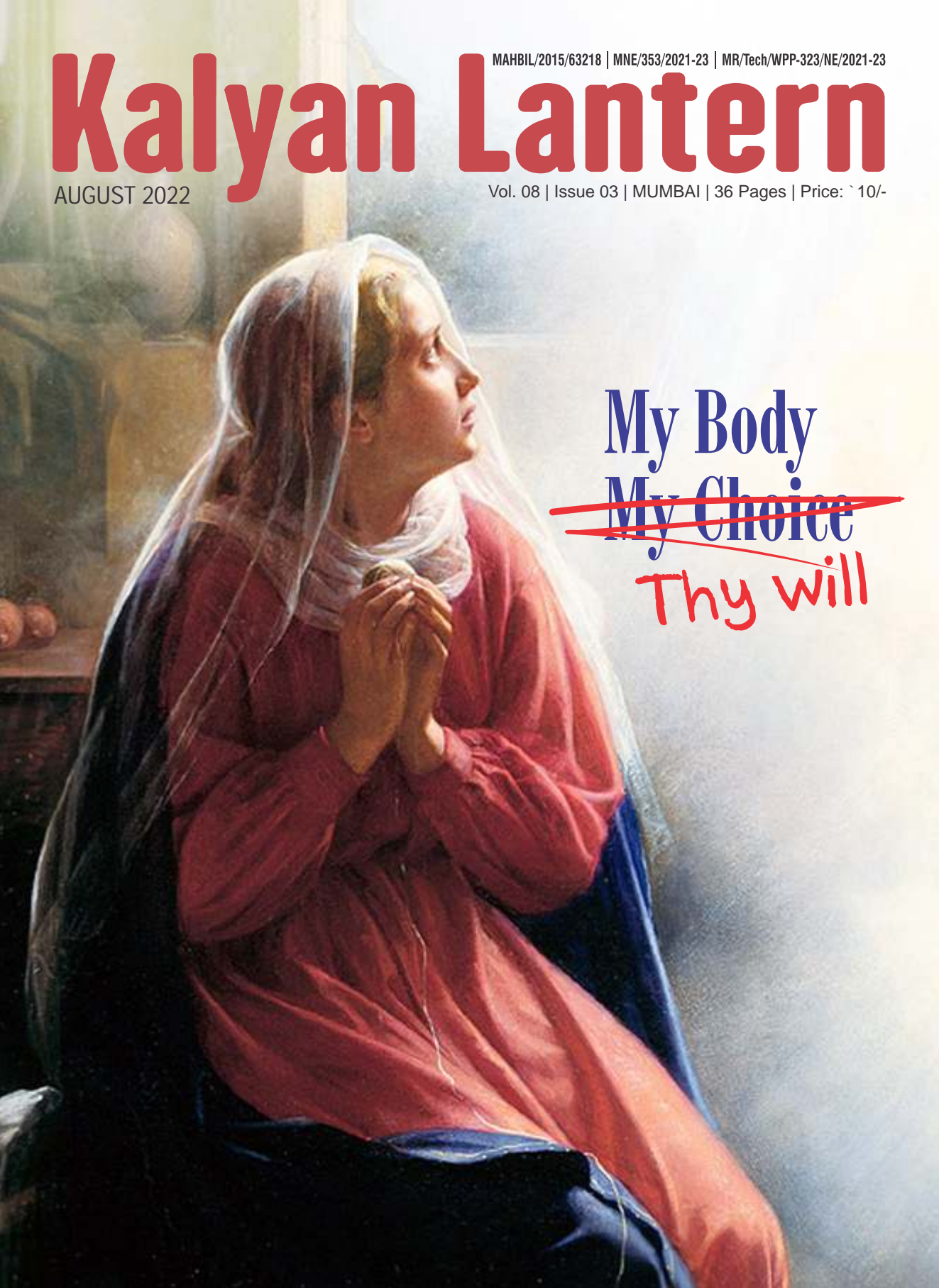


# Kalyan Lantern

MAHBIL/2015/63218 | MNE/353/2021-23 | MR/Tech/WPP-323/NE/2021-23

AUGUST 2022

Vol. 08 | Issue 03 | MUMBAI | 36 Pages | Price: ₹ 10/-



My Body  
~~My Choice~~  
Thy will

# FEAST OF NATIVITY OF BLESSED VIRGIN MARY (ETTU NOMBU)

AT MOTHER OF VICTORY SHRINE, TIKUJINIWADI

FROM 1<sup>ST</sup> TO 8<sup>TH</sup> SEPTEMBER, 2022



## — SPECIAL PRAYERS FOR CHILDLESS COUPLES —

Sept 1	5.30 PM	Holy Mass, Novena, Adoration (English : Syro-Malabar)
Thursday	6.30 PM	Rosary at Grotto (Malayalam)
	7.00 PM	Holy Mass, Novena, Adoration (Malayalam)
Sept 2	5.30 PM	Holy Mass, Novena, Adoration (English : Syro-Malabar)
Friday	6.30 PM	Rosary at Grotto (Malayalam)
	7.00 PM	Holy Mass, Novena, Adoration (Malayalam)
Sept 3	5.30 PM	Holy Mass, Novena, Adoration (Latin Rite - English)
Saturday	6.30 PM	Rosary at Grotto (Malayalam)
	7.00 PM	Holy Mass, Novena, Adoration (Malayalam)
Sept 4	7.30 AM	Holy Mass, Novena, Adoration (Malayalam)
Sunday	9.30 AM	Holy Mass, Novena (Malayalam)
	6.00 PM	Novena, Adoration (English)
	7.00 PM	Holy Mass, Novena (Malayalam)
Sept 5	5.30 PM	Holy Mass, Novena, Adoration (English : Syro-Malabar)
Monday	6.30 PM	Rosary at Grotto (Malayalam)
	7.00 PM	Holy Mass, Novena, Adoration (Malayalam)
Sept 6	5.30 PM	Holy Mass, Novena, Adoration (English : Syro-Malabar)
Tuesday	6.30 PM	Rosary at Grotto (Malayalam)
	7.00 PM	Holy Mass, Novena, Adoration (Malayalam)
Sept 7	7.00 AM	Holy Mass, Novena (Malayalam)
Wednesday	3.30 PM	Holy Mass, Novena, Adoration (Marathi)
	5.30 PM	Holy Mass, Novena, Adoration (Latin Rite - English)
	6.30 PM	Rosary at Grotto (Malayalam)
	7.00 PM	Holy Mass, Novena, Adoration (Malayalam)

## September 08 (THURSDAY) FEAST DAY

**7.00 AM Holy Mass, Novena (Malayalam)**

**5.30 PM Holy Mass, Novena, Adoration (English : Syro-Malabar)**

**6.30 PM Rosary at Grotto (Malayalam)**

**7.00 PM Solemn Holy Mass, Novena, Ladeenj (Malayalam)**

*We cordially invite you to seek the intercession of Mother Mary and offer our gratitude for the blessings received through our Holy Mother*

**N.B.: There will be Special Prayers during the Adoration for the Childless Couples.  
Send us the names of the childless couples to the following phone numbers : 8879375175 / 9930368164**

**Fr. Emmanuel Kadankavil**  
(Rector)

**Fr. Maxin Pozholiparambil**  
(Asst. Rector)

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(1st Trustee)

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(2nd Trustee)



# വിലയേറിയ ജീവിതം

Lk. 1 : 38 Mary Said, “Behold, I am the Handmaid of the Lord. May it be done to me according to your word”.

ഈ ഭൂമിയിൽ ജനിച്ചു വീഴുന്ന ഓരോ കുഞ്ഞുങ്ങളും ദൈവത്തിന്റെ സ്വപ്നങ്ങളാണ്. “മാതാവിന്റെ ഉദരത്തിൽ നിന്നു രൂപം നൽകുന്നതിനുമുമ്പ് ഞാൻ നിന്നെ അറിഞ്ഞു. ജനിക്കുന്നതിനു മുമ്പേ ഞാൻ നിന്നെ അറിഞ്ഞു. ജനിക്കുന്നതിനുമുമ്പേ ഞാൻ നിന്നെ വിശുദ്ധീകരിച്ചു”. (ജെരമിയ 1:5) യേശു പറഞ്ഞു “ഞാൻ വന്നിരിക്കുന്നത് അവർക്കു ജീവനുണ്ടാകുവാനും അത് സമൃദ്ധിയായി ഉണ്ടാകുവാനുമാണ്”. (യോഹന്നാൻ 10 : 10). മാർ റാഫേൽ തട്ടിൽ ഒരിക്കൽ തന്റെ അനുഭവം പങ്കുവെച്ചത് ഈയവസരത്തിൽ ഓർക്കുകയാണ്. അദ്ദേഹം പറഞ്ഞു. “അഭിമാനത്തോടും ആനന്ദത്തോടുംമാണ് ഞാനന്റെ കുടുംബത്തിലെ പത്താമത്തെ കുട്ടിയെന്നെന്ന് പറയാറുള്ളത്. ഇതെങ്ങനെയാണ് സംഭവിച്ചതെന്ന് അപൂർവ്വമായെങ്കിലും ചിലരെന്നോടു ചോദിക്കാറുമുണ്ട്. ഒരമ്മ പത്ത് മക്കളെ പ്രസവിച്ചു വളർത്തുകയെന്നത് സഹനപൂർണ്ണവും ശ്രമകരവുമാണ്. എന്റെ ചെറുപ്പത്തിൽ തന്നെ അപ്പൻ മരിച്ചു. എന്നിട്ടും കണ്ണീരിന്റെയും കഷ്ടപ്പാടുകളുടെയും നടുവിൽ ഞങ്ങളെ വളർത്തിവലുതാക്കാൻ അമ്മക്ക് സാധിച്ചു. അതിൽ നിന്നും തീർത്തും വ്യത്യസ്തമായി മക്കളെ

ഭാരമായി കരുതുന്ന കാലഘട്ടത്തിലാണ് നാമിന്നു ജീവിക്കുന്നത്”.

മക്കൾ ഭാരമല്ല, ദാനമാണെന്നു മനസ്സിലാക്കുമ്പോഴാണ് നമ്മൾ ഓരോരുത്തരും പ്രോ ലൈഫ് ആയി മാറുന്നത്. ദൈവമാണ് ജീവന്റെ ദാതാവെന്നും ജീവനെടുക്കാൻ മനുഷ്യൻ അവകാശമില്ലെന്നുമുള്ള തിരിച്ചറിവിലേക്ക് നമ്മൾ വളരണം. വലിയ കുടുംബങ്ങളിലേക്കുള്ള തിരിച്ചുപോക്ക് കാലഘട്ടത്തിന്റെ അനിവാര്യതയാണ്. ദൈവിക സംവിധാനമായ കുടുംബത്തിൽ ജീവനെ ഉത്തരവാദിത്വപൂർവ്വം സ്വീകരിച്ചു പരിപോഷിപ്പിക്കേണ്ടിയിരിക്കുന്നു. സൃഷ്ടാവായ ദൈവത്തിനൊപ്പം ചേർന്നു നിന്നു അവിടത്തെ ദാനമായ ജീവന്റെ ശ്രേഷ്ഠതയും മഹിമയും കാത്തു സൂക്ഷിക്കാനും, ജീവന്റെ സംസ്കാരത്തെ പ്രോത്സാഹിപ്പിക്കുവാനും സൃഷ്ടികളായ നമുക്കോരോരുത്തർക്കും സാധിക്കണം. ഈ ലോകത്തിലെ ഏറ്റവും മഹാനായ മനുഷ്യന്റെ ജീവനും അമ്മയുടെ ഉദരത്തിൽ സ്വപ്നിക്കുന്ന ജീവന്റെ തുടിപ്പിനും ദൈവം കർപ്പിക്കുന്നത് ഒരേ മൂല്യം തന്നെ. ഈ തലമുറയെ ജീവോന്മുഖമായി നമുക്ക് പടുത്തുയർത്താം. ജീവന്റെ സംരക്ഷകരായി മാറാം.

