lives and those around us. While you can't determine others' behaviour or influence all events, you can choose how you react to them. When you accept that you create your own world, your life really can open up. There is a story about two brothers:- one of them served 10 years for armed robbery. When asked why he had done it, he said that his father had been an alcoholic and had spent years in and out of prison, so how could he be any different? The second brother, who had a happy family and a good job said that his father's alcoholism and life of crime had him determined to do the opposite.
4. Create space for yourself – Respond to the demands in your life by creating space and

thinking time for yourself. Time to reflect is essential for our quality of life, so build up this time even by being away by yourself.



5. Generate more energy – Ensure that your diet is healthy. Learn to relax and control stress. Plug up the energy drains – anything from drinking too much coffee to sorting out bills. Learn to let go, moving on and living in the present rather than the past.
6. Live in the moment – Nothing saps energy like the constant nagging feeling that you should be doing something else. Train yourself to listen, without interrupting, with the aim of fully understanding and connecting with the other person.
7. Look at life holistically – We can't be spiritual all the time – we have to live in the real world. Be honest about your real income and spending patterns.
8. Bring more fun in your life – A lot of suffering arises from taking life too seriously. Laughter, playfulness and relaxation are beneficial to the body, as well as to the mind affecting how rapidly you age, your immune system and how your body responds to stress hormones.

Accordingly, you will reawaken your passion for life and your confidence being boosted, you will never be lonely and depressed

“A society is in danger when those who never learnt to OBEY are given the mandate to command.”

Youth - A time to Be Positive

Capt. Eddie Viegas

And Jesus said unto them, "For verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you".

Imagine, over two thousand years ago, Jesus himself was teaching people about Positive thinking. Jesus did not talk of a Faith as big as a Pumpkin or a water Melon. He spoke of a Mustard Seed. Have faith in God and belief in yourself and you can do wonders. When it comes to achieving something, the first hurdle we face is our own self. We often start thinking that something we would like to be is not possible because of our negative thinking.

Ask any youngster to say a few good things about herself/himself and often you find that she/he is stuck for words. They fail to realize the gifts that God has endowed them with. A good physique, limbs that work, good looks, nice hair, an ability to talk and communicate, a brain to think, natural gifts to sing, paint, dance, play games, a good home, parents, a good school, the goodness of our Church and the community we live in, etc are some of the gifts almost all of us are facilitated with. But why is it that some of us go on to achieve great success while others remain behind. The answer lies in ones attitude. A positive attitude leads on to greater heights of success while those who think that higher levels of

achievement are not within their reach remain behind.

We all know the story of David and Goliath. When young David was discussing about Goliath with his compatriots, he said "Why don't you stand up and fight him" Those around him said " Don't you see he's so big to hit". David replied " No, he's not big to hit, he is too big to miss" The rest is history.



Success in life depends on how one looks at the opportunities before you. The difference between **can** and **cannot** are only three letters. Three letters that determine your life's direction.

Positive and negative are directions that lead to different outcomes. Which direction do you choose?

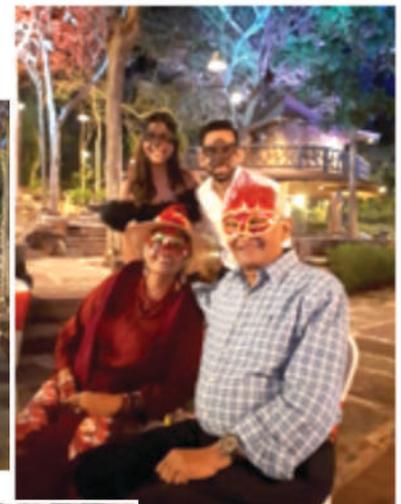
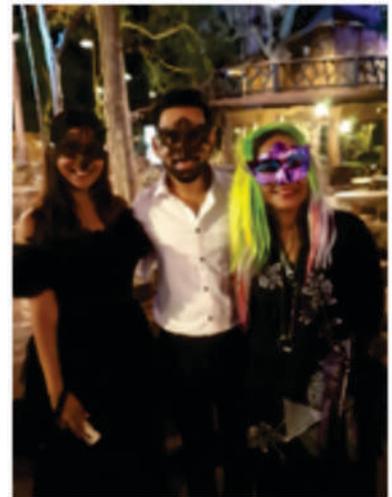
Think big and work towards it and you will surely achieve success. It is a well known Maxim which says " If you think you can, you will. If you think you cannot, you are right"

The author is a 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.

A negative mind will
never give you a
positive life.

