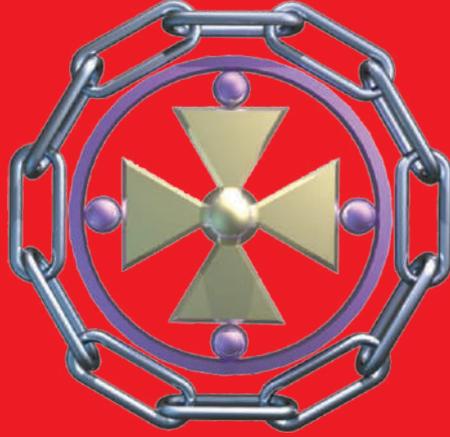


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# THE CATINDIAN

Year 1/Issue 12/August 2020

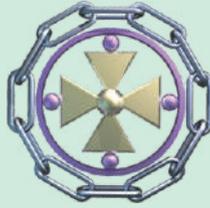


*Whatsoever you do to the least of my people..  
That you do unto me.*

- Matthew 25:40



**THE CATENIAN ASSOCIATION IN INDIA**



# *The Catenians*

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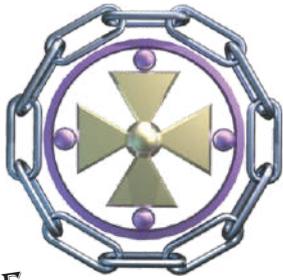
*Strengthening family life  
through friendship and faith*

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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

Published Monthly by  
**Bro. Agostino Fernandes**  
for

**The Catenian Association  
in India**

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## From the Editor's Desk

Bro. Joey Carvalho

It is always a pleasure to celebrate a special event. This issue of the CATINDIAN is a special one. It is the number twelve, and since a year has twelve months with interruptions this year, it is like a birthday. And that during this current world worrying year calls for a celebration of sorts.

We have spouses, children and brothers contributing to make this issue a party. And a big thank you to all who have helped in making the dream a reality. The article contributors, layout specialist, printer, publishing team and critics have all helped to make the will to go ahead stronger and stronger with love and affection and a pinch of determination.

Did I forget anyone? Yes I did and I must say that is due to the human fallibility of forgetting those who are most important. And that my dear friends is you'll the readers who were eagerly awaiting for the next issue not only to empower yourselves but us as well.

The CATINDIAN is here to stay. I must mention that with a readership of three thousand plus, world wide in its first year itself people have contributed immensely and we had a few brothers going out of the way to make sure that the magazine reached the brotherhood in hard as well as digital versions to those who the Lord had destined. And in great humility, I have to thank the four 'E's', Brothers Edgar Melo Furtado, Eugene Das and Ethelwald Mendes in India, and Ed Murphy in the UK for the distribution. They are champions of the league even though the word CATINDIAN doesn't have an E in it. So you see it takes four E's to compensate for one missing E!

Nothing in this world comes free and money received from our advertisers was indeed of great help in making the magazine a reality as printing and postage has its cost. What was collected fell far short of the cost, but was made up with the love of the Lord flowing through with the good of the association being of prime importance. The publishers were not



owners of Rolls-Royce cars in the end of the year, but beautiful memories which are definitely priceless and what makes the world of difference, in making the world a better place.

We would have been flops in this entire endeavour if the foundations had not been laid by the Lord himself and this exercise would have been one in futility. I believe no one is in a position to look down on anyone except the Lord. And his grace has been enough. Who can be against us if God is faithful?

I am pleased to inform you'll that this issue is full of articles written by people, most of who have not had any experience of writing and come from various backgrounds. I can see that there is a mountain of talent in our association and climbing to conquer its peak is the fulfillment of this journey. Simple people who made this publication the culmination of all that the association stands for in its principal focus of faith, friendship, family and fun which can never change even though the human mind may be tempted to think otherwise.

God bless the Catenian Association, its members, their families, and the CATINDIAN in the days to come.

## The Rosary circles the Association

Bro. Gerry McCormach, Province 8 Youth, Employment & Careers Officer

Some months ago, I wrote an article for what turned out to be the August 2019 CatIndian; "From your overseas correspondent". What I said was "What a wonderful international brotherhood The Catenian Association is". Since then I've been in regular contact with the most enthusiastic and energetic Catenian I've met (sadly, only virtually not yet physically). He is Brother Eugene Das. You might just know him.....?? In between running his business, looking after his family, doing lots of other Catenian stuff and helping organise a programme to tackle starvation during the lockdown in the slums of Mumbai, Bro Eugene (Mumbai and Central Council) found time to organise a Zoom Intercessory Rosary for the worldwide Association on 5th April. What a brilliant idea; to bind the Association together in prayer at a time where every part of the world is in need of that help and support; truly "Friendship in Faith".

It was an instant success with the meeting hitting the 100 viewers limit for Zoom. He and I agreed to hold a Zoom Stations of the Cross on Good Friday, which proved similarly popular. Given the ongoing COVID-19 pandemic and as we approached May, the month of Our Lady, we agreed we should keep asking her to intercede for us. As many of you will know, the Rosary has also been a source of considerable interest in The Association during this last year as a way to bring us closer to our Parish Priests, our Parish communities and our schools. So why not use it as a way to bring The Association together across the world. From that further success, came the idea that we pray the Rosary on the last Friday of each month to which Bro Eugene enthusiastically agreed (he's always enthusiastic!). So on 29th May 25 brothers and families said the Rosary led from India by Eugene with participation from the UK, Australia, Malta and Bangladesh. This was followed by a Rosary on 26th June led by Province 19, the largest UK Province,

organised by Bro Chris Richards, when over 50 took part, including those same countries and twins celebrating their 18th birthday!

While some parts of the world may be over the peak of infections, there is every possibility that we will all have a second spike, or indeed more, so continuing to ask Our Lady for Our Lord's help each month seemed a good way to express our faith and when the time comes to show our grateful thanks that the worst is behind us.

With Central Council's agreement, "The Rosary Circles the Association" is advertised on the Association website. We will meet on Zoom once a month for the rest of this Catenian year and will trial Saturday to encourage working Catenians to join in. It's timed for 09.30 in the UK, 10.30 European time, 14.00 IST and 19.30 in Australia. It takes no more than 45 minutes with as much international chatter afterwards (and some before) as Zoom can handle. It has proved to be a wonderfully uplifting event and we have received some encouraging and helpful feedback from around the Association.

The remainder of the Catenian year will see The Rosary travel to Malta on Saturday 25th July, Bangladesh in August, back to India in September, reach Australia in October, come back to the UK in November, hopefully see us in Nazareth in December, before beginning the New Year in Zimbabwe in January, return to Malta in February and finish its international journey back in India for March.

In this way we will have The Rosary circling around the Association and the world: we will be living our motto of "Friendship in Faith" within our Provinces and across the Association.

And as a final post script taken from my August article. My Provincial President this year is from India and was schooled in Mumbai. It's a small world but a wonderful brotherhood. Stay safe and well and come and join us on ZOOM! Bro Eugene will always know how to find us.

## A Year on... My Catenian experience thus far

~ Adrian Pereira

In the following month, I will be a year-old Catenian member! I formally joined the Andheri Circle 376 after attending a few meetings and couple of social events as a visitor, which included a family get together on the occasion of the circle's anniversary and also a picnic with the members. My "Rite of Passage", if I may term it light heartedly, gave me a good perspective of what the Catenians were all about. I was made to feel at home and felt the camaraderie between the brothers of the Andheri circle who actually practiced the tenets of the association viz. Faith, Family, Friendship/Fellowship.

At first, I felt the way the meetings were conducted by the Catenians in general was quite archaic (with the insignia, bowing to the President, etc) and not keeping up with the times, if I may say so. Later on as I continued, I realized why keeping up with "traditions" handed down by our founders is important. We follow traditions in our own families and are proud about it, so why not in this family of Catholic brothers?

I was lucky to get a chance to meet fellow Catenians in other states with the opportunities to travel to my hometown, Mangalore and later to Goa, with a few of my Andheri circle brothers, which I am glad I did not miss. During my time thus far, I also had the opportunity of interacting with visiting brothers from the UK circles. The same Catenian values, spirit and ethos were evident at all times and I wasn't surprised at all. Now, that says a lot of about the Association and most importantly, its members who choose to live this.

With the pandemic striking the world,

lockdowns and restrictions on public meetings and rightly so, has made it impossible for us to keep in touch with each other like we used to but here again trust the Catenians to make lemonade when life throws you lemons! Circle meetings, prayer services, masses and jam sessions continue around



the world to make our members and their families experience the events, thanks to the effective use of technology, all the while maintaining protocols and values of the Association.

To the many brothers whom I have encountered during my journey with the Catenians - You have made it a memorable experience for me thus far and I would like to say a big thank you and God bless.

P.S.: Though we may have a welfare committee in each circle that works in a limited capacity, it would bode well for the circle/areas a whole to do a collective effort (state, territory) and reach out to the needy in these difficult times. An example that comes to mind is to make a donation to the local Archdiocese (which helps needy people irrespective of their faith). This specific example could serve two purposes viz. reach out to the needy and also create visibility of the local circle /area with the Archdiocese.

**Bro. Adrian Pereira is the Member of Andheri Circle, Mumbai.**

## Catenian Intercessory International Rosary

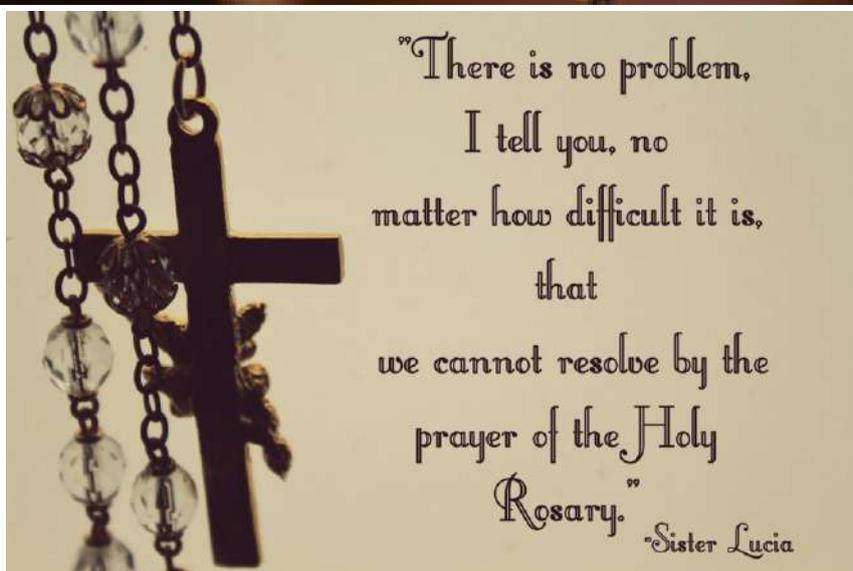
By Bro. Chris Richards, Province 19 Membership Officer

When I attended the above in May in 2020 Bro. Eugene Das asked me if P19 could host the next one at the end of June and we were very happy and honoured to be asked by our Indian brothers. On the last Friday in June P19 had over 70 brothers, wives Children and Grandchildren and others attend this lovely very special family event.

