

Kalyan Lantern

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*If not now,
then when*

*If not you,
then who*



TATA MUMBAI MARATHON 2023



120 Karunyakars participated in the 18th edition of the Tata Mumbai Marathon on 15th Jan 2023. Karunya Trust had One Full marathoner, 3 half Marathoners, 13 Open 10 K runners, and 103 Dream Runners in this edition of the Marathon. Karunya Trust has been participating in the Mumbai Marathon for the last 10 years for being a voice to the voiceless. 30 children belonging to Rag-picking, high-risk and Tribal communities also participated in the Marathon. This year 29 parishioners from our Diocese participated in the Dream Run of Tata Mumbai Marathon.



CONGRATULATIONS DEVIDAS!!!

Devidas Kadali (Tribal Child) participated in Open 10k run and has secured the **15th Position** in the Tata Mumbai Marathon.



DIOCESAN OPEN 10 K RUNNERS



Gigy Mathew
(St. Thomas Catholic Church - Vashi Parish)



CA Jacob
(Little Flower Forane Church - Nerul Parish)



If you are interested in participating at Tata Mumbai Marathon 2024

Contact us - Fr. Joby Kurian +91 90 04 729259

Mr. Clinto Francis +91 9881269804/ 9702037381

സ്നേഹം സർവ്വോത്കൃഷ്ടം

“ഞാൻ മനുഷ്യരുടേയും ദൈവദൂതന്മാരുടേയും ഭാഷകളിൽ സംസാരിച്ചാലും എനിക്കു സ്നേഹമില്ലെങ്കിൽ ഞാൻ മുഴങ്ങുന്ന ചേങ്ങലയോ ചിലമ്പു നന്ന കൈത്താളമോ ആണ്”. 1 കൊറി. 13:1

സ്നേഹത്തെ നിർവചിക്കുമ്പോൾ നമുക്കു ലഭിക്കുക മറ്റൊരു വ്യക്തിയോടുള്ള തീവ്രവും ആഴത്തിലുള്ളതുമായ വാത്സല്യമാണ്.

അങ്ങനെയെങ്കിൽ സ്നേഹിതനുവേണ്ടി ജീവൻ കൊടുക്കുന്നതിൽ കവിഞ്ഞ സ്നേഹം ഈ ലോകത്തിലില്ല.

മനുഷ്യവർഗ്ഗത്തെ വീണ്ടെടുക്കാനായി സ്വപുത്രനെ ഈ ലോകത്തിലേക്കയച്ച്, മനുഷ്യവതാരം വഴി, മനുഷ്യനെ സ്നേഹിച്ച, മരണത്തിലൂടെ മരണത്തെയും മനുഷ്യനേയും വീണ്ടെടുത്തവന്റെ പേരാണ് ഈശോ. ആ ഈശോയുടെ സ്നേഹവും കരുതലും തൊട്ടറിഞ്ഞ ശിഷ്യന്മാർ ലോകമെമ്പാടും ഈശോയെപ്പറ്റി പ്രഘോഷിച്ചു. അനേകായിരങ്ങൾ മാനസാന്തരപ്പെട്ട് സ്നാനം സ്വീകരിച്ചു. വർഷങ്ങൾ പിന്നിട്ട് 2023 ൽ നാം നിലക്കുമ്പോൾ, ഈശോയുടെ പകർന്നു നല്കപ്പെട്ട സ്നേഹവും, കരുതലും പകർന്നു കൊടുക്കാൻ വിളിക്കപ്പെട്ടവനാണ് ഓരോ ക്രിസ്ത്യാനിയും എന്ന ബോധ്യത്തിലേക്കു നമുക്ക് വരാം.

ആഗോളസഭ സിനഡാലിറ്റി (Synodality)യെക്കുറിച്ച് ചർച്ച ചെയ്യുമ്പോൾ, ദൈവജനം ഒരുമിച്ചു നടക്കേണ്ട പാതയെ കുറിച്ച് വീണ്ടും നമ്മെ ഓർമ്മപ്പെടുത്തുന്നു.

“വഴിയും സത്യവും ജീവനുമായ” ഈശോയുടെ മക്കളായ നമ്മുക്ക് പലതും ഈ ലോകത്തോട് പറയാനുണ്ട്.

ഇന്ന് സ്നേഹത്തിന്റെ അർത്ഥങ്ങൾക്ക് മാറ്റം സംഭവിച്ചിരിക്കുന്നു. സ്നേഹത്തിന് വ്യത്യസ്തമായ ഭാവങ്ങളും രൂപങ്ങളും ഉൾക്കൊള്ളുന്നു. തനതായ സ്നേഹത്തിന്റെ മാധുര്യം ചോർന്നുകൊണ്ടിരിക്കുന്നു. സ്നേഹത്തിന്റെ തണലിൽ അണിചേരേണ്ടവർ വിഘടിക്കുന്നു. സ്നേഹം നട്ടുവളർത്തപ്പെടേണ്ട കുടുംബാന്തരീക്ഷം ഇന്ന് മലിനമായികൊണ്ടിരിക്കുന്നു. സ്നേഹം പ്രഘോഷിക്കപ്പെടേണ്ട മേഖലകളിൽ വാശിയും, വൈരാഗ്യവും, മാത്സര്യവും അതിക്രമിച്ചു കടന്നിരിക്കുന്നു. ഇവിടെയാണ് യഥാർത്ഥ സ്നേഹം പ്രഘോഷിക്കപ്പെടേണ്ടതും, മാതൃകയായി മാറേണ്ടതും. അതിന് ഈശോയാകുന്ന സ്നേഹത്തിലേക്ക് നമുക്ക് നടന്നടുക്കാം. ഇന്ന് ഈ ലോകം ഈശോയെ അറിയേണ്ടതും അനുഭവിക്കേണ്ടതും തിരിച്ചറിയേണ്ടതും നമ്മിലൂടെയാണ്.

കല്യാൺ രൂപതയിലെ യുവജനസംഘടനയിലൂടെ തയ്യാറാക്കപ്പെട്ടിരിക്കുന്ന KALYAN LANTERN ഈ ലക്കത്തിൽ നിങ്ങളോട് സംസാരിക്കുന്നു.

ദൈവീകമായ പദ്ധതിയാൽ സ്ഥാപിതമായ ഈ ലോകത്തിൽ ദൈവസ്നേഹം നട്ടുവളർത്തപ്പെടേണ്ടതിനെക്കുറിച്ചും നമ്മുടെ ജീവിതത്തിലൂടെ ആ ദൈവസ്നേഹം പങ്കുവെച്ചുകൊടുക്കപ്പെടേണ്ടതിനെക്കുറിച്ചും, ആ സ്നേഹത്തിന്റെ കരുതലിനെക്കുറിച്ചും, സ്നേഹത്തിന്റെ വിവിധ മാനങ്ങളെക്കുറിച്ചും പ്രതിപാദിച്ചിരിക്കുന്നു.

നമ്മുക്കോരോരുത്തർക്കും ഈ ദൈവസ്നേഹത്തിന്റെ തണലിൽ അണിചേരാം... ഒരുമയോടെ പ്രഘോഷിക്കാം ...

“ദൈവം സ്നേഹമാകുന്നു സ്നേഹം ദൈവമാകുന്നു”.



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

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LET *Love* BE YOUR HIGHEST *goal*



Bijo Joseph
St. Thomas Cathedral,
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As faithful Christians, we think the central question that we wrestle with is

“How can I grow in love?”

Love for God, love for spouse, children, parents, friend and the list goes on.

However, when hit by storms of life, we conveniently skip our family prayers, neglect our elderly parents, bother least about our siblings, cheat on our spouse, and have no time for our children. For this reason, God looks straight into our heart and says “But I Know you, that you do not have the love of God within you.” (John 5:52)

Human love is selfish, we argue. It tends to love those who love us back. Rationale we give to ourselves is that we have only experienced conditional love from others. Nonetheless, to grow in love, we also have to love those who cannot love us back. This means we have to learn to love unconditionally.



Love

Source of Unconditional Love

Jesus is the source of unconditional love. He models this sacrificial love through his life, passion and death. He knows we cannot love unconditionally on our own. For this reason, In John 15:9, Jesus opens for us a way. "*As the Father has loved me, so I have loved you; abide in my love*"

Purpose of human lives on earth is to become one with Christ. For it is in this union that God's (unconditional) love has been poured into our heart through the Holy Spirit that has been given to us. (Romans 5:5). As explained in John 4: 14b, This unconditional love becomes in us a spring that begins to overflow from us to others. We soon become servers of this love to everyone God has placed in our lives.