**ഏവർക്കും സ്വർഗ്ഗാരോപണതിരുനാളിന്റേയും സാതന്ത്ര്യദിനത്തിന്റേയും ആശംസകൾ നേരുന്നു.**



YOUR WORD IS A LAMP TO MY FEET & A LIGHT TO MY PATH

**AUGUST 2022**  
Vol. 08 | Issue 03

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# TURNING WOMBS INTO TOMBS

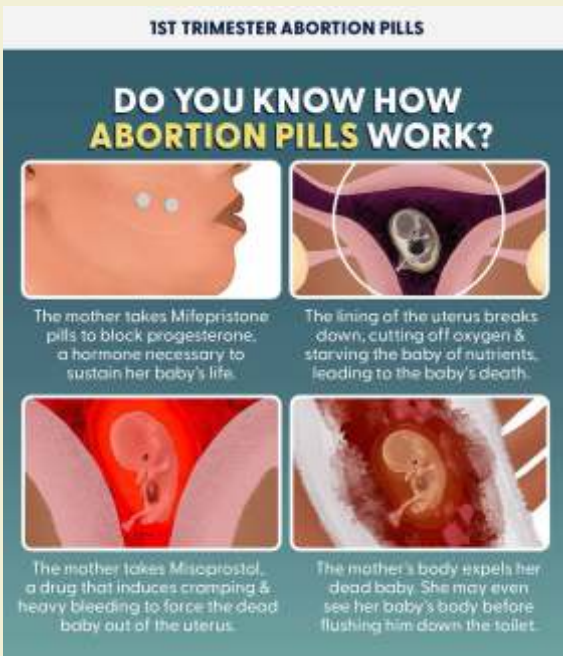


Compiled by:  
**Rachel Chittilapilly**  
Infant Jesus Church, Vikhroli

All of us believe in human rights, don't we? Who gets human rights? Well, if women get women's rights and children get children's rights then humans get human rights. So when do humans begin their lives? Science has taught us that beings which reproduce sexually begin their lives at fertilisation or conception. And from the moment of fertilisation the one celled embryo is alive and growing rapidly into two cells and then four and so on. We know that the embryo is human because the parents are human. This human embryo matures into a human foetus and then a human baby and then a human adult. The terms embryo, foetus, baby, toddler, teenager and adult are simply indicators of growth as a human being.

Every abortion kills a human being. Any abortionist will tell you that an abortion can be considered successful only once the child's heart has stopped beating. The pro-abortion lobby often uses terms that are misleading. Try speaking against abortion and the first response you'd hear is 'my body, my choice' or the terms 'women's rights' or 'reproductive justice' or 'clump of cells'. None of these terms explain what an abortion truly does - abortion is the intentional killing of the child in the womb either by starvation or by crushing the baby's skull or by tearing the child apart limb by limb. India permits abortions all the way upto 24 weeks including chemical





abortions and surgical D&E abortions. Here's what happens in first and second trimester abortions.

The abortion industry never shows us the victims either but the truth is that each "choice" has a face. Earlier this year, pro-life activists obtained a box of 'waste' that came out of an abortion clinic in Washington DC. In that waste, the activists found the bodies of 115 babies of which 5 were nearly full term babies. A Catholic priest buried the bodies of these babies of various ages and arranged a proper funeral for them. The five nearly full term babies were named and they are Christopher X, Harriet, Phoenix, Holly and Angel. There is a campaign called #JusticeForTheFive and you can read more at <https://paaunow.org/justiceforthefive>

The Supreme Court of the United States of America recently overturned *Roe v Wade*, a move that is a huge win for life. For decades American pro-life activists, bishops, priests, religious, youth and medical professionals have struggled to end the horrific slaughter of unborn in their country. As St Mother Teresa says, "We must not be surprised when we hear of murders, of killings, of war, of hatred. If a mother can kill her own child, what is left but for us to kill each other?" India has a long way to go in safeguarding and upholding the dignity of every human life.

India kills 15.6 million babies every single year through abortion. That number itself is too high to comprehend but that's not all. Induced abortion is not the only way children are killed. IVF and certain 'contraceptives' also kill babies. There are contraceptives that work both as abortifacients and contraceptives. The pill, morning after pill and Copper-T all serve as abortifacients in the way that if they fail to prevent conception, these methods induce miscarriages in the woman's body to expel the child and thereby cause an abortion. In such scenarios the women don't even know that they are pregnant and that their "contraceptive" just killed their baby.

## In Vitro Fertilisation (IVF)

The Catholic Church understands that couples who struggle to conceive suffer greatly. She therefore encourages research and the use of various medical techniques aimed at reducing human sterility as long as the methods used fully respect the dignity of the human person. In vitro fertilisation (IVF) involves the process by which the father's sperm and mother's egg are fertilised in a glass dish and the embryos are later transferred into the mother's womb. This process of artificial fertilisation is one of the methods which the Catholic Church considers to be morally unacceptable. Here are 7 reasons why:

1. Catholic teaching maintains that every child has the right to be conceived in the natural marital embrace or sexual act of the husband and wife.
2. The human sexual act has two components - unitive and procreative. IVF separates these two and makes the procreative component its only goal. Through IVF the child is no longer the result of the physical and spiritual union of the married couple.
3. IVF makes the child a commodity produced in a laboratory and makes doctors technicians and even business people part of the conception process.
4. The sperm used is usually obtained by

2ND TRIMESTER D&E ABORTION

## KNOW THE TRUTH



The abortionist reaches into the uterus & uses a steel clamp to grasp the baby's limb.



The abortionist forcefully pulls to tear off the limbs one by one, dismembering the living child.



The abortionist opens the clamp wide to grasp & crush the head so that it can fit through the mother's cervix.



The abortionist then reassembles the baby's body to ensure none of the baby's body parts were left behind.

masturbation which the Church teaches is immoral since the deliberate use of the sexual faculty for whatever reason outside of the marital embrace is essentially contrary to its purpose.

5. If one of the spouses is infertile it may be necessary to use sperm or eggs which are donated from a third person. This method infringes a child's right to be born and raised by his or her biological father and mother who are bound to each other by marriage and to know their parents. It is also a betrayal of the spouses' fidelity to each other.
6. Many if not most of the conceived embryos who should be respected as new and unique human lives end up dying, being discarded, frozen indefinitely or even used for research. Others after being transferred into the womb may be removed and left to die by a process called selective reduction. Those who do survive have a greater chance of birth defects.
7. Children are a gift from God and not a right to be obtained. Though the desire to have children is a noble one, the child's rights must be safeguarded these include

- a. the right to be the fruit of the physical union of his or her biological parents and to be raised by them
- b. the right to be respected as a person from the moment of conception and not to be treated as a commodity or manipulated.

In light of the gospel of Jesus Christ while sterility may present a married couple with a great trial it still allows for hope. Spouses who remain infertile after trying all the morally legitimate medical procedures such as NaPro Technology should unite themselves with the Lord's cross, the source of all spiritual fruitfulness and life. They can express their generosity by adopting children or giving their lives in service for others.

Now you'd ask 'What about parents who have already conceived children through IVF?' The Catholic Church extends the grace of God's mercy by calling them to repentance and the sacrament of confession. She nonetheless sees each of these children

as a gift from God no less than any other regardless of how they came into the world.

### Conclusion

Marriage and the family is under attack through abortion, IVF, contraception and the LGBTQ ideology. Sr Lucia, one of three visionaries of Fatima said, "*The final battle between Our Lord and Satan will be about marriage and the family. And those who work for the sanctity of marriage and the family will experience persecution and tribulation because this is the decisive issue. But do not be afraid, for Our Lady has crushed its head.*" As the battle between the culture of life and the culture of death wages around us, let us turn to Our Lady, Queen of Families. May the Mother of Life intercede for our nation and obtain for India the grace to accept the Gospel of Life and the courage to bear witness to it resolutely, in order to build, together with all people of good will, the civilisation of truth and love, to the praise and glory of God, the Creator and lover of life.





# മാപ്പ് നൽകി മടുക്കാത്ത ദൈവം



Fr. Paul Kunduparambil  
Director: Kalyan Eparchy Family Apostolate,  
Eva Pro-life Movement, Kalyan Kudumba  
Koottayama, Animation and Renewal Center

പള്ളിയിൽ കുർബ്ബാന കഴിഞ്ഞ് പുറത്തിറങ്ങിയ സമയം. മദ്ധ്യവയസ്കയായ ഒരമ്മ അച്ചനോട് ഒന്ന് സംസാരിക്കുമോ എന്ന് ചോദിച്ച് എന്റെ അടുക്കൽ വന്നു. ഓഫീസിൽ വന്ന് ഇരുനന്തേ അമ്മയുടെ കണ്ണു നിറയുന്നത് ഞാൻ കണ്ടു. സംസാരിക്കാനാകാതെ ആ അമ്മ വിതുമ്പിക്കൊണ്ടിരുന്നു. അല്പം കഴിഞ്ഞ് കണ്ണു തുടച്ച് അവൾ പറഞ്ഞു. ഇരുപത് വർഷം മുമ്പ് എന്റെ കുഞ്ഞിനെ ഞാൻ എന്റെ ഉദരത്തിൽ കൊലപ്പെടുത്തി. എന്റെ ഭയവും കൂടും ബത്തിന്റെ സന്ദർഭവും സാമ്പത്തിക പരാധീനതയും അന്ന് ഞാൻ കാരണങ്ങളായ് കണ്ടു. പിന്നീട് ഉറക്കമില്ലാത്ത രാത്രികളാണ് എന്റെ ജീവിതത്തിൽ. ഉറങ്ങുമ്പോഴൊക്കെ കുഞ്ഞിന്റെ കരച്ചിൽ എന്റെ ചെവികളിൽ മുഴങ്ങുമായിരുന്നു. ഒരു നേഴ്സായ ഞാൻ ഓരോ പ്രാവശ്യവും കുഞ്ഞുങ്ങളെ കയ്യിലെടുക്കുമ്പോൾ എന്റെ കൈ വിറയ്ക്കുമായിരുന്നു. ഞാനൊരു കൊലപാതകിയെന്ന് എന്റെ മനസ്സ് എപ്പോഴും എന്നെ കുറ്റപ്പെടുത്തുന്നു. ദൈവം എന്നോട് ക്ഷമിക്കുമോ അച്ചാ?

അബോർഷനെക്കുറിച്ചും അതിക്രമമായ ആ പ്രക്രിയയെക്കുറിച്ചും ഏറെ സംസാരിച്ചിട്ടുള്ള ഞാൻ ഈ അമ്മയോട് എന്ത് പറയണമെന്നറിയാതെ ഏറെ വിഷമിച്ചു. ഉദരത്തിൽ കൊല്ലപ്പെടുന്ന കുഞ്ഞിനോളം മുറിപ്പെടുന്ന അമ്മയുടെ ഹൃദയം ജീവിതകാലം മുഴുവൻ നീറുകയാണ്.

ദൈവം നൽകിയ സ്വന്തം ജീവനിൽ നിന്ന് ജീവൻ പങ്കുവയ്ക്കാൻ വിളിക്കപ്പെട്ട ദമ്പതികൾ, ജീവിതയാത്രയിലെ ഇരുളടഞ്ഞ രാത്രികളെ വിശ്വാസത്തിന്റെ തിരിവെട്ടുംകൊണ്ട് പ്രകാശിപ്പിക്കാനാകാതെ, ജീവിതത്തിന്റെ ഭാവിയെക്കുറിച്ചുള്ള അമിതമായ ഉതകണ്ഠയും ഭയവും ഭാരമായി തോന്നിയപ്പോൾ ദൈവം ദാനമായി നൽകിയ ജീവനെ ഗർഭപാത്രത്തിൽ തന്നെ ഇല്ലാതാക്കിയ ഹൃദയവ്യഥയുമായി ദിവസങ്ങൾ തള്ളിനീക്കുന്നു. ദൈവം എന്നോട് ക്ഷമിക്കുമോ എന്ന് ചോദിച്ച് ദൈവകരുണയെപ്പോ

ലും സംശയിച്ച് ദൈവത്തോട് ക്ഷമ ചോദിക്കാൻ പ്പോലും കെൽപ്പില്ലാതെ തളർന്ന് പോകുന്നു.