Brothers from Malta, Australia S/A India all attended in a wonderful spirit of openness and love and showed what being a Catenian is all about family and friends praying together.

This was an excellent idea so well done to Bro. Eugene and all the brothers from India. The last one was held at the end of July hosted by Malta when a large group also made it a wonderful occasion with an international presence by brothers and family members from all over.

Next time it will be back to India and the one that will be very special will be the one just prior to Christmas on 19th December hosted by the Nazareth Circle.



# The International Regional Council

By Bro. John Rayer, President

The CC Newsletter no 16 was sent to all circle and Area/Provincial secretaries at the end of July and contained the following matters.

Following months of discussion at Central Council the creation of the International Regional Council was approved. This will replace the DA/IDT structure and comprise all of those provinces/circles/areas previously administered by the Director Development Areas.

The Inauguration is being scheduled for July 2020. The planning and administration are being reviewed with David Lloyd, Association Secretary.

And

The new National Council – to be known as the International Regional Council – was inaugurated by Central Council Chairman, Ralph Fitzpatrick, on Friday 24th July, by Zoom

The Officers of the IRC are;

- IRC President John Rayer
- IRC Vice President Joe Delia
- IRC Secretary Bernard Noakes
- IRC Treasurer Gerry Barton
- Acting Past IRC President Eugene Das

The following will represent the areas shown;

- Province 23 Joe Delia, Director
- Nazareth David Brinkley
- Ireland Brendan Leer
- Africa Kim Robertson
- India Council 30 to be advised
- India Area Council 31 Eugene Das
- Bangladesh to be advised

You may be wondering what all this means and in particular, what is means for India?

But first, many congratulations to Eugene as his role as Development Areas Representative now ceases but is the representative of Area Liaison Council 31 on the IRC and he remains a member of Central Council along with John Rayer. The representative from Area Council 30 will be appointed as soon as possible.

Some history

Prior to Restructure, Grand Council (GC)

was responsible for the whole Association and the Areas outside Great Britain and Australia were looked after by one of GC members latterly called the Director for Development Areas (DDA). As part of Restructure, CC formed the Great Britain National Council and the Australian National Council and retained responsibility for the Development Areas itself. The Development Areas were run by the DDA assisted by the Development Areas Director (DAR) leading a team of Catenians with knowledge and experience of each Area.

Why was it necessary to make this change?

CC was formed primarily to administer the Association and be a light touch body. National Councils run everything in their jurisdiction. The Development Areas has grown since Restructure was being finalised in 2015 with nine Circles being formed - and most of these are in India -so that the DAs has almost as many circles and members as Australia. The DAs were being administered by a committee of CC and it was agreed that its further development would best be achieved in its own Council. This also enables CC to focus on the whole Association.

Which areas make up the International Regions?

As can be seen from the table, the IRC is just under 10% of the Association.

	C i r c l e s	
Members		
UK	244	6825
Australia	34	883
IRC		
Africa	4	116
Bangladesh	3	95
India	15	378
Ireland	3	49
Nazareth	1	24
Prov. 23 Malta	6	150
Total	32	812
Assoc. Total	310	8520

### The role of the IRC

The IRC replaces Central Council in administering those Areas and Provinces in the International Regions.

It is responsible for:

- All aspects of membership development
- Ensuring that administration is carried out in accordance with the Constitutional Documents
- Ensuring that any decisions are ordinarily taken at the lowest level in its associated councils and circles
- Ensuring that any property of the Association is held by it is held subject to its controlling interest.

The IRC will have a strong focus on membership retention and development. Its initial plan is to increase membership by more than 50% in the International Regions over the first three years with India similarly increasing. Mumbai has identified a number of potential new circle locations and Goa has identified some including Bangalore. So, Area Councils will be encouraged to fill out the plans for achieving this.

The IRC will be discussing administration with relevant circle and Area Officers including matters such as meeting administrative arrangements, budgeting, accounts submission, capitation, etc., to resolve problems and meet necessary requirements of the laid down procedures.

### Members of the IRC

A Province elects a director as its representative to serve on the Council of the International Regions. The sole Province in the IRC is Province 23 in Malta and Joe Delia is their director.

Areas are to be represented on the IRC by a representative from their Area. He will be an experienced Catenian able to contribute to the business of the IRC. Eugene Das has been appointed as the area representative form Area Liaison Council 31. At the first meeting of the IRC in early August we will put in place the steps for AC30 to elect their

representative.

The intention is that in due course all the members of the IRC will be members of circles in the International Regions.

India has its sights on becoming a National Council for India in this decade. The steps that are being taken by the IRC are very relevant as these are some of the same steps that India will need to take to achieve its goal.

.....Back to the history

John Rayer in his acceptance speech at the inauguration included the following words.

“I should like to pay tribute to those members of Grand Council who played a pivotal role in the development of our Association internationally. They held the post of International Development officer which became the role of Director for Development Areas. Tony Godden was IDO way back and was in post at the start of the development in India and then Bangladesh and he continued to play a key role guiding Malta in its development to a Province. And Tony is in attendance today. Bernard Noakes succeeded Tony and continued the strengthening overseas. It is good that Bernard has taken on the role of National Secretary to the IRC and we have already benefitted from his experience.

He passed the baton to David Brinkley as IDO and later as Director for Development Areas. David similarly did good work internationally for a long period right through Restructure and was instrumental in the formation of Nazareth Circle. It is notable that David cannot be with us today as he is working in his Doctor's practice. He is missed today as Tony, Bernard, David and I were all present in Panjim in 2009 for the inauguration of that Circle and the great start in India.”

## What does St Mary MacKillop mean to the Catenian Association? By Bro. George Kazs, President of Australian National Council

St Mary MacKillop will formally become a patron saint of the Association in Australia on 8 August 2020.

Having been exposed to her presence in Sydney, Penola and Eden, I do take inspiration from her life, trials and works. I can relate to her many painful experiences and to her belief that in the end all would be well. But it is clear that the end was achieved by hard work, persistence and inspiration.

From a personal perspective, and having enjoyed membership in the Association for many years, I can see the personal, social and spiritual benefit of an international lay catholic organisation providing a faith-based friendship platform for the development of its members to the good of both the church and society. Our history shows, and our membership is committed to our charism of faith based friendship. This is what differentiates us from other social and religious groups. I suggest that through our baptism and faith, our ends are the same, but our means are different. But does that mean our faith-based friendship is a static concept? Or should it grow and develop both personally and organisationally? Our church and our society have changed significantly since our foundation in 1908. There are some who consider that the changes do not go far enough. You have only to witness the various and recent protest movements, changes in corporate and civil law as well as changes within our Church to realise today is very different to yesterday and tomorrow will be different again.

Can we say that our Association continues to respond to the needs of members, existing and prospective, amidst such change?

Given recent reductions to our numbers and changes in our social demographics, it seems not. One of the challenges I have been grappling with, in the context of my various leadership roles in the Association, is the vision for the Association in the medium term (ten years). If we think about

it, we can all envisage the future - changes might relate to technology, the environment and to society – and the full impact of Covid 19 and its successors has yet to be felt. For some of us, the future might seem bleak. This is where inspiration might kick in. St Mary MacKillop firmly believed that in the end all would be well but change was necessary. Through her example of prayerful and attentively listening for the movement of the Holy Spirit, the Association and its members in



Australia have discerned that an Australian expression of the spirituality of the Catenian experience is a spirituality of interdependence, one lived through faith, friendship, respect and service.

Our Association model was right for its time. And many today consider that what has served us for 110 years should continue to be our vision for the future—what I might call, a bastion of light; a stronghold or fortress within our society against all its trials and tribulations; a pillar of the Church. Unfortunately, many in our church and society are not attracted to such an exclusive view. And no amount of proselytising or publicity seems to have any impact on the growth and development of the Association. It's like mixing the same ingredients and

expecting to bake a different cake! The development of the Association in India is perhaps an exception but its integration into the Association as a whole seems to have some way to go. This reflects one of our challenges – the management of cultural and social differences. Those differences exist across all countries and we are finding our unique expression through a spirituality that reflects the charism of St Mary MacKillop.

So, another option is to envision the Association as providing a safe haven for all lay Catholics to develop faith-based friendships – what I might call, an inclusive network. I suggest that such an inclusive network, open to young and old, male and female, through which members can learn from each other to improve their faith including via faith, social, charitable, business and learning networks, would genuinely enable members to contribute to a better and more just world and society. And enjoy the journey.

Rather than seeking to explain to the clergy, prospective members and parishioners that while we are proudly catholic and support youth and families, we are exclusively for

men only, we should welcome all the laity to share in our fellowship and friendship. We all have special needs but in the eyes of society and God, we are all equal. How good would that be as a pulpit presentation?

All our Circles are joined in common bonds and values and such a network can be a powerful force for good in the world. Our circles should, however, be free to develop membership, meeting and activity arrangements best suited to their needs as committed, active Catholics. So, my vision is the Association of the future should be accommodating of all the laity and like modern society should be able to welcome men only, women only and what we might call community Circles all being part of the Association network. This would take us to a new level. One where our friendships and supports would have no barriers to growth and development.

3 Might I suggest we all reflect and pray about these matters and trust in the Holy Spirit to give us guidance, wisdom and discernment in these challenging times.



**“What mental health needs is more sunlight,  
more candor, and more unashamed  
conversation.”**

Glenn Close

**TEACHERS – have 3 loves: LOVE OF LEARNING...  
LOVE OF AND FOR LEARNERS...  
AND THE ACT OF BRINGING THESE 2-LOVES TOGETHER.**

The art of teaching, is the art of assisting discovery. One should have a desire to be a learner and the teacher must be able to teach by creating INTELLECTUAL CURIOSITY...

keeping the student involved, in a state of excitement, in a state of suspense ...in awe... the student will continue to learn, as long as he lives.

Let Humility take over and let go of Ego...you may not know everything...you need to learn more...to find out more...to question more...

Much education today, is out-dated and ineffective. No importance is given to moral values in living in the real world experiences...being street smart. We face a big problem, when we believe that the job of a teacher or of parents, is to take the horse to the water, take the child and make him drink. We are not creating the thirst, because, if you can make someone thirsty, you can never have to take them to the water. They will find their own water and they will drink all their life. This is Intellectual Curiosity.