Called to Love

In CCC 1604, we learn about a God who created man out of love and also calls him to love- the fundamental and innate vocation of every human being. For man is created in the image and likeness of God who is himself love.

But through original sin, indifference, ingratitude, lukewarmness and hatred against God's love is planted in man's heart, making all imperfect beings. Through Jesus Christ, God's goal is to make us perfect as He is perfect (Mathew 5:48). For this purpose he places each one of us in relationships at different stages of our human development to bridge these imperfections through the love we receive.

For example, as children we are placed in family where we receive this unconditional love from parents. Later as youth we make friends to share mutual bond of trust and affection. Subsequently we get married and enter into self-giving love - willingly give away one's authority over self to other, thus, creating a family - the domestic church. Spousal love brings forth children and

educate them in prayer and faith. Sibling love simulates companionship, especially in childhood that becomes a stronghold in adulthood. By following the example of St Francis Assisi, we allow ourselves to fall in love with nature and creatures around us that nourishes us and we are committed to protect it.

Dimensions of Human Love

Aspects of human love can be compared to an onion. Like the many layers to onion, human love has multiple dimensions, viz love in family, spouses, children, friends and so on. These form several layers of human love on the top of a core which is very deep inside and increases our capacity to love unconditionally. That core is,

Love towards God

Like the Eucharist is "the source and summit" of the Christian life". I believe Love towards God is "the source and summit" of Human love.

When Jesus was asked, "Which commandment in the Law is the greatest?" He replied: "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment. And a second is like it: You shall love your neighbor as yourself. On these two commandments hang all the Law and the prophets." (Matt. 22:40)

I like to visualize this as a cross. Vertical bar symbolises the Love towards God and the horizontal bar stands for Love for others. If we have no Love of God in us, then we cannot Love our neighbors too.

For it is through the everlasting love of God which is new every morning, we receive our daily quota of unconditional love that we can offer to all significant others in our life. (Lamentations 3:22-23)

Love Yourself

The commandments: "You shall not commit adultery, You shall not kill, You shall not steal, You shall not covet," and any other commandment, are summed up in this sentence: "You shall love your neighbor as yourself." There is a precondition that Jesus applies here, to love yourself first.

Especially in our times, we try to be kind and empathetic to others but really harsh on ourselves. Our culture demands us to be hard on ourselves else we will ruin our lives and that is a lie.

The Good News is "God delights in us" (Zephaniah 3:17). We need to see ourselves from the eyes of God the Father. He doesn't look at our weakness, flaws and failures and get mad at us, rather he sees our potential -as one who will accomplish His plan and loves us.

When we experience God's love for 'who we are - a beloved son Or daughter of God', our eyes are opened and we begin to see others for 'who they are - children of God'.

Love for Others

In the biblical order of family, God comes first, after that comes spouse, followed by children and close relationships.

Love between Spouse

In CCC 1604, we read, since God created him man and woman, their mutual love becomes an image of the absolute and unfailing love with which God loves man. And this love which God blesses is intended to be fruitful and to be realized in the common work of watching over creation.

Spouses share covenant love in closest resemblance to Triune God. Like the love between Husband and Wife, God himself is an eternal exchange of love, Father, Son and Holy Spirit, and he has destined spouse to share in that exchange.



Love among children and parents

"And God blessed them, and God said to them: 'Be fruitful and multiply, and fill the earth and subdue it.'" (Genesis 1:28)

God blesses spouses with children and calls the parents to be a blessing for their children. Parents speak these blessings into the life of their children through spoken words of encouragement, hope and strength.

Many parents in their hustle to provide all material things - best education, better lifestyle, etc. forget to spend time with children sharing their faith through family prayer and witness Christ by their acts of charity.

Love among friends

A faithful friend is a strong defence: whoever has found one has found a treasure. (Sir 6:14,16)

Jesus defines friendship as the mutual bond of trust and affection which people choose to have for one another - as the willingness to give totally of oneself - even to the point of laying down one's life for a friendship.

We personally care for our friends and seek their welfare. We enjoy their company and want to be with them in a close and intimate relationship. We eat with them, sharing everything we have with them - even our innermost heart desires and thoughts.

In conclusion, human love is multidimensional but also limited, the one at the core -being Love of God, which replenishes our selfish human love through the Holy Spirit when we abide in Him. This unconditional love then becomes in us a spring that begins to overflow from us to others in our life.





Msgr. (Dr.) Francis Eluvathingal
Vicar General - Eparchy of Kalyan

LOVE IN THE DIVINE PLAN AND IN THE COMMANDMENTS

Today, the term “love” has become one of the most frequently used and misused of words, a word to which we attach quite different meanings. In a world where the name of God is sometimes associated with vengeance or even a duty of hatred and violence, a correct understanding of the plan of God about love is both timely and significant.

God's love for us is fundamental for our lives, and it raises important questions about who God is and who we are. We speak of love of country, love of one's profession, love between friends, love of work, love between parents and children, love between family members, love of neighbour and love of God. Are all these forms of love basically one? In its many and varied manifestations, is love ultimately a single reality?

“Eros”, “Philia” and “Agape”: Types of Love

The ancient Greeks called the love between man and woman as “eros” whereas the love of friendship as “philia”. A new vision of love is expressed through the word, “agape”, clearly indicating the Christian understanding of love. There is a certain relationship between love and the Divine: love promises infinity, eternity—a reality far greater and totally other than our everyday existence.

In fact, man is a being made up of body and soul. Man is truly himself when his body and soul are intimately united. A balanced acceptance of both body and soul only should resolve the problem of emphasising one for the other. Only when both dimensions are truly united, does man attain his full stature.

Understanding Love

Eros shall not be interpreted or reduced to pure “sex”. Christian faith has always considered man a unity in duality, a reality in which spirit and matter compenetrates. True, eros tends to rise “in ecstasy” towards the Divine, to lead us beyond ourselves; yet for this very reason it calls for a path of ascent, renunciation, purification and healing.

In the Song of Songs, two different Hebrew words are used to indicate “love”. First, *dodim*, a plural form suggesting a love that is still insecure, indeterminate and searching. This comes to be replaced by the word *ahabà*, translates with the similar-sounding *agape*, which becomes the typical expression for the biblical notion of love. By contrast with an indeterminate, “searching” love, this word expresses the experience of a love which involves a real discovery of the other, moving beyond the selfish character that prevailed earlier. Love now becomes concern and care for the other. No longer is it self-seeking, a sinking in the intoxication of happiness; instead it seeks the good of the beloved: it becomes renunciation and it is ready, and even willing, for sacrifice.



The Bible emphasizes about this sacrificing love. “Whoever seeks to gain his life will lose it, but whoever loses his life will preserve it” (Lk 17:33), as Jesus says throughout the Gospels (cf. Mt 10:39; 16:25; Mk 8:35; Lk 9:24; Jn 12:25). In these words, Jesus portrays his own path, which leads through the Cross to the Resurrection: the path of the grain of wheat that falls to the ground and dies, and in this way bears much fruit. Starting from the depths of his own sacrifice and of the love that reaches fulfilment therein, he also portrays in these words the essence of love and indeed of human life itself.

Ascending and Descending Love

Eros and *agape* are two fundamental words. Eros is as a term to indicate “worldly” love. *Agape* refers to love grounded in and shaped by faith. The two notions are often contrasted as “ascending” love and “descending” love. Eros and *agape*—ascending love and descending love—can never be completely separated. The more the two, in their different aspects, find a proper unity in the one reality of love, the more the true nature of love in general is realized. Even if eros is at first mainly ascending, a fascination for the great promise of happiness, in drawing near to the other, it is less and less concerned with itself, increasingly seeks the happiness of the other, is concerned more and more with the beloved, bestows itself and wants to “be there for” the other.

The element of *agape* thus enters into this love, for otherwise eros is impoverished and even loses its own nature. On the other hand, man cannot live by descending love alone. He cannot always give, he must also



receive. Anyone who wishes to give love must also receive love as a gift. Certainly, as the Lord tells us, one can become a source from which rivers of living water flow (cf. Jn 7:37-38). Yet to become such a source, one must constantly drink anew from the original source, which is Jesus Christ, from whose pierced heart flows the love of God (cf. Jn 19:34).

God's eros for man is also totally agape. This is not only because it is bestowed in a completely gratuitous manner, without any previous merit, but also because it is love which forgives. Hosea above all shows us that this agape dimension of God's love for man goes far beyond the aspect of gratuity. Israel has committed "adultery" and has broken the covenant; God should judge and repudiate her. It is precisely at this point that God is revealed to be God and not man: "How can I give you up, O Ephraim! How can I hand you over, O Israel! ...

