

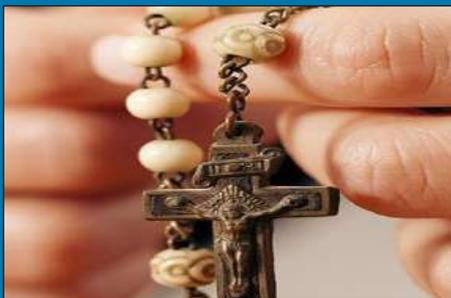
THE CATINDIAN

Year 1/Issue 10/April 2020



Don't miss this issue....

INTERNATIONAL CATENIAN ROSARY



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INTERNATIONAL CATENIAN STATIONS OF THE CROSS



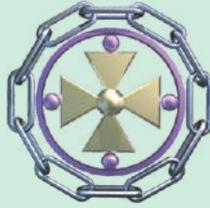
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CORONAVIRUS & PRECAUTIONS



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THE CATENIAN ASSOCIATION IN INDIA



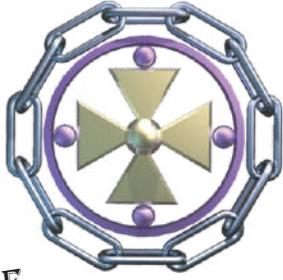
The Catenians

*Strengthening family life
through friendship and faith*

The Catenians are a non-political Catholic Men's Organisation founded in England in 1908 to promote friendship, family life and the Catholic faith and have now grown to over 10,500 members in 4 continents. Catenians cherish their ladies and families and involve them in many activities. Our local groups are known as Circles and meet at least once a month. Catena is Latin for "Chain" and our Circles form a chain of friendship and faith around the world. In India we have 6 circles in Goa, 3 circles in Mumbai and 4 circles in Karnataka

VALUES

1. We will always be encouraging, supportive and helpful to fellow members and their families and be non-judgemental in any dealings.
2. We will behave in a courteous manner at meetings and functions, observing dress codes and maintaining high standards of behaviour.
3. We will always strive to live our personal and business lives in accordance with the ideals of our Catholic faith, where every person matters.
4. We encourage each other to take part in public life through individual action but we do not bring our political affiliations into our meetings or social gatherings.
5. We will always recognise that the circle with its brothers and their families is the most important entity of the association.
6. We will ensure that the association's governing bodies do all that is possible to enable each circle to flourish.
7. We will abide by the obligations of membership.



THE CATINDIAN

Published Monthly by
Bro. Agostino Fernandes

for

**The Catenian Association
in India**

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From the Editor's Desk

Bro. Joey Carvalho

The World has come to a standstill. Nothing happens without a reason. Words we did not care about, are now on the minds and lips of all. Corona, Covid19, Vaccine, Quarantine, Social distancing, (and the worst fear that came true "no going out of the house"), a Lockdown. Could it be the love of the Almighty?

Families have to now live 24/7 with each other. Fathers, mothers, children, grandchildren have to spend more time with one another under the same roof. And true emotions may explode with this social coming close. But even as gold is purified in the fire of the furnace, family life will be a better version of the earlier one I personally feel, and the shine could be of a higher carat. Could it be the love of the Almighty?

Circle activity, with brotherhood under a hood, reminds me of a fairy tale of a period long time ago. Could there be a big bad wolf on the prowl to put one against the other, or are the circles in the red thinking of ways to find their strength in numbers again, with all the time in the world to reconnect, with other practicing catholic gentlemen to love and care in the true fraternal spirit of the Catenian Association. Online meetings have been held in many a circle, but with the AGM to end the old, and start of to a new council installation, this metamorphosis is actually in limbo, with government social restrictions breathing down our necks. Could it be the love of the Almighty?

We being the intellectual and intelligent, social animals that we are, can make us think that what is presently happening in beyond what a person, society, association can bear. Birthdays, marriages, anniversaries, funerals, and above all church services (especially during the greatest period in history where our Lord and Saviour rose from the dead) shut during the Paschal Triduum, is something no one could have imagined or even thought of faintly. Could this be the love of the Almighty?

In this issue we have a report on the first joint worldwide rosary, a way of the cross again in



digital tec with 100% participation, and a personal favourite of mine, profiles of brothers who we do not know as well as we should, but hope to know better along this Catenian journey. This is the only paragraph in which I can say with certainty that it is the love of the Almighty in worldwide unity.

Yes my dear brethren it is only when we realise that whatever happens in the universe is directed by an Almighty God who is capable, willing and ready to rewrite and reward us by correcting our personal manuplative crooked lines with writings that are straight in his divine nature, to bring straightforwardness, affection, generosity and truth back into our lives during this extended period of introspection and make us believe that yes..... this is the love of the Almighty at work, to brush off his great plans into those small selfish minds of ours. Let the mask on our faces, remind us to get rid of the one which we have been wearing for years to impress and make a decision that that mask of deception must fall first for the earth to become a friendlier place. As is rightly said in 1 Corinthians 3: 19 'For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.' May the love of the Almighty be with us today and all the days to come.