We all went to normal schools, that try to put stuff in us, rather than create stuff out and from within us...we were told, that we were not good at a subject, by looking at our test-scores...no one notices the real creative potential in energy, inside of us, that needs to be channelized.

The famous quote: "In school, you're taught a Lesson and then given a test.

But in life, you're given a test and that teaches you a Lesson."

Everyone learns differently, yet, we teach and test our students, as if they were exactly the same...we judge them – label them – and put them in stereo-type boxes.

Some people fail, because they try to copy others or ape others – not realizing, that everyone has a different question paper. This leads to dissatisfaction, disinterest, and

distrust in the system. The so-called educators/professionals/experts, will try and bring about changes, giving importance to theoretical and tactical aspects, but ignoring the creative, practical and Value-based education.

We are used to the age-old practice of giving our students CUT FLOWERS...WHEN WE SHOULD BE TEACHING THEM TO GROW A GARDEN. When, we learn with pleasure, we never forget.

We are not taught Self-Actualisation...what are our strengths and weaknesses, what are we passionate about, what works for us, what should be our behavior of adaptability in a certain situation, dealing with a rejection or a failure, having to start from the beginning. So when the student is out in the real world, if the child has not been taught to figure out, these important issues, then we land-up, pretending to be some-one else, with multiple identities. We become a product of our environment...

We feel limited by social norms. We are very good at our Mathematics, but as adults, we are unable to multiply our Investments. We are too familiar with multiple choices, but we struggle to make a correct decision. We read, we watch, we listen... our eyes and ears are plugged in to gadgets, but we cannot express ourselves with precision. We know all about the brain, but not mental health, all about anatomy, but we do not bless our bodies with healthy food and exercise.

So here's the good news...teach the children and give them the freedom and the opportunity to think...What if everything they want, is possible...what if the world can be created exactly the way they want ...trust and love God...don't focus on what the World Is...focus on what the World can

be, because, if you can imagine it, you can create it. Be the solution not the problem. So students, you don't always have to live –up to the expectations of others – not as a reflection of the Mirror carved by the people around you. You can be happy – by feeling impressed for your own self, in believing in yourself, having the courage to say yes – I CAN, AND I WILL...wanting to go that extra mile. You now have your own identity...self-consciuousness, honesty, prudence, openness to novelty, analytical thinking, emotional balance, trust-worthy, work-hard and work –smart, creative, looking for alternatives/possibilities, good

character and the list can go on.... Now, you can feel connected, what you really want, what you really need, strengthen yourself, grow and then interact with the world. Life will always be uncertain. Share yourself with the rest of the World.

Your path is unique ...don't trade it for less. And to conclude: Everything you want, also wants you. Dream...while others just wish.

**HILDA NUNES IS THE WIFE OF BRO  
FREDDY NUNES OF VASCO DA GAMA  
CIRCLE 363**

When one door closes and another door opens, you are probably in prison.  
\*\*\*\*\*

To me, "drink responsibly" means don't spill it.  
\*\*\*\*\*

Age 60 might be the new 40, but 9:00 pm is the new midnight.  
\*\*\*\*\*

It's the start of a brand new day, and I'm off like a herd of turtles.  
\*\*\*\*\*

The older I get, the earlier it gets late.  
\*\*\*\*\*

When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.  
\*\*\*\*\*

Cop: "Please step out of the car."Me: "I'm too drunk. You get in."  
\*\*\*\*\*

I remember being able to get up without making sound effects.  
\*\*\*\*\*

I had my patience tested. I'm negative.  
\*\*\*\*\*

Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.  
\*\*\*\*\*

If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"  
\*\*\*\*\*

When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.  
\*\*\*\*\*

I finally got eight hours of sleep. It took me three days, but whatever.  
\*\*\*\*\*

## Malta Hosts Catenian Rosary

### Hosting the Catenian International Intercessionary Rosary

When in June Eugene asked me if Malta & Gozo would be prepared to host the Catenian International Intercessionary Rosary in July 2020 I immediately accepted. Initially the July Rosary was scheduled to be held on the last Friday of the month but after giving consideration to a good number of requests to hold the event on the last Saturday of the month so that Brothers who could not make it on Friday it being a working day would be able to participate on a Saturday. So it was held on the 25th July. This proved to be highly successful because we got a response of about 80 Brothers.

This meant that I had to:

1. Prepare a circular to the Malta & Gozo Province giving them the short history of how the Catenian International Intercessionary Rosary came about and the success that India, Great Britain, and Australia had in drawing a large audience of Brothers and in some instances, their wives, and children.

2. Design a flyer

I never did any designing, let alone designing with a computer!

I wanted to have an uncommon image of Our Lady as an overarching theme of the Rosary. I came up with Our Lady, Undoer of Knots, the biggest knot at present being the covid-19.

A little research on this theme brought me to the painting of Johann Schmidtner, and to the reflection of St Irenaeus that Eve, by her disobedience, tied the knot of disgrace for the human race whereas Mary, by her obedience, undid it.

Formatting proved to be challenging to me – the caption for the holy picture of Our Lady Undoer of Knots was just too knotty!

Eugene came to my rescue and asked Bro.

Gerry McCormack of Wokingham Circle, England, for help. Within minutes Bro. Gerry sorted out my formatting problem.



The colour I chose to highlight the invocation that would close the prayer of every decade was the closest I could get to the printed colour (because the original is red) of the garment depicted on Schmidtner's oeuvre.

The invocation had to reflect the running intercessionary theme throughout the Rosary. So I tried to express it as faithfully as I could.

3. Identify the decade leaders

I identified the Maltese participating Brothers – I opened the Rosary with the Apostles' Creed, the Malta & Gozo Provincial President, Bro. Steve Fenech, led the first decade and another Maltese, Bro. Josie Pace, closed the Rosary with a hymn. I invited Bro. Tony Godden, Past Grand President who was instrumental in Malta & Gozo's developing into a Province, to recite the Litany of Loreto in a form that I abridged (with apologies to Sixtus V, who had given the definite approval of the full version of the Litany!). Bro. Tony managed to transform his normal bass timbre to a mellifluous, heartfelt, beautiful rendering of the Litany.

Eugene identified the other 4 decade leaders, and the leader of the Hail Holy Queen viz. Bro. Michael Tan from Australia, Bro. Evans Roy from Bangladesh, Bro. Romi Furtado from

India, and Bro. Habib Karam from Nazareth. Bro. Thembanani Thaka, from Zimbabwe, led the Hail Holy Queen.

4. Establish the Mysteries

I chose the Luminous Mysteries because the other Mysteries were covered by the previous three Catenian Rosaries, and also because there is a Maltese background to the Luminous Mysteries. Saint George Preca, a Maltese Saint, had, in 1957, focused, in his writings, on five mysteries that he named "the Mysteries of Light".

5. Select relevant holy pictures

Holy pictures help concentration on the particular mysteries. So I selected a relevant picture for each decade.

6. Compose a reflection and a prayer for every one of the ten decades

The reflections and prayers are based on works of Cardinal Angelo Comastri, Vicar General for Vatican City.

7. Encourage active participation

Without active participation the Rosary is dead. So I decided to base the recitation on a versicle and response mode. I hoped that the ZOOM platform would allow a clear reception. It wasn't bad during the actual recitation but the singing was a cacophony. I hadn't allowed for the fact that the particular digital platform couldn't take that many voices. Ideally the singing, if any, is

done by a solist, accompanied by a musical instrument by not by another voice.

8. Choose a hymn

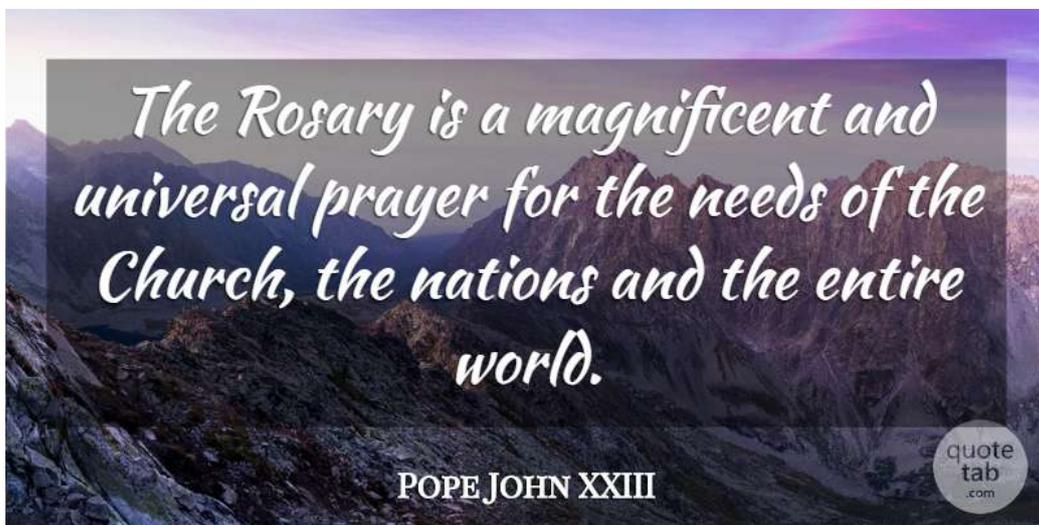
It being the Rosary I chose a Marian hymn and a popular one so that all participants would join, if not vocally, in their heart.

9. Decide if during the recitation there would be the running script of the proceedings or the live images of the Brothers who joined for the event.

I opted for the script because I am of the opinion that in the absence of the screening of the script our attention wanders away from contemplating the Mysteries and from meaning our prayers. And in the absence of contemplation and concentration on the reflections and prayers the Holy Rosary lacks body.

Thank you India for enabling us Brothers to connect with so many members of our Association from all over the Commonwealth. A positive opportunity from an otherwise cruel and devastating pandemic. The Brothers in India have had the insight to take the opportunity to do "something beautiful for God", as St Theresa of Calcutta would put it.

Joseph Delia  
Vice President  
International Regional Council  
3rd August 2020



## 2020 – the Year of the COVID Pandemic

Corona Virus Disease (COVID-19) is an infectious disease caused by a newly identified Corona Virus SARS-CoV-2 which is a type of RNA Virus which are commonly seen in Bats and when the virus is passed from animals on to humans it is a spillover event like what happened in Wuhan in China. The animal source of this Virus is still not confirmed but suspected to be Bats sold in the Huanan Wholesale Seafood Market in Wuhan City, where first cases of COVID-19 were reported in late December 2019. Since there is usually very limited close contact between humans and bats, it is more likely that the transmission of SARS-CoV-2 to humans happened through an intermediate host, that is another animal species more likely to be handled by humans. This intermediate animal host could be a domestic animal, a wild animal, or a domesticated wild animal and, as of yet, has not been identified.