A Lover with all the Passion of a True Love

God is the absolute and ultimate source of all being; but this universal principle of creation—the Logos, primordial reason—is at the same time a lover with all

the passion of a true love. Eros is thus supremely ennobled, yet at the same time it is so purified as to become one with agape. We can thus see how the reception of the Song of Songs in the canon of sacred Scripture was soon explained by the idea that these love songs ultimately describe God's relation to man and man's relation to God. Thus the Song of Songs became that man can indeed enter into union with God—his primordial aspiration. But this union is no mere fusion, a sinking in the nameless ocean of the Divine; it is a unity which creates love, a unity in which both God and man remain themselves and yet become fully one. As Saint Paul says: "He who is united to the Lord becomes one spirit with him" (1 Cor 6:17).

Apostle John understood God as love and the relationship between God and Man centred in love. "God is love, and he who abides in love abides in God, and God abides in him" (1 Jn 4:16). The depth of God's love for humanity is clarified in John's Gospel: "God so loved the world that he gave his only Son, that whoever believes in him should ... have eternal life" (John 3:16).

The Jews prayed: "Hear, O Israel: the Lord our God is one Lord, and you shall love the



Lord your God with all your heart, and with all your soul and with all your might” (Deu 6:4-5). Jesus united into a single precept this commandment of love for God and the commandment of love for neighbour: “You shall love your neighbour as yourself” (Lev 19:18; cf. Mk 12:29-31). Since God has first loved us (cf. 1 Jn 4:10), love is now no longer a mere “command”; it is the response to the gift of love with which God draws near to us.

Divine Plan about the Love between Husband and Wife

Amid this multiplicity of meanings of love, however, one in particular stands out: love between man and woman, where body and soul are inseparably joined and human beings glimpse an apparently irresistible promise of happiness. This would seem to be the very epitome of love; all other kinds of love immediately seem to fade in comparison.

The biblical account of creation speaks of the solitude of Adam, the first man, and God's decision to give him a helper. Of all other creatures, not one is capable of being the helper that man needs, even though he has assigned a name to all the wild beasts and birds and thus made them fully a part of his life. So God forms woman from the rib of man. Now Adam finds the helper that he needed: “This at last is bone of my bones and flesh of my flesh” (Gen 2:23). Man is somehow incomplete, driven by nature to seek in another the part that can make him whole, the idea that only in communion with the opposite sex can he become “complete”. The biblical account thus concludes with a prophecy about Adam: “Therefore a man leaves his father and his mother and cleaves to his wife and they become one flesh” (Gen 2:24).

Two aspects of this are important. First, eros is somehow rooted in man's very nature; Adam is a seeker, who “abandons his mother and father” in order to find woman; only together do the two represent complete humanity and become “one flesh”. The second aspect is equally important. From the standpoint of creation, eros directs man towards marriage, to a bond which is unique and definitive; thus, and only thus, does it fulfil its deepest purpose. Marriage based on exclusive and definitive love becomes the icon of the relationship between God and his people and vice versa. God's way of loving becomes the measure of human love.



This article is a compilation of the DEUS CARITAS EST an ENCYCLICAL LETTER of Late Benedict XVI ON CHRISTIAN LOVE, published on 25 December 2005.

കരുതലാണ് സ്നേഹം



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സ്നേഹത്തെ കുറിച്ചുള്ള ബൈബിൾ വീക്ഷണങ്ങളിൽ പ്രധാന സ്ഥാനത്താണ് പൗലോസ് ശ്ലീഹായുടെ ദർശനങ്ങൾ നിലകൊള്ളുന്നത്. ക്രിസ്തീയ വിശ്വാസത്തിന്റെ കേന്ദ്ര വിഷയവും ക്രൈസ്തവ ധർമ്മികതയുടെ അടിസ്ഥാനശിലയും ക്രൈസ്തവപ്രതീക്ഷയുടെ മുൻതൂക്കവുമാണ് സ്നേഹം. ക്രൈസ്തവ ആത്മീയതയുടെ ചങ്ക് എന്നു പറയുന്നത് സ്നേഹമാണ്. ഞാൻ നിങ്ങളെ സ്നേഹിച്ചതുപോലെ നിങ്ങളും പരസ്പരം സ്നേഹിക്കുവിൻ (യോഹ. 15:12) എന്ന ക്രിസ്തു വചനത്തിന്റെ വ്യാഖ്യാനമാണ് പൗലോസ് ശ്ലീഹായുടെ കോറിന്തോസ്ക്കാർക്കെഴുതിയ ലേഖനത്തിന്റെ പതിമൂന്നാം അദ്ധ്യായം എന്ന് പറയാൻ കഴിയും.

പൗലോസ് ശ്ലീഹായുടെ അഭിപ്രായത്തിൽ സ്നേഹം ക്രിസ്തുവിന്റെ നിയമമാണ്. എല്ലാ

നിയമങ്ങളും സ്നേഹത്തിൽ അടങ്ങിയിരിക്കുന്നു. അയൽക്കാരനെതിരെ തിന്മ ചെയ്യാൻ സ്നേഹത്തിന് ഒരിക്കലും ആവില്ല. സ്നേഹത്തിന്റെ അഭാവത്തിൽ എല്ലാം ഫലരഹിതങ്ങൾ ആണെന്നാണ് ശ്ലീഹാ ഓർമ്മിപ്പിക്കുന്നത്. (1 കോറിന്തോസ് 13:1-3) ദൈവീകപുണ്യങ്ങൾ ആയ വിശ്വാസം പ്രത്യാശ സ്നേഹം ഇവയിൽ സ്നേഹത്തിനാണ് പ്രഥമസ്ഥാനം ഉള്ളത്. സ്നേഹം നന്മ ഉപേക്ഷിക്കില്ല. ആരെയും മുറിവേൽപ്പിക്കില്ല. കാരണം ഇത് ദൈവീക നിയമമാണ്. നമ്മുടെ ഹൃദയത്തിലേക്ക് ചൊരിയപ്പെട്ട ദൈവ സ്നേഹത്തിന്റെ സാഭാവിക പ്രതിഫലനമാണ് നമ്മുടെ സ്നേഹം.

ക്രിസ്തുവിലൂടെ ജീവിതത്തിൽ അനുഭവിച്ച ദൈവസ്നേഹം ദൈവത്തിലേക്കും, ക്രിസ്തുവിലേക്കും സഹജരിലേക്കും സ്നേഹത്തിന്റെ



നിർപ്രവാഹമായി തിരികെ ഒഴുകിയിറങ്ങണം. ഇതാണ് പൗലോസ് ശ്ലീഹായുടെ സ്നേഹദർശനത്തിന്റെ കാതൽ.

കരുതലാണ് സ്നേഹം

മറ്റുള്ളവർക്കെയുള്ള കരുതലിന്റെ പേരാണ് സ്നേഹം. സ്നേഹത്തെ കരുതൽ എന്നോ കാവലെന്നോ നിർവചിക്കാൻ സാധിക്കുമോ? സ്നേഹം അനുചിതമായി പെരുമാറുന്നില്ലെങ്കിൽ, സ്വാർത്ഥം അന്വേഷിക്കുന്നില്ലെങ്കിൽ, വിദ്വേഷം പുലർത്തുന്നില്ലെങ്കിൽ, അത് കരുതലും കാവലുമായിത്തീരും. നമ്മിൽ എത്ര പേരാണ് സ്നേഹത്തെ കരുതൽ എന്നും കാവൽ എന്നും കരുതുന്നത്. നിന്റെ സഹോദരൻ ആബേൽ എവിടെ എന്ന ദൈവത്തിന്റെ ചോദ്യത്തിന് ഞാൻ എന്റെ സഹോദരന്റെ കാവലാളല്ല എന്ന കായേന്റെ ഉത്തരമാണ് സ്നേഹനിരാസത്തിന്റെ ഏറ്റവും വലിയ ഉദാഹരണം. നമ്മളെല്ലാവരും നിരന്തരം പറഞ്ഞു കൊണ്ടിരിക്കുന്നതും ഇതു തന്നെ. സ്നേഹത്തിന്റെ മനോഹാരിത സംഭവിക്കുന്ന ഇടങ്ങളാണ് ദൈവവും, സഹോദരനും അഥവാ അയൽക്കാരും. ഒരു കുഷ്ഠരോഗിയുടെ കവിളിൽ ചുംബിച്ച് ചുംബിച്ച് അയാളിലെ ക്രിസ്തുവിനെ രൂപപ്പെടുത്താൻ കഴിയണമെങ്കിൽ ദൈവത്തിന്റെ ഹൃദയം തന്നെ വേണം. ഈ ഹൃദയം സ്വന്തമാക്കാൻ ആണ് നമ്മൾ പരിശ്രമിക്കേണ്ടത്. അപ്പോഴാണ് സ്നേഹം കരുതലും കാവലും ആശു.