— UNKNOWN AUTHOR

Margao Circle 358 Celebrates Its Anniversary With A Rollicking Masquerade Party



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			<p>FEB 26 Dedicat Fast to who go every da</p> 
<p>MAR 01 Watch a sunrise or sunset</p> 	<p>MAR 02 Unplug one light bulb for the whole of Lent</p> 	<p>MAR 03 Say "No" to a single-use plastic item</p> 	<p>MAR 04 Eat loca produce benefit local far</p> 
<p>MAR 08 Praise God for women! They give and nourish life</p> 	<p>MAR 09 Walk instead of taking a car or rickshaw</p> 	<p>MAR 10 Learn how to segregate dry and wet waste</p> 	<p>MAR 11 Be polit all those who ser</p> 
<p>MAR 15 Pray with Psalm 148</p> 	<p>MAR 16 Use public transport for long distances</p> 	<p>MAR 17 Consciously buy things with less packaging</p> 	<p>MAR 18 Do a ge deed to a poor p</p> 
<p>MAR 22 Compose your own prayer of praise to God for creation</p> 	<p>MAR 23 At night, switch off the computer from the mains</p> 	<p>MAR 24 Contact NGOs that recycle tetra packs and plastic</p> 	<p>MAR 25 Offer up family re victims natural</p> 
<p>MAR 29 Spend some prayerful time observing the soil, grass and rocks</p> 	<p>MAR 30 If you need to take a rickshaw, try to share one</p> 	<p>MAR 31 Start a compost pit for wet garbage</p> 	<p>APR 01 Give aw clothing do not r</p> 
<p>APR 05 Find out what it means to be an Eco- Ambassador</p> 	<p>APR 06 Commit to installing energy saving devices</p> 	<p>APR 07 Find an NGO that collects e-waste</p> 	<p>APR 08 Save wa (the poc from wa scarcity</p> 

APR 12 **EASTER SUNDAY**

On this day we experience the joy of new life.
Let us pledge to make this a reality for all of creation.

CALENDAR 2020

Complete your daily task



DAY	THURSDAY	FRIDAY	SATURDAY
Feed your hungry people	FEB 27 This Lent, read and reflect on the encyclical <i>Laudato Si'</i>	FEB 28 Have a vegetarian meal each Friday in Lent (and always)	FEB 29 Start growing some vegetables at home
Alert farmers	MAR 05 Find out more about eco-friendly homes	MAR 06 Resolve to avoid all junk food. Start now!	MAR 07 Keep a water bowl out for the birds
Share news	MAR 12 Read a news item on climate change	MAR 13 Say "No" to Colas	MAR 14 Involve the neighbourhood in growing a tree
Generous person	MAR 19 Follow up on what's happening about COP 26	MAR 20 Consciously cut down on wasting food	MAR 21 Do some gardening; get in touch with the soil
Library for disasters	MAR 26 Initiate an Eco Awareness session in your parish or society	MAR 27 Avoid wasting drinking water at restaurants	MAR 28 Express your gratitude to plants by watering them
Way you need	APR 02 Take the lead in starting a Green Cell in the parish	APR 03 Cut down on packaged food and bottled water	APR 04 Spend time looking at insects around you
Water sufferer	APR 09 Use social media to promote green practices	APR 10 This Good Friday, thank God for our farmers	APR 11 Offer support to an endangered species

We invite you

TO SHARE YOUR STORY OF HOW YOU HAVE FOLLOWED 'GREEN PRACTICES' DURING THIS LENT.

Write to

mumbaiaoc@gmail.com



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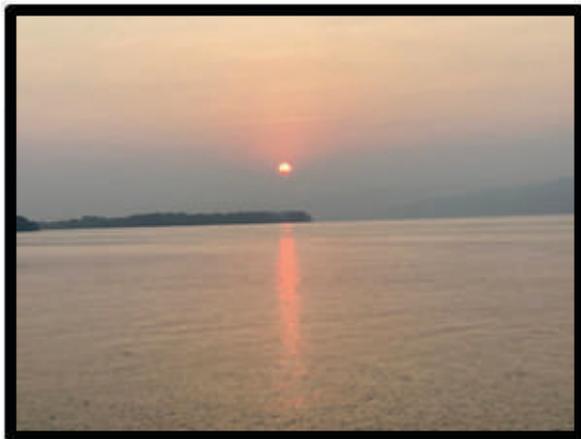
Magical Chorão!

MRS GLENDA COUTINHO

Having come back to Goa after four generations of wandering around in the sub-continent, Stanley and I feel the need to absorb as much of Goa as possible, within as short a time as possible! Perhaps it goes beyond mere sight-seeing. Perhaps it is a yearning to find the Golden Goa that was “fed” to us as we grew, so far away and yet ever-so-close. When short summer vacations only served to whet our appetite for more ...

The striking landscape

So, when time and weather permit, we are off to see places, with little organised groups, or with a friend or two, or on our own. Recently, we discovered the magic of Chorao! We left at 5.45 in the morning, braving the cool breeze that awakened in us a unique kind of alertness, a sort of anticipated excitement. First to Ribandar, for the ferry. The sunrise on the Mandovi was nothing less than a poet's delight, supplemented by the stupendous scenic



Sunrise on the Mandovi, taken from the Ferry

beauty as we approached the island.

Most Goans know that the original name of the island was Chuddamani (for

“diamond” in Sanskrit), but the irrepressible feeling of entering into a cool and pleasant time-warp is something that needs



to be experienced. Little mud-houses with thatched roofs huddle together in hamlets, co-existing harmoniously with white-stuccoed churches and colourful “Portuguese” houses. In that frozen time-span, short and bucolic, the island was also known as *Ilha dos Fidalgos*. Terrible times followed with the plague of 1766 and its relapse in 1878 which all but wiped out the population of the island – thousands succumbed, many fled to safer locations ...it was not until a hundred years later that people dared to come to the island to settle down.