The Corona Virus SARS-CoV-2 spreads mainly through droplets of saliva or discharge from the nose when the infected person coughs, sneezes, talks or sings. Respiratory droplet transmission of the Virus can occur when a person comes in close contact (less than 6 feet) with an infected person who coughs, sneezes, talks or sings or by indirect transmission involving contact with contaminated objects or surfaces. Airborne transmission can be possible by dissemination of droplets(aerosol) with the virus that remains suspended in air for a long time and distance, specially in closed indoor settings with poor ventilation.

Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people above 65 years and those with underlying medical problems like Diabetes, Heart Disease, Kidney Disease, Chronic Respiratory Disease and Cancer are more likely to develop serious illness. Evidence suggests that the Corona Virus is detected in people 1-3 days before the symptoms appear and that the Viral load is

the highest at the onset of symptoms. The Virus is present in infected persons for about 1-2 weeks in asymptomatic, upto 3 weeks in mild to moderate disease and can be for much longer time in cases of severe COVID-19 disease. It is because of this period of infectivity that isolation and quarantine of suspected and positive cases is done though asymptomatic, to prevent the spread to others.

### Symptoms of the disease

- most commonly seen are fever, dry cough, tiredness
- less common is pains & aches, sore throat, diarrhea, headache, loss of taste/smell, conjunctivitis, rash on skin or discolouration of fingers & toes.
- serious symptoms are difficulty in breathing or shortness of breath, chest pain or pressure loss of speech or movement

### Protection & Prevention

At the moment there is no vaccine available for protection against the COVID-19 disease though there are over 155 vaccine candidates under development in various countries and there were 2 vaccine candidates beginning Phase III and 7 in Phase I-II trials. The Phase I trial tests safety and dosing in a few dozen healthy subjects and following success in Phase I the next Phase II trial evaluates the immune response induced, the dose levels required and the adverse effects if any. Hundreds of people are recruited for testing in this Phase II. Phase III trials involve more participants including a control(placebo) group to test the effectiveness of the Vaccine to prevent the disease. The Governments of some countries have given the go ahead for fast tracking the development of the Vaccines with regulatory relaxations, but even then the vaccines optimistically may be available for use at the earliest by the end of this year or early next year. In the

forefront are vaccines developed by Moderna in USA, Astrazeneca with University of Oxford in UK, Institute of Biotechnology in China and the Gamaleya Research Institute in Russia is set to register the world's first Vaccine against the novel corona virus as early as on August 12th. Until such Vaccines are available and people vaccinated we have to vigorously follow the protocols for the infection and the spread of the corona virus.

Prevention of the spread of Covid-19 mainly consists of keeping good personal hygiene which is:

- Clean hands often by using soap and water or an alcohol based (atleast 70%) hand sanitizer
- Maintain a safe physical distance from everyone
- Wear a mask of approved quality when in public places
- Don't touch eyes, nose or mouth
- Cover nose and mouth with bent elbow or a tissue when sneezing or coughing
- Stay home if unwell
- Seek medical help if fever, cough and breathing difficulty
- Elderly people and those with other long term serious illnesses to take extra precautions even at home if family members move out for work or business
- Proper and safe disposal of soiled masks and tissues etc
- Proper and healthy diet, exercise at home and keeping busy physically and mentally
- Avoid going to crowded places like market, Malls, protests and agitations and even the religious places till the pandemic subsides.

As of date 10th August there are more than 20 million positive cases of Covid-19 in the world, 2.2 mill in India. Deaths are 7.34 lakhs in the world and 44,500 in India.

The Covid-19 has changed the world we knew before and a lot of things have been made into the New Normal. Physical Social Distancing, wearing of Masks, compulsory use of hand sanitizer and check of body temperature before entering any office, bank or shops, greetings by Namaste, schooling and working from home, attending live or recorded masses streamed online or broadcast on cable TV, takeaway or home delivery of restaurant food, and Social, group or business meetings on various online platforms. Our Catholic basic need for Confession and to feel the presence of the living God in the Blessed Sacrament is missing from our lives for more than 4 months. Travel on Holidays or Business and stay in Hotels is out of the question in the near future as safety and survival in this Pandemic is of the utmost priority.

Gone are the days for having our Church Feasts, Marriages and Parties on a lavish scale and for that matter when it is time for us to leave this our worldly stay, only a few close family members and relations can attend the funeral and burial. For some watching Holy Mass online will be the norm specially our youth who would the time and duration of their choosing. We have to pray for the front line people involved in fighting against Covid-19 like Healthcare workers, Police, Municipal workers, Volunteers who distribute essentials to those in containment zones etc. Finally we pray for the Protection and Safety of all Catenian Brothers and their families and that we meet again physically and partake in the fellowship in true Catenian spirit as early as possible after the pandemic abates.

**Bro. Dr. Cajetan Sequeira,**  
President  
Goa Dona Paula, Circle 356

## COVID-19: MUMBAI MALAD CIRCLE 364 REACHES OUT TO THE POOR

The lockdown following the corona virus apocalypse has been a turning point in everyone's life. Companies have shut down operations. Labourers have lost jobs. Workers from the informal sector have no work and hence have trekked miles to return to their home towns as public transport has been ceased during the lockdown.

The migrant labourers and the very poor, without any means of support, have been hit the hardest. With no means of a livelihood and no food to keep their hunger at bay, they wait with hope and trepidation in their eyes for some kind samaritan to support them. Can anyone imagine their plight? I shudder to think that this can happen in the modern world, where we are aiming to reach outer planets, start a bullet train and a hyper loop. We have become obsessed with materialistic goals like GDP, balance of payments, exports and the fiscal deficit. In the midst of this money-oriented and worldly agenda, they worry about their next meal and the safety of a roof

above their heads.

The Mumbai Malad Circle 364 decided to reach out to the affected families in the Orlem parish where most of us reside, and the neighbouring ones, distributing masks and sanitizers and also providing food, provisions and daily necessities to the needy. This was made possible by the magnanimous support extended by our brothers.

This is not just a one time effort. The pandemic and its accompanying economic distress are here for an extended stay. Our brothers have been more than generous with their offerings. We have decided that this is going to be an ongoing exercise for as long as it is needed. The Mumbai Malad Circle has a tradition of ongoing support for activities such as the Catena Medical Centre, nutrition and hygiene needs of the local orphanage and even has a budget for natural calamities. We will rise to the occasion this time too.



*Rations packed, ready for distribution*

Though Corona Virus widely known as Covid 19 is responsible for the lives of millions of human beings. It has also taught us to be caring and loving and help the persons in distress.

As a Secretary of my housing society building, I felt it is essential for the welfare and good health in these worst trying moments to sanitize our building with the help of our Corporator Shri Sushant Sawant.

The Disaster Management Team with due precautions conducted Thermal Screening for Temperature and Oxygen Level by testing on the next day with the co-operation of Committee Members of our Society.

Some pictures as at below.

Fraternal Regards,

**Domnic D'Souza -**  
President of Chembur Catenian Circle - 384



## **Malta and Gozo Province raises €13,000 for Covid-19-related charities. Discovery of Brothers' hidden talents thanks to Covid-19.**

Brothers of the Catenian Association in Malta and Gozo have raised a total of €13,000 over the past two months for the Caritas Malta Food Bank and other charities helping persons seriously affected by the COVID-19 pandemic and the restrictions imposed to control it.

The Malta and Gozo Province (Province 23) comprises five circles (Mensija, Valletta, St Julian's, Victoria Gozo and San Luċjan) and a group (San Pawl), with around 200 members in all. Widows of former members have also contributed to this fund-raising effort.

Following an appeal by its new president, Bro Louis Cilia, Mensija Circle members raised €2,800 for the Caritas Food Bank, including a donation of €1,000 from one member and his wife who wished to remain anonymous. The amount was topped by another €200 from the circle's charity fund, for a total of €3,000.

At the beginning of April, Valletta Circle donated €1,000 each from its charity fund to the Food Bank Lifeline Foundation and Caritas Malta Foundation.

In May the circle's president, Bro Edwin Azzopardi, called on members to raise €2,500 to further support the charity of his choice. By the end of the month, the Food Bank Lifeline Foundation and Caritas Malta Foundation had received additional donations of €1,000 each. By the end of June another €500 was to be forwarded to

the Richmond Foundation. Valletta Circle would thus have made a total of €4,500 in donations from its president's charity fund.

On May 1 members and widows of San Pawl Group were invited to contribute to the Qawra Parish Food Bank to help families in the area who do not have enough to eat. A total of €953.65 was raised, which was rounded up to €1,000 thanks to a second donation by a member of the group. This sum, together with food packs, were donated to the parish priest, Fr Andrew Galea, OFM Conv.

On May 8, the Victoria Gozo Circle approved a donation of €1,000 from its charity fund to the Friends of the Sick and the Elderly in Gozo (FSEG). The sum donated represents last year's and this year's contribution, with the members committing themselves to donate regularly to the circle's charity fund. The FSEG serves the Gozo community on several fronts, most notably through its Equipment Loan Project founded in 1988 by Bro John B. Pace, a founder president of the circle. Over the years more than 500 Gozitan families have been assisted through this project.

San Luċjan Circle collected €2,000 for the Caritas Food Bank, while St Julian's Circle donated €1,000 to the parish priest of St Julian's for needy families. Members contributed a further €500 to the Beating Hearts Foundation.



All scheduled Provincial, Circle, and Group meetings, annual general meetings, installation of new members on Councils and enrolment of new Brothers took place as normal but via Zoom or Skype. The virtual attendance at these meetings was higher than preCovid-19.

All the Circles and the Group of the Province set up WhatsApp groups and this contributed immensely to sustain the bond among the Province's Brothers. Indeed, it was an opportunity to discover the talents that a good number of Brothers have and that they kept hidden from the rest of us. Some Brothers gave performances of their playing the violin, and the piano, others showed the paintings that they did during the lockdown, and a number of Brothers showed photographs of roses and other flowers and plants that they grew. Two particular Brothers organised a virtual treasure hunt.