സ്നേഹം: സ്വാർത്ഥം അന്വേഷിക്കുന്നില്ല, കോപിക്കുന്നില്ല

“Living with the Himalayan Masters” എന്ന പുസ്തകത്തിൽ സ്വാമി രാമ പറഞ്ഞ കഥ സ്നേഹത്തിന്റെ ആഘോഷം എന്ന പുസ്തകത്തിൽ സചേർ പുനരവതരിപ്പിച്ചിരിക്കുന്നത് ഇങ്ങനെയാണ്. രണ്ട് സ്വാമിമാർ അവർ

ദിഗംബരൻമാരാണ്. അവർക്ക് ആകെ സ്വന്തമായുള്ളത് ഓരോരുത്തർക്കും പ്രാർത്ഥിക്കാനുള്ള ഓരോ പായ മാത്രമാണ്. സ്വാമി രാമ അവിടെ കടന്നു ചെന്ന ദിവസം രണ്ട് സന്യാസിമാരും തമ്മിൽ കലഹമാണ്. എന്താണ് കാരണം. ഒരാളുടെ പായയിൽ അപരൻ ചവിട്ടി എന്നതാണ് പ്രശ്നം. എന്റെ പായയിൽ അവൻ ചവിട്ടി. സകലവും ഉപേക്ഷിച്ചവരാണ് ഈ സന്യാസികൾ. എന്നാൽ ‘ഞാൻ’ മാത്രം ഉപേക്ഷിക്കപ്പെട്ടിട്ടില്ല. മനുഷ്യരുടെ സകല മുറിവുകൾക്കും കാരണം ‘ഞാൻ’, ‘എന്റെ’ എന്ന ചിന്തയാണ്. ഈ ചിന്തയാണ് സ്വാർത്ഥത. ഇവിടെയാണ് പൗലോസ് ശ്ലീഹായുടെ സ്നേഹത്തെ കുറിച്ചുള്ള നിർവചനം ആത്മശോധനയ്ക്ക് കാരണമാകുന്നത്.

സ്നേഹത്തിന്റെ വിപരീതം എന്ന് പറയുന്നത് സ്വാർത്ഥതയാണ്. സ്നേഹം എല്ലാം വിട്ടു കൊടുക്കുമ്പോൾ സ്വാർത്ഥത എല്ലാം നന്മയും തനിക്കായി പിടിച്ചുവെക്കുന്നു. ഞാൻ സ്നേഹിച്ചില്ലെങ്കിൽ അപരന് എന്ത് സംഭവിക്കും എന്നായിരിക്കണം നമ്മുടെ ആകുലത. അരുതാത്തത് പറയാതിരിക്കാനും, വാക്കുകൾ കൊണ്ട് മുറിപ്പെടുത്താതിരിക്കാനും സാധിക്കണം. സ്നേഹം ഒരു കലയാണ്. എല്ലാ മനുഷ്യരിലും ദൈവം നിക്ഷേപിച്ചിരിക്കുന്ന കല. അതിന് ഏറ്റക്കുറിച്ചിലുകൾ ഉണ്ടാകാം. ‘ഒന്നുമില്ലെല്ലം സ്നേഹം ആയിട്ട് ഒരു വാക്കെങ്കിലും പറഞ്ഞുകൂടെ’ എന്നു പറയുന്നത് കേട്ടിട്ടുണ്ട്. സ്നേഹത്തിന് അന്യരെ സഹായിക്കുവാനുള്ള കൈകളും, ദുരിതങ്ങൾ കാണാനുള്ള കണ്ണുകളും, ആവശ്യക്കാരെ സഹായിക്കാനുള്ള കാലുകളും, ദുഃഖങ്ങൾ ശ്രവിക്കാനുള്ള കാതുകളും ഉണ്ടായിരിക്കണം. ആത്മപ്രശംസയും, ആത്മാവില്ലാത്ത അനുഷ്ഠാനപരതയും കുറ്റാരോപണശീലവും സ്നേഹശൂന്യതയിൽ പെടുന്ന കാര്യങ്ങളാണ്. ഓരോരുത്തരുടെയും അന്തിമവിധി സ്നേഹ നിയമമനുസരിച്ച് ആയിരിക്കുമെന്ന് യേശു ഓർമ്മിപ്പിക്കുന്നുണ്ട്. (മത്തായി. 25:31-46). പൗലോസ് ശ്ലീഹായുടെ വാക്കുകളിൽ സ്നേഹമാണ് സർവ്വോത്കൃഷ്ടം. ഉപാധികളില്ലാതെ, ഉടമ്പടികൾ ഇല്ലാതെ, കാരണങ്ങൾ ഇല്ലാതെ സ്നേഹിക്കുവാൻ നമുക്ക് സാധിക്കട്ടെ. അഹന്ത വെടിഞ്ഞ് ഹൃദയ നൈർമല്യത്തിലേക്ക് തിരിച്ചു വരാം. അപ്പോഴേ ജീവിതം ആഘോഷങ്ങളോടുള്ള സ്നേഹമല്ല; സ്നേഹത്തിന്റെ ആഘോഷമാണ് എന്ന തിരിച്ചറിവുണ്ടാവുകയുള്ളൂ.





Clay in the Potter's Hand

"Just like the clay in the potter's hand, so are you in my hand..." (Jeremiah 18/6)

Friends, I would like to share with you the story of this clay in the Hands of God the potter. When I think of my past, I always remember the greatness of my God who led me in His merciful hands and sustained me till now. The most cherishing and memorable moments of my childhood was to be with my family cause from there I first got to know my loving God by following the spiritual footsteps of my parents towards Him.

As the psalmist says, "O taste and see that the Lord is good..." . Truly the sweetness of Lord is more than honey in the mouth, it can only be experienced and cannot be explained. Many times, I got this tangible presence in my life . Being a young girl, I too had many different ideologies and plannings in my life about my future of which I was confused and anxious. At the age of eight, I got to see the canonization process of St. Alphonsa in the T.V channel. I got much inspired by seeing that I too wanted to become like her. From then on I used to see the videos and read stories of different saints. Gradually, when I grew up this desire of becoming a saint slowly decreased in me. It was in my ninth standard that first time we started to pray the divine mercy rosary in our family prayer, which my mother taught me. When we started to pray this, I received abundant graces in my life and slowly my childhood love for my God began to increase in me.

Finally, it was in my tenth standard that I decided to lead a life for my God and to serve Him. This decision paved way to a different turning path in my life. Later on, I joined in convent in the Congregation Of The Mother of Carmel (CMC),from which I got the conviction that my vocation, is not for me alone but for the answer of many outcries of the people of God. From then, I never ceased to thank His loving providence for choosing me to be His instrument and giving me shape desirable to His holy will. So like Mary our Mother sang in Magnificat I too conclude by saying ,"For the Mighty One has done great things for me..."(Luke 1/49)

Thank you....! Jai Christ!!!

Sr. Rispa Peter



Love towards friends

Creatures that have the unique ability to mock and laugh at you in your good times but also will stand by you and lift you up in your tough times are called friends. Unlike school, college and office where your set of friends keep changing, the church gave me an environment where you have lots of same-age peers and the pool of potential friends is big.

Right from the time I was a toddler running around during mass with my little feet friends to growing up to serve on the altar and then join the youth it was a relationship built on a rock. You start to have deeper friendships that involve, first, doing things together and then a deeper, shared emotional element.

There are these transition points in life when it's easier or harder to spend time with friends but the church gives us a community, a platform that ensures you meet at least once a week on Sunday's and celebrate this friendship. A certain love that develops into a relationship which gives you a friend that does not keep his brain in his heart, a friend that turns tears into laughter, a friend that would go to any extent to get your work done, a friend who is equally scared but stands with you to face a problem.

Even today as part of the youth group, something that has nurtured our friendship is prayer. Be it any event or competition, I have cherished the moments when we hold hands and pray before the event for its success and after the event, thanking the Lord for its success. The youth prayer meetings where we can share the joys and sorrows of life and you have an entire youth group to pray for you is a one in a million chance that not only contributes to your spiritual well being but your overall growth. Now when I look back, it's funny how, the little ones that once upon a time used to sit on the front bench of the church making mischief throughout the mass have now grown into great individuals of character and are now busy becoming best men & bridesmaid for their dear friend's wedding. We have all come a long way and the church has been that magnet that keeps us together in Christ.