ഈവിധം വേദനിക്കുന്ന അമ്മമാരോടും കുടുംബങ്ങളോടും ഫ്രാൻസിസ് മാർപ്പാപ്പ പറയുന്നു. “നമുക്ക് ഒരിക്കലും മടുക്കാതിരിക്കാം. എപ്പോഴും മാപ്പ് നൽകുന്ന സ്നേഹനിധിയായ പിതാവാണ് ദൈവം. നമുക്കെല്ലാവർക്കും വേണ്ടി അവിടുന്ന് കാരൂണ്യം നിറഞ്ഞ ആ ഹൃദയം സൂക്ഷിക്കുന്നു... ദൈവം നമുക്കായി, നമ്മുടെ തിരിച്ചുവരവിനായി കാത്തിരിക്കുകയാണ്. അവിടുത്തെ പക്കലേക്ക് പോകാനുള്ള ധൈര്യം മാത്രമാണ് അവിടുന്ന് നമ്മിൽ നിന്ന് ആവശ്യപ്പെടുന്നത്”. അവിടുത്തെ വാക്കുകളിൽ പരിഹാസമോ ശിക്ഷാവിധിയുടെ സ്വരമോ നാം കേൾക്കുകയില്ല. സ്നേഹത്തിന്റെയും കാരൂണ്യത്തിന്റെയും വാക്കുകൾ മാത്രം.

കത്തോലിക്കാസഭയുടെ മതബോധനഗ്രന്ഥം 1422-ാം ഖണ്ഡികയിൽ നാം വായിക്കുന്നു “അനുതാപകുദാശയ്ക്കായണയുന്നവർ ദൈവത്തിനെതിരായി ചെയ്ത പാപങ്ങൾക്ക് അവിടുത്തെ കരുണയിൽ നിന്ന് പൊറുതി പ്രാപിക്കുകയും പാപം വഴിതങ്ങൾ മുറിവേൽപ്പിച്ച സഭയുമായി രമ്യപ്പെടുത്തുകയും ചെയ്യുന്നു. സഭയാകട്ടെ സ്നേഹവും മാതൃകയും പ്രാർത്ഥനയും വഴി അവരുടെ മാനസാന്തരത്തിനായി അദ്ധാനിക്കുന്നു”. അനുതാപത്തിൽ നിന്ന് ഉളവാകുന്ന ദൈവത്തിലുള്ള ശരണമാണ് മാനസാന്തരത്തിനിടിസ്ഥാനമെങ്കിൽ സഭാമക്കളായ നാമോരോരുത്തരും നമ്മുടെ സഹോദരിസഹോദരങ്ങളുടെ മാനസാന്തരത്തിനായി, ദൈവകരുണയിൽ ശരണപ്പെടുവാനായി, സ്നേഹവും മാതൃകയും പ്രാർത്ഥനയും വഴി ഏറെ അദ്ധാനിക്കുവാൻ കടപ്പെട്ടവരാണ് എന്ന് കുറുബോധത്താൽ നീറുന്ന ഓരോ അമ്മയും ഓർമ്മിപ്പിക്കുന്നു.

തിന്മയുടെ സ്വാധീനത്താൽ, ജീവനെതിരെയുള്ള പ്രവർത്തികളിൽ ഹൃദയം കലങ്ങിയ മനുഷ്യമക്കൾ ദൈവകരുണത്താൽ തുടിക്കുന്ന, മാപ്പ് നൽകി ഒരിക്കലും മടുക്കാത്ത തിരുഹൃദയത്തിൽ അഭയം കണ്ടെത്തട്ടെ. ആമ്മേൻ.



# HOW THE “HANDMAID” OF THE LORD ATTAINED TRUE FREEDOM



Joel Chacko

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*“Man is called to freedom. Freedom consists not in doing what we like, but in having the right to do what we ought.” - St. John Paul II*

This quote is another example of the great symbiotic union of a great philosopher and a greater theologian in the person of St. John Paul II. As a thinker, he was deeply fascinated by the freedom that every human innately possesses. On the other hand, he deeply knew and loved the teachings of the Church about the redemptive mysteries of the Messiah, culminating in His perfect sacrifice on the cross. He was also a great follower of the virtuous examples of the saints and, above all, of the Queen Virgin herself, who enjoyed the absolute freedom of Christ's love.

In Mary is manifested the fullness of freedom. She is the ideal Christian. For a Christian, the ultimate form of freedom comes when our actions are directed purely and unapologetically by God's will. Today, most of us look at freedom as liberation from all kinds of physical, emotional, and moral baggage. We do not want our emotions, beliefs, and morals to dictate the outcomes of the claims that we make. It is an attempt to be truly free and unique and one with a different outcome than the outcomes of those choices that were made before that moment. But, often in an attempt to be

free in all possible ways, we have taught ourselves to be free from goodness itself. Our freedom is no longer a tool used for the good of the other.

This behaviour is also backed by a feeling that stems from the thought that true freedom can only be achieved when one can make free decisions without being compliant with the possible physical or emotional setbacks that can be caused by the outcome of the decision. But just like any other thing in this world, freedom, too, comes at a price. The outcome of the choices you make and the impact they have on your life and the lives of the ones they are directed towards, and the ripples that they make in society, are the price of your freedom to make that choice. Hence, freedom becomes a double-edged sword, capable of harming the hands that wield it.

Thus, we cannot pretend to keep morality away from freedom, for freedom will always have moral implications. *This also makes it extremely important to understand that being free and having freedom are two different checkpoints in the same circuit.* So, we need to understand Mary's greatness through the salvific outcomes of her choices, as well as the depth of her freedom when she surrendered her entire life into His hands.

Just the way Christ's Kingship and His Cross stand as a stumbling block to the Jews and foolishness to the Gentiles (1 Cor 1: 23), so is Mary's womanhood a stumbling block and foolishness to this generation filled with men who use contraceptives, women who abort, and teens who





fornicate. Her virginity, motherhood, and chastity are a symbol of contradiction for all those of this world 'who claim to be wise, but have become fools.' (Romans 1:22)

In contrast to the freedom to kill or die, Mary rose to God by exercising her freedom to live. Mary's yes to God has two key aspects, which is important when considering the freedom she was bejewelled with.

### 1. **Mary's yes to Jesus Christ, who is**

**God:** In the last few centuries, especially the second half of the 20<sup>th</sup> century and the 1<sup>st</sup> half of the 21<sup>st</sup> century, the human race has struggled to say yes to God. For we are enslaved by the limits of human rationale, held captive by every uncertainty to which the human mind has no answer. But through faith, comes enlightenment that is unknown to minds that have only traversed along the path of reason. Thus, as fragile and insignificant as we are when all by ourselves, our limitations hold us captive, which can be broken through faith and God's light. Mary's yes to the Divine Child made her the 'Mother of the Living', for through her, you and I have been saved by the Messiah.

### 2. **Mary's yes to Jesus Christ, the man:**

The culture of death, which was thought by many as a thing made up by puritans of the Church, is visible in plain sight in today's world more than ever before. This culture of belittling the worth of human life is nothing but a vicious basilisk that started its existence by feeding upon the seeds and pods of promiscuity and impurity, and later attained maturity when it crept in through the walls of conjugal love and destroyed it from within by the sins of contraception and fornication, and finally inserting its poisonous fangs into the fruits of love, killing millions of unborn children every year through the gore act of abortion. Just as a mother is always connected to her child, Mary is always connected to Jesus. When Christ suffered and died on the cross at Calvary, Mary

suffered and died with Him. For when the child dies, the mother dies too. This is why many women who have had an abortion in the past are still struggling to forgive themselves for doing so, because deep down they know that that unborn baby was as much a human as any other person. Unlike other acts of murder, two people die in an abortion; the child dies a physical death, but the mother experiences an internal death. A death, a sorrow, an inner decay that has taken place, that would remain unknown to many around her, but something that the ones who truly know her would notice. The act of legalising and normalising abortion has only pulled more and more people and families into the culture of death. It is from this culture that the Gospel of Life offers freedom and redemption.

Therefore, Mary, as the human person who cooperated most with the God of Life in His salvific plan, wields an immeasurable freedom, which is strikingly contrary to the freedom offered by the world. The former type of freedom is the freedom to be unafraid, rather open towards life, the freedom that comes from a conviction that there is a Heavenly Father who knows you, who loves you, and who cares about you. This freedom is contrary to the freedom to kill, and to make decisions without thinking about consequences, but yet be subjected to the doom that is brought about by these very consequences. Mary's freedom is hard to sell in the world, for it encourages us to look beyond the world.

Thus, Mary's strength comes from her perfect surrender to God. As the Queen of Heaven and Earth, she now assists us in breaking free from the most difficult chains of sin, particularly those of the flesh, and allowing us to freely cast ourselves upon the flower bed of Divine Providence. The peace one attains when "that void" in the heart, "that ache" that cannot be explained, is filled with heaven's love, rather than with pleasures that could never calm the soul, that only delights in the love of its Creator.



# Are You A Victim To The Ongoing Spiritual Epidemic?



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Years ago, when I happened to see an image of Christ crucified, I thought; thought of the ugliness and utter humiliation that a Man had to go through. And for what? For me, you and our unpleasant choices. The image that I was exposed to was the expression of the 'greatest love'. (John 15:13)

That brings us to the question. What is love? Love is simply wanting the best - Heaven for each and every person around us. Contrary to popular

belief, the Church is an extremely loving community and encourages its expression, especially through the conjugal act between the husband and the wife. Let's just state it. Sexual desire is good and the Church couldn't agree more. You can only corrupt something that's already beautiful. And the marital union between spouses has become prey to this tragic process. The beast here is pornography, which harms relationships, reduces intimacy, rewires the brain, and leads to unwanted health consequences. Yet, 1 in 8 searches on the internet is for erotic content. The problem with pornography is not that it shows too much but too little of the human person. Instead of valuing people as children of God, they become mere objects of selfish gratification. There is nothing empowering, cool, free or fun about enjoying seeing naked people.

The saddest part of the world we live in is ignorance toward sin. Gone are the days wrong



was considered wrong. The nature of sexual sins is such that it can be easily justified as a prop for 'education', 'love', and 'self-care'. When these words are used in any argument, bargaining becomes a doddle and consequent actions become 'natural'. Threats to Chastity like pornography and masturbation hide behind this mask of 'pseudo support.' This deceit blinds us to see its darker side that aids in monetizing an industry of sexual predators. The direct relationship between porn demand and the trafficking demand is glaringly obvious and statistically accurate. Thus, through every lens pornography has NO gains.

Something that inevitably follows porn consumption is the mortal sin of masturbation. Today, this isn't a taboo topic, but a matter of celebration for the majority of the secular crowd. Martin Seligman, author of 'Authentic happiness' says that true happiness is rooted in becoming intimate and engaged with others. By contrast, the more self-involved you are, the shallower, and ultimately the less happy you become. The problem of masturbation is, it takes the whole purpose and meaning of sexual union, which is 'we' and makes it about 'me'. After years of research, we can confidently state: a) Masturbation does not have the same effects as sexual union, b) There are NO negative health effects of NOT masturbating and c) Masturbation can be shown to cause negative health effects. Whether you keep religion out of it or not, masturbation has NO positive on the well-being of an individual. Now having known that pornography and masturbation are evidently detrimental, spiritually and socially, having a laissez-faire approach to them is purely diabolic.

If the price of our sins had to be paid in terms of the faculties used in order to commit that act (Rev. 18:6), it's just fitting that the price of our salvation, too, would be paid likewise. Thus, Christ crucified, and suffered in every way possible - agony, betrayal, loneliness, and especially, humiliation when He was stripped of His garments and raised as a criminal for no crime of His own. Peter Kreeft, Christian

philosopher, says, "In the next life, time as we know it is no more. You can't change your fundamental character anymore. The time to change is now." We are meant for greater and eternal relationships with actual human beings and with our Divine Father Who Lives. Swapping the act of true love and selflessness, for a few moments with a lifeless screen and a box of tissues to gratify a fleeting desire is simply a foolish move

### But what is your alternative? Choose Chastity!

God created man in His own image and likeness. (Gen 1:26). While He created all other creatures great and small with just His word, He chose to personally form us- Body, Mind, and Soul; loved us so much that He sent His only beloved Son into this world to redeem us (John 3:16). Hence I am, you are, we are all precious and honored in the sight of God and He chooses to dwell within us (1 Cor 3:16). We are, thus, anointed to glorify Him in our body, mind, and soul. We are called to adhere to the virtues of purity, chastity, and holiness that must form the crux of our lives and our journey to eternal life. We are all fragile beings. Often we may succumb to the flesh and lustful gratifications of the world. This is when we are called to exercise one of the most beautiful gifts of the Holy Spirit i.e. Self-Control to practice Chastity.

Chastity means the successful integration of sexuality within the person and thus the inner unity of man in his bodily and spiritual being (CCC 2337).