The striking landscape

Chorão, today, has a huge variety of attractions. What hits us first (after the positively striking beauty of the landscape) is the large stretches of

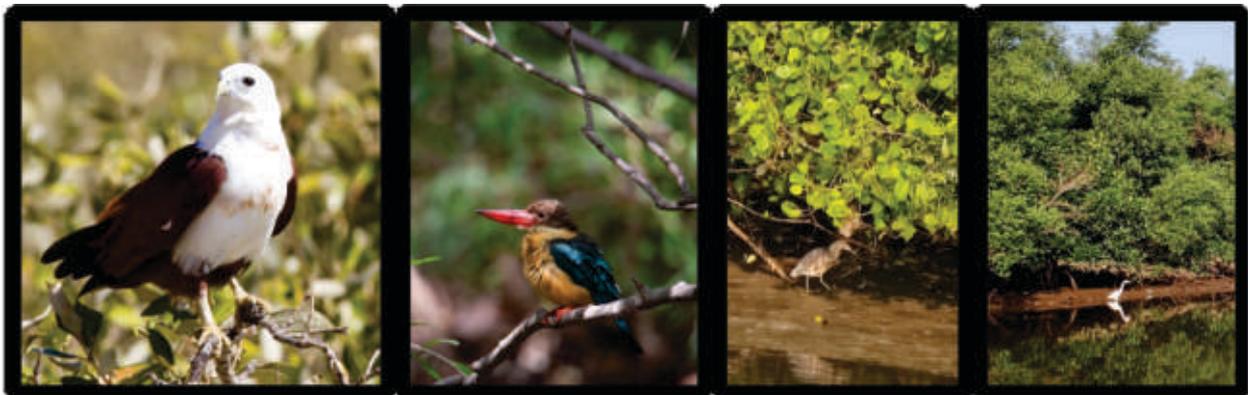
mangroves reflected upon the clear waters of the Rivers Mapuca and the Mandovi. While the famous Salim Ali Bird Sanctuary, the biggest of its kind in Goa, is located here, we were also told to expect a large variety of birds and animals as the motorised canoe putters along...

... for instance, as we floated alongside the darkly beckoning shadows of the mangroves, with the *shvttte* (State fish of Goa) popping up and down around us, the boatman pointed to a crocodile that immediately jumped off the bank with a huge splash and disappeared into the waters – scary, **and** disappointing! He also said that if we were lucky, we could spot a family of otters scurrying across the river or hiding among the drooping branches of the mysterious mangroves. But they did not oblige. And the wolves and foxes, the wild boar, jackals and porcupines, all said to be natives of the island, did not make an appearance either.

countryside – 16th century churches, and temples that predated the Portuguese. St. Bartholomew (in Ambelim village) was the first one we saw, sharing the fears and the fervour of the early Christians. The ruins of an old seminary was another source of deep reflective rumination. There was a “Devaki Krishna Temple” here, dedicated to the biological mother of the Lord Krishna, the deity of which was smuggled out to Mayem and then to Machel – a sad story in itself. Legend has it that they met on this island, but the better-known fact is that this is the only place in India, where both of them are worshipped together.

Chorão was once known (16th-19th century) for its cheese: *Queijo da Ilha de Chorão* has disappeared today, but the island has still a lot to say “Cheese!” about.

With that smile still on our lips, we next plan to visit Usgalimal (a second time), near Rivona in Sanguem, for its pre-historic petroglyphs on the River Kushvati. It's rock art which is said to be 20,000 to 30,000 years old showing animals and



We were fortunate, however, to see the: Brahminy Kite, Stork-bill Kingfisher, Green Heron, Black-beaked Egret, and several other species like the Pond Heron, Red Shank, Sandpiper, Yellow-beaked Egret, Bharadwaj (or Crow pheasant), cormorant, Black-headed ibis and the fruit bat.

And then we went on to soak in the picture-postcard beauty of the

human figures – and as you sit on the rocks and imagine the paleolithic man with his crude instruments of art, what you need to handle most is the goose bumps.



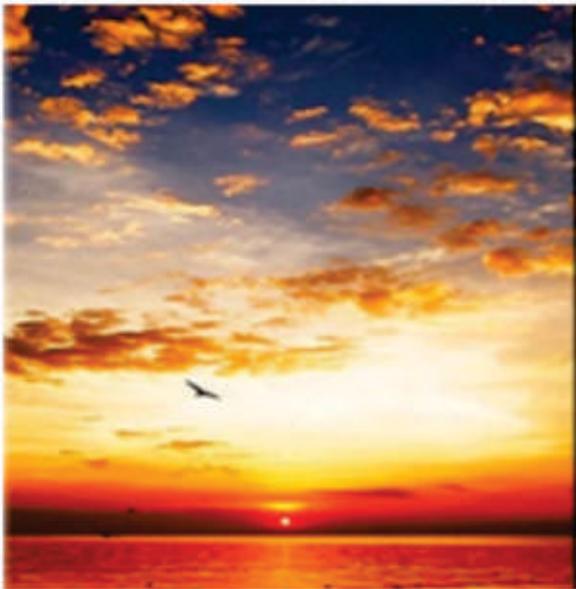
A prehistoric bison beckoning ...

POETRY OFF THE CUFF!

STANLEY COUTINHO

I have always wondered at poets; they can make words sing in harmony with their hearts, portraying feelings that most of us barely manage, with our long-drawn prose, to express. And they do it in rhyme! Shakespeare went to incredible lengths in lines and lines of his characteristic iambic pentameter! Milton conveyed pithy wisdom in his sonnets. I didn't want to be left far behind.