Jerry Johns

St. Thomas Forane Catholic Church, Borivali.

Love towards parents

Dedicated to my parents, Mr. Sebastian K.J. & Mrs. Rani Sebastian who have stood by me through all of life's ups and downs and taught me the true meaning of love and sacrifice, this article explores the significance of parental love as depicted in the Bible.

Love for parents is one of the purest and most unconditional forms of love that exist. It is built upon years of shared experiences, memories, and moments. The Bible,



a treasure trove of wisdom and insight, offers a myriad of messages that have the power to shape and guide one's faith. It teaches us to honour and obey our parents and to love and care for them as we would ourselves.

One way to sacrifice for our parents, as per the Bible, is to put their needs before our own and to serve them with a loving and respectful attitude. The Bible contains a plethora of messages imbued with wisdom and insight, with each verse offering its own unique perspective on the nature of faith, love, obedience, and perseverance in our relationship with God. The guidance provided by these verses can help deepen our understanding and connection with the Divine.

Some examples of verses that exemplify this include 1 John 4:7-8, 1 John 5:3, 1 Peter 4:19, 1 Peter 1:24-25, James 1:2-3, James 1:13, Ephesians 6:1-3 and 6:5-6, Galatians 6:2, Galatians 1:10, 1 Corinthians 2:3-5, Hebrews 12:5-7, John 14:6, and Hebrews 13:6-8. The Bible encourages us to obey God's commandment to show love and respect for our parents even in the face of hardship. It acknowledges that fulfilling this commandment can take the form of suffering, as exemplified through the trials and tribulations of various characters in scripture.

The fifth commandment in the Old Testament and the book of Ephesians in the New Testament both stress the significance of this commandment and its potential for blessings in one's life. Overall, the Bible offers a wealth of wisdom and guidance for those who seek to deepen their understanding and connection with the Divine, and encourages us to honor and respect our parents as a demonstration of our love for God.

In conclusion, true love towards parents is a complex and multi-faceted emotion. As Mother Teresa so rightly stated, true love is a love that brings both pain and joy; it hurts, yet it brings us happiness. It is a reminder that love, in all its forms, is a powerful and transformative force that shapes our lives and the world around us."

Love of God

As a child I assisted the Holy Qurbana with my mother on all possible days. God gave me the grace to thirst for His love through Catechism and Youth activities in the Church. Little did I know the plans that God had, to make me an instrument in our Kalyan Diocese. God gave the grace to pray, read His Word along with fasting and reconciliation; which changed my lifestyle. God gave me mentors (parents, siblings, priests, nuns, missionaries) who prepared me. His love always preceded me, my career & calling.



God has immensely blessed me with a soul mate (my husband David) who puts God first, and our marriage is a testimony of God's love for us. We both surrender our desires to God and allow His will to be done in our lives. If we leave it to Him, He will do the rest and it's always for our best! David, myself and our 3 children are thankful to God for all the wonders He has done for us! It was never in our interest to emigrate to another country, but it was God who brought us here. Everyday, we experience God's love. Even if we are ungrateful, God loves us unconditionally; and it never changes, no matter who we are and what we do! He is still with us; watching us, protecting us.

Rose David

Infant Jesus Church, Kharghar

Love Your Enemy

Who is your enemy?

Someone who has caused emotional or physical hurt to you. The very thought of his action causes anger within you. It not only affects you personally but also affects your relationship with others.



Jesus did not have a bank account

Yes and that points to an important characteristic in the life of Jesus- He had no savings. He had no assets, no property to sell, no place to call his own and basically no money bag with himself. That categorizes Jesus into the "poor chap" group according to the society standards. So here is the original version of Jesus the Messiah for you, a young bankrupt nomad who wandered around from place to place ignored by the majority.

But the strangest and the most puzzling fact about Him was that he helped everyone who came his way.

Jesus was the richest poor man on earth. He paid taxes off the bellies of fish he caught, he fed multitudes without investing a dime. Jesus was rich in his heart. He had a heart of GOD not gold!!

Charity flowed through his veins. Jesus felt empathy and was compassionate for everyone around Him. All were welcome and all were given in ABUNDANCE. People may or may not be thankful to him, some were rude to him, many criticized his charity and pointed at rules- "hey buddy you can't heal on a Sabbath", Jesus didn't stop. Jesus healed the sick who broke through the roof, healed even the guy who was attacked by his faithful disciple Peter (in front of the very soldiers who came to arrest him and put him to a torturous death), gave sight to the blind on the roads, raised people from the dead (remember Lazarus and son of the widow of Nain?), cast out evil spirits even from a guy who was despised by the society and put in chains, and so much more without expecting anything in return!!!!

Jesus practiced Charity in all ways possible- physical, spiritual, emotional, financial, scriptural- and gave away everything he had from his birth to

the last moment of his life on Earth.

In all this Jesus taught us a mighty lesson- "My children remember you don't have to be rich to help someone!"

A king is not known by his wealth but by his act of giving. If then Jesus is truly the King of the Universe as no one else has demonstrated a bigger love for his own people than Jesus. There is a famous phrase we all know "upar wala jab bhi deta tho deta chappar faad ke". In Jesus' case it would be "Jesus jab bhi deta tho deta chaati fad ke". How could people not believe when Jesus said "I give you my body and blood, my whole life to you". Jesus is ready to shed his blood right from his heart for you and me every single day of our lives. He is ready to wait in the blessed Tabernacle of our parish church 24/7 in hope that we receive him. We are lucky to have received the biggest gift in the Universe - The body and blood of Jesus. !!

We Christians are so poor when compared to Jesus in our works of charity. Yes we of the 21st century are practicing so much less Charity in our lives when compared with our Lord whom we profess to follow. Our dear Pope, has been trying to tell us exactly this. Right from the start of his Pontificate he has been inspiring us to share our wealth with others, lend a helping hand to the plight of millions around us in some or the other way. He even celebrated his 86th birthday by honoring 3 charitable givers (Fr. Hanna Jallouf, Gian Piero and Silvano Pedrollo) as a sign of gratitude for their charitable efforts for others.

As Christians we are not called to save stuff in our barns and bank accounts, but we are to be like Christ who was the Light of the world. We are to place ourselves on pedestals and not hide under baskets of wealth and selfishness. We need to step out of our comfort zones and stretch our hands and make every move to bring smiles on the faces of lakhs of needy individuals around us. In doing so we would be witnessing our Lord Jesus the epitome of charity, the same Jesus who gave lavishly without having a bank account.

Agnel Cherappamben

St. Alphonsa Forane Church, Vasai West

Why should you love such a person: - Is it because you are a Christian and Christ has willed that you should love your enemy as per the example set by Him? Or will it make you happier when you put aside those feeling of hurt. Will you be able to change that person to get rid of his guilt feelings and change his life. Could you make him your friend and set an example to others?

Can humans forgive someone causing hurt: - Yes! Once you detach yourself from the past and put yourself in some

one's shoes and try to understand the circumstances and the reason for the act causing the hurt. Contemplate on the benefits which will accrue to you, to your adversary and the society as a whole.

It will definitely make you a true follower of Christ and better human being.

ദൈവം മുൻകൂട്ടി തെരഞ്ഞെടുത്തതാണ് ഓരോരുത്തരുടേയും ജീവിതാനന്ദം. ഞങ്ങളുടെ മാതാപിതാക്കൾ അവരുടെ ജീവിതത്തിലൂടെ പറഞ്ഞു തന്ന ദൈവാശ്രയബോധവും, ദൈവത്തിൽ മാത്രം ദൃഷ്ടിപതിച്ചുള്ള യാത്രയുമാണ് - ഞങ്ങളുടെ വിവാഹജീവിതം ആനന്ദകരമാക്കുന്നത്.