For a deeper understanding, let's study chastity through these three classifications:

**Body:** We already know that our body is a gift from God and we are called to maintain the sanctity of our body as well as the body of another individual. Jesus asserts that when we look at a person with lust, we have already committed adultery. Our eye is the lamp of the body. When we keep our eyes and our body away from the lustful sights of the world by





exercising self-control, which is when we are truly able to keep ourselves from lustful desires (porn & masturbation).

**Mind:** We are called to exercise self-control in our thoughts and desires. For we are only tempted in the areas of what we desire; desire leads to sin and sin leads us to eternal damnation (James 1:14-15). What we see, speak, hear and feel is stowed in our minds and thoughts. If our minds are held captive in the lustful inclinations of the world, it would reflect in our actions thereby causing us to sin. (Sexual fantasies, porn & masturbation)

**Soul:** Jesus died so that our souls may unite with Him. We will only gain true satisfaction when our souls rest in God (St. Augustine). But when we sin against our flesh; against the sanctity of our bodies, we hurt this very Holy Spirit and thus cause ourselves to invalidate the presence of the Holy Spirit from our lives- leading to the ultimate downfall of the glorious life Jesus purchased for us, by His blood, to be destroyed. (Romans 8)

So, is practicing Chastity rocket science? NO

Is it difficult? NO

What chastity requires is persistence!

David defeated his giant - Goliath with just 5 stones in his hand. So can you defeat your giants! Here are your five stones:

1. Holy Eucharist (Spend time with Jesus)
2. Sacrament of Confession (Spiritual diaper change)
3. CLING to Mother Mary (Mother of God and Serpentslayer!)
4. Intimate whisperings with the Holy Spirit.
5. FLEE from situations that lead you to sin and surround yourself with accountable people.

The crux of the Christian life is taking up your cross with Christ. If purity is something you genuinely struggle with, know that God has destined greatness for you in overcoming your temptations. The Catholic Church has remarkable saints to look up to for purity and above all, we have its epitome as our very own mother, the Immaculata! But even with similar levels of perversion and deterioration in their times, we're awaiting a saint from the recent years who battled temptations in the saga of extremely accessible pornography. Could that be you?

And as you wait - be steadfast. When things get difficult - pray. When you are tempted - hold on stronger; for, with Christ, NOTHING is IMPOSSIBLE! (Phil 4:13)



# The Culture Of Death In India



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## Introduction

Abortion and contraceptives are closely connected to the control of the population all over the world, and India is no exception. The Supreme Court of the US in 1973 permitted abortions (Roe vs. Wade judgment) across the country. However, two years before the US Supreme Court judgment; in India, women's right to seek an abortion was established by the Medical Termination of Pregnancy Act, 1971.

## Indian Population

About 50 years ago, with the notion that abortion could be a mode of population control, the Government of India considered a law to "decriminalize" induced abortion. In 1964, the

Central Family Planning Board formed a committee to examine the subject of abortion. Ironically, the Abortion Study Committee was headed by the health minister of Maharashtra. Many of this committee's suggestions were included in the subsequent MTP Act of 1971. With the President's nod, the MTP became an Act on August 10, 1971.

On the fiftieth anniversary of the old MTP Act, the new MTP Amendment Act 2021 was signed. This amendment increased the threshold for abortions from 20 to 24 weeks. This new amendment, furthermore, permits the gruesome termination of innocent babies, for an unrestricted period in the event of foetal abnormalities.



The UN report, released last week, says by 2050, India's population will reach 166.8 crore, surpassing China's population of 131.7 crore. The findings of the report have sparked a debate in many quarters over whether India needs to act more on its population policy programmes. The UN report on population has rekindled the debate on the population bill. The panic is so unfounded, that according to the latest National Family Health Survey (NFHS), the Total Fertility Rate (TFR) is decreasing in India, and it has gone down from 3.4 in 1992-93 to 2.0 in 2019-21.

### *The Societal Impact*

Over the last 50 years, fertility rates have dropped drastically around the world. In 1952, the average global family had five children—now, they have fewer than three. Lower fertility rates, coupled with increased life expectancies around the world, are creating an ageing population. An older population comes with several economic risks, including rising healthcare costs and a smaller global workforce.

China's one-child policy of 1979 was aimed at slashing the nation's population to boost economic growth. It resulted in millions of forced sterilizations, abortions, infanticides, and marital misery. As sons were generally preferred over daughters, the overall sex ratio in China became skewed toward males. In 2016, there were 33.59 million more men than women. Even after the one-child policy was rescinded, China's birth and fertility rates remained low, leaving the country with a population that was ageing too rapidly as well as a shrinking workforce.

In India, with the rise of contraceptives and abortion, the number of children available for adoption has drastically reduced. The statistics with the national adoption agency, CARA, state that while some 28,000 prospective parents have registered to adopt, less than a tenth of the number of children — 2,200 are legally free for adoption.

### *The Catholic Church*

In his first Apostolic Exhortation—*Evangelii*



*Gaudium # 213*—Pope Francis warns that "efforts are made to deny the unborn their human dignity and to do with them whatever one pleases, taking their lives and passing laws preventing anyone from standing in the way."

St. John Paul II in his encyclical *Evangelium Vitae #20*, laments that "To claim the right to abortion, and to recognise that right in law, means to attribute to human freedom a perverse and evil significance: that of an absolute power over others and against others."

### *Indian Church*

Last year, the Catholic Bishops of India, invited all of us to observe August 10th, 2021 as a "Day of Mourning" in India, so that through various means the Holy Church can express her sorrow at the killing of pre-born babies in the womb and promote a "Culture of Life" in our families.

This year, the National Catholic Charismatic Team has organised the first 'National March for Life' in the national capital. This march will be attended by various Bishops, priests, Religious Sisters, and a large laity. This march will be held every year on the 10th of August to commemorate the brutal killings of the unborn.

### *Conclusion*

It is estimated that about 15.6 million unborn children are butchered at various government-approved abattoirs in India. With the new MTP Act of 2021, we find ourselves deeper in a dramatic conflict between the "culture of death" and the "culture of life". We need to offer up prayers and sacrifices as reparations for the many transgressions of the murder of pre-born babies and become passionate ambassadors for the Gospel of Life.





# ജീവന്റെ ഉടയോനായ ദൈവം

എന്റെ വിവാഹത്തിന്റെ ആദ്യനാളുകൾ കഷ്ടപ്പാടുകളും സന്തോഷങ്ങളും, സമ്മിശ്രമായ ഒരു കാലഘട്ടം. സാമ്പത്തികമായും ഞെരുക്കം. അന്യനാട്ടിൽ ജീവിക്കുമ്പോൾ സ്വന്തം നാട്ടിൽ നിന്നും സ്വന്തക്കാരിൽ നിന്നും അകന്നു നില്ക്കുന്നതിന്റെ അല്പം വേദനയും, അടുത്തെങ്ങും പള്ളിയോ കൂദാശകൾക്ക് സൗകര്യമോ ഇല്ലാത്തതിന്റെ നീറ്റലും.

ശാരീരികാസ്വസ്ഥകൾ കണക്കിലെടുക്കാതെ ദൈവത്തിലാശ്രയിച്ച് ജീവിക്കുന്ന കാലഘട്ടം. സാമ്പത്തിക ബുദ്ധിമുട്ടുകൾ, വീട്ടുവാടകയും ജീവിതച്ചെലവുകളും വഴിമുട്ടുന്ന സമയത്താണ് ദൈവത്തിന്റെ നല്ലൊരു സമ്മാനം. എന്റെ ആദ്യത്തെ കുഞ്ഞ്, ഒരു കുഞ്ഞ് ജനിച്ചാൽ ചെലവുകൾ താങ്ങാൻ ബുദ്ധിമുട്ട്. പലതരം ചെലവുകൾ. നാട്ടിൽ പോകാനും വരാനുമുള്ള കഷ്ടപ്പാടുകൾ. അതിനാൽ ഉടനെ കുഞ്ഞുങ്ങൾ വേണ്ടെന്ന് വയ്ക്കാനുള്ള തോന്നൽ.

എന്നാൽ എന്തോ എന്റെ മനസ്സ് പിടഞ്ഞു. പാടില്ലാത്തത് ചെയ്യാൻ മനസ്സുവദിക്കുന്നില്ല. അറിയാവുന്ന പോലെയാക്കെ ദൈവത്തെ വിളിച്ച് ഗർഭം അലസിപ്പോകാനുള്ള ഗുളികകൾ സംഘടിപ്പിച്ചു. വേദനയോടെ പറഞ്ഞു. എനിക്ക് കഴിക്കണ്ട. കുഞ്ഞ് ജനിക്കട്ടെ. പക്ഷെ, അദ്ദേഹം Pocket തുറന്ന് Tablet എടുത്ത് തന്നു, വെള്ളവും തന്നു. എന്നാൽ ദൈവം ആ മരുന്ന് ഇറങ്ങിപ്പോകാൻ അനുവദിച്ചില്ല. ശർദ്ദിച്ചു. മരുന്നും വെള്ളവും പുറത്തുപോയി.

ദൈവത്തിന്റെ ഇടപെടൽ അങ്ങനെ അടുത്ത കുഞ്ഞിന്റെയും വരവ് ഭർത്താവിനെ അറിയിക്കാൻ യേശുമാണെങ്കിലും തൃപ്തിക്കുറവ് മനസ്സിലായി. ഇനിയും വല്ല മരുന്നും കഴിക്കാൻ നിർബന്ധിച്ചാലോ. നാളെത്തന്നെ പോയി ഡോക്ടറെ കാണണം. മനസ്സിൽ ചോദ്യചിഹ്നമായിരുന്നു. എന്തിനായിരിക്കും? കുഞ്ഞിനെ വേണ്ടെന്ന് വയ്ക്കാനോ അതോ ആരോഗ്യമുള്ള കുഞ്ഞിനു വേണ്ടിയോ? ഒരാഴ്ച കൂടി അദ്ദേഹത്തിന്റെ തിരക്കുമൂലം കടന്നുപോയി. ഡോക്ടറെ കാണാൻ പോയി. ഡോക്ടർ തന്നെ മരുന്ന് കഴിച്ചിട്ടും കുഞ്ഞിന് ഒന്നും സംഭവിച്ചില്ല. പിന്നീട് മൂന്നാമത്തെ കുഞ്ഞും പിറന്നു. അദ്ദേഹത്തിന് വലിയ വിഷമമൊന്നും കണ്ടില്ല. വലിയ കുടുംബം പോറ്റാനുള്ള ഓട്ടമായിരുന്നു.

സഹിച്ചും കരഞ്ഞും വേദനകളും വിഷമങ്ങളും മക്കളെ ഓർത്തു കാഴ്ചവെച്ചു നീക്കിക്കൊണ്ടിരുന്നു. തീർന്നില്ല. ദൈവം കനിഞ്ഞ് തന്നെ നാലാമതും ഗർഭിണിയായി. അദ്ദേഹം ഞാനറിയാതെ തന്നെ അബോർഷൻസെന്റർ അന്വേഷിക്കുകയായിരുന്നു. ഡോക്ടർ തന്നെ തീയതി അനുസരിച്ച് ഭർത്താവിന്റെ കൂടെ ചെന്നു. ഒരു പിടിയും കിട്ടിയില്ല. നമ്മെ കാക്കുന്ന ദൈവം കൂടെയുണ്ടെന്ന് തെളിയിച്ചു.

ഹോസ്പിറ്റലിലേക്ക് ഭർത്താവ് കൊണ്ടുപോയി. ചെന്നെത്തിയത് ഒരു Maternity Homeൽ. ഒരു ക്യൂവിൽ ഇരുത്തി. Nurse വന്നു. പ്രാഥമിക ഒരുക്കങ്ങൾ നടത്തി. അല്പം കഴിഞ്ഞു. ഡോക്ടർ വന്നു. അദ്ദേഹത്തിന്റെ പരിശോധനകൾ കഴിഞ്ഞ് അദ്ദേഹം ഭർത്താവിനെ വിളിച്ച് പറഞ്ഞു. Late ആയി. കുഞ്ഞിന് വളർച്ചയായി. അബോർഷൻ നടത്താൻ പറ്റില്ല.

