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# കൊറോണയും, ജീവിതവും പിന്നെ ദൈവവും

സമാനതകളില്ലാത്ത ഒരു ദുരന്തമുഖത്താണ് നാമിപ്പോൾ ജീവിക്കുന്നത്. ലോകവുമായി ബന്ധപ്പെടാതെ നാലു ചുവരുകൾ കുള്ളിൽ ഒതുങ്ങിക്കൂടേണ്ട ഒരു അവസ്ഥ. ആരുടെയും വിദൂരസ്വപ്നങ്ങളിൽ പോലും ഇല്ലായിരുന്നു ഇങ്ങനെ ഒരു കാലം. ശാസ്ത്രം ഇത്രയേറെ പുരോഗമിച്ചിട്ടും നഗ്നനേത്രങ്ങൾ കൊണ്ടു കാണാനാവാത്ത ഒരു വൈറസ് മുഴുവൻ മനുഷ്യ വംശത്തെയും ഭീതിയുടെ മുൾമുനയിൽ നിർത്തുന്നത്, മനുഷ്യന്റെ അന്വേഷണവും വളർച്ചയും നേട്ടങ്ങളുമൊക്കെ ഇനിയും ബഹുദൂരം മുന്നോട്ട് പോകാനുണ്ട് എന്നതിന് പ്രകൃതി നൽകുന്ന ഓർമ്മപ്പെടുത്തലുകളാണ്.

ആർഭാടത്തിന്റെ അതിർവരമ്പുകൾ ഭേദിച്ച് മുന്നേറിയ മനുഷ്യൻ ലാളിത്യത്തിന്റെ സ്വാഭാവികതയിലേക്കൊതുങ്ങി യതാണ് ഈ കൊറോണക്കാലത്തെ ഒരേയൊരു നല്ല കാഴ്ച. ജീവിതത്തിൽ ആവശ്യമെന്ന്, അത്യാവശ്യമെന്ന്, അനാവശ്യമെന്ന് എന്നൊക്കെ ഈ വൈറസ് മനുഷ്യനെ പഠിപ്പിച്ചു. സേവനത്തിന്റെയും കർമ്മശേഷിയുടെയും പുതിയ തലങ്ങൾ എല്ലായിടത്തും രൂപം കൊള്ളുന്നു. ജീവിതത്തിലെ തിരക്കുകളും, ക്രമരഹിതമായ മുൻഗണനകളും കാർന്നുതിന്ന സ്വന്തം കുടുംബജീവിതത്തെ, ആവശ്യമായ സമയം തന്ന് 4 ചുവരുകൾക്കുള്ളിൽ ഒതുക്കിയതും കൊറോണ തന്നെ.

കുറേ മനുഷ്യർ ദൈവത്തെ വിളിച്ച് ആശ്വാസം നേടുന്നു; മറ്റു ചിലർ ദൈവത്തെ പഴിച്ച് സംതൃപ്തിയടയുന്നു. “ദൈവമെവിടെ” എന്ന് ചോദിക്കുന്നവരുടെ മുമ്പിൽ, ദൈവസ്നേഹത്താലും പരസ്നേഹത്താലും പ്രചോദിതരായി സേവനമുഖത്തു വാഴുന്ന ആരോഗ്യപ്രവർത്തകരും മറ്റും ഉയർത്തുന്ന നന്മയുടെ കാഹളത്തെ കണ്ടില്ലെന്നും കേട്ടില്ലെന്നും നടിക്കാനാകുമോ?

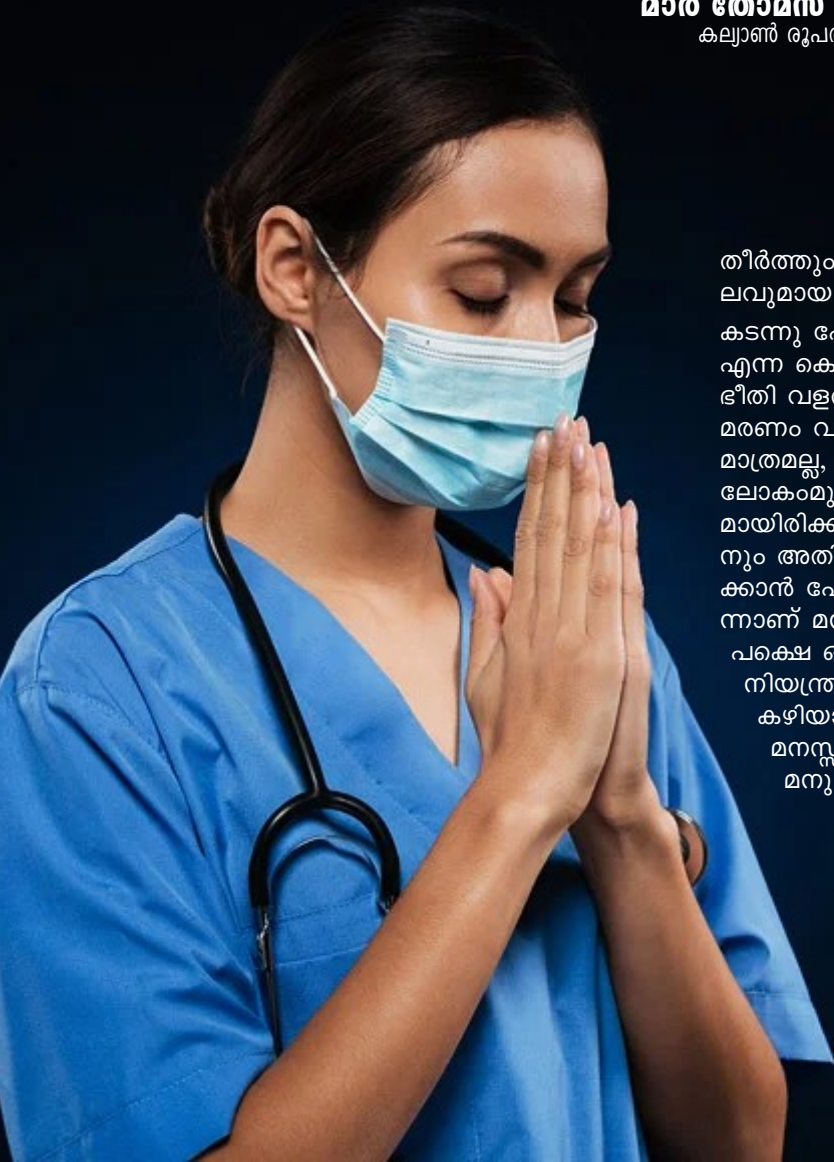
സമീപകാലത്ത്, പ്രകൃതി ഒരു അധ്യാപികയെപ്പോലെ പലതരം ജീവിതപാഠങ്ങൾ മനുഷ്യനെ പഠിപ്പിക്കുന്നുണ്ട്. നിത്യജീവിതത്തെക്കുറിച്ചുള്ള ക്രൈസ്തവചിന്തയെ ഓർമ്മിപ്പിച്ചുകൊണ്ട് പ്രകൃതി പറയുകയാണ്, “നെമിഷികമായ ഈലോകജീവിതത്തിൽ മുഴുകാതെ അനന്തതയിലേക്ക് കണ്ണുകളുയർത്തി ദൈവത്തിലാശ്രയിച്ചു ജീവിക്കൂ”വാൻ. അക്കാലത്തിൽ പൊലിഞ്ഞു വീണ പതിനായിരക്കണക്കിന് ആത്മാക്കൾക്കായി പ്രാർത്ഥിക്കാം. സേവനമുഖത്ത് യുദ്ധം ചെയ്യുന്നവരെയും, രോഗികളായി ചികിത്സ തേടുന്നവരെയും, മറ്റു ബുദ്ധിമുട്ടുകൾ അനുഭവിക്കുന്നവരെയുമൊക്കെ നമുക്ക് പ്രാർത്ഥനയിൽ ഓർക്കാം.

ശ്രീബുദ്ധൻ പറഞ്ഞതുപോലെ, “ഇതും കടന്നുപോകും!”

# ദൈവശക്തിയിൽ കൊവിഡിനെ നേരിടാം



**മാർ തോമസ് ഇലവനാൽ**  
കല്യാൺ രൂപതയുടെ മെത്രാൻ



തീർത്തും അപ്രതീക്ഷിതവും ഏറ്റം പ്രതികൂലവുമായ ഒരു സാഹചര്യത്തിലൂടെ ലോകം കടന്നു പോവുകയാണല്ലോ. Covid 19 എന്ന കൊറോണ വൈറസ് രോഗം ഇന്ന് ഭീതി വളർത്തിക്കൊണ്ട് എല്ലായിടത്തും മരണം വിതച്ചു കൊണ്ടിരിക്കുകയാണ്. മാത്രമല്ല, കൊറോണ രോഗംമൂലം ഇന്ന് ലോകമുഴുവനും ഒരർത്ഥത്തിൽ നിശ്ചലമായിരിക്കുകയാണ്. പ്രപഞ്ചത്തെ മുഴുവനും അതിന്റെ ശക്തികളേയും നിയന്ത്രിക്കാൻ പോലും കഴിവുള്ളവനാണ് താനെന്നാണ് മനുഷ്യൻ അഭിമാനിച്ചിരുന്നത്. പക്ഷെ ഒരു വൈറസിനെപ്പോലും നിയന്ത്രിക്കാനും അതിജീവിക്കാനും കഴിയാതായപ്പോൾ തന്റെ നിസ്സഹായത മനസ്സിലാക്കുവാൻ ഈ മഹാമാരി മനുഷ്യനെ പ്രേരിപ്പിക്കുകയാണ്.

### ദൈവത്തിന്റെ ശിക്ഷയോ

ഈ മഹാമാരി ദൈവത്തിന്റെ ശിക്ഷയാണോ എന്ന് സംശയിക്കുന്നവരുണ്ടാകാം. ഇവിടെ നോഹയോടുള്ള ദൈവത്തിന്റെ വാഗ്ദാനം നമുക്കെല്ലാം ഓർക്കാം. “മനുഷ്യർ കാരണം ഭൂമിയെ ഇനി ഒരിക്കലും ഞാൻ ശപിക്കുകയില്ല; ... ജീവജാലങ്ങളെയെല്ലാം ഇനി ഒരിക്കലും നശിപ്പിക്കുകയില്ല.” (ഉല്പ. 8:21) എങ്കിൽ കോവിഡ് മഹാമാരി ദൈവത്തിന്റെ ശിക്ഷയല്ല എങ്കിലും, ഒരു ശിക്ഷണമാർഗ്ഗമാകാം. തിരുവചനത്തിൽ നമ്മൾ ഇങ്ങനെ കാണുന്നുണ്ട് “വിപത്തുകളിൽ ഭഗ്നാശരാകരുതെന്നും ഇത്തരം അനർത്ഥങ്ങൾ നാശത്തിനല്ല, നമ്മുടെ ജനതയുടെ ശിക്ഷണത്തിനാണ് ഉദ്ദേശിക്കപ്പെട്ടിരിക്കുന്നതെന്ന് മനസ്സിലാക്കണമെന്നും ഞാൻ അഭ്യർത്ഥിക്കുന്നു.” (2 മക്ക. 6:12) മനുഷ്യൻ തന്റെ ജീവിതശൈലിയിലും പ്രപഞ്ചത്തോടുള്ള മനോഭാവത്തിലും മാറ്റം വരുത്താനുണ്ടെന്ന് ഈ മഹാമാരി നമ്മെ ഓർമ്മപ്പെടുത്തുന്നുണ്ടോ എന്ന് നമ്മൾ ചിന്തിക്കണം. കോവിഡ് ബാധയിലൂടെ സംജാതമായിരിക്കുന്ന ഇന്നത്തെ നിസ്സഹായ അവസ്ഥ ദൈവത്തോടും സഹോദരങ്ങളോടും പുലർത്തേണ്ട ഒരു പുതിയ സമീപനത്തിലേക്കും ബന്ധത്തിലേക്കുമുള്ള ആഹ്വാനമുൾക്കൊള്ളുന്നുണ്ടാവാം.



കൊറോണ രോഗം മാനവകുലത്തിന് മാനസാന്തരത്തിനുള്ള ആഹ്വാനം ഉൾക്കൊള്ളുന്നു



### ആഹ്വാനം ഉൾക്കൊള്ളാം

പ. പിതാവ് ഫ്രാൻസിസ് മാർപ്പാപ്പ, സെന്റ് പീറ്റേർസ് സ്ക്വയറിലെ പ്രാർത്ഥനാശുശ്രൂഷയുടെ അവസരത്തിൽ പറയുകയുണ്ടായി. “**കൊറോണ രോഗം മാനവകുലത്തിന് മാനസാന്തരത്തിനുള്ള ആഹ്വാനം ഉൾക്കൊള്ളുന്നു**” എന്ന്. ദൈവത്തോടും സഹോദരങ്ങളോടും ഈ പ്രപഞ്ചത്തോടുമുള്ള മനോഭാവത്തിലും ബന്ധത്തിലും മാറ്റം വരുത്തേണ്ടതുണ്ടെന്ന് നമ്മൾക്കു തരുന്ന ആഹ്വാനമായിട്ടും ഈ പ്രതിസന്ധിയെ മനസ്സിലാക്കേണ്ടതുണ്ട്

എന്നാണിതിനർത്ഥം. സംഭവങ്ങൾ ഉദാഹരണങ്ങളായി ചൂണ്ടിക്കാണിച്ചുകൊണ്ട് ഈശോ മാനസാന്തരത്തിന് ആഹ്വാനം നല്കുന്നുണ്ട് (ലൂക്ക 13: 1-5).

### ഓർമ്മപ്പെടുത്തലാണ്

ഈ പ്രപഞ്ചം ദൈവത്തിന്റെ സൃഷ്ടിയാണെന്നും ദൈവമാണ് പ്രപഞ്ചത്തിന്റെ പരിപാലകനെന്നും മനുഷ്യൻ മറന്നിട്ടുണ്ടെങ്കിൽ പ്രപഞ്ചത്തിലൂടെ ദൈവത്തിങ്കലേക്കുതിരിയുവാൻ (നട. 17: 26-27) ഈ മഹാമാരി മനുഷ്യനെ ഓർമ്മപ്പെടുത്തുകയാണ്. മനുഷ്യൻ പ്രപഞ്ചത്തിന്റെ അധിനാഥനല്ലെന്നും കാര്യസ്ഥനും സൂക്ഷിപ്പുകാരനും മാത്രമാണെന്നുമുള്ള അവബോധത്തിലേക്ക് മനുഷ്യൻ വരണം.

പ. പിതാവ് ഫ്രാൻസിസ് മാർപ്പാപ്പ നമ്മെ അനുസ്മരിപ്പിക്കുന്നതുപോലെ ഈ പ്രപഞ്ചവും സർവ്വസൃഷ്ടിജാലങ്ങളും മനുഷ്യവർഗ്ഗത്തിന് മുഴുവനും വേണ്ടി ഉള്ളതാണ്; ഇന്നുള്ളവർക്കും നാളെ വരാനിരിക്കുന്നവർക്കുമുള്ളതാണ് എന്നതും മനുഷ്യൻ ഓർക്കണം. അതുകൊണ്ട് എല്ലാ മനുഷ്യർക്കും സഹജീവികളോട് പ്രതിബദ്ധതയുണ്ട്. ദൈവത്തിന്റെ ഇഷ്ടത്തിനെതിരായി പ്രപഞ്ചവസ്തുക്കളെ



മനുഷ്യൻ ദുരുപയോഗിക്കരുത് (Laudato Si. 159-162). ഈ തലങ്ങളിലെല്ലാം, ഇനിയെങ്കിലും മനുഷ്യൻ തന്റെ തെറ്റുകൾ കണ്ടെത്താനും തിരുത്താനുമായിരിക്കാം ഈ മഹാമാരിയിലൂടെ ദൈവം നമ്മോടാവശ്യപ്പെടുന്നത്.