കുടുംബജീവിതം നയിക്കാൻ ദൈവം തെരഞ്ഞെടുത്ത ഞങ്ങൾ 1972-ൽ വിവാഹിതരാകുകയും, പരസ്പരസന്ദേഹത്താടും, ദൈവാശ്രയബോധത്താടും ജീവിച്ചു ഇപ്പോൾ 50 വർഷം പൂർത്തീകരിച്ചിരിക്കുകയാണ്. ഈ കാലയളവിൽ ഞങ്ങൾക്ക് 2 ആൺമക്കളും 4 കൊച്ചുമക്കളുമായി ജീവിക്കാനുള്ള കൃപ ഞങ്ങൾക്ക് ദൈവം നൽകി. മക്കളെയെല്ലാം ദൈവീകചിന്തകളോടും വി. കുർബ്ബാനയിലും, കുടുംബപ്രാർത്ഥനയിലും പങ്കെടുപ്പിച്ച് ക്രിസ്തീയ വിശ്വാസത്തിൽ വളർത്തുവാനും, മറ്റുള്ളവരുമായി പരസ്പരസന്ദേഹത്തിലും ഐക്യത്തിലും ജീവിക്കാനുള്ള അറിവ് പകർന്നു കൊടുക്കുവാൻ ഞങ്ങൾക്ക് സാധിച്ചിട്ടുണ്ട്. ക്രിസ്തുവിലുള്ള മനോഭാവങ്ങളാണ് ഞങ്ങൾക്ക് ഈ കുടുംബജീവിതത്തിൽ സന്തോഷം നൽകുന്നത്.

ഇന്ന് ഞങ്ങളുടെ മക്കൾക്ക് നല്ലൊരു കുടുംബജീവിതവും, ആത്മീയവും ഭൗതികവുമായ ധാരാളം നന്മകൾ നൽകി, അവരേയും ദൈവം അവിടുത്തെ സന്ദേഹത്താൽ നയിച്ചുകൊണ്ടിരിക്കുന്നു.

പലവിധ രോഗങ്ങളും സഹനങ്ങളും ബുദ്ധിമുട്ടുകളും ദൈവത്തിന് സമർപ്പിച്ച് പരസ്പരസന്ദേഹം പങ്കുവെയ്ക്കും. പ്രാർത്ഥനയിലും, ദൈവാശ്രയത്തിൽ വിശ്വസിച്ചും, മുന്നേറുവാൻ ഞങ്ങൾക്കും മക്കൾക്കും സാധിക്കുന്നുണ്ട്. പ്രത്യേകമായി ഞങ്ങളുടെ ഏതെങ്കിലും സമയങ്ങളിലും എല്ലാ ആവശ്യങ്ങളിലും ഒരു കുറവും കൂടാതെ മക്കൾ ഞങ്ങളെ പരിപാലിക്കുന്നു. ഇന്നത്തെ തലമുറകൾ പ്രത്യേകിച്ച് യുവതിയുവാക്കൾക്ക് താങ്ങും തണലുമായി ജീവിക്കുവാൻ പരിശ്രമിക്കണം. അതിനായി പ്രാർത്ഥിക്കുന്നു.

K.K. Lonappan & Elsy Lonappan
Mother of Victory Shrine, Tikujiniwadi.

Family life, though it comes with a lot of challenges, gives you the best moments of your life too. I am sure if we ask many elderly married couples what the most beautiful moment in their lives is, they will agree to the birth of their first child is the most beautiful moment. Love plays an important part too.



I have been married for around five years to my wife Blessy and we have 2 beautiful children Emmanuel and Serah. We were blessed with our second child Serah just before COVID started in 2020 March. While it was super stressful to manage work, family, and the fear that COVID brought during the lockdown and many of my colleagues from the office couldn't cope with this pressure, friends continuously started discussing the days being very stressful however for both me and Blessy our days were spent beautifully, taking care of our two small children. My family was a source of strength and love.

Marriage is a sacrament and while receiving new sacraments am sure we would have wondered how these sacraments would change our life in comparison to the days when we had not received the sacrament. It personifies God's love for us and our love for each other within our families as well.

Joseph and Blessy
St. Mary's Community Centre, Badlapur

Love towards spouse

When people ask me, what is the magic formula to a happy married life, I tell them, there's no magic formula. Marriage is about 2 individuals coming together and forming a long lasting friendship. The friendship bond that only comes with a lot of sacrifices, prayers, unshakeable faith in God, understanding each other, spending time, real time with each other, compromises, forgiveness, communication, respect, loyalty and above all, unconditional love despite all the shortcomings that the spouse might have. When both these individuals are invested to all this, that's when the love is unshakeable and that's the real secret to a long and happy married life. We both have, in our long journey of 50 years of togetherness, have gone through happy and tough times knowing that we have the support of each other.



Marykutty Franco & Franco Panjikaran
St. Alphonsa Parish, Mankhurd

ST. VALENTINE



Merlyn Thomas
St. Mary's church, Nashik

"Love is in the air".... It's all roses, hearts and cupids everywhere as Valentine's Day is around the corner. And according to previous beliefs, this day is believed to have been influenced by none other than St. Valentine. Since little is known about him, let's delve into his life and find out more about him.

St. Valentine - Born as Valentine of Terni, Italy was known to be a Roman priest or Bishop who lived in the 3rd century AD. According to ancient records, many legends about him are available. One is where he was held captive by a king. St. Valentine cured the king's blind daughter by praying & fasting; the entire household turned to Christianity. He signed 'From your Valentine' for her- the probable usage of the term 'Valentine' in current day. Another legend says that he violated the emperor's order and secretly married couples in jail. St. Valentine is also known to have helped Christians who were persecuted by emperor Claudius in Rome.

St. Valentine was martyred and buried in February around 270 AD on Via-Flaminia in Italy. Flower adorned skull of St. Valentine is preserved in the Basilica of Santa Maria in Cosmedin, Rome. In 469 AD - Pope Gelasius declared 14th February as St. Valentine's Day to honour his martyrdom.

St. Valentine is considered to be the patron saint of espoused couples, lovers, happy marriages, epileptics, beekeepers, plagues.

Although there is not much historical evidence on St. Valentine and romantic couples, it is known to have started making rounds from 14th century where Geoffrey Chaucer's poetry on Valentine's Day based on the pairing of birds during mid-February that humans considered as a symbol of love and expressed to each other.



സത്ഫലങ്ങൾ സമർപ്പിക്കാൻ



മാർ തോമസ് ഇലവനാൽ

കല്യാൺ രൂപതയുടെ മെത്രാൻ

കർത്താവിന്റെ തിരുനാളുകളിലെ പ്രാർത്ഥനയിലെ പ്രധാന ആശയങ്ങൾ നമുക്ക് കാണാം.

- 1. വി. കുർബ്ബാന സ്വീകരിച്ച കരങ്ങളെ - സത്ഫലങ്ങൾ സമർപ്പിക്കാൻ യോഗ്യമാക്കണമേ.
- 2. വിശുദ്ധ സ്ഥലത്ത് കീർത്തനം പാടിയ അയരങ്ങളെ - സ്വർഗ്ഗത്തിൽ നിന്നെ സ്തുതിക്കുവാൻ അർഹമാക്കണമേ
- 3. നിന്റെ സ്തുതികൾ കേട്ട കാതുകൾ - ശിക്ഷാവിധിയുടെ സ്വരം കേൾക്കാതിരിക്കട്ടെ
- 4. നിന്റെ കാര്യം കണ്ട കണ്ണുകൾ - നിന്റെ പ്രത്യാഗമനം കാണാൻ ഇടവരട്ടെ.
- 5. നിന്നെ പരിശുദ്ധൻ എന്ന് പാടിയ നാവുകളെ - സത്യം പറയാൻ സന്നദ്ധമാക്കണമേ
- 6. ദൈവലയത്തിൽ സഞ്ചരിച്ച പാദങ്ങൾ - പ്രകാശത്തിന്റെ സ്ഥലത്ത് സഞ്ചരിക്കാൻ ഇടയാക്കട്ടെ
- 7. നിന്റെ ശരീരം ഉൾക്കൊണ്ട ശരീരങ്ങൾക്ക് - നവജീവൻ പ്രദാനം ചെയ്യണമേ
- 8. നിന്നെ ആരാധിച്ച സമൂഹത്തെ - അനുഗ്രഹങ്ങൾകൊണ്ട് സമ്പന്നമാക്കണമേ
- 9. നിന്റെ അനന്തമായ സ്നേഹം - ഞങ്ങളിൽ എന്നും നിലനില്ക്കട്ടെ.
- 10. ഞങ്ങളുടെ ഈ ശുശ്രൂഷ - നിന്റെ സന്നിധിയിൽ സ്വീകാര്യമാക്കട്ടെ.