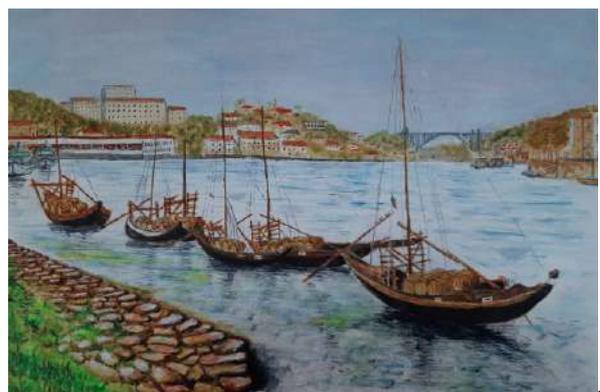
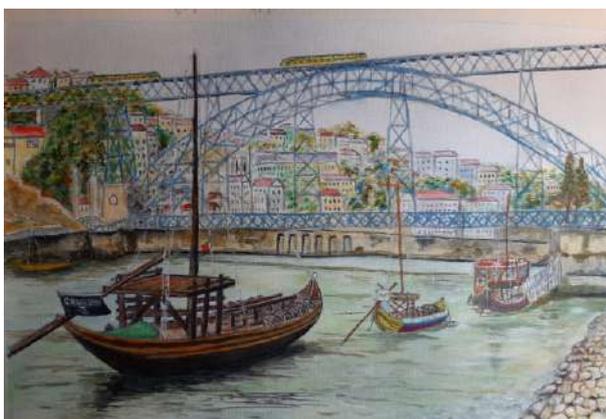
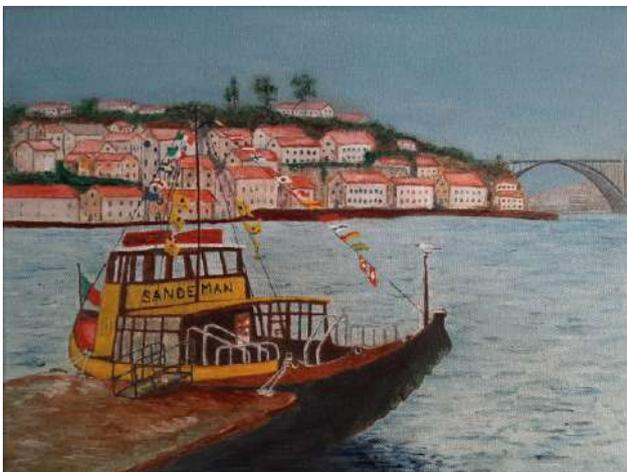
The Skype/Zoom platforms enabled the

Circles to receive more visitors from abroad than they could ever expect. The only instance during the Catenian year when the Province receives more visitors is during Malta Week, which is a week, normally held in November of each year, when the Malta & Gozo Province organises a week's holiday in Malta & Gozo for foreign Brothers and their wives. Last year it included a highly successful visit to Sicily.

Yes, Covid-19 is a pandemic. But the resourcefulness of the Province's Brothers managed to bring out opportunities of positiveness.

Laurence Grech (Provincial Public Relations Officer) and Joseph Delia (Provincial Director)

25th July 2020



## Helping one person might not change the whole world, but it could change the world for one person.”

“It has been more than 100 days since the lockdown in India was implemented. Through various news channels and media, we have all watched the state of the lower stratum of society deteriorate steadily, as the pandemic ravages daily, normal life as we knew it. The normal we once knew was vague for many in its own way; with humans abusing nature and each other in so many different ways. And, now, suddenly, within a period of a few weeks, life took a turn for all. The cries of the hungry grew deeper in time, and the We Will Help (WWH) Charitable Foundation, which I am closely associated with knew that it could not stand by idly. There had to be the first step. With uncertainty glooming about when the pandemic would subside, and till date, we are unaware of how life is ultimately going to unfold. But, amidst these trying times, amidst the cries from our brethren just within our vicinity, we marched ahead—to help.

The WWH Charitable Foundation has, for years, looked after and tried their best to nurture the lives of underprivileged and marginalized families across the 27 hamlets in Aarey Forest. These inhabitants have been living here as a tribe for centuries, yet their claim to the land has been challenged with each encroaching step of government and private institutions alike. Now, with the weight of the pandemic, the lockdown issued by the Government of Maharashtra has struck havoc in the lives of these Tribal/Adivasi families. With a current population of over 90,000, we marched quickly to check the pulse of their famished lives. We got to know in time that the question of hunger moved beyond the reaches of Aarey and was prominent in other interior villages across Mumbai. We started getting calls of help from across the length and breadth of Mumbai, and we knew, we had to help, and we did.

With the objective that nobody sleeps hungry a day, we started reaching out to street dwellers and those who are

homeless and neglected during this crisis. We are even staying true to our cause and helping daily-wage workers with Grocery care packages, which will sustain them and their families for a couple of weeks. Starting with a small band of volunteers, till now, even though the monsoons have set in, we are travelling with an average of 25 volunteers each day and I was blessed to be a part of the volunteer team. Till date, we



have visited over 30 villages across Mumbai including Cheetah camp (Trombay), Khadakpada, Amboli Village, Kalbachaponda pada, Komba pada, Devi pada, Jivacha pada, MHB colony, Units 2, 5, 13, 16, 22, 19, Bangurda, Gorai Villages, Aksa Village, Mastarvadi pada, Nangar mode Adivasi pada, and many more.

They say numbers don't lie and speak the truth, so to bring things into perspective, we have served tribal families, daily-wage earners, slum & road-side dwellers:

- 92,400+ nutritious meals
- 33,600+ grocery care kits
- 29,500+ nutritional supplements
- 11,850+ face masks
- 5,550+ hygiene care kits

With unlock 3.0 now in full force, the restrictions in Mumbai, though relaxed, are still pushing Tribal village families further away from the priority list. This makes it a top-priority work for us to ensure these villages, who are without a current source of income, have food reaching their houses. Hence, we have decided to extend our rounds of donations as well.

The main tools that have been razor sharp as ever are our volunteers and benefactors, our COVID-19 Warriors, who brave the lashing rains, the winding walks to these remote, interior villages and support us continually through funds as well. Our volunteers stop at nothing and return home after each outreach feeling thankful for their own blessings in life. We are gradually reaching out even more due to this response we are receiving to our cause. During these times, we pray for the safety and recovery of all, and we hope to undertake all precautions necessary to ensure the health and well-being of ourselves, as volunteers, and our loved ones. During these 100+ days, we also had the fortune of meeting, collaborating and working with other organisations who have helped extend our reach. Till date, we have

worked harmoniously with Centre for Social Action (Archdiocese of Bombay), SSVB Bombay Area Council NWIII, Sarv Dharma Sadbhavana Manch Marol, Rotary Club of Mumbai Parleshwar, Azim Premji Foundation, The Robinhood Army, and Mumbai Police Marol HQ etc. Each collaboration has been a blessing for those whom we helped. Few of our Catenian brothers have also played an active role.

We have the workforce to move mountains, all we need are the tools through help, and as we continue to receive help, we are always looking for more so that we can reach out to more. Through your contribution to our cause, you will be one among our COVID-19 Warriors, who brave the odds. With a strong force and breed of determined volunteers, we are now looking for funds to help us help others in need. Hence, we urge you all to UNLOCK your hearts and help the families in this lockdown time need.

Let's fight together, let's succeed together! No donation is ever too less. What you donate will be used to feed an empty stomach. Do your bit, and we will do the rest.

Visit <https://milaap.org/fundraisers/support-wh-charitable-foundation-to-help-us>.

For more information, visit our Facebook page (<https://www.facebook.com/WWHCharitableFoundation/>) to keep yourself updated on our outreach programs. We would like to thank you in advance for believing in our vision and supporting the most marginalized, neglected and vulnerable sections of society.

Sushil Sequeira  
Secretary – Chembur Circle, Mumbai

## A New Normal ?

Francis Rodrigues

Secretary

Mumbai Malad Circle 364

As I sit in front of my laptop, I ponder and contemplate over the question - What should I write about? Coronavirus? No. Enough volumes have been written on this. Well what about "Lockdown?" I have just written down one piece about a month back.

As the lockdown continues, I ask myself, "When will this end?" Everyone is talking about a "new normal". After having been "normal" all our lives, will we be able to adapt to this so called "new normal"?

The lockdown has been a turning point in my life. All that I valued, the human touch, the fellowships that followed our Circle meeting every 4th Friday of the month, tangible relations, events, birthday parties or a gathering of friends, seem to have lost all meaning. Today more than ever, I feel lost, hopeless and besieged by this situation. The question that is uppermost in my mind is, "How will I step in to tomorrow?" My ideas have been replaced by constant worry, apprehension and doubt. My plans for the year ahead have been brutally flattened. As the pandemic continues, unabated levels of irritation, anxiety and disengagement have become much greater.

The corona virus apocalypse has been devastating for all of us. We find solace in the fact that we can still meet virtually, without the human touch. All our meetings which are held virtually, have given us an opportunity of meeting with our overseas brothers, which otherwise would have been a distant dream. The most thrilling & exhilarating part of our dynamic and vibrant Circle 364 is that nothing can stop us from having the usual bonding and camaraderie, albeit virtually. We had a game of tombola, an essay/poetry writing competition, a real-life quiz contest and a 'match the spouse contest'. All of the afore-mentioned were engrossingly enjoying. The icing on the proverbial cake was the family's whole hearted participation with lots of vigour, vim and vitality. The never-say-die competitive and aggressive spirit was ever so tremendously evident. Pope Francis says, "The loss of jobs along with the chance to spend more time with our loved ones suddenly opened our eyes to horizons that we have long since taken for granted".

However, there is also a brighter side to this. We the stewards of creation, who have damaged creation in the name of progress and development, can renew our hearts. While people all over the world are suffering, our mother earth is gradually healing itself.

It is time for us to fill our hearts with love for nature and creation – God's precious gift to us. Can we promote the culture of less is more? Our mindset that has been tuned to excessive consumerism has to make a paradigm shift. We need to be contended with what we have. The Covid pandemic has taught us that we can live with the little that we have. Our lives can go on without travelling, junk food etc. We need to question ourselves and make a distinction between "wants" and "needs". Care for nature, care for creation. Jesus was deeply in spiritual union with nature. And this we see through his teachings. He speaks about the birds in the air and the lilies in the fields. To quote Pope Francis, "the period of the lockdown allowed many to rediscover, the importance of simplicity and of keeping our eyes fixed on essentials".

In keeping with our pledge of a better future to our children, it is now that we have got to act and decide on the kind of world we are going to leave behind for the next generation. Are we going to handover a world that is disjointed, incoherent and fragile?

That brings me back again to the "new normal". Till the vaccine is found, we have to take precaution, maintain social distancing, work from home, stay away from gatherings, frequently wash our hands, sanitise our purchases and wear masks. Prepare ourselves for the ordeal. It is going to be a long haul to sanity. Until a vaccine is discovered this is the way we are going to live. The virus will not go away soon. We will have to live with it, with precautions especially for the elderly, while hoping for a cure or the elusive vaccine. A new normal indeed!