It all started with my irritation against people who think the sun wouldn't rise unless they sent out their greetings. I thought I'd irritate them right back by sending them short verses based on their forwarded messages. A sample of my poetic attempts are here, some serious, some in fun, some somewhere in between. Here goes:



*Ah, somewhere a glorious dawn doth break
And someone's breath away doth take!
As ever, the brilliant sun shall rise
While night crawls to its corner, and dies.
Sometime then, my darkened soul,
to light awake. To light awake!*



*Oh, the sun is up, the birds are singin'
As a new bright morn in they're
bringin';
And gorgeous flowers enhance the
charm
Of a dawn that breaks amidst
ripples.... so calm.*

I received the image below on a half-cloudy morning, and I was in a pensive mood:



*The promise of a
fine day dawning,
Hidden in a grey-
haze morning,
And the half-
smile of a little girl!*

*The memories of
yesteryear,
The laughter, the
occasional tear,
Flit off the half-smile
of a little girl.*

*A half-smile is perhaps
a token
Of pleasure or pain,
mostly, unspoken,
But, mark you, it sets
your mind awlirl.*



*A bunch of Hibiscus
brightens our morning,
Where four have pushed
forward, the bouquet
adorning
Butas they display their*

*So often we notice the brash
and the bold,
And leave the shy ones alone
in the cold;
Until he picks up the guts to
step out....
Proving time and again that
Talents don't shout.*

Then one day, after having carried on this exercise for several weeks, I was quite disturbed when Maurice (the compulsive good-morning-er) sent a plain text message saying: "Good morning and have a nice day." In response to another friend's (Paul) question as to why I was "disturbed", I wrote:

*There was a young man named Maurice
Who'd wish us the best with his flores.
But one blessed dawn
He left me forlorn
Damping my poetic forays!*

*Adding insult to injury, our Paul,
Asks why I find Maurice at faul'
While my pen gathers dust
And my mind goes to rust
This Maurice refuses to play ball!*

So, as a challenge, Maurice sent another greeting for the day:



*I would be wary
Calling that a canary
Cos I'm not so friendly with birds!
But if boards they would carry
Saying "Tom", "Dick" or "Harry"
I would certainly cry, "How
absurd!"*

*For unknown they'd all like to be,
And care nought for or-n'-tho-lo-gy
They'll greet you each morning
With their chirping at dawning
Regardless of Doc Salim Ali!!*



*Are these roses? For that's what I'd love
To smell along life's stints;
Oh, targets and aims, ambitions I have
With bruises, and fractures and splints,
But of this I am sure
When I shuffle off this tour ...
He'll ask if I smelt 'em or didn't!!*



*For metal birds I'd never thought,
That proper words would e'er be
sought
for poetic composition!
But on an urn did John Keats cry
And Blake, on "fearful symmetry",
Quest'ning. Powerful passion!*

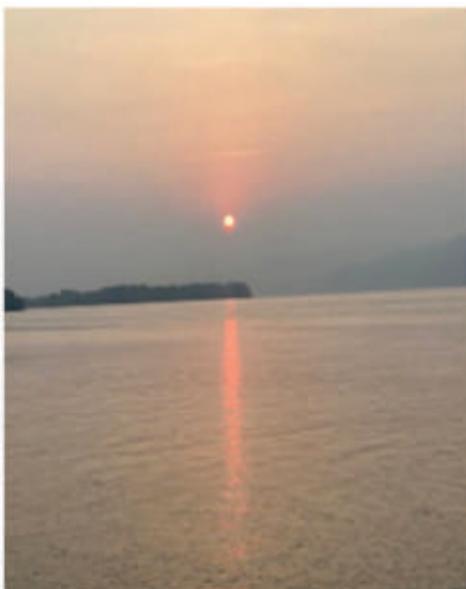
*Can we too ask if, when or whether,
With birds of steel, so stiff of feather,
A poem could e'er be urged?
They watch unseeing, the electric wire,
which no words, e'en fleeing, inspire.
On the morn's wistful shadows though,
could words be splurged!*



*Blue skies, bright clouds bring
memories
Of happy times long passed,
When gentle wafts and breezes
Would carry sweet whispers that
cast
My pain and my fears,
My worries and my tears
Away. Ah beautiful paradise lost!*

*Today, there's concrete all 'round
me
The soft breezes are all in my
mind
The smog and the dust just
surround me
And ...there's worse coming up
for mankind
As sunflowers die in a day
And the birds and the bees fade
away
And other frightful changes we
find.*

There's a hundred more where these came from; I won't bore you will all!
My wife sent me a photograph as she was crossing the Mandovi for a visit to Chorão:



*As the sun rises far up the Mandovi,
Pushing away the dark;
The calm of the waters gives to me
For versification a spark.*

*I'll take the river, the sun and its gold
And set a nice poem for thee
And fill it with love and with treasures untold
And send it to you just from me!*

I can tell you this last one brought the cheese on my breakfast table!

Recipe for Puranache DIND – Traditional Sweet Maharashtrian pastry by Varsha Das

This is normally prepared on Nag Panchami – a traditional Hindu festival. No fried or salty food is prepared on this auspicious day. One such popular Nag Panchami recipe being shared. Hope you may all like it. Would love to have your feedback

Ingredients:

For stuffing:

Chickpeas - 100 grams
Grated jaggery - 100 grams
Cardamom Powder - 2 pinches
Nutmeg powder - 2 pinches
Chopped nuts (cashews and almonds) -
1 tbsp
Water -2 cups

For covering:

Wheat Flour - 100 grams
Vegetable oil - 1 tbsp
A pinch of salt
Ghee(Clarified butter) for serving

Preparation:

For stuffing:

- Wash and soak the chickpeas (chana dal) in water for thirty minutes. Cook it in a pressure cooker until you hear 2 whistles.
- Drain the water from the chickpeas using a sieve and put it onto a thick bottomless pan. Add the grated jaggery. Keep the heat medium or low, and keep stirring.
- As the jaggery melts, the mixture will become liquidy, but will thicken gradually. Once it becomes thick, switch off the stove and add cardamom powder, nutmeg powder, chopped nuts, and mix well.
- Wait for the mixture to cool, and then make the mixture into balls.