വി. കുർബ്ബാനയും ജീവിതനവീകരണവും

വി. കുർബ്ബാന സ്വീകരണം നമ്മിലുളവാക്കേണ്ട ഫലങ്ങളെക്കുറിച്ചാണ് ഇവിടെ പറയുന്നത്. വി. കുർബ്ബാന സ്വീകരിച്ച കരങ്ങൾ സത്പ്രവർത്തികൾ ചെയ്യാൻ ശക്തമാക്കപ്പെടണം. കുരിശാകൃതിയിൽ പിടിച്ച കൈകളിൽ വി. കുർബ്ബാന സ്വീകരിക്കുന്ന പതിവ് നമ്മുടെ സഭയിലുണ്ടായിരുന്നു എന്ന് നമ്മൾ കണ്ടു. അതുകൊണ്ടാണ് വി. കുർബ്ബാന സ്വീകരിച്ച കരങ്ങൾ എന്ന് പറഞ്ഞിരിക്കുന്നത്. ഈ ലോകത്തിൽ സ്വർഗ്ഗവാസികളോടൊപ്പം ദൈവത്തിന് കീർത്തനം പാടിയ അയരങ്ങൾകൊണ്ടു സ്വർഗ്ഗത്തിൽ ദൈവത്തെ അനവരതം സ്തുതിക്കാനിടയാകണം. ദൈവത്തിന്റെ കാര്യം കണ്ട കണ്ണുകൾക്ക് ഇനി ഒന്നു മാത്രമേ ആഗ്രഹമുള്ളൂ. കർത്താവിന്റെ പ്രത്യാഗമനം കാണുക, അവിടുത്തെ മുഖദർശനമുണ്ടാവുക. പരിശുദ്ധൻ എന്നുപാടിയ നമ്മുടെ നാവുകൾ എപ്പോഴും സത്യം മാത്രം പറയണം. സ്വർഗ്ഗത്തിൽ പ്രകാശം നല്കുന്ന ദീപം ദിവ്യകൃത്താടാണ്. ആ പ്രകാശത്തിലാണ് ജനതകൾ സഞ്ചരിക്കുന്നത് (വെളി. 21 : 22-24). ഈ പ്രകാശത്തിന്റെ സ്ഥലത്തു സഞ്ചരിക്കാൻ നമ്മുടെ പാദങ്ങൾ യോഗ്യമാക്കാൻ വേണ്ടി തുടർന്നു പ്രാർത്ഥിക്കുന്നു.

ഒരു ക്രൈസ്തവന്റെ ജീവിതത്തിലെ പ്രധാനപ്പെട്ട കടമകൾ ഈ പ്രാർത്ഥനയിൽ നമുക്ക് കാണുവാൻ കഴിയും. ദൈവത്തെ സ്തുതിക്കുകയും മഹത്വപ്പെടുത്തുകയും ചെയ്യുക, സത്യം പറയുക, ദൈവത്തിന്റെ പ്രകാശത്തിൽ നടക്കുക, സ്നേഹത്തിൽ വളരുക, സത്പ്രവർത്തികൾ ചെയ്യുക ഇങ്ങനെ ഒരു ജീവിതത്തിനായിട്ടാണ് ഇവിടെ പ്രാർത്ഥിക്കുന്നത്.

യാചനകൾക്ക് വാതിൽ തുറക്കണമേ

ആദ്യഭാഗത്ത്, വ്യക്തിപരമായി ശരീരത്തെയും വിവിധ അവയവങ്ങളേയും പരാമർശിച്ചുള്ള പ്രാർത്ഥനയായിരുന്നു. തുടർന്ന്, എല്ലാവരും കർത്താവിന്റെ മൗതിക ശരീരത്തിലെ അംഗങ്ങൾ എന്ന നിലയിൽ സമൂഹത്തിനുവേണ്ടിയുള്ള പ്രാർത്ഥനയാണ്. “ഞങ്ങളുടെ യാചനകൾക്ക് വാതിൽ തുറക്കണമേ” എന്ന പ്രാർത്ഥന പത്തു കന്യകമാരുടെ ഉപമയെ ഓർമ്മപ്പെടുത്തുന്നുണ്ട്. കത്തിച്ച വിളക്കുമായി ഒരുങ്ങിയിരിക്കുന്നവരാകാനും എന്നും ഹൃദയത്തിൽ പ്രസാദവരത്തിന്റെ എണ്ണയുള്ളവരായി കർത്താവിനെ എതിരേല്ക്കാൻ കാത്തിരിക്കുന്നവരാകാനുമുള്ള വരം ഇവിടെ അപേക്ഷിക്കുന്നു.

സ്വർഗ്ഗീയ ജീവിതത്തിനൊരുങ്ങാം

ഈ ഭൂമിയിലെ ദൈവാരാധനയെ സ്വർഗ്ഗീയാരാധനയോടു ബന്ധപ്പെടുത്തി കാണാൻ ഇവിടെ ശ്രമിക്കുന്നു; അത് നിത്യജീവിതത്തിന്റെ അച്ചാരമായിത്തീരാൻവേണ്ടി പ്രാർത്ഥിക്കുന്നു. ഈ ലോകത്തിലെ നമ്മുടെ ജീവിതം സ്വർഗ്ഗീയജീവിതത്തിനുള്ള ഒരുക്കമായിരിക്കണമെന്ന് ഈ പ്രാർത്ഥന നമ്മെ അനുസ്മരിപ്പിക്കുന്നു. ഈ പ്രാർത്ഥനയിലെ ഓരോ ഭാഗവും വളരെ അർത്ഥവത്താണ് ചിന്തോദ്ദീപകമാണ്. നമ്മുടെ ചിന്തകളെ സ്വർഗ്ഗോന്മുഖമായുയർത്താനും സ്വർഗ്ഗീയാനുഭവത്തെ കൺമുഖിൽ കണ്ടുകൊണ്ട് ജീവിക്കാനും ഈ പ്രാർത്ഥന നമ്മെ സഹായിക്കുന്നു. ഇത്രമാത്രം അർത്ഥവത്തായതും ഹൃദയസ്पर्ശിയുമായ ഒരു പ്രാർത്ഥന ചൊല്ലുന്നത് ജീവിതത്തിൽ വലിയൊരനുഭവവും ആനന്ദവുമായിത്തീരണം.

To Offer Good fruits

Mar Thomas Elavanal
Bishop, Diocese of Kalyan

Let us see the main points in the thanksgiving prayer for the feast of Our Lord. Request is made to God with regard to ten points, so that God will make our body as instruments to glorify God.

1. Our hand which have received Holy Qurbana – Worthy to offer you good fruits.
2. Our lips which have sung your praises in the Holy Place – Worthy to praise you in heaven.
3. Ears which have heard the sound of your praises – Not to hear the voice of condemnation.
4. Eyes which have beheld your great mercy – Behold your blessed second coming.
5. The tongues that have sung your praises – Dispose to speak the truth.
6. The feet which have walked in the Church – Walk in the land of light.
7. Our bodies which have received your living body – May receive new life.
8. Congregation which has worshiped you – Enriched with every blessing.
9. Your everlasting love – Remain with us for ever.
10. May this our service – Find acceptance in your presence.

Holy Qurbana for the renewal of our lives

Here the prayer reminds us of the fruits that Holy Qurbana should produce in our lives. Our hands which have received Holy Qurbana should be strengthened to offer God, good fruits. We saw already that there was the tradition in our church of receiving Qurbana in the hands placed in the form of the cross. Hence mention is made of the 'hands which have received Holy Qurbana'. The lips with which we praised God here on earth together with the angels in heaven should be made worthy to praise God for ever. The eyes which beheld the great mercy of God have only one desire, to see the second coming of Christ and to see Him face to face. Our tongues that have sung God 'Holy' should always speak only the truth. As we read in the book of Revelation the city of Jerusalem in heaven 'was lit by the radiant glory of God and the Lamb was a lighted torch for it' (21:22-24).

Here we pray to make our feet worthy to walk in the land of light. Here we see in this prayer, mention about the important obligations in the life of every Christian. They are: to praise and glorify God, to speak always the truth, to walk in the light of God, grow in love and to do good to

others. Here we pray that we may be able to live a life well pleasing to God.

Open the door to our prayers

The first part of this prayer was more personal, regarding the different parts of our body. It is followed by the prayer in common for all the members of the mystical body of Christ. The prayer, 'open the door to our prayers' reminds us of the parable of ten virgins. Here we pray for the grace that we may be ready always with lighted lamps with the oil of grace in our hearts and thus awaiting to greet the Lord when He comes.

Preparation for heavenly Life

Here, earthly liturgy is described in relation to heavenly worship and pray that it may be a foretaste and guarantee for it. This prayer reminds us that our life here on earth should be a preparation for heavenly life. All of these prayers are meaningful and thought provoking. This prayers helps us to raise our thoughts to heaven and to live a life oriented towards heaven. To get an occasion to recite such a heart touching and meaningful prayer should be a joyful experience in our life.sja



KNOW YOUR FAITH

Deus Caritas Est - God is Love (The First Encyclical of Pope Benedict XVI)

“God is love, and he who abides in love abides in God, and God abides in him” (1Jn 4:16).