## BONDING IN TIMES OF SOCIAL DISTANCING

**Bro. Maxie D'Souza**  
Founder Member  
Presently Treasurer of MMC 364

When the going gets tough, the tough get going. Likewise unusual circumstances bring out the best among dynamic people. That's what the Mumbai Malad circle is all about, comprising of members who are dedicated to the objectives of the association for which they have joined this circle.

The last six years have seen dedicated councils who made concerted efforts to get the families of the circle together. Innovative ideas were used to host events which attracted families to participate and bond with each other and the association. Admittedly, it has been a slow process given the cultural differences and the language preferences of the members of the circle. Nevertheless, it was always encouraging as each event threw up new additions to the participants. This year the lockdown imposed due to the Covid 19 pandemic, proved to be a big challenge, as social distancing became the buzzword for being safe. The circle meetings stopped and events could not be planned due to the total lockdown and ban on social gatherings. We skipped our April meeting and postponed our new council induction, hoping to conduct it in-person in the month of May. But we soon realized that we may have to wait for a longer time to experience the camaraderie of our members at an actual in-person meeting. Apart from sharing jokes and news in our regular Fun n Frolic Whatsapp group, we were losing touch with each other. We had to think something out of the box soon, to keep the members interested as we were all locked down in our respective homes. This thinking led us to plan some games on Whatsapp and the Zoom platform.

The first game we played was about "Guessing of the object or person" selected

by members in turns. Members had to pose questions to the one who had selected the object/person, who could answer only in a Yes or a No. The questions were asked to a point where one could zero down to the right answer. The game generated a lot of interest and went on for a couple of hours before we wound off. The ones who logged in late in to their Whatsapp account must have gone crazy to see over three hundred unread messages in our group.



Next we played a game of Housie on Zoom and Whatsapp, organized by Bros Felix and Oswald. PDF images of tickets were sent to the members on their private chat. The game was so fun filled that bro Cyril decided to celebrate his 60th birthday later with the members over a game of Housie, where he sponsored all the prize money that day. Indeed it was a very memorable birthday for Bro Cyril and he was touched with the participation of large number of family members.

Bro Lyndon then came up with the idea of matching the member's current photographs with the ones on the day of their wedding. A chart of the men during their wedding day and another chart with their current profile were displayed on our WA group. Likewise, next day a chart of all the Brides were displayed along with a chart of the Bridegrooms. Members had to match the Bridal couple correctly with their names. It was not an easy task, as in quite

a few cases they couldn't be easily recognized. The game generated lot of interest and we had more than a dozen families participating. My wife too enthusiastically participated and managed to get all correct, though she was not qualified for a prize being the organizers family member. The game was well appreciated and more over the members were very pleased to see our handsome brothers with their beautiful charming brides on their wedding day. The photographs of the bridal couple will surely be treasured by all. The game was won by Bro Felix with bro Oswald and Bro Francis at second and third positions respectively. However more than the win it was the participation that counted which brought the families together in an otherwise isolated situation that we have all been under.

Bro Francis thereafter came up with a well planned family Quiz contest which will be spread over three weekends with ten families participating. The first round got over on 20th June and its worth mentioning, that our quiz master Bro Francis did a fantastic job of conducting the quiz and kept the participants and the audience engrossed.

We look forward to many more such innovative initiatives from the circle brothers to keep the ball rolling as we stay apart till it's safe to meet again. Rest assured, by the time the lock down is over and this article comes in print there will be many more such bonding games to keep us all engaged in some fruitful family fun time. Long live our brotherhood and let our tribe prosper.

## **Life in the lockdown**

**Bro. Lyndon Pinto**

Initially the lock down brought a lot of negative emotions. "What will be our fate? What will be the job situation, money etc.?" WHY US? Slowly realized it turned out to be a blessing in disguise.

I always wished in my 30 years of working, that I could have a long leave, to just do what "I" want without the worry of what the office would do if I did not report for work & this is what actually happened – a Universal official long leave.

I listed out the things I always wanted to do "WHEN I HAVE THE TIME" - Digital housekeeping, experiment of new culinary skills, calligraphy, drawing, brushing up on Mandarin, making new music playlists & surfing the net.

The lock down really brought us close as a family, especially during the Holy Week. We did not have to worry of the fashion wear for the Triduum, the Easter celebrations etc., we came closer to God as a family & personally.

The routine changed, meditation was

possible without any time constraint, prayer increased. It was a wonderful experience to learn & observe the behavior of all the family members which was never possible in all these years.

I realized the effort that goes on in keeping the house & home up-to-date, got to know the issue of planning meals, and understood firsthand the positive qualities of each member of our family through the various interactions & games.

Family meals became a joy, since there was a fixed time we ALL were at the table together. We as a family learnt to live prudently during this phase.

All in all it is a wonderful experience that has happened once in my life time.



# POEM

**Covid 19: A lesson well learnt**  
**Yonelle D'Souza**  
**daughter of Bro. Oswald & Janet D'Souza**

*Corona Go....Go Corona!!! A warrior cry,  
Remaining sane must I try!*

*Forced me to abandon a trip to Thailand,  
Rescheduling it to India's Himalayan land.  
Rushed to Mumbai for my birthday,  
circumstances unforeseen,  
Only to be office quarantine.  
Ah! Covid -19 is so mean  
Only to play with my exhilarated feelings.*

*Happy as a lark so can I claim,  
With family at home, a chance for fun and game,  
Oblivious of the severity t'was to follow,  
Today I admit my thoughts were hollow.  
Wow this moment!!! basking in nature's change  
Joyful at the 'lockdown break', Oh so strange!  
Clapping, burning candles, social distancing I  
chose to do,  
Hopefully hoping Covid-19, be pushed out too.*

*How cruel ye Covid- 19! wouldn't go without  
sacrifice,  
How much more are we going to pay the price.  
Migrants, walking on foot, people dying,  
No food to eat, all around people crying.*

*Literate and illiterate, skilled and unskilled  
Sailing in the same storm with dreams unfulfilled.  
Fear lurks in the eyes of all,  
When will Covid- 19 crawl  
From our country and the whole world to  
survive,  
Enabling us to lead a happy and fruitful life.*

*A hard lesson we have learnt today  
Man, with nature must learn to stay  
In peace and harmony, never let our power stray  
There's mighty above to whom I pray.  
In God's eyes no one is high or low  
We are one, today we know.*



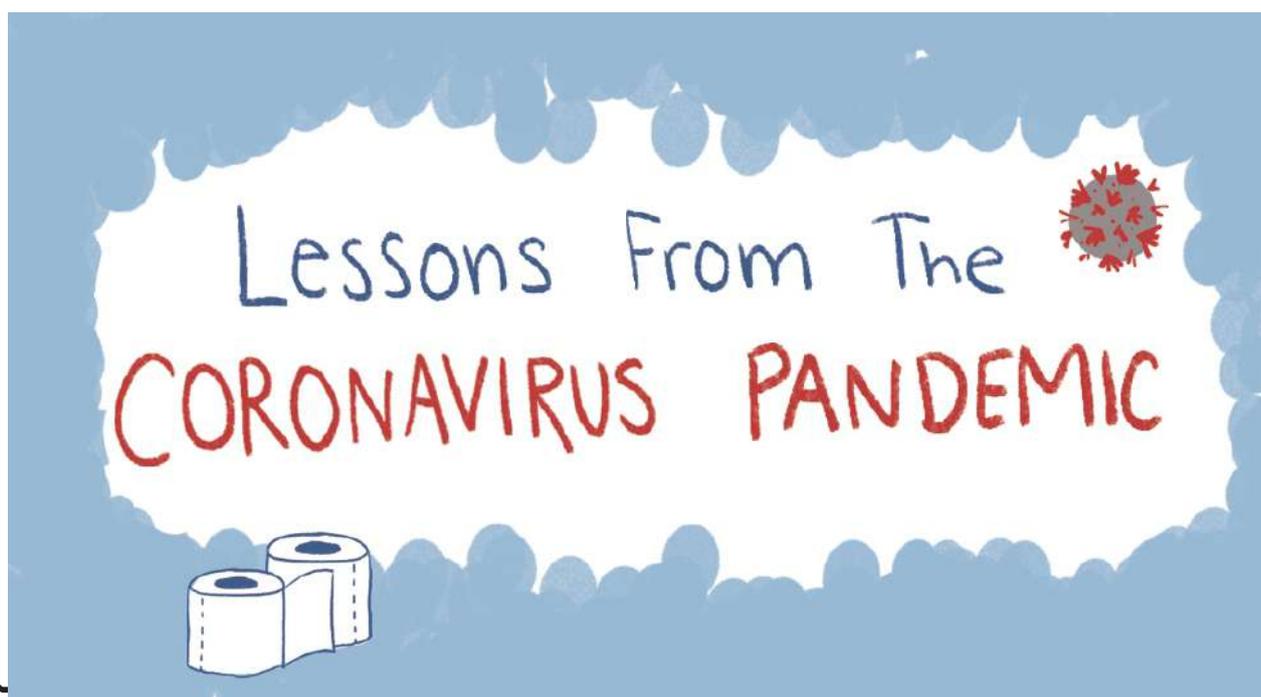
## Poetry and Essay writing Competition

For the first time ever, we decided to have a Poetry and Essay writing competition. The topic appropriately entitled “Life in a Lockdown”. We got a fairly good response from the members and their families. We take this opportunity to thank all the participants for making the effort to be a part of this novel idea.

We got to understand the nuances of daily life during the pandemic, each family bringing out their experiences to the fore. While some spoke of spiritual enrichment, others highlighted family bonding and togetherness.

The contest was superbly judged by three independent judges, viz. Mrs. Ottilia D'Souza (Wife of Bro. Bares), Mrs. Marina Cords (Wife of Bro. Vincent Corda) and Ms. Faye Rodrigues (Daughter of Bro. Francis Rodrigues). All the three judges were near unanimous in their decisions. We would like to express our sincere gratitude to the judges for taking time off to help in a worthy cause.

The entries of the 1st prize winners in each category are displayed on the following pages. Congratulations to the winners.



## The Good Side of Bad Times –

Life is a Rat Race. Career Goals, Achievements Professionally and Socially, hunger to do better and make more money is the mindset of a Mid Thirties Senior executive like me and my Peers.

A Day begins with a Rush and Ends with a Rush and you barely understand or know how time passed by. Office – Home – Party – Social Gatherings and repeat was the Routine. 2019 was a good year for me as we were expecting our First Born. With God's Blessings on 2nd November 2019 my Wife and I were blessed with a healthy Baby Boy Arjun. A totally different feeling for me as a Person and us as a Couple. The coming First month had its challenges as new parents as nothing prepares you for parenthood however many books or videos you see.