For covering:

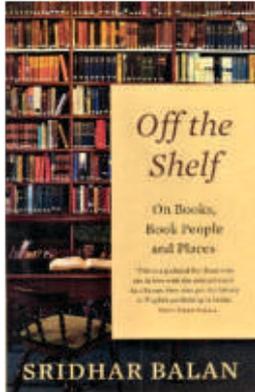
- Heat the vegetable oil and mix with wheat flour and salt.
- Add hot oil to this mixture and stir.
- Make a stiff dough using the water, and leave aside for twenty minutes.
- Roll the dough into thin medium size round shapes, put the stuffing inside, fold the dough around the stuffing to cover it properly. Steam like momos for 15-20 mins. Serve hot with clarified ghee.

Mrs Varsha Das is the wife of Bro. Eugene Das, Developing Area Representative, President Area 31 & Past President Andheri Circle.



Reminiscences of a professed Book-lover

STANLEY COUTINHO



OFF THE SHELF

ON BOOKS, BOOK PEOPLE AND PLACES

Sridhar Balan

SPEAKING TIGER BOOKS 2019

₹399

Pages 246

Sridhar Balan taught at JNU and the North-Eastern Hill University, Shillong, before he moved into publishing in the 1980s, denying his father's wish for him to join the civil services; and underlining his assertion that a career in publishing may not be a conscious career choice for most people. Now a senior consultant with Ratna Sagar, he is involved in promoting reading in schools. This is his first book, and it conjures up the image of a man sitting on his veranda, recalling "the old days" while sipping on his evening glass of arrak, addressing a motely group of admirers.

In the book, we meet Rieu, who was the first to head the Oxford University Press in India, and according to Balan, was a "curious choice"; his successor, Roy Hawkins, (Hawk), who was responsible for publishing works by Jim Corbett, Salim Ali, KPS Menon, Minoo Masani and a host of other celebrity writers, joined OUP in 1930 "under some very curious circumstances". We also have writeups on Ravi Dayal of OUP, Ram Advani, a bookseller in Hazratganj, Dhanesh Jain, (Managing Director of Ratna Sagar Publishing House till 2019), Dean

Mahomed ("the first Indian author in English" who also ran a coffee house and massage parlour in London, and published his record of travels and adventures), Swami Vivekananda and Pandit Nehru's meeting with Andre Malraux.

One can hardly disagree with his assertion that if reading itself is to be kept alive, we need to motivate our children. One would also lament with him over the general lack of importance given to books – in short, when we declutter our homes, the first casualty is books – and it hurts as "we lose our memories"; and that holding up a *Kindle* is not quite the same as proudly displaying one's library.



The real bonus in the book is the report on the **First Folio**, and the efforts of John Heminges and Henry Condell in publishing it: the first collection of Shakespeare! Balan traces the story through all the cases of piracy and Shakespeare's failure to keep a record of his writings; we also get a fascinating glimpse of the theatre during Shakespeare's times. We learn that 750 copies of the First Folio were published out of which 80 are in the Folgers Shakespeare Library in Washington (out of some 234 that still survive with different collectors).

Detailed accounts of libraries in the various cities (Tirunelveli, Buenos Aires, Japan, Bogota) are available, particularly the Biblioteca Alexandrina near ancient Alexandria. He describes this one in great detail and speaks of the outer wall of this library, which carries words "from the languages and civilizations of the world". It is apparently a random selection, but Balan finds a character in the Tamil script (see the pic) and arrogates it to Malayalam!

Then he translates the word to mean: "you", and based on this misinterpretation, waxes on the "plurality" of this centre of learning because the "you" includes everyone of "us".

The word for "you" both in Tamil and Malayalam is "nee" as it is found at the end of the word "Hindustani" in the Devanagari script (please see the illustration). This is equivalent to the Hindi word "tu" – an affectionate term when used with those close to us, and as an insult to others... The "nee" (depicted on the wall, and as found at the end of the work Kalyani) has no meaning whatsoever. So, all that is said about the "plurality" and the power of "you" and "us" has no basis at all.

Incidentally, Balan also needs to know that "Company Bahadur" as used in the Moghul times, was the East India Company itself (not its officials), and Alexander was a Macedonian, not a Greek.

ILLUSTRATION

ணி	ണി	णी
The character on the outer wall of Biblioteca Alexandrina; the Tamil character that appears at the end of the word "Kalyani"	The equivalent character in Malayalam	The equivalent character in Hindi (Devanagari)
நீ	നി	तू
Tamil word for "you" (2 nd person singular)	Malayalam word for "you" (2 nd person singular)	Equivalent in Hindi (Devanagari)

HEALTH TIPS

- *1) The stomach* is scared when you do not have breakfast in the morning.
- *(2) The kidneys* are afraid when you do not drink 10 glasses of water in 24 hours.
- *(3) The gallbladder* is scared when you do not sleep until 11 o'clock and do not wake up at sunrise.
- *(4) The small intestine* is scared when you eat cold and stale food.
- *(5) Large intestines* are scared when you eat more fried and spicy food.
- *(6) The lungs* are scared when you breathe in smoke, dirt and polluted environment of cigarettes and bidis.
- *(7) The liver is scared when you eat heavy fried food, junk food and drink alcohol.*
- *(8) The heart* is afraid when you eat your meals with more salt and cholesterol.
- *(9) The pancreas* is scared when you eat more sweets and oily foods because of the taste and being freely available and consume alcohol in excess.
- *(10) Eyes* are scared when you work in the light of mobile and computer screen in the dark.