### നന്ദിയുള്ളവരാകാം

ലോകചരിത്രത്തിൽതന്നെ എന്നും അവിസ്മരണീയമാകത്തക്കവിധം കൊറോണ മഹാമാരി മനുഷ്യജീവിതത്തെത്തന്നെ സ്വാധീനിച്ചു. കോവിഡിനു മുമ്പും കോവിഡിനുശേഷവും എന്ന് നമ്മൾ ചരിത്രത്തെപ്പോലും തിരിക്കേണ്ടി വരുമായിരിക്കാം. ഇന്നുവരെ സംഭവിച്ചിട്ടില്ലാത്ത പല കാര്യങ്ങൾക്കും നമ്മൾ സാക്ഷികളായി. പ്രാർത്ഥനാലയങ്ങൾ, വിദ്യാലയങ്ങൾ, വിനോദകേന്ദ്രങ്ങൾ, പൊതുസ്ഥലങ്ങൾ, ഭരണസംവിധാനങ്ങൾ, മനുഷ്യസഞ്ചാരങ്ങൾ എല്ലായിടത്തും ഇതിന്റെ പരിണിതഫലങ്ങൾ ദൃശ്യമായി. എല്ലാവരുടേയും ശ്രദ്ധ, സാമൂഹിക സേവനരംഗത്തേക്കും ആതുരശുശ്രൂഷാമേഖലകളിലേക്കും പ്രതിരോധമാർഗ്ഗങ്ങളിലേക്കും തിരിഞ്ഞു. ഈ മേഖലകളിലുള്ള നിസാർത്ഥസേവനത്തെ വാനോളം പുകഴ്ത്തി. വിവിധ ശുശ്രൂഷാമേഖലകളിലുള്ളവരോട് നാം എന്നും നന്ദിയുള്ളവരാകണമെന്ന് ഇത് നമ്മെ ഓർമ്മിപ്പിക്കുന്നു.

### ഹൃദയങ്ങൾ അകലാതിരിക്കട്ടെ

Lockdown ന്റെ ഈ കാലം മുഴുവൻ, Stay Home, Stay Safe സാമൂഹിക അകലം പാലിക്കുക ഇതൊക്കെയായിരുന്നു നമ്മൾ ജീവിതനിയമമായി പാലിച്ചത്. എങ്കിലും ഇപ്പോഴും

കോവിഡ് മഹാമാരിയുടെ ഈ സാഹചര്യത്തിൽ മാനുഷികമായി നമുക്കെടുക്കാവുന്ന എല്ലാ മുൻകരുതലുകളും നമ്മൾ സ്വീകരിക്കണം. എന്നാൽ അതിലുപരി ദൈവത്തിൽ പരിപൂർണ്ണമായി ശരണപ്പെട്ടുകൊണ്ട് പ്രാർത്ഥനയിലൂടെ ദൈവത്തിന്റെ പരിപാലനയ്ക്ക് നമ്മെത്തന്നെ സമർപ്പിക്കണം.

ലോകത്തെവിടെയും രോഗികളും മരണസംഖ്യയും കൂടി വരികയാണെന്നസത്യം നമ്മൾ കാണുന്നുണ്ട്. എത്ര കാലം ഈ അവസ്ഥ തുടരുമെന്നതിന് ഇപ്പോൾ കൃത്യമായ ഉത്തരമില്ല. Lockdown ന്റെ അവസ്ഥയിൽത്തന്നെ ജീവിതം ഇനിയും അധികം മുമ്പോട്ട് കൊണ്ടുപോകുവാൻ സാധ്യമല്ലെന്ന് എല്ലാവർക്കുമറിയാം. അതുകൊണ്ട് കോവിഡിന്റെ അനുഭവത്തിൽ നാളെയെക്കുറിച്ചാണ് ഇപ്പോൾ എല്ലാവരും ചിന്തിക്കുന്നത്. ഒരു കാര്യം ഓർക്കാം. കോവിഡ് മഹാമാരി നിലനില്ക്കുന്നിടത്തോളം കാലം നമ്മുടെ ജീവിതത്തിന്റെ എല്ലാ തലങ്ങളിലും കാതലായ മാറ്റം സംഭവിക്കും. കോവിഡിന്റെ കാലഘട്ടത്തിൽ



**ഈ മേഖലകളിലുള്ള നിസ്വാർത്ഥസേവനത്തെ വാനോളം പുക്കഴ്ത്തി, വിവിധ ശുശ്രൂഷാമേഖലകളിലുള്ളവരോട് നാം എന്നും നന്ദിയുള്ളവരാകണമെന്ന് ഇത് നമ്മെ ഓർമ്മിപ്പിക്കുന്നു.**

മാനുഷികബന്ധങ്ങളിൽ അകൽച്ചയുണ്ടാകും. മനുഷ്യന്റെ സമീപനശൈലിയിൽ മാറ്റമുണ്ടാകും. മുഖാവരണവുമായി മാത്രം പുറത്തിറങ്ങുക എന്നത് ഒരു സാധാരണജീവിതശൈലിയായി മാറാം. ഇത് മാനുഷികബന്ധങ്ങളെ വളരെയേറെ സ്വാധീനിക്കും. ഇതെല്ലാം മുൻകൂട്ടി കാണുവാനും സ്വീകരിക്കുവാനും നാമെല്ലാവരും നിർബന്ധിതരാകാം. എന്നാൽ സഹോദരങ്ങളോട് നമ്മൾ പച്ചുപുലർത്തേണ്ട ആത്മാർത്ഥതയും സ്നേഹത്തിനും വ്യക്തിബന്ധത്തിനും ഇത് തടസ്സമായിത്തീരാനുവദിക്കരുത്. സഹോദരങ്ങളെ മറന്ന് നമുക്ക് ദൈവത്തെ സ്നേഹിക്കാൻ സാധിക്കുകയില്ലല്ലോ.

**ദൈവത്തിൽ പ്രത്യാശയർപ്പിക്കാം**

ഈ മഹാമാരിയുടെ സാഹചര്യത്തിൽ മനുഷ്യന് നാളെയെക്കുറിച്ച് ഏറെ ആകുലതകളുണ്ട്. തങ്ങളും ഈ രോഗത്തിനടിമകളായിത്തീരുമോ എന്ന ഭയമുണ്ടാകാം. മാതാപിതാക്കൾക്ക് തങ്ങളുടെ ജോലിയെക്കുറിച്ചും മക്കളുടെ ഭാവിയെക്കുറിച്ചും ആകുലതകളുണ്ട്. ഈ

ആകുലതകളിലും അസ്വസ്ഥതകളിലും ദൈവത്തിൽ നമുക്ക് പ്രത്യാശയർപ്പിക്കാം. ഈശോ പറഞ്ഞു, “നിങ്ങളുടെ ഹൃദയം അസ്വസ്ഥമാക്കേണ്ട; ദൈവത്തിൽ വിശ്വസിക്കുവിൻ” (യോഹ. 14:1). ദൈവം അറിയാതെയും അനുവദിക്കാതെയും നമ്മുടെ ജീവിതത്തിൽ ഒന്നും സംഭവിക്കുന്നില്ല. ഇതുപോലുള്ള അനുഭവങ്ങളുണ്ടാകുമ്പോൾ ദൈവത്തിലുള്ള നമ്മുടെ വിശ്വാസം അചഞ്ചലമായി കാത്തു സൂക്ഷിക്കണം. കൂടുതൽ തീക്ഷ്ണതയോടെ പ്രാർത്ഥിക്കണം. കർത്താവ് നമ്മുടെ പ്രാർത്ഥനക്കുത്തരമരുളും. ഈ ലോകമാകുന്ന കടലിനെ പ്രക്ഷുബ്ധമാക്കുന്ന ഈ മഹാമാരിയെ അവിടുന്ന് ശാന്തമാക്കും.

**പ്രാർത്ഥനയിൽ ആശ്രയിക്കാം**

നമുക്ക് ദൈവാലയത്തിൽ വന്ന് ബലിയിൽ സംബന്ധിക്കാനും കുദാശകൾ സ്വീകരിക്കുവാനും കൂട്ടികളുടെ വിശ്വാസപരിശീലനം ദൈവാലയത്തിൽ തുടരുവാനും കുറേ നാളുകൾകൂടി കാത്തിരിക്കേണ്ടി വരും. അതുവരെ തിരുവചനവും കൂടുംബപ്രാർത്ഥനകളും വഴി ദൈവത്തോടുള്ള ബന്ധത്തിൽ വളരണം. എപ്പോഴും നമ്മുടെ വിശ്വാസത്തെ ഉജ്ജ്വലിപ്പിച്ച് കാത്തു സൂക്ഷിക്കണം. പ്രാർത്ഥനയിൽ കൂടുതൽ ആശ്രയിക്കണം.

ഏതെല്ലാം പ്രതികൂലസാഹചര്യങ്ങൾ നമ്മുടെ ജീവിതത്തിലുണ്ടായാലും, ദൈവത്തെ എല്ലാറ്റിലുമുപരി സ്നേഹിക്കുന്നതിനും വിശ്വാസത്തോടും തീക്ഷ്ണതയോടും കൂടി പ്രാർത്ഥിക്കുന്നതിനും സഹോദരങ്ങളെ ആത്മാർത്ഥമായി സ്നേഹിക്കുന്നതിനും അതൊന്നും പ്രതിബന്ധമാകരുത്. അതായിരിക്കണം നമ്മുടെ ക്രൈസ്തവജീവിതത്തിന്റെ മുഖമുദ്ര. കോവിഡ് മഹാമാരിയുടെ ഈ സാഹചര്യത്തിൽ മാനുഷികമായി നമുക്കെടുക്കാവുന്ന എല്ലാ മുൻകരുതലുകളും നമ്മൾ സ്വീകരിക്കണം. എന്നാൽ അതിലുപരി ദൈവത്തിൽ പരിപൂർണ്ണമായി ശരണപ്പെട്ടുകൊണ്ട് പ്രാർത്ഥനയിലൂടെ ദൈവത്തിന്റെ പരിപാലനയ്ക്ക് നമ്മെത്തന്നെ സമർപ്പിക്കണം. “ദൈവത്തെ സ്നേഹിക്കുന്നവർക്ക്, അവിടുത്തെ പദ്ധതിയനുസരിച്ച് വിളിക്കപ്പെട്ടവർക്ക് അവിടുന്ന് സകലവും നന്മകായി പരിണമിപ്പിക്കുന്നു” (റോമ. 8 : 28) എന്ന തിരുവചനം നമുക്ക് എന്നും സമാധാനവും സാന്ത്വനവുമരുളട്ടെ. ദൈവത്തിലുള്ള നമ്മുടെ വിശ്വാസം നമുക്കെന്നും ശക്തിയായിരിക്കട്ടെ.



# COVID -19 and Envisioning a New Faith Life



**Fr. Francis Eluvathingal**

Protosyncellus,  
Eparchy of Shamshabad

**F**ive days after Easter this year, during homily Pope Francis stressed: "The ideal of the Church is always to have the Sacraments and the people of God together, and that thinking otherwise is dangerous." He said it in the context of lockdown due to the COVID 19, as the Holy Week celebrations were done without the presence of the faithful, but were watched via live streaming. Probably the first lesson this pandemic teaches us

is that the church is not a building. Most of us have noticed the statement, 'the Church does not close; only the building; as the people being the Church, are everywhere'. This awareness about the Church, however, needs to be properly understood.

## The Understanding about the Eucharist and the Questions to be Resolved

Liturgical celebration has the central position in Christian life. The Eucharist is "the source and summit" of the Christian life, for in Christ is contained the whole spiritual good of the Church (CCC: 1324). We shall not live eternally unless we eat his Body and drink his Blood (Jn. 6: 53). Covid 19 has adversely affected this sum and substance of our faith. The Eucharist as receiving the Body and Blood into the life of the faithful is hindered world-wide due to this pandemic. The questions to be resolved here are: What is the position of the Church regarding the online services? Can the online liturgical services be justified in any circumstances? Can the online services substitute the real Eucharistic celebration?

## Use of Media and Online Services

The Church often has declared her conviction about the internet and media. The Second Vatican Council says it as, "marvellous technical inventions" that already do much to meet human needs. For Church, the media is a 'gift of God' which, in his providential design, unite men in brotherhood enabling them to cooperate with his plan for their salvation. Pope Paul VI said the Church "would feel guilty before the Lord" if it failed to use the media for evangelization. Pope John Paul II has clarified that the Church has to integrate the message into the 'new culture' by modern communications".

The internet has a remarkable capacity to overcome distance and isolation. The Church can perform an important service to all by the selection and transmission of useful data

**Virtual reality is no substitute for the Real Presence of Christ in the Eucharist, the sacramental reality of the other sacraments, and shared worship in a flesh-and-blood human community.**



through this medium. It also provides the Church with a means for communicating with particular groups – young people and young adults, the elderly and homebound, persons living in remote areas, the members of other religious bodies – who otherwise may be difficult to reach besides using it for new evangelization. A growing number of parishes, dioceses, religious congregations, and church-related institutions and organizations now make effective use of the internet. Church-related groups that have not yet taken steps to enter cyberspace are encouraged to seek the possibility of doing so at the earliest. The Church, keeping in view its special character as a direct, immediate, interactive, and participatory medium, needs to use internet as a tool for internal communication.

## Sacramental Reality and Online Services

At the same time, the virtual reality of cyberspace has some worrisome implications



for religious life. Virtual reality is no substitute for the Real Presence of Christ in the Eucharist, the sacramental reality of the other sacraments, and shared worship in a flesh-and-blood human community. There are no sacraments on the Internet; and even the religious experiences possible there by the grace of God are insufficient apart from real-world interaction with other persons of faith.



During the above said homily, Pope Francis emphasizes: “Be careful not to virtualize the Church, to virtualize the Sacraments, to virtualize the People of God. The Church, the Sacraments, the People of God are concrete. The Apostles grew in familiarity with the Lord as they were with Jesus in community, not isolated. That is why “a familiarity without the community, without Bread, without the Church, without the people, without the Sacraments is dangerous.”

### **As we go ahead with the Pandemic**

May be the virtual liturgies have already risked a new kind of centralization and de-localization of the Catholic Church. As there are many online liturgies available, some might have got settled with the most liked or attractive ones and do not want to move away from that. As we look to reopen the church with new precautions and continued uncertainty, clear communication is necessary to ensure the gradual and consistent changes that need to be understood by all. The Leaders (Priests and all

others in leadership) and the congregation are to have a new method of communication in order to be effective. The following are some of the suggestions for further reflections.

- (1) Communicate through online consistently and proactively ahead of time about safety measures to be taken.
- (2) Avail online platforms that provide opportunities for the community to meet or lead small groups.
- (3) Decide what online strategies will benefit the congregation.
- (4) Publish weekly newsletters to bridge the communication gap.
- (5) Acknowledge the new ways church services will operate.
- (6) Assess what practices are successful and which to drop.
- (7) Begin training processes for the documentation of online systems and programs that will be used in future.
- (8) Conduct games and contests online that are designed to foster community sense.
- (9) Encourage leaders to engage dialoguing with the community by listening, responding to comments and questions.
- (10) Set aside specific times to host study or prayer times online.
- (11) Ensure that each community has an account in the communicative apps like Whatsapp, Facebook and Instagram so your media and message can stand out. Try using interactive methods if you have a younger audience.
- (12) Organize a group of rescue workers if somebody is in difficulty.

The experience of COVID-19 has heightened the consciousness and reawakened the conscience of the church to the fragile, incarnate reality of human life. The church, like the whole world, has also been reminded by our experience of social distancing that human life can only be fully human when lived in solidarity and community with others. There is no Christian faith lived without the real presence Jesus and received his body and blood. This dark tunnel till end and the light that waits of us is certainly brighter.



# Life after the Pandemic

## - Pope Francis



**Dr. Rosily Thomas**  
belongs to St. Thomas  
Forane Church, Borivli West.



**T**win objectives of this document which serves as rich message to humanity by Pope Francis are:

1. To Suggest direction, keys and guidelines for rebuilding a better world that might be born from this crisis of humanity
2. To sow hope in the midst of so much suffering and bewilderment because 'with God life never dies'.

This document speaks to the needs and suffering of people in various local situations in Pope's very personal, heartfelt, committed and hopeful manner revealing his warm and inclusive approach that binds everyone together in humanity and spirit. Pope Francis reaches out with fatherly affection and compassion: "May the Lord of life welcome the departed into his kingdom and grant comfort and hope to those still suffering, especially the elderly and those who are alone."



Pope says: 'I urge you to reflect on "life after the pandemic," for while this storm shall pass, its grave consequences are already being felt. You are not helpless. You have the culture, the method, and most of all, the wisdom that are kneaded with the leaven of feeling the suffering of others as your own.' Pope expresses his gratitude and affection to all who work diligently to guarantee the essential services necessary for civil society. Pope also addresses those who are kept silent and invisible, and reaches out with fatherly affection and compassion to those who are vulnerable.

Pope says that in this wasteland, the Lord is committed to the regeneration of beauty and the rebirth of hope: "Behold, I am doing something new: right now it is sprouting, don't you see it?" (*Is* 43:19). It is the breath of the Spirit that opens horizons, awakens creativity and renews us in fraternity to say I am *present* (or *here I am*) before the enormous and imperative task that awaits us. Let us welcome this time of trial as an opportunity to prepare

for our collective future, a future for all without discarding anyone.