A month Later I was back at work with full zeal and prioritizing my work even more as I now had a dependent who I wanted to give the best. A Good education, holidays and cater to his needs was the plan. Would leave in the Morning 8.15am and see Arjun and Deepika only at 7pm

The First indication and seriousness of a Global Pandemic was circulating in the middle of January 2020. Being in India and one of its Smallest State Goa, we felt that the Corona Virus / Covid 19 would not harm us. In the subsequent months however, Cases Started rising world over Alarmingly in countries like Italy, Spain, and the US thereby becoming a full-blown Pandemic. The gravity of the situation slowly began sinking in.

Mid-March Lockdown was announced in Goa till further Notice. This was a life changing experience for me which made me retrospect and changed my perspective of life –

Valuing Relationships – Spending 41 days with my Wife and Son at home was a Blessing. I truly enjoyed the Relationship as husband and father. Deepika and I took turns in caring for Arjun and I got the opportunity to spend every moment of the day with this

small baby. I realized that I was missing out on a lot while I would be at work. Moments to be cherished and which would never come again.

Money cannot buy you everything sometimes– The Lockdown announcement was sudden, and we were caught unawares and were low on Provisions. We had to rush to get the basics only to be greeted by serpentine queue at Stores and Pharmacies. Having money with us we still could not buy what we needed, and we could feel the same desperation and helplessness with other people we met. The realization that money is just Paper was just apt for the moment.

The Simplest pleasures in life are the most cherished –

Meals were simple and rationed to tide over the days of lockdown and avoid going out to get more. The entire family would eat together and enjoy the meal. There would be no wastage and no complaints about the food however simple the vegetarian meal was.

The Entire Family would meet for play Cards, Games, and spend time together something which would never happen.

The Pandemic bought the Family together and made us realize that we are chasing the wrong dreams. Forgetting that our time here is limited and that the Family, our Loved ones are the most important treasures we have, and which tend to neglect.

We seek pleasures in going for Holidays, expensive restaurants, drink fine wine and whiskeys, exotic meats and food and find Solace in the Good things in Life. However, focusing on simple and meaningful pleasures gives more happiness and fulfillment than anything else.

I thank for the Life Lessons this Pandemic has thought me as the saying goes there is always a good side in everything.

*BRO ANISH ALBUQUERQUE IS A MEMBER OF GOA DONA PAULA CIRCLE 356*

## A MEMORABLE CIRCLE YEAR 2019-2020

Bro Joey Carvalho

The Catenian year 2019/20 began with a bang. Panjim Circle 353 had a young President. Its youngest one yet. And a magician by profession. The circle was growing in age but the Council was being headed by a younger man. It had two brand new brothers in the council too, who had never been councillors before. With such newness, the circle was bound to make magical headlines.

And headlines it did make with a brand new vision of a magazine for the Association in India. After considerable deliberation with the circle, with more opposition than supporters, the CATINDIAN was born, a monthly with articles, news, profiles of brothers, daily reflections for the busy, humour, quizzes, even a new Catenian anthem!

A tragedy had struck our circle with the passing away of a promising young musician. The beloved daughter of a brother. It was a blow to all our hearts. And we had to do something to diminish this pain. Brother President was quick to see a way, to help us in our time of difficulty and need. An all day picnic to divert our minds where all would be comfortable was arranged with a turnout of around 25.

Meeting attendees were much better than the previous year as brothers were sure something was better, in spite of contradictory statements by some members who could sense the carpet being pulled from under the feet of the claims of a self proclaimed successful year. Clergy Night when our beloved priests join us had more priests joining us than in the three years before. But I will not go into statistics as they always lie, in spite of an attendance register!

The last joint meeting was held in 2013/14 and Brother President with his vision of unity this year considered a joint meeting as a top of the agenda item. Of course with no item girls in the picture! And that is what happened when Mapusa, Vasco da Gama, Riviera and Panjim met in fraternity in spite of personal differences and Past Grand President Brother Tony Godden saying that he had attended many joint meetings over the years and that this was his best joint meeting ever. It was wonderful even though some of our own brothers considered it a dummy meeting. I must admit that the food did

run short as it was delicious, and some have humongous appetites!

All members of the circle had agreed that the 10th anniversary celebrations should be grand. Brother President envisioned that being a decade of not only the circle but the Association in India had to make this party even more grandiose. Mass with Bishop Alwyn Barreto of the Sindhudurg Diocese was the main celebrant. In his homily he spoke of love and forgiveness as the pillars of brotherhood. There is no meaning in brotherhood, if it is not directed by the Fatherhood of God himself. A brother of another circle commented that the choir transported one to a feeling of what heaven must be like.

A talk by our joint Brother Herbert of the Billericay Circle on the art of perfumery. The scent of the party was beginning to change.

The Master of Ceremonies all the way from Mumbai, a Brother very close and dear to our circle was no mistake in choice. Brother Maxie of the Mumbai Malad Circle was special and spectacular beyond what words can describe and with such expertise the celebration was turning into the party it was meant to be.

Two bands rolled into one was a first for these celebrations keeping all present on their dancing toes. The mood was filled with cheer and glee, and party games which were one of a kind.

The 15 course dinner with drinks and snacks to match and above everything else the participation of many circles in India made it a night to remember. Those who missed it missed an epic event.

Earlier in the day an interactive program on the empowerment of the association was held and was well received.

In my decade of being a member, this year was definitely one to remember, and I am grateful to the Almighty for this. Being proudly Catholic and a Catenian does have its plus points.

## Tony Godden – Past Grand President

### That Sounds Like a Good Job.

Between 2005 – 10 and 2013 – 15 I held the post of International Development Officer which became Director for Development Areas (DDA), responsible for liaison with and the development of the Catenian Association outside Britain and Australia. I became Grand President in 2011/12. As DDA and Grand President I presided at the inauguration of 6 Groups and Circles in 6 different countries (Malta, Scotland, Ireland, Australia, India & Bangladesh) followed by a seventh with the San Pawl Group in 2018.

I have some wonderful memories, but things do not always go to plan particularly when arriving in a country for the first time. In Zimbabwe I remember arriving at Bulawayo Airport with heavy suitcases and carrying thousands of US dollars donated by British Catenians destined for charities and good causes. I was quizzed by immigration and customs staff but allowed to enter the country without having to forfeit anything.

Kelly and I arrived for our first visit to Goa without knowing if we were being collected at the airport. We need not have worried as we were met by a driver from the hotel and one of the future Catenians. So, our luggage went in the hotel car and we travelled in the other car taking a scenic route to the hotel.

The night before flying to Bangladesh in 2014 to inaugurate the Dhaka Group I was in Mumbai addressing a group of 30 potential Catenians. At the end of the evening I received an email to tell me the following day would see a Hartal, a General Strike, in Bangladesh and that the locals had arranged an Ambulance to collect Kelly and I at the airport as it was the safest way of travelling during a general strike!

So, emerging from the Terminal at Dhaka

Airport we found the ambulance waiting for us, got in the back and were driven to our hotel in downtown Dhaka. En route I could hear a siren and wondered why the driver did not pull over and then realized we had the sirens and flashing red lights on all the way to our hotel compound. In the evening I was collected by ambulance and driven to the home of the Dhaka Catenian President for dinner with another ambulance to take me back to the hotel.



On reading the English language newspaper the following day I found out there had been small explosions in the streets of Dhaka and that buses had been set on fire.

Being Friday (the Muslim holy day) the Strike was suspended, and we held the Inauguration of the Dhaka Catenians preceded by Mass celebrated by an Auxiliary Bishop at the Bangladesh Bishops Conference Headquarters. Not only did the wives attend the Inauguration but the children also as the children's entertainer failed to appear. Following the Inauguration, we had a delightful display of traditional dancing, and singing, by the children before having a biryani meal accompanied by water and tea.

On the Saturday we went to a Catholic women's collective where we bought simple gifts and home-made Christmas cards before meeting with the Archbishop Emeritus of Dhaka. Later we met and had tea with the Archbishop (now Cardinal) of Dhaka who told me some of his priests had urged him not to approve the

establishment of the Catenians in his Diocese. He told them "if the Spirit wills it who am I to stop it".

During the afternoon there was the start of a 12-hour power outage across the whole country, 162 million people without power. We arrived back at our hotel to find the emergency generator operating with limited lighting in the public areas and just an emergency light in our bathroom but nothing in the bedroom. We were going out that evening to a restaurant with the Group Council and since we had an early start to get to the airport the next morning, we decided we needed to pack before going out. Kelly suggested we move the suitcases into the corridor where there was a light outside our room and pack there. The Corridor Boy seeing us called a Manager who said to Kelly "Madame, this is not the kind of behaviour we expect in a 5-star hotel" to which Kelly's response is unprintable!

We were unable to go out with the Catenians for a meal as the restaurant had no power so we had a meal in our Hotel with the President and Secretary after which I hosted the Council members for drinks around the hotel pool. As is to be expected they were still excited following the inauguration and had lots of questions to ask. They are a young group with most in their 30s and others up to the late 60s. It was a pleasant evening in good Catenian company.

When we returned to our room the hotel informed us the Hartal was resuming at 6am and as we had booked to travel on the 6.30 hotel shuttle to the airport they could not guarantee our safety or that we would get to the airport. Following a sleepless night, we got on the hotel minibus where we were told to keep the curtains drawn for our own safety. There were six hotel guests, the driver and a soldier with a Kalashnikov riding shotgun!

I had been concerned about going to Bangladesh and tried to persuade Kelly not to accompany me. However, I was pleased I

went as we met some truly inspiring Bishops, Priests, Nuns, and new Catenians and their families. We saw the Seminary in Dhaka, with some 200 Seminarians, in the grounds of the Archbishop's house. We visited an orphanage in the grounds of a parish church and met the head of a CARITAS project.

The enthusiasm of the Dhaka Catenians was a joy to behold and whose strength of faith put mine to shame. The Dhaka Group started with 27 members and is now a Circle with over 50. Two new Circles were inaugurated in Bangladesh in February this year and one of the new Circles has 41 members. For a country with such a tiny Catholic population this is some achievement and they deserve our support.

Having the International brief for the Association was a great honour and has left me with many memorable moments. But as you can see from the above it is not always a bed of roses.

My thanks go to Bro President Louis for inviting me to make this contribution. I wish the members and families of Mensija Circle every happiness and success as you plan for the 40th Anniversary of the foundation of the Circle in May 2021.