And

- *(11) The brain is scared when you start thinking negative things.*

Take care of the parts of your body and do not scare them.

These parts are not available in the market. Those available are very expensive and probably cannot be adjusted in your body. *So keep your body parts healthy.*

FUNNY ENGLISH

ENGLISH AS SHE IS SPOKE AND WROTEN

A humorous poem: For your pleasure only. Only the English could have invented this language!

We'll begin with a box, and the plural is boxes,
But the plural of ox becomes oxen, not oxes.
One fowl is a goose, but two are called geese,
Yet the plural of moose should never be meese.
You may find a lone mouse or a nest full of mice,
Yet the plural of house is houses, not hie.
If the plural of man is always called men,
Then shouldn't the plural of pan be called pen?
If I speak of my foot and show you my feet,
And I give you a boot, would a pair be called beet?
If one is a tooth and a whole set are teeth,
Why shouldn't the plural of booth be called beeth?
Then one may be that, and three would be those,
Yet hat in the plural would never be hose,
And the plural of cat is cats, not cose.
We speak of a brother and also of brethren,
But though we say mother, we never say methren.
Then the masculine pronouns are he, his and him,
But imagine the feminine: she, shis and shim!

Let's face it - English is a crazy language.

There is no egg in eggplant nor ham in hamburger;
Neither apple nor pine in pineapple.
English muffins weren't invented in England.

We take English for granted, but if we explore its paradoxes,
We find that quicksand can work slowly, boxing rings are square,
And a guinea pig is neither from Guinea nor is it a pig.
And why is it that writers write but fingers don't fing?

Grocers don't groce and hammers don't ham?
Doesn't it seem crazy that you can make amends but not one amend.
If you have a bunch of odds and ends
And get rid of all but one of them, what do you call it?

If teachers taught, why don't preachers praught?
If a vegetarian eats vegetables, what does a humanitarian eat?

Sometimes I think all the folks who grew up speaking English
Should be committed to an asylum for the verbally insane.
In what other language do people recite at a play and play at a recital?

We ship by truck but send cargo by ship.
We have noses that run and feet that smell.
We park in a driveway and drive in a parkway.
And how can a slim chance and a fat chance be the same,
While a wise man and a wise guy are opposites?
You have to marvel at the unique lunacy of a language
In which your house can burn up as it burns down,
In which you fill in a form by filling it out,
And in which an alarm goes off by going on.
And, in closing, if Father is Pop, how come Mother's not Mop?
And if people from Poland are called Poles
Then people from Holland should be Holes
And the Germans, Germs.
And let's not forget the Americans, who changed s to z,
but that's another story.

REPORTS

MALAD CIRCLE 364

Bro. Francis Rodrigues

How it all started - The beginning

In August 2013 a team led by Bro. Willie Britto made a presentation at Hotel Suba International at Andheri East on the aims and objectives of the Catenian Association. The ball was set to roll. About 4 to 5 members from Malad who attended this presentation were impressed and convinced about starting the association in Malad. The seeds were sown for the birth of the Catenian Association in Mumbai. These members met and had discussions with the liaison body in Goa. With the sustained efforts put by all, the first group of Mumbai was formed in September 2013. Bros. Willie, Edgar and Les built the foundation of Malad group and nurtured it with dedicated efforts. Bro. Edgar in particular gave his time and energy and tirelessly travelled between Goa and Mumbai to ensure that the group was formed on the principles and protocol of the Catenian Association.

The group then swelled in numbers and in a very short period of time crossed its strength beyond 25 to qualify to be christened as a "Circle". The efforts of the incumbents and the liaison body bore fruits as



Mumbai Malad Circle was set to become the first Circle in Mumbai with the inauguration scheduled on 18th February 2014.

A proud moment - Inauguration of MMC-364

Catena opened its account in Mumbai with a grand inauguration of Mumbai Malad Circle - 364 held on 18th February 2014. It was held at a 5-star property 'The Resort' at Madh, Malad West. It started with Eucharistic Service celebrated by Bishop Agnelo Gracias and Rev. Fr. Daniel Fernandes and was attended by 35 brothers and their families, visiting brothers from Goa and UK and their families. Subsequent to the Eucharistic celebration the inauguration and first meeting of MMC-364 was held.

The Grand President, Bro. John Rayer inaugurated

the Circle with the customary induction of members and council. It was a proud moment for the members, an occasion that would remain treasured in their memories forever. The members then joined their families for the grand inaugural function and fellowship. Bro. Maxie compered the evening of fun and frolic. A live music band playing English and Konkani songs was the attraction of the evening. The newly born Circle's members participated with their spouses for the Grand March led by Bro. John Rayer and his wife. Nothing can ever replace these cherished moments which will remain etched in the minds of the members for a long time. MMC-364 presented the Grand President and other dignitaries - Bros. Willie Britto, Edgar and Tony Godden with souvenirs. There were interesting and entertaining games, dance and a wonderful fellowship of members and their families.