ദൈവത്തെ വിളിച്ച് ആയിരമായിരം നന്ദി പറഞ്ഞു. കർത്താവേ, അങ്ങയുടെ കാര്യവും ആകാശത്തോളം എത്തുന്നു. വിശ്വസ്തത മേഘങ്ങൾ വരെയും. അദ്ദേഹത്തിന്റെ കൂടിക്കൂടി വന്നു. ഒരു മടിയും കൂടാതെ അദ്ദേഹം ജോലി ചെയ്തു. അന്നും കഷ്ടപ്പെടുന്നവരെ സഹായിക്കാൻ അദ്ദേഹം മടി കാണിച്ചില്ല. ആരെങ്കിലും സഹായത്തിനായി കൈ നീട്ടിയാൽ എന്തെങ്കിലും കൊടുക്കാതെ വിട്ടിരുന്നില്ല.

ആ നല്ല മനസ്സ് കൊണ്ടായിരിക്കണം കാര്യങ്ങളുവാനായ ദൈവം അവിടുത്തെ മക്കളെ വേണ്ടെന്ന് തോന്നിയിട്ടും സ്നേഹപൂർവ്വം ഞങ്ങളെ ഏല്പിച്ചത്. തെറ്റാണെന്നോ പാപമാണെന്നോ അറിഞ്ഞുകൊണ്ടായിരുന്നില്ല, മറിച്ച് സാമ്പത്തിക ഭദ്രതയില്ലാത്തത് കൊണ്ടു മാത്രം ഉടനെ കുഞ്ഞുങ്ങൾ വേണ്ട എന്ന തോന്നലിലായിരുന്ന അദ്ദേഹം. എന്നാൽ കുഞ്ഞുങ്ങളെ സ്നേഹിക്കാതെയോ പരിപാലിക്കാതിരിക്കുകയോ അദ്ദേഹത്തിൽ നിന്നുണ്ടായിട്ടില്ല.

എത്ര ബുദ്ധിമുട്ടിയാലും മറ്റുള്ളവരെ സഹായിക്കുവാൻ പ്രത്യേകിച്ച് അനാഥരെ, വിശന്നവരെ, പഠിക്കുവാൻ ആഗ്രഹമുള്ളവരെ, രോഗികളെ തന്റെ ചെറിയ വരവിൽ നിന്നും അദ്ദേഹം സഹായിച്ചുപോന്നു. മക്കളെല്ലാവരും പഠിച്ച്, വളർന്ന് ജീവിതാനുസ്സിൽ പ്രവേശിച്ചു. മക്കളെല്ലാവരും ദൈവമഹത്വത്തിനുവേണ്ടി ചെറിയ തോതിൽ ജോലി ചെയ്യുന്നു.

സൗകര്യം കുറയുമെന്നോ, ദാരിദ്ര്യം വർദ്ധിക്കുമെന്നോ കൂട്ടികൾ കൂടിയാൽ മറ്റുള്ളവർ എന്തു പറയും? എന്നെല്ലാം ഓർത്ത് നിർദാക്ഷിണ്യം അബോർഷൻ സെന്ററുകളിൽ കയറിയിറങ്ങുന്നവർക്കായി നമുക്ക് പ്രാർത്ഥിക്കാം.

ദൈവമേ, കുഞ്ഞുങ്ങൾ ദൈവത്തിന്റെ ദാനമാണെന്നും മാതാപിതാക്കൾ അവരെ നോക്കാന്റേല്പിച്ചിരിക്കുന്നവരും ദൈവം കുഞ്ഞുങ്ങളുടെ ഉടയവനാണെന്ന സത്യം അവരെ പഠിപ്പിക്കണമേ, നാഥാ....

ഒരു കുഞ്ഞുപോലും മനുഷ്യരാൽ വധിക്കപ്പെടാൻ അനുവദിക്കരുതേ, ആമ്മേൻ.

(എഴുത്തുകാരി പേര് വെളിപ്പെടുത്തുവാനാഗ്രഹിക്കുന്നില്ല)



## Experience of a child with many siblings



Lis Maria Saju  
St Alphonsa Church, Mankhurd

Who doesn't enjoy picnics? Who doesn't enjoy socialising with friends? Who doesn't enjoy being with others? So, what if I told you that you could all do these things every day? Isn't it amazing? This is how our lives are, because we are a blessed family of six siblings with our parents.

We have a wide range of abilities right here at home. If one cooks well, the other knows how to write well. If one sibling is creative, the other sibling knows how to channel this extraordinary creativity. As a big family, we are aware of how to coexist with people of all ages and different behavioural quirks. Life has gotten a lot simpler for us. Because, by this point, we have become skilled at handling everything, from caring for a baby to managing the household. Since we share a home, we unknowingly acquire all of these skills in a fun way.

The fantasy of having many siblings is real. Siblings will always be there for you when you need them the most—no matter how far they are. As quoted by Pope St. John Paul II, "As the family goes, so goes the nation and so goes the whole world in which we live"

## PROLIFE IN SCHOOL



Sarah Philip  
St Thomas Malankara Catholic Church, Borivli

I would like to start with a quote from the most inspiring prolifer, Lila Rose: "We should not have to kill our children to achieve our dreams. This is not empowering for us."

I have always been taught by my parents to be pro-life. They taught me the importance of Life and how precious it is outside and inside the womb. A child is a child, even if it is inside the womb of its mother. A foetus is just a stage of development for the baby. In my school, there are many students who don't support life. I can't change everyone's perspective, but I can surely pray to God and Mama Mary for their change of mind. Prayer is the most important aspect of our lives. I was a person who didn't like saying the Rosary at all, but once I understood the power of the Rosary, I was speechless.

Trust me, it can do wonders. As children, God hears our prayers and puts our intentions into action. I was once sitting in my classroom when a girl came up to me and asked me why I supported life. I told her my point of view and what my parents had told me about life. I was excited and happy to share it with her. However, there will be people who will try to question us about our faith. All we can do is rationalise that person with Love and Humility. For me, I just love how our church supports Pro Life and am proud of it. Even though I will face difficulties on this journey, I am willing to face them since it's such a beautiful cause that we are fighting for.

I would like to end by quoting my role model, St. Pope John Paul II, "The new evangelization calls for followers of Christ who are unconditionally pro-life who will proclaim, celebrate, and serve the Gospel of life in every situation."

# OVERCOMING PORN



**Edwin Puthoor**  
DEXCO  
Mary Matha Church, Sakinaka

To all the readers, irrespective of whether y'all know me or not, would wonder, "Is this really needed?" But, without a doubt, I would say "YES". If I could ever ask a youngster or an elderly person, "Do you watch porn?" I am not sure how many of them could keep their hand over their heart and say, "No! I don't."

That is precisely my point! I was never addicted to it but honestly, I could never say that I don't consume it. Though, in one of the sessions, things changed. I realized that even I could be contributing towards this gross industry and endorsing human trafficking, just through my clicks. Moreover, how it corrupts one's thoughts and gets you to love fiction rather than reality.

The struggle to overcome porn was real. It was a gradual

process that included numerous setbacks. Nevertheless, after knowing the dark side of it, you can never look at it the same way again and continue with it. And, that's where I realised a couple of things, which knowingly or unknowingly helped me overcome it. The importance of personal prayers and how people pray for you matters, especially when you're trying to come out of sin. And most importantly, realising the power of Confession and the Holy Eucharist, which gives you the grace to tackle temptations.

And let's not forget, "God is faithful; He will not let you be tempted beyond what you can bear." (1 Cor. 10:13) I will never say that it was a cakewalk, but now I can keep my hand over my heart and say, "I DO NOT watch porn anymore and I've overcome it!"

## Mother of Three



**Arlene Theknath**  
Founder, The Saved Pearl Foundation

My name is Arlene Theknath, and I am blessed with three children and an awesome husband who has brought out the best in me. Together with a team of like-minded people, we at "The Saved Pearl Foundation" help women in crisis pregnancies and protect the lives of unborn children.

It sounds like a picture-perfect story, right? Well, that was not the case twenty years ago.

Growing up, my dad was my role model, but he was a strict disciplinarian. And due to this, there was an emptiness, a void that I carried within me, which I thought would be complete when I fell in love with my boyfriend, who is now my husband. I thought he could fill in that space and so I gave myself away in mind, in heart and, unfortunately, in body.

It was in the month of April that my world fell apart. I was pregnant and unmarried. I remembered the parable of the prodigal son. I felt he was justified, but

it was only after the fall that I related to the shame, guilt, and loneliness of the prodigal son. I decided to go ahead with the pregnancy, but the fear of the unknown, the labels that society would attach to me, was something that I did not want to face. Just like the prodigal son, I decided to submit my situation to the Heavenly Father. The song that I would keep singing was God will make a way, and yes, He did make a way. I got married in the month of August. I still remember the day I gave birth. My husband carried our daughter and kissed her. This picture has ever since been treasured in my heart.

"The Saved Pearl Foundation" became a reality because of my husband's support and encouragement. Through this initiative, we were able to save the precious lives of twenty-two unborn babies. We have had a sixteen-year-old pregnant girl come to us; we have had rape victims; unwed pregnant mothers, pregnant women abandoned by their families; pregnant women beaten up by spouses and thrown on the streets come to us; and trust me, I can relate to their pain, their suffering, their shame because I have gone through it all. Our experiences can turn us bitter, but when placed at the feet of Jesus, he can turn it around. I still face challenges which make me concerned about the future, but I trust the loving hands that hold my future.



# What entailed me to receive God's message of love and freedom



Manny Gonzalez

Graduate Assistant,  
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I am a beloved son of God. I am passionately Catholic. I also experience same-sex attraction. I first realised my attraction towards other men sometime in my early adolescence. For years, I intentionally ignored and hid my sexuality out of fear, isolating myself in shame and developing a growing resentment toward God and the Catholic Church. I repressed the attractions I experienced, inevitably causing me to cave in on myself. After an extended period of time spent in suppression and self-wallowing, I decided to begin acting on my same-sex attractions and embrace life outside of the Catholic Church.

I romantically and sexually pursued other men. I attended gay bars downtown and became heavily involved in local LGBT+ social circles. Throughout my late teen years and into my early adulthood, I lived a life that the world promised would be "liberating" and "freeing." Though temporarily satisfying, however, it was a life that ultimately left my soul unfulfilled. No matter what man I was involved with or what party I was crashing with my friends, my soul was always craving something and someone far greater. Though I wouldn't have admitted it at the time, I knew deep within myself that Jesus was the only One who could ever fulfil the many unmet longings of my heart.

It wasn't until the Lord woke me one night with a dream, a dream that truly shook me at my core, that I began to seriously discern a relationship with Jesus Christ. Since the night he gave me that dream almost four years ago, I have slowly but surely pursued a life that looks radically different from before. I still experience same-sex attractions, though I now strive to live chastely according to Catholic Church teachings on homosexuality. I maintain a holy community of fellow Christ-followers who hold me accountable and love me in the ways I need to be loved. I no longer identify myself strictly by my LGBT+ experience since who I am at the core of my personhood is so much more than my sexuality. First and foremost, I live out of my place as His beloved. Through

living out of my belovedness, I can wholeheartedly confess that I have never been more at peace and more alive than I am now. Amidst all my brokenness, I belong to the Catholic Church. Amidst my messy past, the Lord is making a new and vibrant creation out of me. What a beautiful cross this is. What a wonderful God He is!

## How I perceive the church's teachings on homosexuality

For the longest time, I perceived the Catholic Church's teachings on homosexuality and chastity as being mundane, unfair, and bigoted. I didn't understand why the Church refused to bless same-sex relationships, nor was I interested in understanding Her reasons behind such a refusal.

It wasn't until I started intentionally pursuing a relationship with the Lord that I began intentionally seeking out His truth. It wasn't until I intentionally sought His truth that I started to understand the context for why the Church teaches what She teaches about homosexuality and I began to receive it in its whole goodness.

The Catholic Church isn't aiming to "restrict" Her members who have LGBT+ experiences from happiness and freedom. On the contrary, through Her teachings on chastity, the Catholic Church is the only institution in the world that actually invites people who have LGBTQ experiences into authentic freedom and true joy.

I am fully aware that it's such a countercultural concept, but it's a sacred reality that I can personally attest to. Are the Church's teachings on chastity difficult to embrace at times? Of course, they are. Dying to self is never "easy" because "easy" never needs Jesus to begin with. Without a doubt, I admit that the cross is heavy. Whether it be an LGBT+ experience or something else, a cross wouldn't be a cross without its heaviness and tribulation.