At the same time the Holy Father questions and challenges 'all who have responsibility in conflicts' and occupy a place at 'the table of economic power'. He also encourages political leaders to work actively for the common good.

### Following are the high lights of the text:

- If we have learned anything in all this time, it is that no one saves himself. Borders fall, walls collapse and all fundamentalist discourse dissolves before an almost imperceptible presence that manifests the fragility of which we are made.
- While we are looking forward to a slow and arduous recovery from the pandemic, there is a danger that we will forget those who are left behind. The risk is that we may then be struck by an even worse virus, that of *selfish indifference*.
- Looking ahead, let us read the signs that COVID-19 has brightly displayed. Let us not forget how loss of human contact during this time profoundly impoverished us when separated from neighbours, friends, co-workers, and especially family, including the utter cruelty of being unable to accompany the dying in their last moments and then mourn them properly. Let us not take togetherness for granted in the future but rediscover it and find ways to strengthen it.
- Let us learn from the early Christian community described in the *Acts of the Apostles*. In that community, after the resurrection of Jesus, only one was left behind and the others waited for him. Today the opposite seems to be the case: a small part of the human family has moved ahead, while the majority has remained behind.
- An emergency like that of Covid-19 is



overcome with, above all, the antibodies of solidarity. If we act as one people, we can make a real impact. A new era of solidarity would have all humans on the same plane of dignity, each taking responsibility and contributing so that all, oneself and others and future generations, may flourish. . Let us show mercy to those who are most vulnerable; for only in this way will we build a new world. The time has come to eliminate inequalities, to heal the injustice that is undermining the health of the entire human family.

- Our life after the pandemic must not be a replica of what went before, no matter who used to benefit disproportionately. The time has also come to reflect on economic activities and work. Just going back to what was being done before the pandemic may seem the obvious, practical choice, but why not switch to something better? Why reinvest in fossil fuels, monoculture farming and rainforest destruction when we know they worsen our environmental crisis?
- This is not a time for continuing to manufacture and deal in arms, spending
- vast amounts of money that ought to be used to care for others and save lives. Why resume the arms industry with its terrible waste of resources and useless destruction? May Christ our peace enlighten all who have responsibility in conflicts, that they may have the courage to support the appeal for an immediate global ceasefire in all corners of the world. Our civilization – so competitive, so individualistic - needs to downshift, take stock, and renew itself. Surely, we need “arms” of a different sort to fight disease and ease suffering, starting with all the equipment needed for clinics and hospitals worldwide.
- After what we have already been through this year, we should not be afraid to venture out on new paths and propose innovative solutions. The work of care certainly requires recognition, support and innovation. The pandemic has shown how fundamental and strategic care is. However, in many countries it is an ignored sector: wages are low, hospitals are understaffed, shifts are heavy, proper contracts and benefits are missing.
- Moreover, valuing care work would

significantly improve the situation of women, since they are numerically predominant in this sector -- all the more reason why care work should not be marginal.

- Indifference, self-centeredness, division and forgetfulness are not words we want to hear at this time. We want to ban these words forever. Will we be able to act responsibly in the face of the hunger that so many suffer, knowing that there is food for all? Many live from day to day, without



any type of legal guarantee to protect them. Street vendors, recyclers, carnies, small farmers, construction workers, dressmakers, the different kinds of caregivers, who are informal, working on their own or in the grassroots economy with no steady income to get them through this hard time .

- This is an occasion for renewing our commitment to love and care for our common home and for the weaker members of our human family. We can overcome global challenges only by showing solidarity with one another and embracing the most vulnerable in our midst. Will we be willing to change those lifestyles that cause so many to suffer poverty, and promote and find the courage to lead a more austere and human life for a fair sharing of resources?

- Pope Francis encourages political leaders to work actively for the common good, to provide the means and resources needed to enable everyone to lead a dignified life and, when circumstances allow, to assist them in resuming their normal daily activities. Will we, as an international community, take the necessary measures to curb the devastation of the environment or will we continue to ignore the evidence? Because of our selfishness we have failed in our responsibility to be guardians and stewards of the earth. Our common home is falling into serious disrepair. We have polluted and despoiled it, endangering our very lives. We have no future if we destroy the very environment that sustains us.
- We need a new way of looking at our common home. It is not a storehouse of resources for us to exploit. For us believers, the natural world is the “Gospel of Creation”: it expresses God's creative power in fashioning human life and bringing the world and all it contains into existence, in order to sustain humanity.
- He urges everyone to think about the project of integral human development that we long for and to allow a humanist and ecological conversion that puts an end to the idolatry of money and places human life and dignity at the centre.
- Prayer is fundamental for redirecting our gaze in hope, especially when hope becomes tenuous. May the risen Jesus grant hope to all the poor, to those living on the peripheries, to refugees and the homeless.

Let us turn our gaze to The Risen Lord that he may heal the wounds of an afflicted humanity.

May we find within us the necessary antibodies of justice, charity and solidarity. As brothers and sisters, let us together implore our heavenly Father: “Send forth your Spirit, O Lord, and renew the face of the earth”



# കൊവിഡ്-19 മഹാമാരിയ്ക്ക് ശേഷമുള്ള ജീവിതം - ഫ്രാൻസിസ് പാപ്പ



മലയാളം വിവർത്തനം:

## Roy J Kottaram

is a parishioner of  
St Bartholomew Parish,  
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**2** നുഷ്യരാശിയ്ക്ക് പ്രത്യാശ നൽകുന്ന പാപ്പയുടെ ഈ പ്രമാണത്തിന്റെ മുഖ്യമായ ലക്ഷ്യങ്ങൾ രണ്ടാണ് :

1. കൂടുതൽ മെച്ചപ്പെട്ട ലോകം പടുത്തുയർത്താൻ ആശയം നൽകുക.
2. ദൈവത്തോടൊപ്പമുള്ള ജീവിതം ഒരിക്കലും നാശത്തിലേയ്ക്കാകില്ല എന്ന പ്രത്യാശ പകർന്നു നൽകുക.

നാശം വിതച്ച് കടന്നു പോയ കൊടുങ്കാറ്റിനുശേഷം രാഷ്ട്ര പുനർനിർമ്മാണം നടത്തുന്നതുപോലെ ഒരു തിരിച്ചു വരവിന് നാം നേതൃത്വം നൽകണം. ഈ പകർച്ചവ്യാധിക്ക് ശേഷമുള്ള നമ്മുടെ ജീവിതം

പഴയ ജീവിതത്തിന്റെ തനിപകർപ്പായിരിക്കരുത്.

ആരെയും മാറ്റിനിറുത്താതെ എല്ലാവരെയും ഉൾക്കൊള്ളിച്ചുകൊണ്ട് കൂട്ടായ ഒരു ഭാവിയ്ക്കുവേണ്ടി തയ്യാറെടുക്കുന്ന അവസരമായി ഈ പരീക്ഷണകാലഘട്ടത്തെ നമുക്ക് സ്വാഗതം ചെയ്യാം. “ഇതാ ഞാൻ പുതിയ ഒരു കാര്യം ചെയ്യുന്നു. അതു മുളയെടുക്കുന്നത് നിങ്ങൾ അറിയുന്നില്ലേ?” (ഏശയ്യ 43 : 19)



പുതിയ മുളയ്ക്കായി വിത്തു പാകാൻ നാം ഇപ്പോഴേ തയ്യാറെടുക്കണം. ഏറ്റവും ദുർബലരായവരോട് കരുണ കാണിച്ചുകൊണ്ട് മാത്രമേ ഒരു പുതിയ ലോകം കെട്ടിപ്പടുക്കുവാൻ നമുക്ക് സാധിക്കുകയുള്ളൂ. നമുക്കു ചുറ്റുമുള്ള ആലംബഹീനരെ, മഹാമാരിയിൽ ചിറകൊടിഞ്ഞ ആത്മാക്കളെ കൈ നീട്ടി പിടിച്ചെഴുന്നേൽപ്പിക്കാൻ നമ്മുടെയുള്ളിലെ സാഹോദര്യത്തെ പുതുകുകയും സർഗ്ഗാത്മകതയെ ഉണർത്തുകയും പുതിയ ചക്രവാളങ്ങൾ തുറക്കുകയും ചെയ്യണമെന്ന് ദൈവാത്മാവ് നമ്മോട് ആവശ്യപ്പെടുന്നു.

അപ്പസ്തോല പ്രവർത്തനങ്ങളിൽ നാം കാണുന്ന ആദ്യകാല ക്രൈസ്തവ ജീവിതങ്ങളെ മാതൃകയാക്കി നിസ്സംഗത, സ്വാർത്ഥത, വിഭജനം, വിസ്മൃതി എന്നിവ പാടെ ഒഴിവാക്കി നാം ജീവിക്കണം. അപ്പസ്തോലന്മാരുടെ കൂട്ടത്തിൽ യേശുവിന്റെ പുനരുത്ഥാനത്തിനുശേഷം ഒരാൾ മാത്രം പിറകിലായി പോയി. എന്നാൽ മറ്റുള്ളവർ അവനെ കാത്തിരുന്നു. ഇന്നത്തെ സമൂഹത്തിന്റെ അവസ്ഥ നേരെവിപരീതമായി കാണുന്നു. മനുഷ്യകുടുംബത്തിന്റെ ഒരു ചെറിയ വിഭാഗം മുന്നോട്ട് പോയി; ഭൂരിപക്ഷം പിറകിലും.

പരിചരണ മേഖലയ്ക്ക് കൂടുതൽ പ്രാധാന്യം നൽകേണ്ടിയിരിക്കുന്നു. അവരുടെ സേവനമൂല്യം ഈ മഹാമാരി കാലത്ത് നാം അനുഭവിച്ചവരാണ്. അതുകൊണ്ട് വേതനം, ജോലി സമയം, ജോലി കാഠിന്യം, മറ്റ് ആനുകൂല്യങ്ങൾ തുടങ്ങിയ കാര്യങ്ങൾ ഏറെ അനുഭാവപൂർവ്വം പരിഗണിക്കേണ്ടിയിരിക്കുന്നു. സ്ത്രീകളാണ് ഈ

മേഖലകളിൽ അധികവും സേവനം ചെയ്യുന്നത്. അതുകൊണ്ട് തന്നെ അവരുടെ ജീവിതശൈലി അതനുസരിച്ച് ക്രമപ്പെടുത്താൻ മറ്റുള്ളവർ ശ്രമിക്കേണ്ടതുണ്ട്.

അസംഘടിത മേഖലകളിൽ ജോലി ചെയ്യുന്നവരെ പുനരുദ്ധരിക്കാൻ പദ്ധതികൾ തയ്യാറാക്കേണ്ടിയിരിക്കുന്നു. അതായത് ചെറുകിട കർഷകർ, തെരുവുകച്ചവടക്കാർ, നിർമ്മാണതൊഴിലാളികൾ തുടങ്ങി ദൈനംദിന വരുമാനം ലക്ഷ്യമാക്കി ജോലി ചെയ്യുന്നവരെ ഏറെ കരുതലോടെ കാണേണ്ടിയിരിക്കുന്നു.

നമ്മുടെ പൊതുഭവനമായ ഭൂമിയെ ആഘാതങ്ങളിൽ നിന്നും സംരക്ഷിക്കുക, മനുഷ്യകുടുംബത്തിലെ ദുർബല അംഗങ്ങളോട് സഹാനുഭൂതി കാട്ടുക തുടങ്ങി നമ്മുടെ സമൂഹത്തോടുള്ള പ്രതിബദ്ധത കൂട്ടുവാനുള്ള ശ്രമങ്ങൾ ഉണ്ടാകണം.

ജീവിതശൈലി ക്രമപ്പെടുത്തി കൂടുതൽ ലളിത ജീവിതത്തിലേയ്ക്ക് നാം നടന്നടുക്കണം. രാഷ്ട്രീയ രംഗം കൂടുതൽ ശുദ്ധമാക്കി അശരണർക്ക് സംരക്ഷണം നൽകുന്ന പൊതുപ്രവർത്തകരായി മാറാൻ രാഷ്ട്രീയ നേതാക്കൾക്ക് സാധിക്കണം. അസമത്വം തുടച്ചു നീക്കി, മനുഷ്യകുലത്തിന്റെ ആരോഗ്യത്തെ കാർന്നു തിന്നുന്ന അനീതിയും അക്രമവും പാടെ ഉന്മൂലനം ചെയ്യുവാൻ ശ്രമങ്ങൾ വേണം.

പരിസ്ഥിതിയെ സംരക്ഷിക്കാൻ പരമാവധി പരിശ്രമിക്കണം. സ്വാർത്ഥതമൂലം ഭൂമിയുടെ രക്ഷാധികാരിയും കാര്യപരിപാലകരും ആയിരിക്കാനുള്ള ഉത്തരവാദിത്തത്തിൽ നാം പരാജയപ്പെട്ടു. എങ്കിൽ ഇനി അത് നാം തിരിച്ച് ഏറ്റെടുക്കണം. ഭൂമിയെ ചൂഷണം ചെയ്യുന്നതും മലിനപ്പെടുത്തുന്നതും നമ്മുടെ തന്നെ നിലനിൽപ്പിന് അപകടമാണെന്ന് തിരിച്ചറിഞ്ഞ് നമ്മെ രൂപാന്തരപ്പെടുത്തുവാനുള്ള കർത്താവിന്റെ പദ്ധതി മനസ്സിലാക്കി അവിടത്തെ ഹിതമനുസരിച്ച് ചലനാത്മകമാകാൻ നാം പലതും ചെയ്യേണ്ടതുണ്ട്. വിശ്വാസികളെ സംബന്ധിച്ചിടത്തോളം ഈ പ്രകൃതി “സൃഷ്ടിയുടെ സുവിശേഷമാണ്”.

നമുക്ക് രക്ഷ നാം അല്ല, മറിച്ച് നമ്മുടെ മിശിഹാ കർത്താവാണ് എന്ന് മനസ്സിലാക്കിത്തരാനും നാം തികച്ചും ദുർബലരാണെന്ന് തിരിച്ചറിയാനും ലോകമെങ്ങും നാംശം വിതച്ച ഒരു സൃഷ്ടി അദ്യശ്യജീവിയ്ക്ക് സാധിച്ചു. ജീവിതം തിരിച്ചു പിടിക്കാനുള്ള ഇനിയുള്ള നമ്മുടെ ഓട്ടത്തിനിടയിൽ സ്വാർത്ഥതയും നിസ്സംഗതയും നാം കൂടെ കൂട്ടിയാൽ അത് കൊറോണയെക്കാൾ വലിയ വൈറസായി നമ്മെ ബാധിച്ചേക്കാം.

അനുഗമിക്കാനാകാത്ത അന്ത്യയാത്രകളും ആളൊഴിഞ്ഞ ചടങ്ങുകളും ഈ കാലഘട്ടത്തിൽ



കാണേണ്ടി വന്ന നമുക്ക് കോവിഡ് - 19 നൽകുന്ന സന്ദേശം മനുഷ്യസമ്പർക്കം നഷ്ടമാകുന്നത് നമുക്ക് അഗാധമായ ഏകാന്തതയും മാനസിക വൈഷമ്യവും സമ്മാനിക്കും എന്നതാണ്. ആരോഗ്യകരമായ ഒത്തുചേരലുകളെ അവഗണിക്കാതെ മൂല്യാത്മകമായി അതിനെ ശക്തിപ്പെടുത്താൻ നാം വഴികൾ കണ്ടെത്തേണ്ടിയിരിക്കുന്നു.

ഈ പ്രതിസന്ധി ഒരു പരീക്ഷണമായി കണക്കാക്കി എല്ലാവരെയും ചേർത്തു നിർത്തി കൂട്ടായ ഭാവിയലേയ്ക്കും ഒരുമിച്ചുള്ള നന്മയിലേയ്ക്കും കടാക്ഷം ചൊരിയുക. സ്വന്തം നേട്ടത്തിനപ്പുറം, ജീവിതമാത്സര്യത്തിലെ സ്വന്തം വിജയത്തിനപ്പുറം നമുക്കു ചുറ്റുമുള്ള ദുർബലരോട് കരുണ കാണിച്ചുകൊണ്ട് മാത്രമെ പുതിയ ലോകം പടുത്തുയർത്താൻ സാധിക്കൂ.

ഒറ്റയ്ക്കല്ല, മറിച്ച് ഒരുമിച്ച് സൃഷ്ടിക്കുന്ന കൂട്ടായ്മ ആയിരിക്കും കോവിഡ് - 19 നുള്ള മറുമരുന്ന്. ഐക്യദാർഢ്യത്തിന്റെ പുതുയുഗത്തിൽ എല്ലാവരെയും ഒരേ അന്തസ്സിന്റെ തലത്തിൽ ഉൾക്കൊള്ളുകയും മറ്റുള്ളവരുടെ ഉയർച്ചയ്ക്ക് ഉതകുന്ന സംഭാവനകൾ പ്രദാനം ചെയ്യുകയും വേണം.