Bro Tony meeting the Irish President Mary McAleese at her residence Kelly looks on admiringly

***Originally published in the June-July 2020 newsletter of the Mensija Circle 294 and republished here with permission.***

## To Travel is to Truly Live

By Bro. Lino Abranches of Margao Circle

"Once a year go someplace you have never been before"- Dalai Lama

Finding the right words to describe the experience of traveling can be hard, but there's something to be said about the beauty and joy that comes from it.

Nowadays, life has become so busy and mundane for most of us. Traveling to new places steals ones stress and is a great opportunity to find oneself. Though traveling can be a drain in terms of money and time, it surely gives you a deep sense of satisfaction and high-stress threshold.

Traveling allows you to meet people of different cultures, with diverse traditions and unique lifestyles. While you travel, the need to interact with various kinds of people liberates you from your ego and can also throw up interesting challenges on you. In the process, you discover that you are capable of doing much more than you ever believed you can. These experiences that you gain help you become more open to life. I have observed that people who have traveled a lot in life become more adaptable to changes and hardships in life. This helps them in both their work and personal life.

Travel is educational and life-changing. When visiting a travel destination, you learn about the diversity in geography as well as the global culture. Listening to new languages, trying new cuisines is also learning in itself. It gives you a great sense of achievement and purpose in a short span of time and this broadens your horizons and enriches your soul.



When you travel you realize the power of money. Spontaneous spending incurs a lot of money and soon you learn to prioritize your purchases and get good bargains- not only whilst traveling but, back home too. Being able to navigate the unknown is a valuable skill and state of mind.

Travel is the only chance that gives us the impetus to start making the changes to reconnect with our interests, both creative and personal. Though some people, practice photography or enjoy the cuisine, others get inspired to start a business from importing products to organizing trips to their favorite destinations.

To travel is to truly live. Saint Augustine said it best: " The world is a book and those who do not travel read only one page."

# TRAVELRight

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# Unlock Your Potential

By Nicole Soares

When was the last time you put off something that you wanted to pursue? It could be a hobby, or a personal goal, or a new fitness regime? We've all had endless to-do lists that have gathered dust. The lockdown changed that.

This phase has brought out my productive best. I tackled a few work goals and boosted content for my business (Content Life Media) platform.

Though physically confined to a place, my mind wandered to new hobbies. This period unlocked fresh avenues to explore and learn.

Kitchen trials continued every-day and the 3 pm 'tea time' at home became a bonding exercise. Parents starred in stay-at-home videos as part of video learning experiments. The fun exercise brought plenty of stories and laughs.

I pulled out books forgotten on the shelves. I devoured pages and researched topics that interested me. Reading has become an essential part of my daily routine. The paintbrush was given another shot after setting aside old fears for art. Amateur nature-inspired patterns and forms covered blank pages.

Over the months, it's refreshing to see countless others return to old hobbies and past projects. This lockdown unearthed a fresh set of creative abilities amongst those I know. I've seen friends catch up on art, heard new voices, and found a few home chefs within my circle.



Uncertainty hangs in the air. The coming months will test our patience, sanity, and ability to find solutions. The upside to this is, everyone is on the same playing field. The haves and the have-nots face a similar burden. What determines success is the effective use of time.

This is your opportunity to catch up on the lost years. The lockdown unlocked our potential to chase our dreams. Luckily, we have the time.

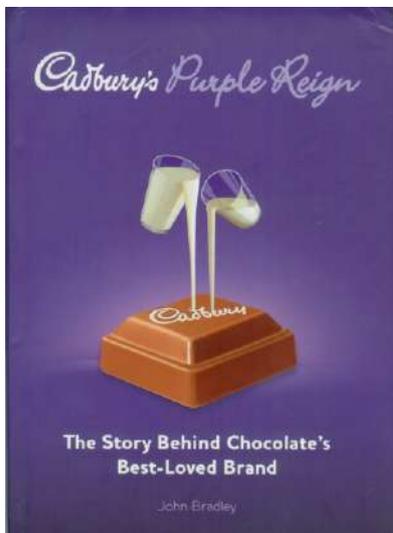
Realign your goals, dream again and big, and focus on what matters most. Don't look back and regret the past

Here's to good health, happiness, and staying safe.

***Nicole Soares, daughter of Bro Peter Soares of Margao Circle.***

# BOOK REVIEW

Here's a review of a collectors' edition of a book on the phenomenon called Cadbury's!



## CADBURY'S PURPLE REIGN

The Story Behind Chocolate's  
Best-Loved Brand

**JOHN BRADLEY**

John-Wiley & Sons 2008

Pp 342 Rs.1805

REVIEW  
BY  
**STANLEY COUTINHO**

Cadbury's! The reaction is nothing short of Pavlovian. But back in the early 19th century, who had ever heard of mass-produced chocolates? And chocolates weren't the first of Cadbury's merchandise. John Cadbury, in distant Birmingham, sold tea and coffee, and some cocoa, for a living. He switched over to the manufacture of cocoa. And since then the Cadburys have looked back only with pride.

From Birmingham to Bourneville and to the ends of the earth; through wars that were not only between nations, where weaponry comprised sagacity and mental agility, the ability to change over methods of production, change over products with strict adherence to values while rivals revelled in adulteration. How else does one sustain a business across every region of the world? Purity of inputs? Innovative presentations? Bold decisions? Constantly reinvention of oneself? All of these... and

many more leadership initiatives largely unknown then, general practice now. And let's not forget that the business goes head-on against people's ideas of health (waist-line management!) and dental hygiene, and fears of addiction to ... chocolate/cocoa. In such an impulse-purchase area (one-little-chocolate-won't-make-a-difference) Cadbury's can dare to talk of consumer loyalty as a key part of its success!

But, with a fun subject like chocolates to tackle, one would have expected to see something of coffee table book, a glossy presentation choc a bloc (pun intended) with the company's numerous mouth-watering varieties. But John Bradley chooses the more serious path – chocolates, like cartooning, is apparently serious business. With his racy conversational style, he handles

this 'insider's perspective' with the right dash of nostalgia mixed with a not so dispassionate account of the phenomenal rise of the purple pledge of purity. We see the company rise through the stages of adopting the factory system without exploiting young children or creating urban slums (yes, it's that old!), the speedy acceptance of labour-saving machines – manual at first, then operated by electricity, setting up the Cadbury World. The last of which was an attempt to show the public – and its customers – the ultra-hygienic conditions in which their favourite chocolate was produced at Bourneville; an attempt that proved hugely successful. We see the foresight of the early Cadbury's leaders in moving to Bourneville, setting up infrastructure aligned with the facilities available in the nearest ports, and planning for expansions which could scarcely be anticipated at that time. The company's relentless Brand Management programme, to the point of becoming a household name and beyond, is perhaps the most insightful part of this book.

It is interesting to note that Bradley touches (just barely) the controversy over the worms found in some of their chocolate bars in India. The furore over worms in chocolates and pesticides in the colas seems to have arisen almost simultaneously towards the end of 2003 – and died equally suddenly. John Bradley refers to the situation as 'insect grubs' found in 'a handful of the 30 million bars of Dairy Milk bought in India'. He tries to dismiss it as an 'occupational hazard in the

chocolate industry... almost always caused by poor storage conditions in retail outlets.' But in October 2003 a Cadbury's spokesman is reported to have said: "We believe that by and large retailers follow our operating instructions and adhere to the required storage conditions." And, of course, Amithabh Bachchan was called in to clear the air of the worms! The question is not that worms were found. The improvements made by the manufacturer to retain / regain its market after this are important – the company's response by way of heat-sealed foils and extra layer of sealed packaging for some of its items prove their commitment to quality and retention of customers.

While speaking of India again he refers to the model (Shimona) who danced on to the cricket pitch, getting the Campaign of the Century award in Indian advertising for Cadbury. But if one is permitted a touch of nostalgia, one misses the mention of Hamid Sayani who for years (as it seemed then) was the virtual standard bearer for Cadbury. His 'Goodness of Milk in Every Block!' resounds to this day recalling those heady beginnings of the Bournvita Quiz Contest.

Bradley ends the 340-page narrative on a philosophically wistful note. The past boldness, standards and values, he says, if they are adhered to, Cadbury's will continue to grow. From all of us with or without a waistline to worry about: Chocothree cheers to that!

# POEMS

BY STANLEY COUTINHO



Hollyhocks bring home  
A truth: Not every one  
Needs fragrance  
Some bloom and glow  
Through sun and rain  
In winters cold  
To warm you  
In your days of gloom  
When you don't seek odour...  
Just that touch of colour.



He stands upon the ears of grain,  
For birds of prey his eyes do strain;  
Twixt "fight or flight"  
It's only slight:  
His chance of standing here again.

But life goes on from day to day,  
As flitting around for wisps of hay  
He builds the nest  
And keeps the rest  
In His Good Hands, ... and whistles away.



We see a hen with feathers of gold  
And remember that goose of old!  
But what we ignore  
Though well we all know  
That goose wasn't much to behold.

If you could judge a book by its cover  
Or a man by his polished demeanour  
Or a woman by virtue  
Of what she tells you  
Your "spirit" needs time to mature!



A cluster of the Flame-of-The-Forest,  
Embers of the bacchanalian fest  
Last night, when we toasted  
To life, as we coasted  
On clouds, on winds, on zest.



D'you think you can do more than I can?  
But surely not more than we two can!  
One can be a pacesetter,  
But two can do better,  
And a team? Surely more than just two can.

Be strong and courageous. Do not be frightened,  
and do not be dismayed, for the Lord your God is  
with you wherever you go.

Joshua 1:9

# PRAY THE ROSARY WITH YOUR CATENIAN BROTHERS



CATENIANS

## CATENIANS INTERCESSORY ROSARY

“CATENIANS INTERCESSORY ROSARY” will be held for all our Catenian Brothers and Families worldwide through Zoom Video conference. Brothers from all countries are encouraged to kindly join in and participate. This is a good medium to help us connect with each other through prayers in these turbulent times.

**We are inviting you to pray the Rosary with us :**

Topic : **INTERNATIONAL CATENIAN INTERCESSORY ROSARY**  
Date : 29th August 2020 [Saturday]  
Time : 2.30 pm Bangladesh time  
9.30 am UK time | 2.00 pm IST | 6.30 pm AET | 4.30 pm AWST  
Duration : 45 mins [max]



### Join us via Zoom :

Meeting ID : **829 9486 5740** [<https://us02web.zoom.us/j/82994865740>]

Password : **843925**

**MAY GOD BLESS OUR ASSOCIATION AND LONG LIVE OUR BROTHERHOOD !!**



*D'Elysians*

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MUMBAI | PUNE | NASIK | NAGPUR | KOLHAPUR | SOLAPUR



# 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

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