With this said, however, I cannot emphasise enough the great joy I have found in embracing the various crosses in my life. Through the cross awaits a glorious Resurrection. The world lacks in comparison to the Resurrection that Jesus has in store for each of us! To sum things up: in Church teachings lives the Spirit of Christ. Where the Spirit of the Lord is, there is freedom (2 Corinthians 3:17).



# WAIT UNTIL MARRIAGE



Joseph John  
Infant Jesus Church, Vikhroli

**S**t. Maximilian Kolbe was a prisoner at Auschwitz when three prisoners escaped from the camp. The Nazi soldiers decided to starve a group of ten men to death as a 'lesson' to the others. When one of the selected men cried out that he had a wife and children, St. Kolbe volunteered to take his place to save the life of a stranger. Likewise, St. Gianna Molla was an Italian mother who refused an operation to remove her cancerous womb to save her unborn child. Instead, she chose to give her life to save the life of her daughter, whom she loved so dearly. Closer home in India, about 15 to 20 priests, including a Bishop and a nun have donated their kidneys to the poor out of love for that person.



## What is Love, anyway?

The world describes that love is involuntary. Brain science tells us it's a drive like thirst. It's a craving for a specific person. Love, like thirst, will make you do strange things. It's normal, natural to "lose control". Therefore, they say that one "falls in love". As the world portrays, is it a sexual desire for someone? Feeling all fluttery inside when they walk into the room? Wanting to spend most of the time or maybe the whole day together? St. John Paul II argues in his book 'Love and Responsibility' that although all of these things can exist in a loving relationship, they're not love in themselves. Love is not just a feeling or desire, but an action. Love is a verb: the act of doing what is best for the one you love, even if it means sacrificing yourself, just as Christ died for every one of us. St. Thomas Aquinas says - To Love is to will the good of the other. Romantic relationships should not be any different.

## Is sex dirty?

The Catholic Church's teachings on sexual morality are one of the most misunderstood among the young. Many say that "the Catholic Church hates sex." One of the complaints against Catholicism is that - it is a religion of 'NO', especially in the area of sexuality. When the rest of the culture is moving in a much more progressive direction in this regard, the Catholic Church seems to be a kind of 'old fashioned' or 'bronze-age' religion. Is sex so dirty and sinful that God wants us to avoid it at all costs? In an age when non-marital sex is slowly spreading its tentacles around our generation, one may wonder if the traditional teaching of the Church is totally outdated and unrealistic. But it is better to clear up some of those misconceptions.

## Why so many rules?

When you tell someone that the Catholic Church doesn't hate sex, and that it says that sex is a good thing, the first thing they usually argue is, "Then why so many rules about sex?" The Church does have rules about sex, but they're not indications of any negative opinion of sex. Another area in which the Church has a lot of rules is the

Eucharist: You must be a Catholic to receive it, you can't be in a state of mortal sin, and you've got to fast for at least an hour before receiving it. These rules are because it's beautiful and sacred and must be respected, at all costs. We feel in awe at how important the Eucharist must be, how highly God must think of it, and the same goes for sex. And that's a good reason why sex is considered so beautiful and sacred.

## What does the Church teach?

The Catholic Church teaches that sexual love between a man and a woman is reserved only for the Sacrament of Matrimony. We find this teaching in the creation account of Genesis — First, God creates man in His own image and likeness, making them male and female (1:27). In the next verse, the Bible reads, "God blessed them, saying, 'Be fertile and multiply; fill the earth and subdue it.'" Before the man and woman come together as husband and wife, and before they express their love as husband and wife, they are first blessed by God. Only in marriage do we find God's blessing upon the act of marital love.

## Body – the Temple of the Holy Spirit

In the Sacred Scriptures, St. Paul exhorts us to "Shun fornication! Every sin that a person commits is outside the body; but the fornicator sins against the body itself. Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore, glorify God in your body. (1 Cor. 6:18-20) And again, in the same letter St. Paul warns "If anyone destroys God's temple, God will destroy that person. For God's temple is holy, and you are that temple" (3:17)

Hence, true love will avoid the other person committing mortal sin. Sexual union is a gift from God and, like any gift, can be used for good or bad. It is meant to be beautiful and sacred between a man and wife – in the context of marriage. A life of sin would be a horrible preparation for the Holy Sacrament of marriage.





# സ്വർഗ്ഗീയ വിരൂന്ന്



## മാർ തോമസ് ഇലവനാൽ

കല്യാൺ രൂപതയുടെ മെത്രാൻ

തിരുരക്തം ഉൾക്കൊള്ളുന്നതിനുമുമ്പുള്ള കാർമ്മികന്റെ പ്രാർത്ഥനയിൽ സ്വർഗ്ഗീയമണവാളനായ ഈശോ തന്റെ വിരൂന്നിന് ക്ഷണിക്കപ്പെട്ടവർക്ക് തന്റെ അമൂല്യരക്തത്തിന്റെ കാസ ഒരുകിയിരിക്കുന്നു എന്നും അതിൽ നിന്ന് പാനം ചെയ്യാൻ എന്നേയും അനുവദിച്ചു എന്നും ഓർത്തുകൊണ്ട് ഈ അവർണ്ണനീയമായ സ്നേഹത്തെ പ്രതി ദൈവത്തെ സ്തുതിക്കുന്നു. വിവാഹബന്ധത്തിൽ വധുവരന്മാരെ നോക്കിപ്പോലെ വി. കുർബ്ബാനയിലൂടെ സ്വർഗ്ഗീയമണവാളനായ കർത്താവ് നമ്മോട് ആത്മീയബന്ധത്തിലേക്കു വരുകയാണ് ചെയ്യുന്നത്. വി. കുർബ്ബാന സ്വർഗ്ഗീയ വിരൂന്നിന്റെ മൂന്നാസാദനമാണെന്നും ആ വിരൂന്നിലാണ് നമ്മൾ പങ്കുചേരുന്നതെന്നും ഇവിടെ ഓർക്കുന്നു (മത്താ. 8 : 11). അതുകൊണ്ട് ഈശോയെ സ്വർഗ്ഗീയമണവാളനെന്ന് വിളിക്കുന്നത് (മത്താ. 9:15, 25:1, 5, 6, 10). ഈശോ സഭയാകുന്ന വധുവിനെ സ്നേഹിക്കുകയും തന്റെ ശരീരരക്തങ്ങൾ നല്കി പരിപോഷിപ്പിക്കുകയും ചെയ്യുന്നു. ഈ പ്രാർത്ഥനയിൽ എല്ലാം ഈശോയോടു ബന്ധപ്പെടുത്തിയാണ് പറയുന്നത്. നിന്റെ വിരൂന്ന്, നിന്റെ അമൂല്യരക്തം, നീ സജ്ജമാക്കി, നീ അനുവദിച്ചു, നിന്റെ അവർണ്ണനീയമായ ദാനം. വി. കുർബ്ബാനയിൽ ഇതെല്ലാമാണ് കർത്താവ് നമുക്ക് നല്കുന്നത്.

### കൃപ സമ്പൂർണ്ണമാക്കട്ടെ

തുടർന്ന്, വി. കുർബ്ബാന ജനങ്ങൾക്കു കൊടുക്കുന്ന ക്രമമാണ് ഉള്ളത്. വി. കുർബ്ബാന ജനങ്ങൾക്കു കൊടുക്കുന്നതിനുമുമ്പായി കാർമ്മികൻ സമൂഹത്തെ ആശീർവ്വദിച്ചുകൊണ്ടുള്ള പ്രാർത്ഥന 'നമ്മെ ജീവിപ്പിക്കുന്ന നമ്മുടെ കർത്താവീശോമിശിഹായുടെ കൃപാവരം... നാമെല്ലാവരിലും സമ്പൂർണ്ണമാക്കട്ടെ' എന്നാണ്. വി. കുർബ്ബാന സ്വീകരണത്തിലൂടെയാണ്

ദൈവത്തിന്റെ കൃപ നമ്മിൽ പൂർണ്ണമാകുന്നതെന്നും ഇത് കർത്താവിന്റെ കാര്യം ആണെന്നും ഈ പ്രാർത്ഥന നമ്മെ അനുസ്മരിപ്പിക്കുന്നു. മിശിഹായുടെ കൃപാവരത്തിന്റെ ദാനം സദാസമയവും നമ്മിൽ സമ്പൂർണ്ണമാകാനാഗ്രഹിച്ചുകൊണ്ട് 'എപ്പോഴും എന്നേക്കും ആമ്മേൻ' എന്ന് സമൂഹം പ്രത്യുത്തരിക്കുന്നു. ബലിയർപ്പണത്തിന്റെ ലക്ഷ്യം ദൈവവുമായുള്ള അനുരഞ്ജനവും അതിലൂടെ ദൈവത്തോടുള്ള ഐക്യവുമാണ്. ഇത് പൂർണ്ണമാകുന്നത് വി. കുർബ്ബാന സ്വീകരണത്തിലൂടെയാണ് (CCC-1382). വി. കുർബ്ബാന സ്വീകരണത്തിലൂടെ നമ്മൾ ദൈവത്തോടും അതോടൊപ്പം സഹോദരങ്ങളോടും സ്നേഹത്തിൽ ഐക്യപ്പെടുന്നു.

### തിരുസ്സഭ നിങ്ങളെ ക്ഷണിക്കുന്നു.

കാർമ്മികന്റെ ആശീർവ്വാദത്തെത്തുടർന്ന് ഡീക്കന്റെ ആഹ്വാനത്തിന്റെ പ്രാർത്ഥനയാണുള്ളത്. ഈ പ്രാർത്ഥനക്ക് 'ഒന്നിസാദ് വാത്തേ' അഥവാ 'അനുഗീതം' എന്നാണ് പേര്. ആരാധന ക്രമകാലമനുസരിച്ച് മാറിവരുന്ന ഈ പ്രാർത്ഥന പ്രോഫ്രിയായിൽ ചേർത്തിട്ടുണ്ട്. വിശ്വാസികളെ മുഴുവൻ ദിവ്യകാര്യസംസ്കരണത്തിനായി സഭയുടെ നാമത്തിൽ ഡീക്കൻ ക്ഷണിക്കുന്ന പ്രാർത്ഥനയാണിത്. ഗലീലിയക്കടൽത്തീരത്ത് കർത്താവ് അപ്പവും മീനും ഒരുകി പ്രിയശിഷ്യന്മാരെ "വന്നു പ്രാതൽ കഴിക്കുവിൻ" (യോഹ. 21 : 11) എന്ന് പറഞ്ഞ് ക്ഷണിച്ചതുപോലെ കർത്താവൊരുകിയ സ്വർഗ്ഗീയവിരൂന്നാസവരിക്കാൻ തിരുസ്സഭ തന്റെ സന്താനങ്ങളെ ഇവിടെ സ്നേഹപൂർവ്വം ക്ഷണിക്കുകയാണ് (CCC. 1384).

സ്വർഗ്ഗരാജ്യത്തിലുള്ള വിശ്വാസത്തോടെ സാധാരണ ദിവസങ്ങളിലെ ഈ പ്രാർത്ഥന ഇപ്രകാരമാണ് : 'സഹോദരരേ, സ്വർഗ്ഗരാജ്യത്തിലുള്ള വിശ്വാസത്തോടെ ദൈവപുത്രന്റെ ശരീരം സ്വീകരിക്കാനും രക്തം പാനം ചെയ്യാനും തിരുസ്തുത നിങ്ങളെ ക്ഷണിക്കുന്നു'. വി. കുർബ്ബാനയാണ് സ്വർഗ്ഗരാജ്യത്തിന്റെ പ്രത്യാശ നമ്മിൽ വളർത്തുന്നത്. ഒരിക്കൽ സ്വർഗ്ഗത്തിലെ നിത്യവിരുന്നിൽ പങ്കാളികളാകാമെന്ന പ്രത്യാശയിൽ, സ്വർഗ്ഗീയവിരുന്നിന്റെ മൂന്നാസാദനമായാണ് വി. കുർബ്ബാന സ്വീകരണത്തിനണയേണ്ടതെന്ന് ഈ പ്രാർത്ഥന ഓർമ്മിപ്പിക്കുന്നു. "കുഞ്ഞാടിന്റെ വിവാഹവിരുന്നിന് വിളിക്കപ്പെട്ടവർ ഭാഗ്യവാന്മാർ" (വെളി. 19:9) എന്ന വചനവും ഇവിടെ അനുസ്മരിക്കാം. ഒരിക്കൽ നമ്മളും ഈ സ്വർഗ്ഗീയ

വിരുന്നിനായി ക്ഷണിക്കപ്പെടും എന്ന പ്രത്യാശയാണ് 'സ്വർഗ്ഗരാജ്യത്തിലുള്ള വിശ്വാസത്തോടെ' എന്നതുകൊണ്ട് അർത്ഥമാക്കുന്നത്.