വ്യവസായങ്ങൾക്കുള്ള വെല്ലുവിളികളെ മനസ്സിലാക്കി അതിജീവിക്കുക, അനുപചാരിക ജോലികൾക്ക് അംഗീകാരം നേടിയെടുക്കുക, ശുശ്രൂഷ മേഖലയെ ശക്തിപ്പെടുത്തുക എന്നീ കാര്യങ്ങൾ മുഖ്യ അജണ്ടയായി കാണേണ്ടതാണ്.

പരിസ്ഥിതി സംരക്ഷണം പൂർണ്ണ ഉത്തരവാദിത്തത്തോടെ ഏറ്റെടുക്കണം. മനുഷ്യകുലത്തിന് അപകടം വിതയ്ക്കുന്ന

ആയുധനിർമ്മാണ പ്രക്രിയകളിൽ നിന്ന് രാഷ്ട്രങ്ങൾ മാറി നിൽക്കണം. ആഗോള വെടിനിറുത്തലിനുള്ള ആഹ്വാനം ഉൾക്കൊണ്ട് ലോക സമാധാനത്തിനുവേണ്ടി എല്ലാ രാഷ്ട്രങ്ങളും ഒരുമിച്ച് ശ്രമിക്കണം.

വ്യക്തിഗതവും മത്സരബുദ്ധിയോടു കൂടിയതുമായ നമ്മുടെ ജീവിതരീതി മാറ്റണം. സ്വന്തത്തിനു പിന്നാലെ പായാതെ സമഗ്ര മാനുഷികവികസന പദ്ധതികൾ സ്വപ്നം കാണുകയും പ്രാവർത്തികമാക്കുകയും വേണം.

പ്രത്യാശ ദുർബലമാകാതെ നോക്കണം. അതിനുള്ള ആയുധം പ്രാർത്ഥന ആണ്. തീവ്രമായ പ്രാർത്ഥനയിലൂടെ പ്രത്യാശയുടെ പുതുവെളിച്ചത്തിലേയ്ക്ക് നമ്മുടെ നോട്ടം തിരിച്ചു വീടണം.

ഉത്ഥിതനായ കർത്താവ് നമുക്ക് നൽകുന്ന പ്രത്യാശ ഓരോ ദരിദ്രവിഭാഗങ്ങൾക്കും ഉയിർത്തെഴുന്നേൽക്കുന്നതിനുള്ള പ്രത്യാശ ആയി മാറട്ടെ.

നീതി, ദാനം, ഐക്യദാർഢ്യം എന്നീ ആന്റിബോധികൾ നമ്മുടെ ഉള്ളിൽ രൂപപ്പെടുത്തി, സാഹോദര്യ സമഭാവനാചിന്തയോടെ നമ്മുടെ സ്വർഗ്ഗീയ പിതാവിനോട് നമുക്ക് യാചിക്കാം. “ദൈവമേ, അങ്ങയുടെ ആത്മാവിനെ അയച്ച് ഈ ഭൂമുഖം പുതുതാക്കണമെ”. ദുരിതമനുഭവിക്കുന്ന മനുഷ്യരാശിയുടെ മുറിവുകളെ സുഖപ്പെടുത്തുന്നതിനായി ഉയിർത്തെഴുന്നേറ്റു കർത്താവിങ്കലേയ്ക്ക് നമുക്ക് കണ്ണുകൾ ഉയർത്താം.







# A COVID-19 STORY: AS TOLD BY THE CORONAVIRUS



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**Your safety net is your body and your mind. Use common sense and abide by regulations and guidance of your government and health authorities. Focus on keeping yourself healthy in mind and body.**

## Am I a New Intruder in the World?

My family, what you understand as coronaviruses, existed in this same world along with the human species. My ancestors co-existed in animals and sometimes caused mild respiratory illnesses. We also infected human beings sometimes, but were not recognized until 1965 when Tyrrell and Bynoe found us in the respiratory tract of adults with common cold. They inoculated us back into the noses of human volunteers, and voila – they found that we cause illnesses like common cold.

Later, Tyrrel went on a massive expedition to find out more about my family and found us in mice, rats, chickens, turkeys, calves, dogs, cats, rabbits, pigs and other animals. We were originally supposed to exist only in animals until we were forced to transmit onto humans. Through Tyrrel's research, we were accepted as a new group of viruses and were given the official name - coronaviruses as we had spikes around us that looked like man-made crowns.

## Is this the First Coronavirus Infection Known to Man?

We continued to remain what you call 'underdogs' until 2002-2003 when my family was the cause of a Severe Acute Respiratory Syndrome (SARS) which emerged from southern China and spread throughout the world. During the 2002-2003 outbreak, SARS infection was reported in 29 countries in the Americas, Europe and Asia. Overall, 8422 infected individuals were identified, with 916 SARS-related deaths. The death rate was estimated to be close to 15% in most countries. The human mind tried very hard to trace our origin and the closest they got to was the Himalayan palm civets and bats and these they believed were the natural reservoir for the viruses. You can guess now how we landed from these masked cats or bats to Chinese food and to the world.

At that time, many of my family members landed in laboratories across the world, where they stripped us, stared into our genome with large eyes, and named us SARS-COV (now SARS COV-1). People followed quarantine measures, especially in case of air travel, rapidly diagnosed and treated fellowmen, and I stayed on their radar

for outbreak management from November 2002 to July 2003.

After many years, my family came back to the limelight with the Middle East Respiratory Syndrome (MERS) in 2012. Here too, the symptoms that concerned humans were similar to SARS - fever, cough, shortness of breath, diarrhea and so on. My family members that caused this illness were identified in Saudi Arabia around September 2012 and have caused 2494 infections and 858 deaths till November 2019. This time too, scientists tried to find my source and since it was the Middle East, no marks for guessing the animal reservoir - the camel. Here again, the camel could have been infected over the generations by bats. By now, you would have realized that study of bats will emerge in importance to understand newer human pathogens. Anyway, before man could find firm footing on that ground, I came along.

## How did Covid-19 Come into Existence?

My blockbuster entry into human mind, body and laboratories has been the current Covid-19 pandemic. For want of an innovative name

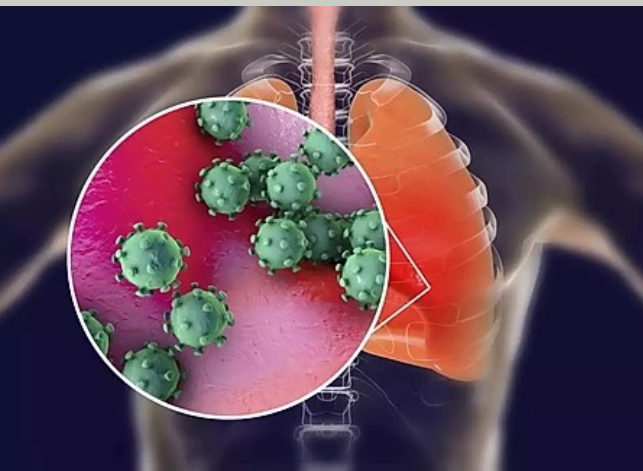


probably, scientists just named me SARS COV-2 and the disease I cause as COVID-19 (simply an acronym for coronavirus disease identified in 2019). At least some people are giving me better recognition of my evolution by calling me the Novel Coronavirus. Scientists believe that I landed into their bodies through the pangolins who were infected over generations by bats, as there was a 91% match of my genome in pangolins than that in humans.

I spread quickly in Wuhan (where I was reported first) and was held accountable for thousands of infections and deaths. I have now affected almost all countries around the world. But believe me, I would not have gone places would you not have carried me along!

### Is Coronavirus the Real Killer?

I am not even a living being as per your standards, let alone a killer!



Viruses do not by definition classify as living bodies. We need something that is living to cling on to and for that I use the ACE2 receptor in humans. The ACE2 receptor in humans has a role to play in keeping the blood pressure stable, among other things. I use the receptor to enter cells and become part of them so that I may exist. I then sneak inside and multiply inside the cells and along with the cells.

Normally, ACE2 is found on lung, kidney, heart, intestinal cells, and very recently on the cells in

noses. So now you know why the disease affects these organs mainly. Once I enter the body cells, the body does not like me and tries to use its entire army of both frontline soldiers (cellular



immunity) and the backend ones (humoral immunity) to kick me out or kill me. This effort leads to my elimination from the body or in the worst case if it backfires, the death of the body's cells. Remember that I am technically part of the body by now, so if the body's defence gets very aggressive in the wrong places, it starts killing itself. So, don't blame me for everything!

### Is Covid-19 the Most Dangerous Thing Known To Man?

The worldometers.info website on 30 May 2020 shows that I killed 6.1% of all infected people (those where I am caught by testing), with countries reporting deaths ranging from less than 0.1% (Singapore and Qatar) to more than 15% (Belgium and France) of Covid-19 infected people. Remember that these numbers are based on the humans who are tested. I find shelter in many more human bodies without giving them any clue, so my real ability to cause death is much lower. I am a little sensitive to the age of my host because I myself do not cause death, it is the host immune response that breaks havoc. Unfortunately at least 40% of those who were above 80 years of age have died after I got into their body. A disclaimer here is that even centenarians have recovered after being infected. In contrast, only less than 0.1% of children below 18 years of age have died in those who have tested positive. I am not as cruel as you think, and



about 85% people do not even realize that I am there in their respiratory tract. It is only in about 15% of people that I cause any symptoms.

To bring some things into perspective, Tuberculosis killed 4,40,000 people in India in 2018 alone. I am nowhere even close to that. Remember also that 1.35 million people die of road accidents every year in the world. Even alcohol consumption causes more than 88,000 deaths every year in the USA alone.

### How Do You Recognize the Disease?

Fever is the most common response of the body and 88% of the time you will have fever if you are Covid-19 infected with symptoms. Other symptoms are cough (in 68% of all patients diagnosed with Covid-19), body pain (36%) and shortness of breath or breathlessness (22%). Some people may also have headache or dizziness (12%), diarrhea (5%) or nausea and vomiting (4%). When you do a chest X-ray, there is a 75% chance that you will see changes suggestive of Pneumonia if you have severe symptoms of Covid-19.

Most of the time, I play around the host's upper respiratory tract, cause mild symptoms and leave the host largely undisturbed. Some people panic on seeing me, then the panic kills them while I am blamed.

### What Should You Do if You Have Symptoms?

You should consult a physician and perform all the tests as suggested by him/her. It is not enough to do only the RT-PCR that detects my genome as my presence alone does not cause disease. Some simple examinations and blood tests will tell your physician about the defence response of your

body. He/she can then manage your supportive care as you recover, which more than 96% of the times, you will.

### Should You Be Scared of the Virus?

**NO.** There is no point in getting scared. I have existed and evolved along with you.

However, you can help yourself by not allowing someone to pass on the virus to you. Also, keep maintaining good health so that your body's defence manages to eliminate me, rather than you, if at all we meet. For your information, 13% of the humans who died after I infected them had a heart disease, 9% had diabetes and 8% each had lung disease, high blood pressure and cancer. Others did not have any known pre-existing diseases.

I really do not think Covid-19 patients/suspects deserve the kind of dealing some people are giving to infected patients, families, communities and races. I thought that human beings were known for humanity, but ironically I am not seeing a lot of it in many places where I exist.

### What Is Your Safety Net?

Your safety net is your body and your mind. Use common sense and abide by regulations and guidance of your government and health authorities. Focus on keeping yourself healthy in mind and body.

Even while in lockdown, maintain a balanced diet, try to get good sleep and introduce a new regime for exercise. Also, follow all the preventive measures that you have been exposed to right from childhood in the form of traditional medicine.

### A Parting Message

Don't get scared of me but stay alert and aware. Try to make the world a better place such that we can all co-exist without disturbing each other. You have taken a right first step of health awareness, healthy practices, and prioritization of your needs and wants. Stay focused and put on this journey towards good health.



# Mental Preparedness During the Covid-19 Pandemic



**Dr. Deepak L Joseph**  
MBBS, MD, Psychiatrist

**A** small virus, unknown, unheard of, quietly enters the human population at the end of 2019, while everyone is busy making bright, beautiful, hopeful plans about their future in 2020.

The virus gains pace and spreads across countries and within no time, the whole wide world is facing quarantine. Everyone is asked, and even forced to stay indoors.

Social, political, business, educational aspects, work lives of everyone, from daily wage laborers to CEOs of Fortune 500 companies are brought to a standstill. There are no planes, trains, buses, cars on the road. Those who venture out have been asked to stay indoors at all times. All of this looks unfair, unreal, and so not like our lives before.

The current lockdown conditions make us feel overwhelmed, sad, frustrated, angry and helpless- a total disruption of our set routines. Our perfect work day is now in shambles, our ability to get so much done through the day is now challenged by unavailability of resources or people. Each of us, mothers, students, teachers, daily wage workers, domestic help, office goers, bosses and a host of others have just one problem to tackle "Stay indoors". For how long? No one really knows. Why should I stay indoors? Because if you don't - it could be fatal! And we (government/ medical team) do not have a well-defined cure or prevention vaccine for it yet.

Such an intense and extreme level of ambiguity can make us very disturbed, short-tempered and even unpredictable.

### Uncertainty-related Problems

From a mental health point of view, being in an uncertain time can lead to physical and mental problems such as:

- Poor sleep or loss of sleep or excessive sleep,
- Loss of appetite leading to weight loss or overeating leading to weight gain
- Vague aches and pains
- Loss of energy and motivation
- Feeling of helplessness and loss of self-worth
- Thoughts of hopelessness of the future
- Bouts of rage, outbursts of anger and crying spells



- Students having lack of concentration, lack of motivation to study
- Not wanting to play or engage in sports due to lack of opportunities
- Cranky, aggressive and unreasonable behavior
- Increase in consumption of alcohol, smoking or drugs
- Increase in temper tantrums, domestic violence

These are a few issues which can flare up into bigger problems with drastic outcomes.

### Keep Calm

How does one keep calm, and stay focused and positive during such testing times?

First things first. Tell yourself: I need to understand that:

- This is an epidemic due to a virus which is impacting the whole world alike, not just me.

- I am not alone in this, my neighbours, my locality, my state, my country is with “me”.
  - I do not have to fight this alone, help is available and should be sought.
  - This is a medical problem and a cure to it is on the way, I have to be patient.
  - If I stay indoors and do not expose myself to risky behavior, my loved ones and I will sail through.
  - This situation is neither mine nor my society's nor my country's fault. But we have to work to get through this crisis together.
  - I am facing losses in opportunity, work, money and life, so is everybody else around me and round the world. Being angry about it may not bring in the right solution.
- Time to reflect: Socially distant and not emotionally or spiritually distant
- Focus on Self**
- Your personal health is most important.
- a. Eat simple, home cooked, nutritious food at regular intervals. A meal taken with gratitude will not only nourish your body, it will also help keep your mood high and your spirits lifted. A home cooked meal has additional ingredients of love and care which are meant for the heart. When cooked with full attention and care, this meal has the power to keep your immunity strong against infections.
  - b. Sleep well. A regular, undisturbed sleep, helps you recharge emotionally and intellectually. Be particular about your time of sleeping and waking up, stay away from strong lights of TV, smart phones or laptops. Avoid any screen time at least one hour before sleeping, if possible have a bath and warm glass of milk before retiring to bed. Keep the lights in your bedroom switched off or use a faint blue light night lamp. Light reading of scriptures or self-help books or deep conversations with a loved one is a good sleep initiator.
  - c. Keep your bowel habits regular and use this time to detox your system using ancient household remedies suggested by elders of the house.





caused tempers to soar or misunderstandings to occur. It may not be their doing which led to this fight or argument.

- d. Regulate your intake of tea, coffee, alcohol and nicotine (tobacco, pan, gutka or betel nuts). Addictions have a nasty way of holding us their prisoners. Additionally, toxins from addictive substances can build with prolonged use and with virtually no physical activity during the lockdown period.
- e. Take your medicines regularly and do not miss a dose, certain conditions can aggravate if medications are missed.
- f. Exercise as much as you can. Be it yoga, stretching, light housework, lifting weights or dancing, keep the blood circulating through your system at a regular pace.
- g. Love yourself unconditionally, forgive yourself for any mistakes or wrong doing, ask for pardon in your prayers to the divine or seek it in person from the loved one whom you may have offended.
- h. Forgive others around you for making mistakes, falling short of your expectations or creating situations which may have

- i. Increase your prayer and worship time, give thanks to the divine for blessings of a home, food on the table, a secure and understanding neighborhood. There are more reasons to give thanks than being grumpy, irritable and angry. Spend time in daily meditation or just being silent. This will help to calm down the mind and help in thinking clearly. Be regular at it.
- j. Speak your mind with family members, keep your feelings and ideas simple and without pointing fingers or finding faults. Keep communications straight, short and loving with people at home. Remember each of them is new to the Covid lockdown and coping with it in their own silent way.
- k. Listen unconditionally and without interruption to your loved ones. Listen not only to the spoken but also to the unspoken words. This would help you to understand their hopes, dreams and worries about the current scenario. It will also keep the home environment peaceful and loving.
- l. When in doubt about the emotional wellbeing of yourself or loved ones, seek help from experts or spiritual counsellors. One can creatively solve the emotional issues at hand instead of silently suffering pain.