One could witness the sense of joy in the eyes of all the members. The spirits and the grand buffet highlighted the evening's celebrations. A souvenir published on the occasion of the inauguration of MMC-364 was released by the Grand President to the cheers of all the members who had worked hard towards the publishing of the souvenir. Our President Bro. Joseph Rozario expressed his



thanks to all the sponsors. Members stayed till the end and enjoyed every moment of the evening. It was a day of glory and achievement for MMC-364, the first ever Circle in Mumbai.



Catenian Brothers of Malad and their Families Visit the Clergy Home

Mrs. Irene Warvale (Wife of Bro Dominic Warvale)

The Mumbai Malad Catenian brothers and their families, 24 in all, embarked on their annual visit to the Clergy Home at Bandra on Sunday the 19th of Jan 2020 by bus, beginning with a prayer for a safe journey and a happy day. The day began with the celebration of Holy Mass at the chapel, which was celebrated by Fr Xavier Rodrigues, himself an inmate. In his homily, Fr Xavier gave his personal testimony of life and hope, called upon the brothers to explain the aims and objectives of the Catenian Association, and exhorted the men, as members of the Association and heads of their households, to lead their families in the example of Christ himself.

After mass, we were served boxed breakfast by ever-smiling and kind hearted Sister Stella. There after we visited the priests in their respective rooms, where we were greeted warmly by each priest, who often identified old friends and former parishioners who spoke of their happy former associations with much nostalgia. At every room, they gave us their blessings and thanked us for our time. A short while later, we invited the priests to the dining hall for a few minutes of recreation, where we played a game of housie peppered with fun and jokes and plenty of prizes for the lucky winners. Then followed a loud and cheerful session of sing song with old and memorable numbers in which all joined in, singing from

their song sheets with full gusto and lots of cheer with our Bro Everton leading on his guitar and accompanied by Bro Francis. What was most encouraging was the priests requesting for song of their choice. This was a session which no one wanted to come to an end. Besides the prizes, there were thoughtfully selected gifts for every priest and the staff as a token of our love and gratitude, which they all accepted most happily. This was followed by a sumptuous meal well organized by Sr Stella which we all enjoyed and appreciated.

Though we spent only a few hours with the priests, we were reminded of our own family elders, and how, by giving a little of our time and a big dollop of affection, we could make them so happy. For us, it was a fun morning and also an emotional experience and a chance to give back, albeit in small measure, some gratitude for the lifetime of love and service our priests have given to the community.

We are thankful to our bro Aubyne and his team for co ordinating the arrangements with the ever obliging Sr Stella, the InCharge of the Clergy Home

We look forward to being with our retired priests again and pray that they may enjoy their well earned peace, comfort and the continued love of so many of us.

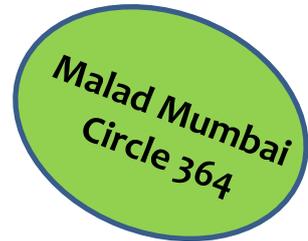


Aata Hai, Aata Hai, Santa Claus Aata Hai
Janet D'souza (Wife of Bro. Oswald D'souza, Vie President of MMC 364)

Christmas celebration



The Catenians



Come December and our 'Santa' Catenian brothers of Malad Mumbai Circle 364 open up their bags to give away the 'goodies of joy and happiness' to our less-privileged children of Sneha Sadan.

Like the previous years, these children were once again welcomed into Bro Trevor's bungalow. For me, this was the first time where I had the opportunity to meet these beautiful innocents.



What impressed me the most about these children was the punctuality, mannerism and discipline. One could not miss out the joy and eagerness of these little ones of meeting their Santa as they walked in for the party. Maybe with a belief that one day this Santa would change their life totally which within my heart I sincerely prayed for.



Coming back to the wonderous moment, as the children entered they were greeted by the Catenian members and

their families with loud applause and hugs. Oblivious to all this, they were more focused on the lightings and the



decorations. Simple snacks consisting of samosa, wafers and a piece of cake was relished to such an extent that there was no left-over in the plate. Of course, our generous Brothers and their families insisted on a second helping. All this was gulped down with a glass of Rasna.

To add a spark to their already sparkling day, Mrs



Assumpta, wife of Bro Augustine and Ms Sherin, daughter of Bro Samson had action songs. Our little 'angels' watched these two and began imitating them. What a sight to behold! And for once we all forget our age and size and were children with the children acting and singing these action songs.

This was followed by the two games organized by Mrs Irene, wife of Bro Dominic. The crossing of River Jordan was hilarious and at the same time, a little tedious as these energetic 'buds' were a little difficult to control. A lot

of trial and error methods were used in placing the chairs. A



look of despair when lost and jump of joy, when won, was a sight to marvel. This made me walk down the memory lane ... alas, those days that will not return!!! Anyways, no time to grieve as the children got together for another game i.e. making a chain. The children were given a piece of wire and pieces of straws, each a size of coral stone. They had to put these straws into the wire and the one who got the longest chain would be the winner. Oh, you couldn't miss the agony of these children when they put the piece of



straw from one side it would fall off from the other. What a struggle they were having till a little girl, Reshma had a brain-wave. She suddenly put one end of the wire in between her teeth and was successfully doing it till the others seen and there they too began doing the same. When it was timeout before Reshma could realize, one end turned loose and all the straws fell out. The look of joy



turned into despair. Nevertheless, she was also given a consolation prize as Christmas is the joy of giving and making everyone happy.