**ദൈവപുത്രന്റെ ശരീരം സ്വീകരിക്കുവാൻ**

തിരുസ്തുതാമാതാവിന്റെ ക്ഷണം സ്വീകരിക്കുന്നവരെല്ലാം വി. കുർബ്ബാന സ്വീകരണത്തിനായണയുന്നു. കർത്താവിന്റെ തിരുശ്ശരീരം സ്വീകരിക്കാനും രക്തം പാനം ചെയ്യാനുമാണ് സഭ സ്വസന്താനങ്ങളെ ക്ഷണിക്കുന്നത്. സാധിക്കുമ്പോഴെല്ലാം ഈശോയുടെ തിരുശ്ശരീരവും രക്തവും നമ്മൾ ഉൾക്കൊള്ളണം. വി. കുർബ്ബാന സ്വീകരണത്തോടെയാണ് വി. കുർബ്ബാനയിലുള്ള ഭാഗഭാഗിത്തം പൂർണ്ണമാകുന്നതെന്ന് ഇത് നമ്മെ ഓർമ്മിപ്പിക്കുന്നു.



# Heavenly Banquet

| Mar Thomas Elavanal  
Bishop, Diocese of Kalyan

Before receiving the Sacred Blood the celebrant gives thanks to the Lord for His ineffable love in these words 'you prepared the cup of your most Precious Blood for the guest at your banquet. You allowed me, sinful as I am to partake of that cup". This prayer reminds us that Eucharist is the foretaste of the heavenly banquet and that it is in this heavenly banquet that we partake through Holy Communion (Mt. 8:11). Hence Jesus is called the heavenly bridegroom (Mt. 9:15, 25:1, 5, 6, 10). Jesus loves the church as the bride and nourishes her through His Body and Blood. Here everything is mentioned in relation to Christ: 'Your banquet', 'Your most precious Blood', 'You prepared', 'You allowed' and 'Your ineffable love'. All these we receive in the divine gift of Eucharist.

May the Grace be made perfect

This is followed by the rite of distribution of Holy Communion. Before distributing the Holy

Communion the celebrant blesses the community saying "May the grace of Our Lord Jesus Christ... be made perfect in us through His mercy". This prayer reminds us that it is through the Eucharistic Communion that the grace of Our Lord is made perfect in us and that it is effected through the mercy of Christ. The community responding "Always and for ever Amen" express their desire to be always filled with the gift of the grace of our Lord. The aim of Eucharistic sacrifice is reconciliation and communion with God. This is achieved through the Holy Communion (CCC. 1382). Through the Eucharistic Communion we are coming into union of love with God and with one another.

Church Invites you

The blessing of the celebrant is followed by the prayer of invitation of the deacon. This is called 'Onitha d' Vathe' or 'hymn that follows'.

Variable forms of this prayer according to the liturgical season is given in the propria.

Through this prayer the deacon, in the name of the Church, is inviting the whole community for holy communion. Just as Jesus on the shore of Tibeias, after having prepared bread and the fishes, invited His disciples saying 'come and have breakfast' (Jn. 21:11) here the church is inviting her children to share in the divine banquet prepared by the Lord (CCC. 1384).

With Faith in the Heavenly Kingdom

This prayer 'Onitha d' bathe' for ordinary days is: "Brothers and Sisters, the holy Church invites you to receive the Body and Blood of the Son of God with faith in the heavenly kingdom". It is the Eucharist that enkindles in us hope in the heavenly kingdom. This prayer reminds us that we should receive the Holy Communion with the faith that one day we will be able to participate in the heavenly banquet. Here we should have in mind these words 'Happy are those who are invited to the wedding feast of the Lamb' (Rev. 19:9). These words 'with faith in the heavenly Kingdom' expresses, our faith and strong hope that one day we too will be invited for the heavenly banquet.

Receive the Body and Blood of the Son

All those who receive the invitation of Church our Mother come forward to receive Holy Communion. It is to receive the Body and Blood of Christ that the Church invites her children. Our participation in the Holy Qurbana becomes complete only with the reception of Holy Communion. Whenever possible we should receive Jesus in this sacrament of God's love.

# BLACK DAY

# 15600000 NEVER FORGOTTEN

## MTP ACT 1971

The Medical Termination of Pregnancy (MTP) Act passed on August 10, 1971 in our parliament marks 52 years of barbaric violence against innocent infants and women. The legal access the law of the land has given to people to exercise the 'right' to annihilate the offspring ever since, has made five generations of baby slaughter a multi million industry today.

## Join us in this Battle for Life HOLY MASS

Offer 9 Holy Mass for the intention of ending abortion

## 21 DAY DANIEL FASTING

21 Days Daniel Fasting (prayer & abstinence)  
21 July to August 10, 2022

## OBSERVE THE HOUR OF MERCY

Pray Hour of Mercy for all unborn babies  
in danger of abortion and their families

## CONSECRATE YOURSELF

Consecrate yourself to the Sacred Heart  
of Jesus, the Immaculate Heart of Mary  
and the Chaste Heart of St. Joseph

## DIGITAL BLACKOUT

Be a part of the digital blackout campaign to be carried out by the social media handles in a bid to be a voice for the voiceless. Make digital blackout poster as your WhatsApp display image from Aug 1 - 10, 2022.



According to the first national study of the incidence of abortion and unintended pregnancy in India, an estimated 15.6 million (15600000) abortions were performed in 2015. The study published recently in The Lancet Global Health was conducted jointly by researchers at the International Institute for Population Sciences (IIPS), Mumbai; the Population Council, New Delhi; and the New York-based Guttmacher Institute.



# KNOW YOUR FAITH

## Is the Bible pro-abortion? Did God allow the Israelites to have abortions in the Old Testament?

The Gospel is innately pro-life and pro-eternal life. In Genesis, after Cain murders Abel, God tells Cain that Abel's blood cries from the ground to Him. In the 10 commandments given to the Israelites through Moses, God makes it very clear that every murder is evil in the eyes of the Lord. Numbers 5:11-31 mentions the ordeal of bitter water, which is claimed by many people today as a passage supporting abortion, but this is false, as it is a Hebrew ritual to find out if a woman has committed adultery, who is made to drink bitter water (a little mud added to the water, which is clearly not an abortifacient), and it literally says that if her thigh does not waste away and if her abdomen does not swell (in other words, if she is

able to conceive after the ordeal), then she is not guilty. The husband could not do anything in this entire process, and the intention behind ordeals was to put everything into God's hands, and these were performed in the presence of the priest. The passage does not presuppose that the woman is pregnant, thus the argument that it encourages abortion is clearly baseless.

For more detailed article, scan this QR code:



Compiled by:  
Joel Chacko  
Christ the King Church, Bhandup

## What does the Church teach on homosexuality?

The Church's teaching on homosexuality can be found in the Catechism of the Catholic Church:  
#2357: Homosexuality refers to relations between men or between women who experience an exclusive or predominant sexual attraction toward persons of the same sex. It has taken a great variety of forms through the centuries and in different cultures. Its psychological genesis remains largely unexplained. Basing itself on Sacred Scripture, which presents homosexual acts as acts of grave depravity, [Cf. Gen 19:1-29; Rom 1:24-27; 1 Tim 1:10] tradition has always declared that "homosexual acts are intrinsically disordered." [CDF document 'Persona Humana' #8] They are contrary to the natural law. They close the sexual act to the gift of life. They do not proceed from a genuine affective and sexual complementarity. Under no circumstances can they be approved.  
#2358: The number of men and women who have

deep-seated homosexual tendencies is not negligible. This inclination, which is objectively disordered, constitutes for most of them a trial. They must be accepted with respect, compassion, and sensitivity. Every sign of unjust discrimination in their regard should be avoided. These persons are called to fulfil God's will in their lives and, if they are Christians, to unite to the sacrifice of the Lord's Cross the difficulties they may encounter from their condition.  
#2359: Homosexual persons are called to chastity. By the virtues of self-mastery that teach them inner freedom, at times by the support of disinterested friendship, by prayer and sacramental grace, they can and should gradually and resolutely approach Christian perfection.

Compiled by:  
Joseph John  
Infant Jesus Church, Vikhroli

# ST. THOMAS: AN APOSTLE FOR LIFE

**St. Thomas boldly proclaimed,**  
\_\_\_\_\_ (John 11:16).

Our own apostle was ready to follow Jesus Who is LIFE Himself and die for Him. When we stand for the dignity of human life, the sanctity of marriage and the teachings of the Church we will be attached. Through the intercession of St Thomas may we receive the gift of fortitude to stand for the Truth and proclaim it at all times.

**When St Thomas learnt that Jesus had appeared to the other apostles in his absence, he said,** \_\_\_\_\_ (John 20:25).

St Thomas desired to meet Jesus and instead of sitting passively, he actively sought Jesus - THE TRUTH. Let us follow his example and seek to proactively learn, study and ask questions so that we may have an encounter with Truth.

**After His resurrection, Jesus appeared before St Thomas and on seeing Jesus, he proclaimed with great faith,**  
\_\_\_\_\_ (John 20:28).

Through the intercession of our Father in Faith, may we grow deeper in our own Catholic faith and humbly obey the teachings of our Mother Church.

**We are not just pro-life but pro-eternal life. St Thomas knew that Jesus is the \_\_\_ and the \_\_\_ (John 11:25).**

Abortion and sodomy are sins crying out to God for vengeance. Our Lady of Fatima warned us that more souls go to hell for sins of the flesh than any other flesh. St Thomas loved us enough to teach us and show us the way to heaven. Through his intercession may we be filled with love that we may instruct the ignorant and journey in love with those that struggle such that we may all someday be reunited in heaven.

**St Thomas clothed himself exactly as Scripture asks us to,** \_\_\_\_\_ (Colossians 3:12).

The world around us has normalised the sin of lust and encourages us to be immodest and unholy. Through the intercession of St Thomas, may we receive the grace to be holy, pure and chaste in mind, body and soul.



**St Thomas established \_\_\_ churches in India.**

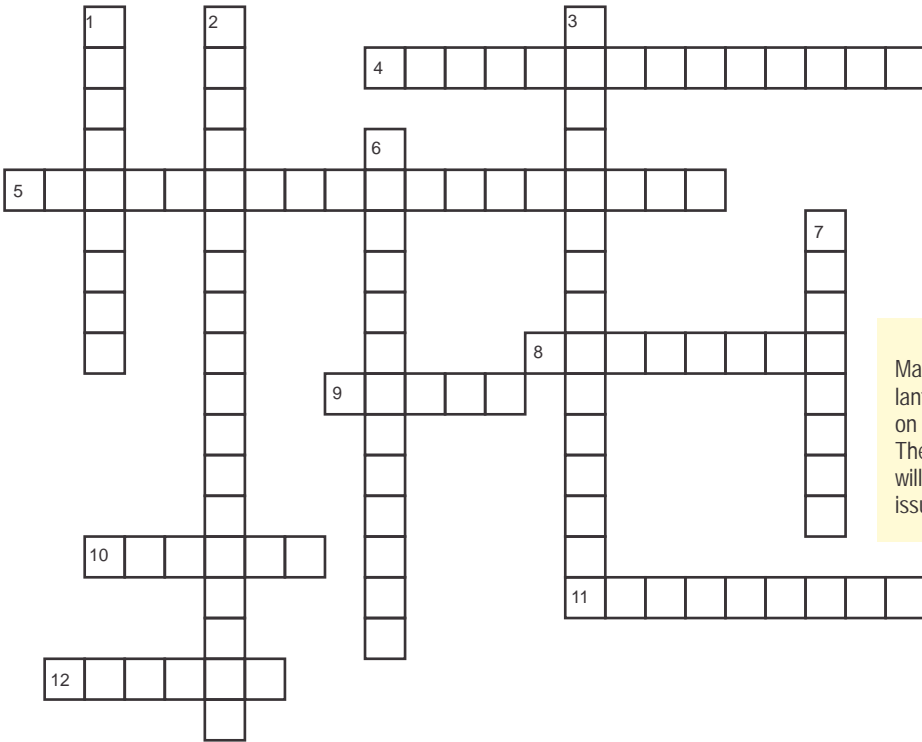
He used his God given talents and abilities to proclaim the Gospel. Through our own state and vocation in life as a homemaker/medical professional/teacher/priest/student/religious we ought to work towards proclaiming the Gospel of Life and creating a Culture of Life. How? **It's simple. Do one thing pro-life everyday!**

**When we read about St Thomas' life, we see that he did as St Paul instructed all of us,** \_\_\_\_\_ (Ephesians 6:15).

Following his footsteps, let us also strive to proclaim the gospel of peace in our country where the war within the wombs of mothers results in the killing of more than 15.6 million babies each year.