Totally accepting the humanness in self and others and helping each other to navigate through this emotionally draining turmoil is a tough challenge. However, psychological rest and recharging of self through prayer, meditation, self-disclosure and forgiving others will help each one of us to come out as winners in this novel struggle against an ill-understood Pandemic.





# Behind the Closed Doors of the Church, Did Religion Die?



**Mr. Biju Dominic**

is a Behavioural Architect and belongs to St. Joseph's Church, Mahakali Caves Road, Mumbai

**Will this long closure of religious places affect our belief in God? Behind the closed doors of the churches and temples, have religions died? Or is it true that religion has actually thrived during the COVID-19 pandemic? Let's take a closer look.**

**D**ue to the COVID-19 pandemic, all commercial places and even places of worship have been closed for more than two months now. The government is planning to gradually open all commercial establishments including liquor shops. But religious services seem to belong to the least essential services list of the government. The authorities have given no indication as to when places of worship will be opened. Will this long closure of religious places affect our belief in God? Behind the closed doors of the churches and temples, have religions died? Or is it true that religion has actually thrived during the COVID-19 pandemic? Let's take a closer look.

Millions of people were rushed to hospitals all around the world due to this pandemic. In many of these hospitals, doctors, nurses and the support staff did not even have proper protective gears. But that didn't deter them from being at the forefront of the fight against this hugely contagious virus. When the serious patients were moved to the ICU and some of them were taking their last breaths, these health workers were the only ones to offer them some comfort. In the midst of these selfless health workers who were providing unrequited care, religion was very much alive.

COVID-19 induced a lockdown affecting the livelihood of millions of people, mostly daily wage labourers. Faced with a bleak future in the cities, thousands of people decided to go back to the safety of their villages. In the absence of any transport, they decided to walk to their villages which are thousands of kilometers away. Neither the hot summer sun nor the heat from the tarred roads deterred them. When their slippers got worn out, they walked bare-

foot. They did not look dejected. There were no tears in their eyes. In the faces of those migrant laborers, filled with hope and quiet determination in the midst of great difficulties, we could see the true purpose of religion.

When those migrant labourers walked to the villages, they left many of their heavy possessions back in the city, lest it add too much weight to their luggage. But these poor people did not ever think of leaving behind their old parents or grandparents in the city. Many of them carried their old people on their backs. The elderly were never considered a burden in this long, torturous journey. This care for the elderly, is what all religious teachings are about.

When thousands were walking towards their villages, it could have created a lot of tension for those living in their path. The migrant laborers had no option but to use the water sources in the villages besides the roads to refill their empty water bottles and to fulfill daily needs. The people in those villages did not



worry if these migrant labourers were carriers of the deadly virus nor checked what religions or castes they belonged to. They shared their water and even prepared hundreds of food packets for these migrant labourers. In this care for the total strangers, the pinnacle of religiosity was reached.

The COVID-19 pandemic has forced all family members to be locked down together for months now. This has forced the family members to have meals together, watch television together, do household chores together. In most families, this level of togetherness is a rarity. The joy of this togetherness is what all religions have aimed for.



The COVID-19 pandemic is reminding us that religion is not just about its rituals and glitzy festivals. It is not even about miraculous cures and prayers to get more marks in exams and get more wealth. These externalities are not the real core of religion.

The core purpose of religion is individual transformation. A little child who insisted on being fed by her mother till yesterday now transforms into a brave little girl who carries a

bag on her head in this long journey. The COVID-19 pandemic has created several opportunities for us to transform ourselves: become better human beings than what we were before the pandemic. When that happens, one could surmise that religion is very much alive in present times. Religion has always been about seeing God in others, more so strangers. During the COVID-19 pandemic, we witnessed many such acts of genuine compassion. It is in these moments of care that we could experience our real interaction with God.

Yes, the churches and temples have been closed for the last few months. We have not heard the church bells chime for a while now. But that



does not mean that religion is dead and gone. The COVID-19 pandemic is reminding us that religion does not have to blare out of the loudspeakers and religious feasts. Religion is very much alive in the hospitals around the world, in the small acts of kindness in the streets of our country.



# Financial Planning

## DURING A GLOBAL PANDEMIC



### Dr. Joseph Thomas

belongs to St. Mary's Forane Church, Andheri West. He is a Post-Graduate in Economics, Theology and Philosophy, and holds a Doctorate in Management. He works as the Head of Research and Advisory at a prominent financial services group in Mumbai.

The COVID-19 pandemic, the simultaneous lockdown, and related events have not changed our lives perceptibly, but they have invariably modified or altered the way we look at many ordinary things in life. Certain things have become superfluous while some others have become non-essential. Barely two months back, we used to present ourselves in coats and trousers at office and at client sites, but we have now realised that, probably, we could accomplish much more even by doing it from the confines of our homes. The evening snacks on the way back



home, the vada pav, and the occasional nagori chai, are no longer a necessity. This way of life leaves us with more money in our pockets if our employers have not cut salaries in response to the business losses from the pandemic. The pandemic has taken most of us closer to our Creator, families eat simple meals and pray together. One thing is certain, the way we look at things is gradually undergoing changes, which includes even finance, jobs, healthcare, travel, food, socializing, etc.

has a good professional track record.

### The Market Crash

The financial markets crashed with the outbreak of the pandemic and the shutdown; the loss of value was to the tune of 35% to 40% in equity markets across the world. Assets became cheaper and portfolios lost value like never before. This fall in the markets is caused by the demand destruction and the likely fall in the rate of economic growth. To cite an example,



**The evening snacks on the way back home, the vada pav, and the occasional nagori chai, are no longer a necessity. This way of life leaves us with more money in our pockets if our employers have not cut salaries in response to the business losses from the pandemic.**

### Three Critical Factors in Personal Finance

With regards to personal finance and investments, there are three things that we should be particularly careful about. First and foremost, we should not be too swayed by media news and reports which usually end up creating fears about the ongoing situation. It is advisable to ignore them after a point. Secondly, when you started investing and planning your finances, there were some long-term objectives that were put in place. You need to ask this question - are the investments in line with my long-term objectives? Is there any need for a course correction? Thirdly, and most importantly, one should be working with a good financial advisor who is experienced and

due to the lockdown, the demand destruction in fuel consumption alone is to the tune of consumption equivalent to that of ten years. Many US companies in the oil sector have filed for bankruptcy. It will take a long time for recovery where demand destruction is phenomenal. But the markets will gradually start moving up once containment of the pandemic is more or less achieved, and the green shoots of growth start appearing. This is the ideal time to invest when asset prices have become cheaper and affordable.

### Phased Investments

During times of volatility and turbulence, the preferred mode of investing is phased investments or what we call the systematic investment plans. In such plans, investments are

made in a phased manner over a period of time. This would also help capture the price advantages of a fall in the markets and also the gradual rise in prices. Economic phenomena or economic events happen in cycles and the adverse portfolio impact of such cyclicity can be moderated to a large extent by the mode of investment that is chosen.

## Consequences for Employment



The pandemic has thrown out of employment more than 38 million people in the US, and probably a much larger number in India in the unorganised sector. Even skilled people have lost their jobs. In such situations, it is important to note that, for professional sustainability, single, deep, skills are definitely important, but additional specialization or one more skill would be more important in finding or landing in an alternate job. In other words, one's upskilling should be in more than one area but not more than three. This has its impact on employability. Therefore, it is imperative that one should not be lost in a very narrow specialization - like an equity research analyst doing oil sector only, and not ready and willing to do anything else, or something else that is related. Those with single skills may remain unabsorbed for a longer period of time.

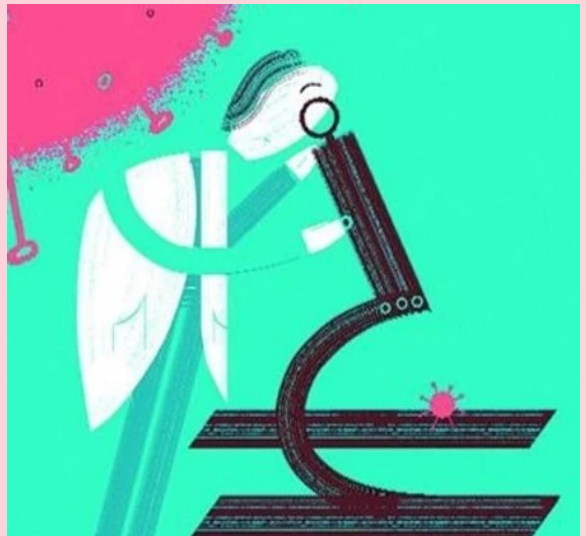
## Professional Agility

I still remember the story of an equity analyst who was on the verge of losing his job after a deep market fall, and when he met me as he

was packing up, I asked him to leave the equity fund for some time and work with me in bonds and currency markets. He was initially very reluctant, but with great difficulty in overcoming his own inner compulsions and conditioning, he joined my division and started his work. That move redefined his entire career path for him. Today, he is the credit risk head of one of the largest private sector banks in India. In addition to his basic skills as an equity analyst, he acquired two other skills, in bonds and currency.

## Planning for Contingencies

It is also important that we plan for contingencies in case of job losses, or due to some planned or unplanned break in career. As a rule of thumb, an amount equivalent to three month's salary should be kept as a contingent reserve, especially by those in urban employment. This reserve comes handy not only in times like this but also if you wish to quit a job because you feel that you are not able to continue due to reasons beyond your control, like for instance, an extraordinarily difficult superior.



## Work from Home

There are businesses which can be run from a very limited office set up, for example,



technology companies. Their employees can work from home provided they are supplied with the requisite hardware and software, and ample connectivity. The work from home scene due to the pandemic has opened our eyes to the fact that we can work without elaborate office provisions. One of the tech giants has already announced that, over the next five years, close to 75 % of their employees will work from their homes. This transformation will have consequences for commercial real estate and real estate in general, and it will also be useful for people to move away from city centres and own apartments to greener spaces 40kms or 50 kms away from the city.

### **Time to Reflect and Renew**

Apart from planning your finances, this is also a unique opportunity which life has presented us with, to slow down a little bit, pause for a while and reflect on our own lives, its paths and priorities, its strengths and fragilities. We are specially called to go through this “metanoia” as often as possible, not just during the pandemic, if possible every weekend, when we are relatively free. It is also a time to let people

know who our Master is through our own actions. It is important to ask one simple question – how have I treated the people who have been employed by me for my personal convenience and comfort – like a driver or a cook? Have I paid them their salaries on time? Or have I denied them their wages as they did not come for work during the shutdown? Did I make calls to those who work with me closely to find out how they and their families were doing? It is in these small and subtle actions that the image of our Master is imprinted or etched for others to be able to see Him. That is where probably they may appreciate our faith and who we are as Christians. It may be too presumptuous on our part to draw conclusions of eschatological significance from the pandemic and pestilence, as our knowledge is limited to what is revealed to us in the scripture, the magisterium and through the Spirit. But these difficult times are certainly an invitation to reflect on our lives in its entirety and re-order our lives on more sound principles.



# Faith & the Faithful during COVID-19

The WHO published its first report on the new virus on the 5th of January, 2020. I still remember following this news a few weeks later, with a sense of apathy, dismissing the world's concern, as it seemed too far and too impossible to hit home. But, within a month we were in lockdown. In the early weeks of February, few cases were detected in the northern region of Lombardy, Italy. Now, COVID-19 was REAL, it was not just in China, but it was really happening around me; the city I stay in, Milan, and making its presence felt in the parish where I was appointed. Since then, the spread of COVID-19 has been phenomenal and fast. The entire region of Lombardy went into lockdown on 23rd February only to

reopen on the 4th of May, after 72 long days.

Being in the COVID hotspot of Milan means that I had a first-hand experience of dealing with people suffering from this dreaded disease and those grappling with the loss of their loved ones. My first instinct was to lock myself into my private world. My only interaction was through the telephone, where family members of infected patients shared their agony. Once, I received a phone call from Antonio\* who struggled to come to terms with the loss of his mother as he was unable to meet her during her last days. In another instance, a business owner who used to get his raw material from Wuhan, struggled to support his employees. The WhatsApp



## Fr. Rajesh Mathew

is a Priest with the Diocese of Kalyan and currently a Doctoral student in Milan, Rome.



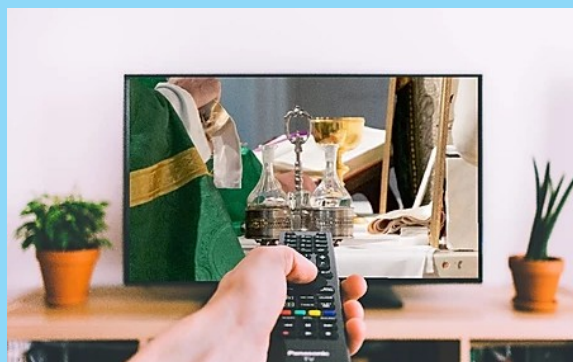


priest's group in the forane would inform us of the priests, who succumbed to COVID. We also received terrible updates about patients being allowed to die, due to a lack of beds and space in hospitals. All these experiences made me acutely aware of every interaction, and my conversations became marred by the fear of being infected by this virus. But even in these difficult times, we, four priests, decided to celebrate Mass, together, in our parish church, even though we stayed in separate houses. Thus, the daily Mass and a few exchanges of words with my brother priests, while following social distancing rules, gave me the strength to forge ahead.

Initially, celebrating Mass all by ourselves, without people, was an extremely saddening sight. The empty pews of the church made Mass seem like a sheer ritual. The fundamental question that kept running through my mind was how will people cope, if our churches are closed and the faithful deprived of masses, just when they needed to turn to God for refuge and strength. The emptiness and helplessness of not being able to worship in the church was shared by many faithful. They missed Mass and most of all, they missed receiving Holy Communion. It is here when new and creative forms of worship and pastoral ministry was thought of; which was appreciated by Pope Francis during his March 15th Angelus address. He challenged everyone in the church to be creative and to stay relevant during this pandemic. Thus, a balance between social safety and church-going was found. The understanding of spiritual communion vis-à-vis real communion was balanced with the virtual celebration of masses.

At first, I did not like the idea of online Mass celebrations. It went against the very idea of a local church and the basic objective of religion, to help us to relate to God and to our fellow human beings; to be together and to be connected to each other. After my initial discomfort wore off, I began to notice that more people attended Mass online than we ever had in church. They also got in touch to offer feedback on sermons and what resonated with them. The pandemic spurred a form of religious renaissance as we live streamed

Mass celebrations and soon the congregation multiplied. I realized that the virtual Masses celebrated online help us live out what we recite in the creed: the church is a communion of the living and the dead, of the angels and the saints. And as we say the I believe prayer, we transcend geography and physicality to be united in the spirit.



There is no doubt that the COVID-19 crisis has triggered a search for the divine in the most creative of ways. This creativity has helped us pray more and given us a chance to focus on what is truly important. Families that celebrated virtual mass together, every Sunday, found the exercise an intimate medium to pray as well as to remain close. Another important aspect is the role of family prayers. Today, family prayer has become a regular feature in our homes, with everyone attending it. The bond between parents and children has grown. This COVID storm has cleared quite some misconceptions about the world we live in. It has taught us to pay attention to the essentials: to live an authentic life; to spend quality time with our families and to be in spiritual communion with God.

Here in Italy, when I pen down my thoughts, the lockdown has been lifted. Community masses have resumed with stringent social distancing rules. Soon, I hope it will start in India too. But COVID-19 has taught me to savor the personal moments of my life; to put my life in the right perspective and to savor the right things.