Finally, the Santa made an entry not to the usual song 'Santa Claus is coming around' but to the Hindi version 'aata hai, aata hai, Santa Claus aata hai'. Not only was the Santa swinging but I also noticed some of the brothers were also swinging and swaying to the beat and music of the song. Generous Santa gifted every child with sweets and gifts. Ms Tysilyn, sister of Bro. Aubyne, gave away lovely hand-made gift boxes with a beautiful gift of love in it.

Foot-tapping music by Bro Dr Albert Pais throughout the programme was a bonus that added life to this wonderful evening. The evening ended with Bro Joseph offering Biryani and fruits to these children who must have definitely hoped that this party would be never-ending. This was evident from the disappointed look on their face while leaving.

This event would not have been so memorable had it not been for the effort of President Bro Robin, Bro Dr Albert, Bro Trevor, Bro Joseph, Bro Augustine and all the brothers who were present, the family members and above all our dashing Santa Claus.

A new king is born today..... yes Malad Catenian Circle



64 has been a witness. Let's keep this love growing and as Charmine J Forde says "Do not wait until Christmas to spread a little cheer, people appreciate kindness, all through of the year."

CATENIAN WORD SEARCH

JOEY CARVALHO

M J K X W C Q E O T C L A D I E S Q C M
K M R U R H R D C K P I I M O V W P A E
R Y E M A N V Z U C H C N A R R O R T W
E I G A N E E I D H Z E S R Y T W A H P
F F U C G P E M P E X W T S K W B C O H
L R L A L U H B I M V W A H X I A T L G
E A A S I C H A M B E R L A I N N I I E
C T T A N P K B E U P O L L N N G C C N
T E I R G W F W Y R U H A L S I L I P T
I R O T T D C E A C T H T M I N A N R L
O N N E G E J O R O T L I A G G D G E E
N I S L H L Q G M A U Z O L N G E N S M
S T U L B R O T H E R S N T I C S A I E
Z Y P I M Z P D B K E O H A A O H Z D N
X X Y Q W C A T I N D I A N E V X A E C
X M A N C H E S T E R H K L J E L R N J
W V X F L C O B E N E V O L E N T E T J
M B C O D C M C R C G O R L M T S T X Y
P T R I V I E R A E S H T K Y R I H K V
E P R Z O A U T P J W O Q T S Y Z A Y R

Installation

Manchester

Practicing

Bangladesh

Brothers

Marshall

Chembur

Chamberlain

Casartelli

Gentlemen

Insignia

Riviera

Catholic

Puttur

Reflections

Fraternity

President

Wrangling

Ladies

Zimbabwe

Malta

Regulations

Benevolent

Catindian

Coventry

Twinning

Nazareth

Yarm

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@iinet.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



A CATENIAN ANTHEM BASED ON THE CATENIAN PLEDGE

TOGETHER WE WILL STAND

LYRICS: BRO. STANLEY COUTINHO
MUSIC: PIERRE FERNANDES



Musical notation for the first line, marked **MODERATO**. Chords: G, C, G, D7, G. The melody is in G major, 4/4 time.

WITH
IN
AS
AS
WE'RE



Musical notation for the second line. Chords: G, C, G, Em, A, D7. The melody continues in G major, 4/4 time.

5 FRIEND-SHIP AND FAITH THAT STRENG-THEN OUR BASE STRENG-THEN OUR FA A MI LY LIFE WE
NINE-TEEN O TWO 'T WAS BI - SHOP LOU - IS SAL - FORD'S RIGHT REV'ND CA-SAR-TEL - LI WHO
BRO-THERS IN DEED WE'RE SLOW TO CON-DEMN IN TEM - PER WE ARE FOR-BEAR-ING MORE
HUS-BANDS WE ARE TRUST-WORT - HY LO - VING AS FA - THERS SONS OH SO MIND-FUL OF
BACKED BY STRONG FOLK WE STRENG-THEN OUR-SELVES STRENG-THEN OUR FRA-TER-NI - TY TOO TO



Musical notation for the third line. Chords: G, C, G, G, D, G, G7. The melody continues in G major, 4/4 time.

9 GA - THER UN - DER THE NAME OF THE LORD CA - TE-NIANS TO - GE-THER LET US STAND
GA-THERED THE FLOCK HIS FLOCK TO - GE-THER CA - TE-NIANS TO - GE-THER LET US STAND
CHA - RI - TA - BLE THAN JUDGE E MEN-TAL CA - TE-NIANS TO - GE-THER LET US STAND
DU - TIES WITH LOVE OUR DU-TIES WITH LOVE CA - TE-NIANS TO - GE-THER LET US STAND
AID AND COM-FORT A NEE-DY BRO-THER CA - TE-NIANS TO - GE-THER LET US STAND



Musical notation for the fourth line. Chords: C, G, Em, A, A7, D, D7. The melody continues in G major, 4/4 time.

13 BRING-ING ALL OUR JOYS BRING-ING ALL OUR LOVE BRING-ING ALL OUR TA-LENTS ALL OUR LIVES OH



Musical notation for the fifth line. Chords: G, C, Cm, G, D7, G. The melody continues in G major, 4/4 time.

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



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
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- **Adv. Shailendra Bhohe** - Accredited Gr 'B' mediator
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