Compiled by:  
Eva Pro-Life Team  
& Designed by  
Vijish Paul  
St Thomas Church, Vartak Nagar

# Crossword



Mail your answers to -  
lanternkidsroom@gmail.com  
on or before 20th August, 2022.  
The names of selected winners  
will be published in the next  
issue of 'Kalyan Lantern'.

**Down**

1. The Gospel of Luke calls this once barren woman "righteous before God." She is also the patron saint of infertile couples and pregnancies.
2. She is the patroness of unborn children and the pro-life movement. She is the "one who crushes the serpent".
3. This saint was born out of an emergency caesarean operation when his mother died in childbirth. His name comes from the Latin word 'Nonnatus' meaning 'Not Born'.
5. This saint is renowned for miracles such as the one in which his handkerchief saved the life of a young girl and her unborn child.

**Across**

4. This saint became a champion for the pro-life cause with his many exhortations and papal encyclicals, which admonished the world and educated all people regarding the sanctity of all human life.
6. Willing to risk her life to protect her unborn baby's life, this saint died a week after the birth of her fourth child. She is the patron saint of mothers, physicians, and unborn children.
10. \_\_\_\_\_
12. \_\_\_\_\_

3. \_\_\_\_\_
  4. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
  8. \_\_\_\_\_
  9. \_\_\_\_\_
  11. \_\_\_\_\_
7. The book of \_\_\_\_\_ says, "Before I formed you in the womb I know you, and before you were born I consecrated you."
  8. In 1973, \_\_\_\_\_ was a landmark legal decision that led the US Supreme Court to make a ruling on abortion rights, which was recently overturned.
  9. "So God created humankind in his \_\_\_\_\_, in the image of God he created them male and female he created them" [Genesis 1 - 27]
  10. In 2021, this legal provision was amended to make abortions up to 24 weeks in India legitimate under various circumstances.
  11. This American business magnate was almost a victim of an abortion. He was a charismatic pioneer of the personal computer era.
  12. This saint is often known as the "Defender of the Church" and the "Provider of the Family". He was entrusted with the guardianship of God's only begotten Son.

Created by  
**Ann Vigi**  
Immaculate Conception Church, Dombivli

**Winner of Annunciation Crossword (July 2022):** Linnet Lalu, Wagle Estate  
**Winners of St. Thomas Quiz (Apr-May 2022):** Aleena Anto, Vasai East Sheril Sunny, Bhandup  
 Ann Manoj, Bhayander Catherin George, Dombivli Criton Charly, Mira Road  
 Glennis Joy, Kandivli East Jins Francis, Vasai West Marylene Francis, Mankhurd



# KALYAN MATHURSANGAM - PATRON'S DAY CELEBRATION

Kalyan mathursangam celebrated Patron's Day on 3rd July, 2022 at ARC Panvel.

The program commenced with solemn holy adoration.

Our beloved Bishop, His Excellency Mar Thomas Elavanal, was felicitated in the presence of KMS Director Rev. Fr. Shaji Parickapallil, Asst. Director Rev. Fr. Royce Kalaparambil, Animator Sr. Suja Chothirakunnel, KMS Executives, Animators and mothers from various parishes of our diocese.

KMS Director, Asst. Director and Animator sister presented a spiritual bouquet with the prayers received from the mothers of our KMS family.

KMS President Mrs. Joyce Thomas conveyed festal greetings. To impart the love towards the beloved bishop a festal song was performed by mother's of Little flower Forane Church Nerul. The event witnessed turnout of mothers from different parishes of diocese. New animators were given warm welcome. Vibrant and well choreographed cultural activities were highlights of the day.





## Kalyan Pithruvedi

The KAIROS-2022 Programme of Pithruvedi, Kalyan Diocese was held at ARC Panvel on 17th July 2022. List of Winners and Runners-ups of KAIROS-2022 is given below:

### Bible Quiz

- 1st Prize St. Thomas Church, Vasai  
2nd Prize Little Flower Church, Nerul  
3rd Prize St. Chavara Kuriakose Elias Church Dighi

### Psalm Chanting

- 1st Prize Immaculate Conception Church Dombivli  
2nd Prize St. Thomas Cathedral, Kalyan  
3rd Prize Little Flower Church, Nerul

### Solo Singing

- 1st prize Vincy Jose Anto St. Alphonsa Church, Kalewadi  
2nd Prize Babu Lonappan Little Flower Church, Nerul  
3rd Prize Xavier. K.J. St. Thomas Church, Vasai

### Extempore Speech- English

- 1st Prize Sujit Pappachan St. Alphonsa Church Kalewadi  
2nd Prize Thomas Augustine St. Thomas Church, Wanowari, Pune  
3rd Prize Thomas. A.F. St. Thomas Church, Borivli

### Extempore Speech- Malayalam

- 1st Prize David Kuriakose St. Alphonsa Church, Kalewadi  
2nd Prize Mathew. V.A. Little Flower Church, Nerul  
3rd Prize Tity Thomas St. Alphonsa Church, Vasai

Rev. Fr. Bobby Mulakkampilly, Director, Pithruvedi; Rev. Fr. Paul Kunduparambil Director, ARC; and Rev. Shaibu Paul Meletheadathil, Parish Priest, St. George Forane Church, Panvel, distributed the prizes to winners and certificates of participation to other participants.

### Mary Matha Church, Sakinaka (Eparchy of Kalyan)

### Dn. Jerine Memorial Online Solo Singing Competition 2022 (Diocese Level)

#### Category A

- 1st Angel Satheesh (St. Sebastian Church Kalamboli, Panvel Forane)  
2nd Angel B George (St. George Forane Church Panvel, Panvel Forane)  
3rd Allen Vinod (St. George Forane Church Panvel, Panvel Forane)

#### Category B

- 1st Marina Sam (St. Alphonsa Church Vasai (W), Vasai Forane)  
2nd Sayana Jibi (Mother of Victory Church Tikujiniwadi, Thane Forane)  
3rd Angelina Babu C (St. Alphonsa Church Vasai (W), Vasai Forane)

#### Category C

- 1st Silla Mary Kurian (St. Sebastian Church Kanjurmarg (E), Powai Forane)  
2nd Ajitha Anthony (Mary Matha Church Sakinaka, Kalina Forane)  
3rd Baiju Pallippatt (Mother of Victory Church Tikujiniwadi, Thane Forane)



## Kerygma 2022 Portions:

- 28 Chtrs.  
- 5 Chtrs.  
- 14 Chtrs.  
- 47 Chtrs.

- Acts of Apostles  
1 Letter of St. Peter  
Hosea  
TOTAL

#### Dates:

30th October 2022  
at 2.00 pm (1st Level -  
Duration: 30 minutes)

6th November 2022  
at 2.00 pm (2nd Level -  
Duration: 20 minutes)

TOGETHER THEY HAVE FOUND A FRIENDSHIP, RAISED  
A FAMILY, AND BUILT A BEAUTIFUL MARRIAGE



*Devassy & Santha*  
CELEBRATING THE HAPPY COUPLE ON THEIR  
*50th Wedding Anniversary*

WITH LOVE FROM:  
DIBY, GINA, TRINITY, GRACE,  
ELADY, MAHESH, SANDHEEVA

## Joel Anto Paul

Secured All India Rank  
95 in JEE Advanced - 2021  
AIR 151 in JEE Mains  
Aditya Birla Scholarship  
KVPY Fellowship &  
Olympiad Winner


He is now studying in IIT Bombay

*Hearty congratulations and best wishes to  
Joel and also to his proud parents.*

St Paul Unit,  
Little Flower Forane Church, Nerul








**1st Death Anniversary**  
20-08-2022

"But those who die in the Lord will live:  
Their bodies will rise again" (Isaiah 26:19)

*We can't see and hear you anymore  
but we can feel you because  
you have a place in our hearts and mind.  
Rest peacefully in heaven.*

*Fondly remembered by:*  
**Wife:** Annie  
**Children:** Nimmy & Jibin, Nisha

**BABY THOMAS**  
1959 - 2021



**1st Death Anniversary**

*"I have completed well, ...  
I have Finished The Race..."*

*In Everloving & Everlasting  
Memory of Our Beloved Pappa*

You are our Superstar, loving, caring, doting, and  
guiding. As you shine so bright, we follow your light.  
Nothing can ever fill your void darling Pappa...  
Always remembered... Deeply missed... by

*Beloved Wife, Anna Poulose,  
Children: Penner / Jency / Pexy / Manuel  
Grand Child: Mikhaela*

**P.O. POULOSE**  
(12.05.1948 – 11.08.2021)

# 1st Death Anniversary

26/7/2022

Our heart and soul will always  
be wounded by your loss.

It has been a year  
since you said goodbye to all of us.  
We miss you in our own special way

*Fondly remembered by:*

**Wife** : Mary Joseph  
**Son** : Jaison Joseph, Varghese Joseph  
**Daughter** : Annie Varghese  
**Son-in-law** : Varghese Arimbhur  
**Daughters-in-law** : Nisha Jaison, Lolly Varghese  
**Grand Children** : Denis, Alisha, Edwin, Riya,  
Ryna, Jovin

**Valapan Joseph Rapheal**

Born: 25/6/1937 – Death: 26/7/2021

Sacred Heart Church, Bhayander

# 2nd Death Anniversary

15-08-2022

“Return, O my soul, to your rest, for the  
lord has dealt beautifully with you”  
Pslams 116:7

**Mr. Chacko  
Uppanmakal**

02-06-1949 to 15-08-2020

*Forever, in our hearts*

Philomina Chacko  
Dalia, Theresa,  
Kashif, Sajit





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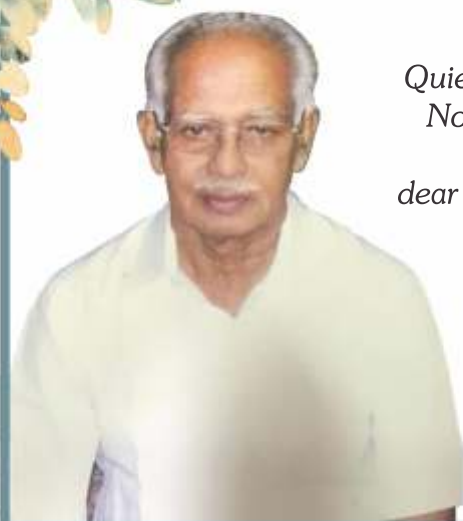
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**Email: cordialkalyan88@gmail.com**

**Marian Enclave, Opp. Vedangee Grand, Katrap Gaon,  
Badlapur (East), Thane Dist., Maharashtra - 421 503.**

## *1st Death Anniversary*

**22.08.2022**



*Quietly remembered everyday...  
No longer in our life to share,  
but in our hearts  
dear DADDY you're always there.*

**K.T. JOS**

**Born: 29 July 1937**

**Died: 22 August 2021**

*Fondly remembered by:  
Family & Friends*





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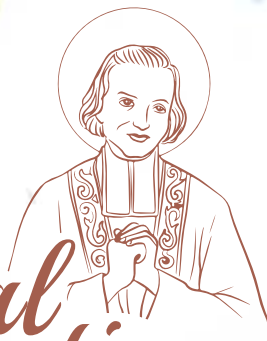


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HAPPY INDEPENDENCE DAY**



*Festal  
greetings*  
TO ALL OUR  
**PARISH PRIESTS**

**ST. JOHN  
MARIA VIANNEY  
PATRON OF PARISH PRIESTS**