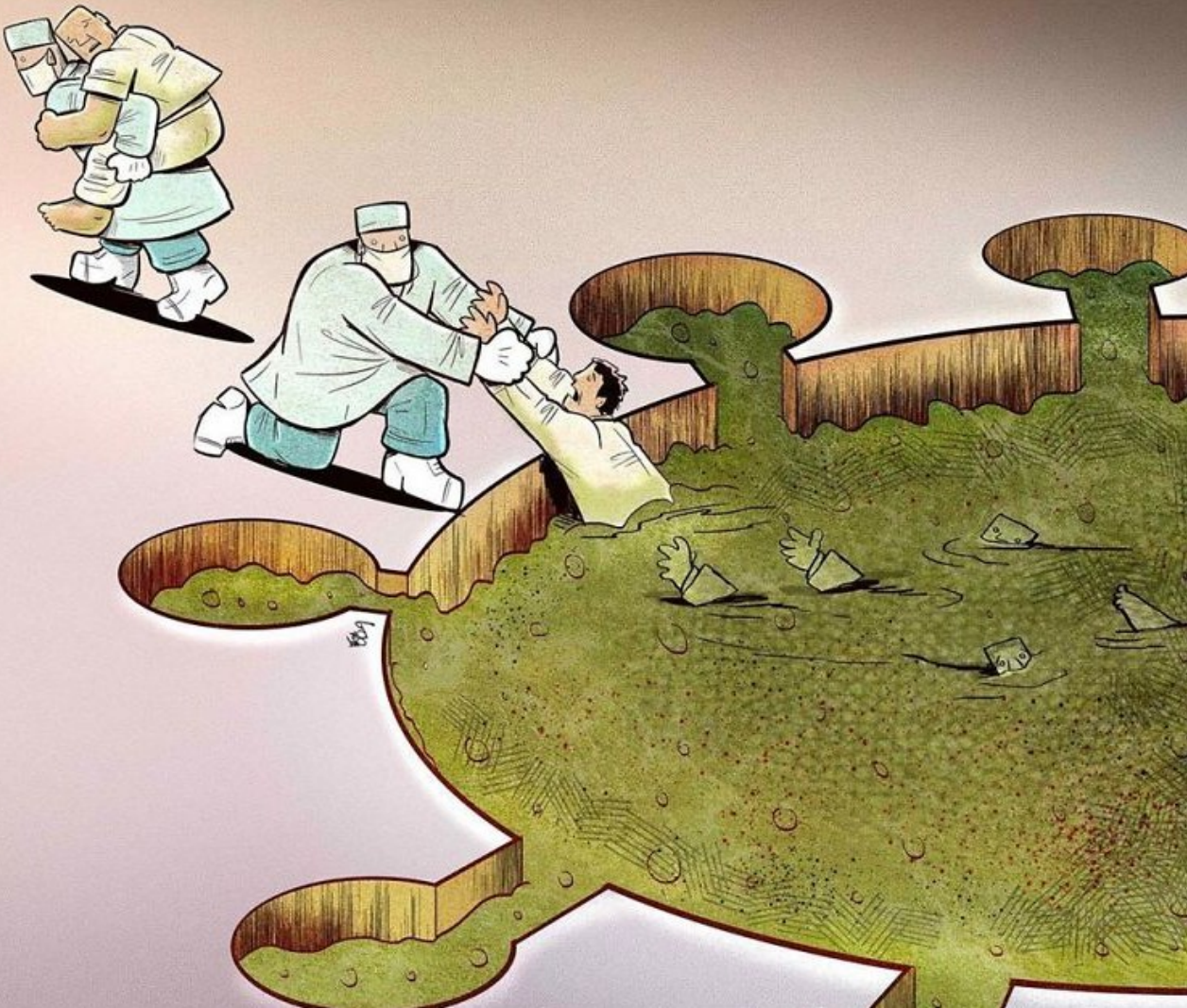
# A Corona Faith Chronicle

## Dr. Hazel Sunil

is a General Physician  
at IIT Hospital, Powai, Mumbai

I am working as a General Physician since 23 years. As the viral Pandemic was beginning in Mumbai in March 2nd Week, we in our hospital were instructed to use protective mask, glasses & gloves according to the BMC Protocol for OPD Doctors.

It was in March 3rd week that my brother-in-law complained of fever. He wore mask in his house & so did his wife & sons. Because of pandemic he was isolated in room, though we could not conclude the cause for his fever as his blood test were ok & X-Ray chest were normal. His Dengue antibody test came positive but that was later proved to be false positive. After one week of his fever, we got a call from his colleague that the BMC had advised all his office employees to quarantine themselves for





14 days & if any symptom to do the COVID test as one of his senior colleague was tested positive for the virus & was admitted. The private testing labs had just stated testing that same week in Mumbai. We immediately admitted him in the isolation ward of a private hospital. his swab test reports came positive. We all prayed relevantly for him & also for senior colleagues. By God's grace his fever just disappeared the next day fo his admission. He developed mild cough, but his X-Ray Chest was normal. He was kept for 10 days in hospital.

Though I had checked him with mask & protective glasses, I & his wife & his sons were teamed as close contact of a Covid pt. As per the BMC advice, we quarantined ourselves for 14 days & even had to do the swab test through we did not have any symptom as we could be asymptomatic carriers waiting for the result was another stressful moment which we spend praying to the lord a miracle did happen, we all 4 myself, his wife & sons wee all negative for the virus.

### **We praise & thank the Lord.**

After I joined work after my Quarantine period, we all demanded for the PPE & we all started wearing the PPE.

I was still apprehensive but this time not very scared as in March. i kept getting the feeling on

entering the hospital, that I was entering the Lions Den just as in the Daniel had to enter.

The God who sent his angel to shut the mouths of the lions so that Daniel would not be hurt (Daniel Ch. 6:22). So also God would save me too. I started reading the Bible daily. I first read Book of Daniel in the Bible. Daniel Ch. 3 verse 19-25 gave me my inner strength.

Just as the 3 friends Daniel dressed in shirts, robber, caps all wee thrown in the blazing furnace, a fourth man was seen with them that was an Angel. The 3 came out unharmed.

Immediately I could interpret God's message to me, that exactly like we are wearing robs, caps & all in this COVID 19 Pandemic, we are being protected by God's Angels & that we should go ahead courageously & treat patients with all due precautions & the PPE.

With this faith & trust in God I go daily to work.

As a Christian Doctors. I would like advice that during this lockdown, each of us should spend more time reading the Bible, meditating the Rosary & The Divine Mercy prayers and grow spiritually a little more because the spirit & the mind controls our physical body and keep it fit and active.

# SERVING THROUGH THE PANDEMIC



## Steffi Sherin

is a Nurse-Ward Manager at Holy Spirit Hospital. She belongs to St. Theresa's Church, Kandivli West.

Everyone has a story to share, and I too have one, one where being a nurse, I have witnessed and survived a pandemic. Anyone who's ever been to a hospital knows that nurses are akin to everyday heroes. They get to know their patients intimately by caring for them physically and mentally, offering tough love and encouragement during testing times. And they do this while also offering endless support and sympathy to their own families.

May 11th, 2020 was my first day of caring for COVID patients. I am the ward manager of an isolation ward with 44 bed units which are now totally devoted for COVID patients. We have 36 positive patients and all COVID positive patients are assigned under me. All these patients have cough, fever and some even have shortness of breath, and are currently oxygen dependent with nasal cannulas delivering high-flow oxygen. There was a patient in his 80s with diabetes, hypertension, pneumonia and was also bed prone who couldn't help but kept spitting and coughing on the nurses as they tried desperately, yet patiently to gain IV access. Well, this was just the cover of the book.

A nursing assistant has to hand us a gown or fetch us



linen if we need it. My usual drill involves checking glucose levels, BP vitals and collecting blood for investigation. The process of donning and doffing and sterilizing equipment is tedious and burdensome. After I check through the medication and all preparation is done at our nurses station, we get dressed and then go into the room where the patients are.

I feel as though I am swimming with my clothes on just trying to do my ordinary nursing tasks. The plastic gown has a suffocating feel to it and I start sweating beneath it within a few minutes. My glasses fog as the N95 diverts my humidified breaths forward. As the day progresses, humidity accumulates in the mask making it harder to draw breaths. The daily routine things which I otherwise do within 10 minutes now takes me more than 20 minutes.

The 80-year-old man looks frightened as I enter. I have to shout through my mask to be heard as I ask him "How are you doing? Do you feel any shortness of breath?" He is comfortable but afraid. I sense his loneliness and stroke his hair gently and then take his BP vitals while checking his heartbeat and respiratory movements. I listen to his rhonchorous and rattly lungs with a portable stethoscope and then leave the room to get a medication tray. I ask the nursing assistant to feed the patient but he shakes his head in the negative and hands me the tray at arm's length. The assistants have latched onto this new pervasive fear that surrounds every unit of the hospital now. My next patient awaits me so I leave the tray outside the room and it grows cold.

The next patient is in her 60s and is on high-flow oxygen attached to her nose that makes a whistling sound. I notice that she falls short of breath merely by speaking one sentence as I assess and ask her questions. Her glucose is high and I realise that I forgot the insulin and syringe. Damn it. I doff the gloves and then wipe my face shield with a wipe. I hand over the tray and ask if anyone can take the temperature for her. Again, the recurrent theme of the assistant, "I don't earn enough to risk getting this virus." I partake in the patient's feeling of helplessness and loneliness. I

am also on my own. I don my mask, face shield and gloves, and go back to the nurses station. I then feel lightheaded and short of breath, and nearly faint as I recline myself on the chair. The phone starts ringing and I have to get back to work.


The coronavirus is spread via the droplets of the secretions of the infected hosts, so I do my best to avoid positioning myself at risk. Here the call bell rings again and another patient's blood pressure has gone low, he is having massive amounts of diarrhoea, and plainly refuses an IV. I know this patient from a previous admission, called him by his first name and ask him if I can start an IV. He replies, "The other nurses tried this five times last night but they couldn't." I go out and ask for help. The assistant hands me the linen and tries to hide herself from exposure. I set up his tray and he tells me he's not eating the bland hospital food and instead asks me to get him a Pepsi to drink and some non-vegetarian food to eat. This patient has no teeth, and is dehydrated from all the diarrhoea, I try to explain the situation and encourage him to take fluids and slowly coax him to eat what was given. He slowly starts to laugh and smiles toothlessly, and we both forget where we are for a moment. He tells me he is probably going to die, but thanks for the care and affection nevertheless.

*Heroes they call us as we continue to care  
While the rest of the world stops and takes a  
break, ours looks like a race,  
Policies and announcements and work at an  
unmanageable pace.  
Masks off, masks on, now two a day or even  
three,  
Use of N95 only while managing an airway.  
No visitors, they leave patients isolated,  
Leaving us to accompany them through their  
palliation.  
Insurmountable, heartbreaking fear,  
Fills myself and each of my peers,  
Yet we wake up, get ourselves together and  
serve.*




# കാരുണ്യമേകുന്ന കാരുണ്യാ ട്രസ്റ്റ്

COVID-19 WARRIOR



MR. JOSEPH ABRAHAM

HOLY TRINITY CHURCH- THANE.  
KARUNYA'S COVID-19 RELIEF MISSION VOLUNTEER



THANK YOU

2020 മാർച്ച് 24-ാം തീയതി ലോക്ക് ഡൗൺ പ്രഖ്യാപിച്ചതിന് ശേഷം ബഹുമാനപ്പെട്ട ജോബി അച്ചനുമായി ചേർന്ന് കാരുണ്യാട്രസ്റ്റിന്റെ നേതൃത്വത്തിൽ കഷ്ടത അനുഭവിക്കുന്ന മനുഷ്യർക്ക് ഏതെങ്കിലും രീതിയിൽ സഹായം എത്തിക്കുവാൻ കഴിയുമോ എന്നതിനെക്കുറിച്ച് ചിന്തിച്ചപ്പോൾ പ്രത്യേകിച്ച് അതിന് വേണ്ടി പ്രാർത്ഥിച്ചപ്പോൾ ദൈവത്തിന്റെ ആത്മാവ് വലിയ ഒരു ഉൾപ്രേരണ നൽകി (ശക്തമായി പ്രാർത്ഥിക്കുവാൻ). ഇക്കാര്യം എന്റെ വീട്ടുകാരുമായി ആലോചിച്ചപ്പോൾ അവർ എല്ലാവരും അകമഴിഞ്ഞ പിന്തുണയാണ് നൽകിയത്. പിന്നീട് 26-ാം തീയതി മുതൽ താനെയിൽ ഒരു കിച്ചൻ റെഡിയാക്കി. ഭക്ഷണം ഉണ്ടാക്കി. ഭക്ഷണപ്പൊതികൾ അർഹിക്കുന്നവർക്ക് എത്തിക്കുവാൻ തുടങ്ങി.

**Joseph Abraham**  
is a Social worker, from Holy Trinity Church, Thane

ഈ ജോലികൾ ചെയ്യുമ്പോഴും പല സ്ഥലങ്ങളിൽ കൂടുങ്ങി യാത്ര ചെയ്യുവാൻ സാധിക്കാത്ത 12 ഗർഭിണികളായ സ്ത്രീകളെ അവരുടെ

ബന്ധുക്കളുടെ ഭവനങ്ങളിലേക്ക് സുരക്ഷിതമായി എത്തിച്ചു. യഥാർത്ഥത്തിൽ ഇങ്ങിനെ ആരെയും വാഹനത്തിൽ കൊണ്ട് പോകുവാൻ അനുവാദം ഇല്ല. പക്ഷെ താനെയിൽ ഉള്ള ചില പോലീസ് ഓഫീസർ മാരുമായുള്ള നല്ല സുഹൃത്ത് ബന്ധം



ഉപയോഗിച്ചാണ് എല്ലാ ജോലികളും ചെയ്തത്. താനെ പോലീസ് ഒരു പാസ്സ് തന്നിരുന്നു. അത് ഉപയോഗിച്ചാണ് എല്ലാ വർക്കുകളും ചെയ്തത്. അതുപോലെ വിശുദ്ധനാട് സന്ദർശനം കഴിഞ്ഞ് വന്ന നാഗ്പൂരിലുള്ള മാതൃഅച്ചനും 73 വയസ്സ് പ്രായമുള്ള 2 സിസ്റ്റേഴ്സും മുംബെയിൽ കൂടുങ്ങി കിടന്നിരുന്നു. ഡി. എൻ. നഗർ പോലീസ് സ്റ്റേഷനിൽ പോയി സംസാരിച്ച് കളക്ടറുടെ പ്രത്യേക അനുവാദം വാങ്ങി. ഒരു വാഹനം ബുക്ക് ചെയ്ത് ഓശാന ദിവസം അവരെ നാഗ്പൂരിലേക്ക് അയക്കുവാൻ സാധിച്ചു.

വീട്ടിലേക്ക് പോകുവാൻ സാധിക്കാതെ സെമിനാരിയിൽ ആയിരുന്ന 5 ബ്രദേഴ്സിനെ അവരവരുടെ വീടുകളിൽ സുരക്ഷിതമായി എത്തിക്കുവാൻ സാധിച്ചു. ബോംബെയിൽ രോഗം പടരുമ്പോൾ നാട്ടിൽ പോകാൻ പോലീസ് അനുവാദം ലഭിക്കാതെ കഷ്ടപ്പെട്ട 40 കുടുംബങ്ങളെ താനെ പോലീസിന്റെ സഹായത്തോടെ അനുവാദം വാങ്ങി നാട്ടിൽ അയക്കുവാൻ സാധിച്ചു. ഹിന്ദുജ ഹോസ്പിറ്റലിൽ മലയാളി നഴ്സുമാർ കൊറോണ പിടിപെട്ട് വേണ്ടത്ര പരിചരണം ലഭിക്കാതെ കഷ്ടപ്പെട്ടപ്പോൾ ഹോസ്പിറ്റലിൽ പോയി മാനേജ്മെന്റുമായി സംസാരിച്ച് അവർക്ക് സ്ഥലമില്ലാത്തതിന്റെ ബുദ്ധിമുട്ട് അറിയിച്ചപ്പോൾ സെന്റ് ജോൺസ് ചർച്ചിലുള്ള ബിഷപ്പ് ഓൾവിൻ ഡിസിൽവ പിതാവുമായി സംസാരിച്ച് മാഹിം സെന്റ്

മൈക്കിൾ ചർച്ച് സ്കൂൾ ഹാൾ നഴ്സുമാർക്ക് താമസത്തിനായി വിട്ടു നൽകുകയും എല്ലാവർക്കും അത് വലിയ ഒരു അനുഗ്രഹം ആകുകയും ചെയ്തു. ജെസലോക്ക് ആശുപത്രിയിൽ ജോലി നഷ്ടപ്പെട്ട് താമസിക്കുവാൻ ഇടമില്ലാതെ കഷ്ടപ്പെട്ട 65 നഴ്സുമാർക്ക് ബഹു. ജോസഫ് ചാലിശേശരി അച്ചന്റെ സഹായത്തോടെ സേവ്സദൻ ഹോസ്റ്റലിൽ താമസസൗകര്യം ഒരുക്കുകയും അവരെ എല്ലാവരെയും നാട്ടിൽ അയക്കുകയും ചെയ്തു.