These words that begin the Encyclical express the core of the Christian faith.

The Encyclical is divided into two main parts.

Part I presents a theological and philosophical reflection on the different dimensions of “love”

Part II deals with the actual practice of the commandment to love one's neighbour.

The term “love”, one of the most used words in today's world has multiple meanings. For example “I love my friend”, “I love icecream”, “I love Games” etc. However the love between man and woman is of the highest form among them, which in ancient Greece was known as eros.

Bible in the New Testament examines “Love” as a development resulting in setting aside word “eros” and bringing in the term “Agape” to express a self-sacrificing Love.

The term “eros” is as first mainly “desire” but in drawing near to the person it becomes less and less concerned with itself, increasingly seeks the happiness of the other, bestows itself and wants to “be there for” the other. It is then that the element of agape enters into this love.

In Jesus Christ, who is the incarnate love of God, the *eros-agape* reaches its most radical form.

He guaranteed an enduring presence by the sacrament of Holy Eucharist and unites us with him.

Love of neighbour, grounded in love of God, is the responsibility for the entire Ecclesial

Community, which must reflect Trinitarian love in its charitable activity.

The Church's deepest nature is expressed in her three-fold duty: to proclaim the Word of God (*kerygma-martyria*), celebrate the sacraments (*leiturgia*), and exercise, the ministry of charity (*diakonia*). These duties presuppose one another and are inseparable.

Christian charitable activity, must be based on the experience of a personal encounter with Christ, whose love has moved the heart of the believer, awakening within him love of neighbour.

Christian charitable activity, furthermore, cannot be used as a means of engaging in what is nowadays considered proselytism. Love is free; it is not practised as a way of achieving other ends.

In the face of the impending secularism that can also condition many Christians who are involved in charitable work, it is necessary to reaffirm the importance of prayer.

People who pray are not wasting their time, even though the situation may seem to call for urgent action alone; nor do they claim to correct God's plans, but rather seek — after the example of Mary and the saints — to find in God the light and strength of the love which overcomes all the darkness and selfishness present in the world.



Justin Jose
St. Mary's Church, Byculla

3 Adorable Couples in the Bible

The Bible has many heart-warming tales about love and marriage. I have selected three of them because of the distinctiveness in their stories.

Jacob and Rachel - The Eternal Love Story

This is a story of love at first sight. Jacob first spotted the shepherdess Rachel at a well after arriving in Haran as a young man. Jacob agreed to work for 7 years for her father, Laban, so that he could eventually marry her. That's devotion! Jacob served 7 years for Rachel, and they seemed to him but a few days because of the love he had for her (Gen 29:20). But when the time came, Laban changed his gear and sent a veiled Leah, Rachel's elder sister, to marry Jacob instead. When Jacob learned of the trickery, he agreed to work for Laban another 7 years, and finally married Rachel - what an amazing love story!

Joseph and Mary - The Daring Love Story

Joseph, the humble carpenter, trusted in God and in Mary enough to marry and travel with her to Bethlehem. Mary was already pregnant via the Holy Spirit. It would be a lot for any man to understand that, but Joseph did so with composure. Mary knew the social rejection and the danger to her life that would result when she accepted God's call to conceive Jesus before she was married. Likewise, though Joseph had the power to save her life by marrying her, he knew that by doing so he also would be socially rejected. In spite of all of these, their love outdid their fear.

Aquila and Priscilla - The Evangelical Love Story

Aquila and Priscilla were a first century Christian missionary couple described in the New Testament as providing passionate presence and place that strengthened the early Christians. They lived, worked, and travelled with the Apostle Paul, who described them as 'his fellow workers in Christ Jesus and who risked their necks for his life' (Rom 16:3-4). They are often called the most famous couple in the Bible since they are mentioned seven times in the New Testament and are always named as a couple.

Aquila and Priscilla who lived together, worked together and suffered exile together, came to know and love Jesus Christ together, and it made their marriage complete. Their house was a meeting place for the early church. It was always open to people who wanted to learn more about Christ, and for Christians who wanted to grow in the Word.

Although they worked long and hard making and selling tents, maintaining a house and caring for their distinguished guests, they always found time for selfless missionary work. Sharing the Word together strengthened their love for each other and their spirit of togetherness.

Jacob was so passionate for the beautiful Rachel that he was willing to work a total of 14 years to have her as his bride!



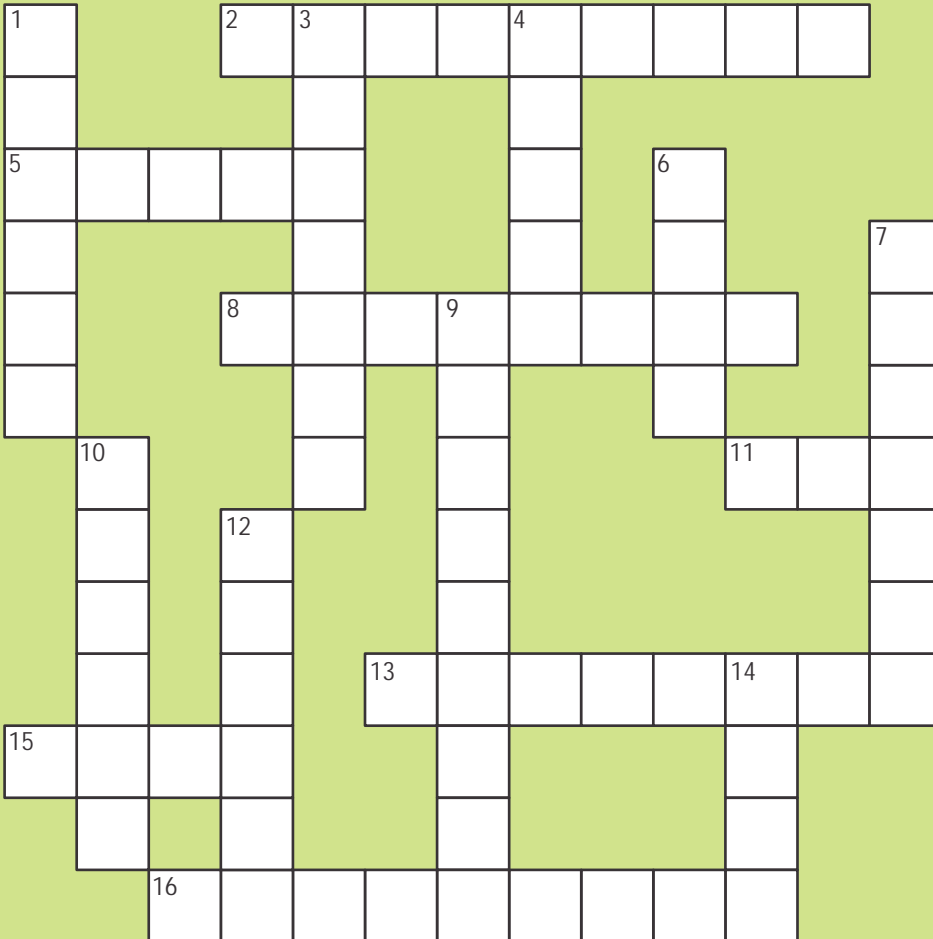
Because of the evangelical work of Aquila and Priscilla, done together as a couple, couples who are actively involved in spreading the Word of God are often called 'Aquila and Priscilla'.

The love of Joseph and Mary displays not only deep devotion, but also extraordinary courage. They supported and complemented each other through the thick and thin of their adventurous life.



Crossword

He who finds a wife finds a good thing, and obtains favour from the Lord. (Proverbs 18:22)
Find wives for the following biblical men and complete the crossword (Ref: NRSV Bible).



Across

- 2. David
- 5. Elimelech
- 8. Ananias
- 11. Adam
- 13. Moses
- 15. Jacob
- 16. Zechariah

Down

- 1. Elkanah
- 3. Nabal
- 4. Abraham
- 6. Joseph
- 7. Isaac
- 9. Aquila
- 10. Ahasuerus
- 12. Jacob
- 14. Boaz

Email your answers to
lanternkidsroom@gmail.com
mentioning your name, catechism
section and parish before 25th February
2023. Selected winners' names will be
published in Kalyan Lantern.

Winners of the Crossword – November 2022

Alphonsa Jose, Wagle Estate
Andrew & Arnold Anand, Tikujiniwadi
Ann Sam, Vartak Nagar
Emmanuel Kannampuzha
Hrudya Annie Jaison, Dombivali
Immanuel Anthony, Kalyan West
Isaac Cyril Brahmakulam, Bhayandar
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