ഏഷ്യാനെറ്റ് ന്യൂസിൽ വന്ന പല സ്ഥലങ്ങളിലായി കൂടുങ്ങികിടന്ന മലയാളികൾക്ക് ഏകദേശം 108 പേർക്ക് ന്യൂ പൻവേൽ മുതൽ വസായ് വരെയുള്ള മുംബൈ, നവി മുംബൈ, താനെ ഏരിയയിൽ ഉള്ളവർക്ക് അവരുടെ വീടുകളിലേക്ക് കിറ്റുകൾ എത്തിച്ച് നൽകി. താനെയിൽ നിന്ന് എറണാകുളത്തേക്ക് താനെ മലയാളി അസോസിയേഷന്റെ ശ്രമഫലമായി കിട്ടിയ ട്രെയിൻ സർവ്വീസിന് വേണ്ടി ശ്രമിച്ച് അവരോട് നിന്ന് പ്രവർത്തിക്കുവാനും യാത്രക്കാർക്ക് വേണ്ട പരമാവധി സഹായങ്ങൾ എത്തിക്കുവാനും സാധിച്ചു. ഈ ലോക്ക് ഡൗൺ കാലത്ത് ഏകദേശം 4600 കിലോമീറ്റർ വാഹനം ഓടിച്ചു. എല്ലാ സർവ്വീസുകളും കാരൂണ്യട്രസ്റ്റിന്റെ പേരിൽ



സൗജന്യമായിട്ട് ആണ് ചെയ്തത്. ഇക്കാലയളവിൽ കൊറോണയുമായി ബന്ധപ്പെട്ട് മരിച്ച 5 കുടുംബങ്ങൾക്ക് ആവശ്യമായ എല്ലാ സഹായവും എത്തിച്ച് നൽകി. എല്ലാ കാര്യങ്ങളിലും ദൈവത്തിന്റെ അതിശക്തമായ കൃപാനുഗ്രഹങ്ങളും പരി. അമ്മയുടെ സംരക്ഷണവും ഉണ്ടായിരുന്നു.



# രക്ഷാപദ്ധതി



**മാർ തോമസ് ഇലവനാൽ**  
കല്ലാൺ രൂപതയുടെ മെത്രാൻ

## മഹനീയവും വിസ്മയാവഹവും

‘ഞങ്ങൾക്കുവേണ്ടിയുള്ള അങ്ങയുടെ മഹനീയവും വിസ്മയാവഹവുമായ ഈ രക്ഷാപദ്ധതിയെക്കുറിച്ച് എന്നാണ് പ്രാർത്ഥനയിൽ ചൊല്ലുന്നത്. ദൈവത്തിന്റെ രക്ഷാകരപദ്ധതിക്ക് രണ്ടു വിശേഷണങ്ങളാണ് നൽകിയിരിക്കുന്നത്. മഹനീയവും, വിസ്മയാവഹവും. പുത്രനിലൂടെ വെളിപ്പെടുത്തപ്പെട്ട ദൈവത്തിന്റെ പദ്ധതി മനുഷ്യബുദ്ധിക്ക് മനസ്സിലാക്കാവുന്നതിലും അതീതമാണ്. അതുകൊണ്ട് ഇത് വിസ്മയാവഹമാണ്. ഈ രക്ഷാപദ്ധതി ലോകസൃഷ്ടിയിലാരംഭിച്ച് കർത്താവിന്റെ രണ്ടാമത്തെ ആഗമനത്തിൽ പൂർത്തീകരിക്കപ്പെടാനുള്ളതാണ്. അതു മഹനീയവുമാണ്. ഇതിനെ

‘ഞങ്ങൾക്കുവേണ്ടിയുള്ള അങ്ങയുടെ രക്ഷാപദ്ധതി’ എന്നാണ് വിശേഷിപ്പിച്ചിരിക്കുന്നത്.

## ഈ രക്ഷാപദ്ധതിയെക്കുറിച്ച്

നമ്മൾ കണ്ടതുപോലെ രണ്ടാമത്തെ പ്രണാമജപത്തിൽ പിതാവായ ദൈവത്തിന്റെ സ്നേഹത്തെക്കുറിച്ചും മൂന്നാമത്തേതിൽ പുത്രനെ കൃപയെക്കുറിച്ചും നാലാമത്തേതിൽ പ. ആത്മാവിന്റെ പവിത്രീകരണത്തെക്കുറിച്ചും നമ്മൾ അനുസ്മരിച്ചു. സന്തോഷത്തോടെ നമ്മൾ സ്മരിക്കുകയും സ്തുതിക്കുകയും അനുഷ്ഠിക്കുകയും ചെയ്ത ദൈവത്തിന്റെ ഈ രക്ഷാകരമത്തെയാണ് ഇവിടെ ‘ഈ രക്ഷാപദ്ധതി’ എന്ന് പ്രാർത്ഥനയിൽ പറയുന്നത്. അങ്ങിനെ ദൈവത്തിന്റെ രക്ഷാകരമായ എല്ലാ പ്രവർത്തനങ്ങളേയും ഉൾപ്പെടുത്തുന്ന ഒരു പദമാണ് ‘രക്ഷാപദ്ധതി’ എന്നത്. വി. കുർബ്ബാന ദൈവത്തിന്റെ രക്ഷാപദ്ധതിയുടെ അനുസ്മരണമാണ്. ദൈവത്തിന്റെ ഈ രക്ഷാപദ്ധതിയെ ഓർത്ത് വി. കുർബ്ബാനയിൽ നമ്മൾ ദൈവത്തിന് നന്ദി പറയുന്നു.

## അങ്ങ് നൽകിയ ദാനം

വി. കുർബ്ബാനയിൽ, കർത്താവിന്റെ മനുഷ്യാവതാരം മുതൽ പ. ആത്മാവിന്റെ ആഗമനം വരെയുള്ള സംഭവത്തെ പ്രത്യേകമായി നമ്മൾ അനുസ്മരിക്കുന്നു. ഈ

രക്ഷാപദ്ധതിയെത്തന്നെ, പല വിശേഷണങ്ങൾ കൊടുത്തുകൊണ്ട്, ഓരോ പ്രണാമജപത്തിലൂടെയും, ദൈവത്തെ നമ്മൾ സ്തുതിക്കുകയായിരുന്നു. ‘അങ്ങ് നൽകിയ ഈ ദാനം’ എന്ന വിശേഷണത്തോടെ, ഈ രക്ഷാപദ്ധതി സ്നേഹത്തോടും വിശ്വാസത്തോടും കൂടെ പരികർമ്മം ചെയ്യുവാനുള്ള ശക്തിക്കായി അപേക്ഷിക്കുന്നതായിരുന്നു ആദ്യത്തെ പ്രണാമജപം. രണ്ടാമത്തെ പ്രണാമജപത്തിൽ, ‘മനുഷ്യവർഗ്ഗത്തോട് അളവറ്റ കൃപ’ എന്നു വിശേഷിപ്പിച്ചുകൊണ്ട് മാലാഖമാരോടൊത്ത് സമൂഹം രക്ഷാപദ്ധതിയെക്കുറിച്ച് ദൈവത്തിന് സ്തുതികളർപ്പിച്ചു.

## എല്ലാ സഹായങ്ങൾക്കുമായി

മൂന്നാമത്തെ പ്രണാമജപത്തിൽ കർത്താവിന്റെ രക്ഷാകരകർമ്മത്തെ അനുസ്മരിച്ച്, അതിലൂടെ നമുക്ക് ലഭിച്ച ‘എല്ലാ സഹായങ്ങൾക്കും അനുഗ്രഹങ്ങൾക്കുമായി’ എന്ന വിശേഷണത്തോടെ, രക്ഷാപദ്ധതിയോർത്ത് ദൈവത്തിന് നന്ദിയും കൃതജ്ഞതയും അർപ്പിച്ചു. അവിടെ ഈ കൃതജ്ഞതാപ്രകാശനത്തിന്റെ കേന്ദ്രമായി സ്ഥാപന വിവരണത്തിലൂടെ കർത്താവിന്റെ കല്പനയും അനുസ്മരിച്ചു. നാലാം പ്രണാമജപം അപേക്ഷകളായിരുന്നു. ‘വിശുദ്ധരായ പിതാക്കന്മാരുടെ പാവനസ്മരണ സംജാതമാക്കണം’. ‘പ്രിയപുത്രനായ ഈശോയെ എല്ലാവരും അറിയണം’. ‘അങ്ങയുടെ ശാന്തിയും സമാധാനവും നൽകണം’. ഇതെല്ലാം ഈ രക്ഷാകരപദ്ധതിയുടെ വിശദീകരണങ്ങളും ഫലങ്ങളുമാണ്. അതിനുശേഷം ‘മിശിഹാ വിശുദ്ധിയുടെ മാർഗ്ഗം പഠിപ്പിച്ചു’ എന്നു പ്രാർത്ഥിച്ചശേഷം പ. ആത്മാവിന്റെ ആഗമനത്തിനും പവിത്രീകരണത്തിനുമായി പ്രാർത്ഥിച്ചു. പ. ആത്മാവിന്റെ ആഗമനത്തോടെയാണ് രക്ഷാപദ്ധതി ഈ ലോകത്തിൽ പൂർത്തിയായത്. ഈ രക്ഷാപദ്ധതിയാണ് വി. കുർബ്ബാനയിൽ നമ്മൾ അനുസ്മരിക്കുകയും ആചരിക്കുകയും ചെയ്യുന്നത്.



**നിരന്തരം പ്രകീർത്തിക്കുന്നു**

‘അങ്ങയെ ഞങ്ങൾ നിരന്തരം പ്രകീർത്തിക്കുന്നു’ എന്നാണ് പ്രാർത്ഥിക്കുന്നത്. ‘എപ്പോഴും എല്ലാറ്റിനും ദൈവത്തെ പ്രകീർത്തിക്കുവിൻ’. എന്ന് വി. പൗലോസ് അനുസ്മരിപ്പിക്കുന്നു (എഫേ. 5:20). വീണ്ടും പൗലോസ് പറയുന്നു “നിങ്ങൾ കൃതജ്ഞതാനിർഭരരായിരിക്കുവിൻ” (കൊളോ. 3:15). അതുപോലെ തന്നെ, “ഇടവിടാതെ പ്രാർത്ഥിക്കുവിൻ, എല്ലാ കാര്യങ്ങളിലും നന്ദി പ്രകാശിപ്പിക്കുവിൻ” (1തെസ്സ. 5:17-18) എന്നും പറയുന്നു. കർത്താവിനാൽ രക്ഷിക്കപ്പെട്ട അനുഭവമാണ് ഇങ്ങനെ കൃതജ്ഞതാനിർഭരരായിരിക്കുവാൻ നമ്മെ പ്രേരിപ്പിക്കുന്നത്. ഈ മനോഭാവം നമ്മുടെ ജീവിതത്തെ ഒരു സേതാത്രഗീതമായും ദൈവാരാധനയുടെ ജീവിതമായും മാറ്റുന്നു. ആരാധനയുടെ ജീവിതമെന്നത് എപ്പോഴും എല്ലാറ്റിനും ദൈവത്തിന് നന്ദി പറയുന്ന ജീവിതമാണ്. സ്വർഗ്ഗത്തിലെ മാലാഖമാർ നിരന്തരം ദൈവത്തെ സ്തുതിച്ചുകൊണ്ടിരിക്കുന്നു. (വെളി. 7:12). നിരന്തരം ദൈവത്തെ സ്തുതിച്ചുകൊണ്ടുള്ള

ജീവിതം ആരാധനയുടെ ജീവിതമാണ്. അതാണ് ബലിജീവിതം അഥവാ കുർബ്ബാനയുടെ ജീവിതം.

**അഭിഷിക്തന്റെ അമൂല്യ രക്തം**

‘അങ്ങയുടെ അഭിഷിക്തന്റെ അമൂല്യരക്തത്താൽ’ എന്നാണ് പ്രാർത്ഥനയിൽ ചൊല്ലുന്നത്. ഒന്നാമത്തേയും നാലാമത്തേയും ഗേഹനന്ദ പ്രാർത്ഥനകളിൽ ‘അഭിഷിക്തന്റെ ശരീരരക്തങ്ങൾ’ എന്ന് പ്രാർത്ഥിക്കുന്നുണ്ട്. കർത്താവിന്റെ മാമ്മോദീസായുടെ വേളയിൽ പ. ആത്മാവിനാൽ അവിടുന്ന് അഭിഷേകം ചെയ്യപ്പെട്ടു (ലൂക്കാ. 4:18). കർത്താവിന്റെ മാമ്മോദീസ അവിടുത്തെ മരണത്തിന്റെ മുന്നോടിയായിരുന്നു. അവിടുത്തെ മരണത്തെ മുന്നിൽ കണ്ടുകൊണ്ട് കർത്താവിനു പറഞ്ഞു : “എനിക്കൊരു സ്നാനം സ്വീകരിക്കുവാനുണ്ട്. അത് നിവൃത്തിയാകുവോളം ഞാൻ എത്ര തൈരുങ്ങുന്നു” (ലൂക്കാ. 12:50). മാമ്മോദീസായിലൂടെ ലോകപാപം നീക്കുന്ന ദൈവത്തിന്റെ കൃപയാടായി (യോഹ. 1:29) അവിടുന്ന് അഭിഷേകം ചെയ്യപ്പെട്ടു. ഈ ‘അഭിഷിക്തന്റെ അമൂല്യരക്തത്താൽ’ രക്ഷിക്കപ്പെട്ടവരുടെ സമൂഹമാണ് സഭ എന്ന് ഈ പ്രാർത്ഥന നമ്മെ ഓർമ്മിപ്പിക്കുന്നു.

# Plan of Salvation

**Glorious and Ineffable**

We have in this prayer “for your glorious and ineffable plan for our salvation.” Two qualification are given to the plan of God: glorious and ineffable. The plan of God revealed through the Son is beyond human understanding and so it is ineffable. This plan of salvation begins by the creation of the world and will be concluded by the second coming of Christ. This is God’s glorious plan and it is God’s ‘plan for our salvation’. It is this salvific plan of God that we commemorate in every Holy Qurbana. In a special way we commemorate the salvation history from the birth of Christ till the coming of the Holy Spirit. All through the anaphora we were praising God in the four gehantha prayers for this plan of God mentioning it by different names.

**These gifts you have given**

We see how this ‘plan of salvation’ is mentioned in many prayers. By qualifying it in the first gehantha as “these gifts you have given us” we were praying for the strength to celebrate this mystery with deep love and true faith. In the second gehantha, remembering that God through this plan “showed humanity God’s immense mercy” the community offered praises to God together with the heavenly group.

**For all your Favours**

In the third gehantha, after having remembered the fruits of the redemptive actions of Christ, we gave thanks “for all your favours and graces granted to us”. As the centre of this gehantha, through the institution narrative we remembered the command of Christ. There were supplications in the fourth gehantha: ‘ for the



sacred memory of just and Holy Fathers'; 'that all people on earth known that you sent your beloved Son Jesus Christ'; 'to grant us your peace and tranquility all the days of our lives' 'that all people should know that Christ came and taught us the way of purity and sanctity'. Afterwards we prayed for the coming of the Holy Spirit and sanctification of the mysteries. All these are the expansions and explanation of the 'plan of salvation'. We are commemorating and celebrating in the Qurbana God's 'plan of salvation', that was fulfilled in Christ.

### **Plan of Salvation**

As we already saw, the second gehantha is centred on God the Father the third on the Son and the fourth on the Holy Spirit. Hence the anaphora is a prayer of praise to the Holy Trinity. As we recited in forth gehantha "rejoicing and glorifying we commemorate and celebrate the divine mystery" and the divine mystery is the same as the divine "plan of salvation". So this term 'plan of salvation' includes all the redemptive action of God. Holy Qurbana is the remembrance of this 'plan of salvation' of God.

### **We offer unending Praise**

St. Paul reminds us "always give thanks to God for everything" (Ep. 5:20) and "always be

thankful" (Col. 3:15). Again he says "pray at all times, be thankful in all circumstances" (1 Thess. 5:17-18). It is our awareness of being redeemed in Christ that inspires us to be always thankful to God. This attitude of mind will make our whole life a magnificent and a life of living liturgy. Life of liturgy is nothing else than a life of praising and thanking God for everything at all times. In heaven the angels are constantly praising God (Rev. 7:12). Thus liturgy should help to make our life a living Liturgy.

### **Blood of the Anointed One**

In the prayer we see "redeemed by the precious blood of the anointed one". The first and the fourth gehantha mention about the 'body and blood of the Anointed one'. John the Baptist introduced Jesus as the Lamb of God who takes away the sins of the world (Jn. 1:29). During the time of baptism Jesus was anointed by the Holy Spirit (Lk. 4:18). The baptism of Jesus was a prefiguration of the death of Jesus. In view of His death Jesus said "I have a baptism to receive" (Lk. 12:50). Already through His baptism Jesus was anointed and set apart as the Lamb of God. Church is the community of those who have been redeemed by 'the precious blood of the anointed one' Jesus Christ.



# Growing with Jesus

Before reading this article, take a look at the plant growing in your house.

I shall ask you two questions.

**What are the three most essential things that most plants need in order to grow and live or bear fruits and flowers?**

&

**What are the three most important aspects we need in order to grow as good Christians?**

What is the relation between these two questions? Let me answer them together, one by one.

## #Ingredient 1

*for plants:* **Soil**

*for us:* **Jesus Christ**

When we have to grow a plant, the very first thing Mummy asks us to get or looks for is some "soil" from our building or nearby. A lifeless seed begins its journey to life inside the soil. Soil is the foundation in which a plant begins life from a seed. Similarly, Christ is the foundation soil of our growth.

## #Ingredient 2

*for plants:* **Sunlight**

*for us:* **The Holy Bible**

We all have heard and studied about the process of photosynthesis. It is the process with which plants use sunlight to make their own food. As children of our loving God, we read and believe the Word of God. You may have seen a plant growing towards the direction of the sunlight. In the same way, the Bible is the magical book that shows us the path to leading a good Christian life.

## #Ingredient 3

*for plants:* **Water**

*for us:* **Love**

Watering the plants help them to grow healthily. What happens when you don't water it for a couple of days. It starts to look gloomy and withers with time. But, it is an adequate supply of water that grows a happy plant. Love is the most wonderful lesson from Jesus and it is one of the most essential ingredient for all of us to grow. Without love, we may feel upset and gloomy, too. Love for God, love for oneself and love for others makes us complete and moulds us into a wonderful human being.

**"We love because he first loved us."** - 1 John 4:19

## Activity -1

### #ClickMyPlantChallenge

All you need to do is send a good picture of your most beautiful plant at home.

Some rules for the challenge:

- You can either click a selfie with the plant OR it can be a picture having you, or your family members engaged in gardening.
- It should be an individual plant.

- It should NOT be a garden.
- Only 1 picture per child.

The winners will be selected and will feature in the next issue of Lantern.

Send your entries to [lanternkidsroom@gmail.com](mailto:lanternkidsroom@gmail.com)

Instagram users may also upload the picture on Instagram and tag "Kalyan Lantern" with the hashtag #ClickMyPlantChallenge

# Winners of the Lockdown Art

## Heroes of Coronavirus



The Covid-19 virus has kept everybody home, irrespective of caste or religion. I hope and pray that medical science can find the right medicine for this disease. Through this illustration and drawing, I have shown helpers in the form of Jesus. The healthcare workers in hospitals, sweepers, daily essential providers, bankers in our society are our great heroes. The police are working hard to prevent the public from such a dangerous disease. God's powerful hands have been protecting us during this time through these heroes of our society.



"JESUS IS THE BIGGEST HERO ON THIS EARTH!"

### Angel Shaijo

Post Communion Section  
St Thomas Church (Mira Road)

## Activity 2 : Quiz

Kalyan Lantern present you the **Kids Corner Bible Quiz** on the topic: **Bible Characters**.

All you have to do is click on this link [www.quizizz.com/join?gc=7399124](https://www.quizizz.com/join?gc=7399124)

and follow the instructions on the poster.

### KALYAN LANTERN KIDS CORNER QUIZ



TOPIC: BIBLE CHARACTERS

[www.thekalyanlantern.com](https://www.thekalyanlantern.com)  
[@kalyanlantern](https://www.instagram.com/kalyanlantern)

1

Click on the quizizz link

2

Sign with email or Google

3

Sign in as student  
Select your date of birth  
Select your grade

4

Enter name as  
firstname lastname parish  
eg:  
Joshua Mathew Kandivili East

## Hope in the LORD during COVID-19 lock down.



The painting depicts the whole world affected by the Corona virus but with hope that the world will soon bloom again. In the state of lockdown, the church celebrated all the important days of the Holy week- Palm Sunday, Maundy Thursday, Good Friday and Easter Sunday



indoors by maintaining social distancing with hope in their hearts and prayer on their lips to save the whole world from Covid-19.

### Vilina Philip

Post Communion  
St. Alphonso Forane Church, Kalewadi

Kids' corner, compiled by

**Elizabeth Dimal**

St. Kuriakose Elias Chavara Church, Kandivili East



## Question:

How does the Church approach 'faith healing'?



## Answer:

### Faith is the springboard:

The central idea underpinning 'faith-healing', as promoted by the televangelists, is that you will be cured precisely to the extent of your faith in Jesus Christ. This means that if you are not cured, the fault is all yours because of your lack of faith. From a Catholic perspective however, a lack of faith may not be the only reason why the healing is not happening. It could be that the Lord is using the sickness to prove the righteousness of the sufferer (a.k.a Job). Or maybe God is nudging the sufferer to offer his sickness as a participation in Christ's sufferings for the sake of his body, the Church (Col 1:24). Or it could be that he has to learn from the Lord that "my grace is enough for you; my power is made perfect in weakness" (2 Cor 12:9). Or it could be the Lord "pruning" him, so as to bear more fruit (Jn 15:2). It could even be that some unforgiveness somewhere is acting as a block! (Mt 6:15).

### The doctor has his place:

While acknowledging that the sick person's desire for healing is both good and deeply human, the Church exhorts him to pray for healing. (cf. Sir 38:9, Ps 6; 38; 41; 88). The Church herself asks the Lord for the health of the sick in her liturgy, especially through the sacrament of Anointing of the Sick, but never advocates that we rely exclusively on prayer in the face of illness. "... give the physician his place, for the Lord created him; do not let him leave you, for you need him. There may come a time when recovery lies in the hands of physicians..." (Sir 38: 12-14).



### Could you have the anointing?

The Church recognises that some people have a 'charism of healing'. This is a gift given by the Holy Spirit to a relatively small number of chosen individuals, whereby their prayers for a sick person, together with the laying on of hands, often have the effect of producing a partial or complete healing - sometimes instantaneously and sometimes gradually. Whereas the Sacrament of the Anointing of the Sick is administered exclusively by the clergy, the special charism of healing is something that can be given, as the Spirit pleases, to any believer - lay or ordained. This gift is something that the individual concerned needs to discern, develop and use under the supervision of the Bishop.

*Further reading: Instruction on Prayers for Healing dt. September 14, 2000 - Congregation for the Doctrine of the Faith.*

For Team Lantern,

**Mr. A.F. Thomas,**

St. Thomas Forane Church, Borivli West



**BEST CATECHETICAL UNIT  
WITH GRADE A+**

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St Joseph's Church, Powai	Powai
St Joseph's Church, M C Road	Powai
Amala Matha Church, Mulund	Powai
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Mary Matha Church, Kamothe	Panvel
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Our Lady of Rosary Church, Katraj	Pune
St Paul's Catholic Church, UlhasNagar	Kalyan
St Anthony's Church, Bhosari	Pune
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St Joseph's Church, Chembur	Antop Hill



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Holy Trinity Church, Thane	Thane
Little Flower Church, Chakala	Andheri



**SCHOLARSHIP EXAM 2019-20****MERIT LIST – GRADE A+****POST COMMUNION SECTION**

S.NO.	STUDENT NAME	PARISH	FORANE
1	Ishitha Tom	St. Mary's Church Nasik city	Nashik
2	Johan Jinesh	St. Alphonsa Church - Mankhurd	Antop Hill
3	Ann Maria George	St George Forane Church - Panvel	Panvel
4	Angela Sebastian	St. Alphonsa Church - Vasai - West	Vasai
5	Joanna John	Mother of Victory Forane - Tikujiniwadi	Thane
6	Shanon Biju	Sacred Heart Church - Bhayander	Borivli
7	Anvita Paulachan	St. Marys Church - CBD Belapur	Navi Mumbai
8	Diya Suresh	St. Marys Church - CBD Belapur	Navi Mumbai
9	Selin Sinoj	St George Forane Church - Panvel	Panvel
10	Austin David C.	Christ The King Church - Bhandup	Powai
11	Libert Johnson	St. Alphonsa Church - Vasai - West	Vasai

**PRE CONFIRMATION SECTION**

S.NO.	STUDENT NAME	PARISH	FORANE
1	Sebastian Biju	St. Alphonsa Church, Nashik Road	Nashik
2	Annshiya Praveen	St George Forane Church - Panvel	Panvel
3	Andrea Koola	St. Thomas Church - Wanowari	Pune
4	Rose Joseph C.	St. Kuriakose Elias Church - Kandivali E	Malad
5	Angela Maria Martin	Mary Matha Church - Kamothe	Panvel
6	Irene Maria Rony	Infant Jesus Church - Vikhroli	Powai
7	Faustina Salin	St. Thomas Catholic Church - Virar	Vasai
8	Dan Devassy	St. Kuriakose Elias Church - Kandivali E	Malad
9	Neo Nissen	St. Joseph Church - Airoli	Navi Mumbai
10	Alicia George	Kristuraj Church - Marol	Andheri
11	Austin Abraham P.	Little Flower Forane Church - Nerul	Navi Mumbai
12	Britty Viju Koppoly	St. Thomas Catholic Church - Dapodi	Pune
13	Theressa J Mattel	St. Thomas Church - Wanowari	Pune
14	Blessin Benny	St. Bartholomew Church - Kalyan - East	Kalyan
15	Vanessa Vinod M.	Christ The King Church - Bhandup	Powai
16	Maria Roy	St. Joseph's Church - Akurdi	Pune

# KARUNYA TRUST

An initiative of Kalyan Diocese

Reaching the Unreached

REACHING OUT TO: HOMELESS, SLUM DWELLERS, MIGRANTS AND TRIBAL PEOPLE DURING THIS COVID-19 CRISIS

OUR REACH:  
MUMBAI, MUMBAI SUBURBS,  
THANE AND RAIGAD  
DISTRICTS OF MAHARASHTRA  
Updated as on: 31<sup>st</sup> May 2020



45708

LUNCH PACKETS



7467

FOOD GRAIN KITS



1000

HAND SANITIZERS



700

MASK



150+

VOLUNTEERS



10

COUNSELLORS FOR TELE  
COUNSELLING SERVICES



3

COMMUNITY  
KITCHENS



25

AWARENESS SESSIONS

THROUGH YOUR SUPPORT WE CAN  
REACH OUT TO COVID-19  
AFFECTED PEOPLE

JOIN THE CAUSE AND DONATE

ACCOUNT NAME: **KARUNYA TRUST**

**RELIEF FUND**

ACCOUNT NUMBER: **0366053000009877**

IFSC CODE: **SIBL0000366**

ACCOUNT TYPE: **SAVING**

BANK: **SOUTH INDIAN BANK**

BRANCH: **POWAI, MUMBAI**

After making your generous donation  
please email us your details for generating  
receipt  
(Name, PAN number, Amount Donated,  
Transaction reference number)

Email: [karunyatrustkdsa@gmail.com](mailto:karunyatrustkdsa@gmail.com)

**STAY HOME SAFE**



## KARUNYA TRUST COVID-19 RELIEF MISSION

Karunya Trust (Kalyan Diocesan Social Action) envisages the need for its proactive intervention for COVID-19 relief measures as its primary responsibility to mitigate the impact of COVID-19 in Mumbai, Mumbai Suburbs, Thane and Raigad Districts of Maharashtra. Karunya Trust through its COVID-19 relief activities intent to Reach to the Unreached who are deprived of their basic needs and rights.

Karunya Trust through its vibrant COVID WARRIOR network which includes Employees, Children Parliament Members and 150 plus Volunteers from the parishes of Kalyan Diocese has reached out to Homeless, Migrants, Slum Dwellers and Tribal communities.

### INITIATIVES UNDERTAKEN AS PART OF COVID-19 RELIEF MISSION

#### Awareness Session



Karunya Trust has conducted various awareness sessions with children and community members to help them understand good practices to reduce the risk of Corona Virus and to be a responsible citizen in curbing the spread. Children Parliament students have taken up the initiative to spread awareness in their communities. Children were trained to prepare home-made masks for self-care. Sessions were conducted at various communities in Govandi, Dharavi, 'S'ward of Mumbai and in Tribal Hamlets of Kalyan and Ambarnath Talukas of Thane Districts.

#### Essential Services



During the lockdown period, Karunya with the support of volunteers has distributed Lunch packets, food grain kit and other essential commodities to homeless, migrant labourers and slum dwellers. Karunya Trust has provided Ambulance services for emergency relief of Patients and commuting stranded people to safer locations.

In collaboration with Kalyan Thesil Department, we are helping the migrant population by making necessary arrangements for them to board trains to reach their homes.

As the situation at Dharavi worsened, Karunya's Physical presence in the community has become difficult due to the restrictions imposed by BMC. So Karunya has connected the community to a local NGO which is running a Community Kitchen to make sure they get a continuous supply of nutritional diet.

## Networkings



Karunya Trust has networked with Various Stakeholders to coordinate the COVID-19 relief activities such as MCGM, Police Stations, Reliance Foundation, Churches in Kalyan Diocese, Taluka/Tehsil offices of Kalyan and Ambernath, Community Kitchens, and other like-minded NGO's.

## Virtual engagement



Children being one of the vulnerable populations are the most affected due to the COVID-19 Pandemic lockdown. Unable to get out of the home quarantine many of the children from the lower economic background are struggling to have a good psycho-socio balance. To help mitigate these adverse impacts Karunya team is engaging with children through Arts and crafts activities on one on one basis.

## Social Media



Karunya Trust through its social media handles has spread relevant messages to mitigate the impact of COVID-19 in society. We have started an online campaign through our social Media Handles to spread awareness among communities. Children in the community are coming up with Video content where they are seen speaking on different topics related to overcoming COVID-19. Karunya Trust is using those videos to educate the community at large.

## Tele- Counselling Services

Karunya Trust has setup Tele- Counselling system and initiated the counselling program for the people who need psychosocial care during these difficult times of COVID-19. Tele- Counselling Service is available Pan-India on 022-49165050.

# KARUNYA TRUST

## An initiative of Kalyan Diocese



COVID-19

**FREE TELE COUNSELING**

**HELPLINE SERVICE**



**Contact your counsellor**

**022 4916 5050**

Monday to Saturday  
9:00 am to 5:00 pm

Languages:  
English  
Hindi  
Malayalam

**We are with you a call away...  
You are not alone...**



@karunyatrustkalyandiocese

# *1st Birthday in Heaven*



*"I am the Resurrection and the life;  
whoever believes in me, even if he dies will live."  
(John 11:25)*



**Dn. Jerine Joyson Chittilapilly**

Born on: 19-06-1992

Ordained as Deacon: 13-04-2019

Abode on: 20-06-2019

*"Till memory lives and life departs, you will live forever in our hearts.  
We all love you dear, One year since you are away from us but closer to God."*

*Fondly Missed & Deeply Remembered by:*

*Parents: Joyson & Mary; Sister: Jusmi  
All Chittilapilly & Arikat Family Members,  
Relatives & Friends*



**MAGIKKAIROS**  
 MAKING MOMENTS PERFECT  
 ISO 9001:2015 Certified Company

# OCCASIONS UNLOCKED

## MAKING MEMORIES

AS PER THE LATEST GOVT REGULATIONS DURING COVID - 19

We at **MAGIKKAIROS**  
 are happy to introduce our services during this Covid - 19  
 " **CELEBRATE WITH SAFETY** " is our motto.

If you are planning for your special day, let us make it a memorable one  
 with limited guests and unlimited fun.

**YOU HAVE AN EVENT, WE HAVE THE RESOURCES**

## SERVICES

Host

Photography

Videography

Live Streaming

Memory Album

E-Invitation Card

Stage Decoration

Guest Management

**CALL US  
 NOW  
 &  
 BOOK  
 YOUR  
 MEMORIES**

Logistics

Car Decor

Wedding Cake

Make Up Artist

DJ Sound Sytsem

Catering (50 Nos.)

Wedding Garland

Venue Management

## SAFETY

Pulse Oximeter

Hand Sanitation

Venue Sanitation

N95 Facemask (50 Nos.)

Guest Thermal Screening

Hand Sanitizer Bottles (50 Nos.)

## CONTACT US

Call Us: +91 - 7710005409 | [magikkairos@gmail.com](mailto:magikkairos@gmail.com)



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