Testimony - Bro. John Tweedie

Dear Catenian Friends,

Just finished watching the live stream of the 10am Mass from the Cathedral in Brisbane with Archbishop Coleridge. Very moving, though strange and a little sad with the empty church.

While we aren't able to celebrate Easter Sunday Mass today in the normal way, I thought we would share something to celebrate from our back garden, that is reflective of what today is about.

On 21 December 2019 we almost lost our house to the fires. Much of our back garden was burned along with most of Popes Glen behind us. Just like the disciples on Good Friday it was a time of despair for us (though we were thankful of course for the wonderful people who saved our house).



The first picture attached was taken on 23 December. It shows a fern that



some might have thought was destroyed by the fire.

I took the second picture of the same fern this morning. Far from being destroyed you can see how resilient it is. The metaphor for the resurrection of Christ on Easter day seems so clear.

Perhaps the fern is also giving us another message. That with this current crisis, in which we are all unwillingly embroiled, we can be resilient and come through stronger than before. Sorry if that sounds a bit corny, but when we look at how the plants in our garden are regenerating, it gives one a real feeling of optimism and hope.

Easter blessings

John Tweedie

*If prayer becomes a habit...
Success becomes a lifestyle.*

CORONA CONTAGION- A CALL FOR CALM

Capt Eddie Viegas.

During the middle of the last century and even a few years after that Goa had a lifestyle which was almost “Heavenly” by present day standards. No doubt there were no gadgets and almost everything was done manually but the joy and peace with which people lived was something that dreams are made of. Most people woke up with the twitter of the birds at dawn. They had a simple breakfast of the most natural ingredients with no fear of the chemicals in them. Many went to work during the day; some to the farms, some for fishing, the toddy tappers to the coconut plantations, the bakers at their bakeries, the potters, the carpentars, the masons, the tailors, shopkeepers, office goers, the miners, etc all worked during the day and were back at their homes by sunset. Some who were home from ships or abroad during their sojourns carried out routine chores such as shopping for fish and other household needs during the morning hours, a good siesta in the afternoon and to the beach, the market centre or open spaces for some evening fresh air. The evenings were normally spent with the family – comprising an evening prayer, a warm bath with water heated by firewood, possible an evening drink and dinner. Most people were in bed by nine, only to wake up the next morning fresh and well rested.

In the period covering the mid sixties to the late eighties, when I had the opportunity to sail the various continents, it was a joy to be at sea. The ships were simple and well manned. People at sea were thoroughly professional. Comforts were less but none complained. Port stays were enjoyable and with no stress. The seas were safe with no fear of Pirates. In many ports of the world, working at night or on weekends was not a common practice. Many ports did not even have night



pilotages so that ships were not berthed or unberthed during hours of darkness. Ships Captains had absolute authority on how they ran their ships and everyone was happy. Ship's crew and officers worked for long periods although communication with home was rare and far fetched.

Then all of a sudden things began to change. The culture of RUSH set in during the last thirty years or so. The young are in a hurry. They want money, alcohol, drugs, gadgets, and so on. Recently in Goa we witnessed the tragic death of three school going teenagers in a car crash. The man of the house is in a rush to go to work, as he has to make ends meet. The housewife who contributed so much to the welfare of the family has now not only to look after the house and the family but also go to work often without proper food or water in quite inhospitable conditions. People are on the move in all directions. Our airports are crowded. Our trains are packed to capacity. Our roadways have become death traps for motorists despite having been developed to multilane expressways. Our children do not get the warmth and love from their parents and so they go their own ways in search of the same.

Business houses are pushing workers to work longer hours and in many cases three shifts to produce more and more. While the millionaires get richer, in some countries the poor despite their struggles keep getting poorer because they just cannot cope with the cost of living.

The experience in sectors like shipping is no different. There was a time up till the 1970's when ships used to be manned by over sixty persons. With some automation this came down to around Thirty. With ship owners opting for cheap labour from third world countries and to some extent from the East European block, they not only cut down their costs but also reduced the man power which today stands at around 18 or less persons. Often the legal requirement is much lesser. From a time when ships used to work at a comfortable pace, with practices such as no night work or no work on weekends specially in the Western world and Australia, to day even in ports like Mormugao, we have ships berthing any time of the day or night irrespective of the types of ships or the seasons. Not very long ago Mormugao used to have no pilotage at night during the monsoons. At some point of time, a few years ago this was restricted to Oil Tankers only. In the present time not only oil tankers but even high risk vessels like Gas tankers are handled at night during all the seasons. Considering the fact that most of the port's berths are empty most of the time unlike earlier years, one wonders whether all this is necessary or are we only helping the Industry to make money at the cost of the working class.

Now coming to the present scenario, we find that an epidemic like the Covid 19 has wrecked a sudden havoc with the "wild rush" functioning of the planet. All of a sudden, flights are cancelled. Hotel reservations are closed. Shopping Malls are abandoned. Some cities are quarantined. Passenger or Cruise ships are either

banned entry into some ports like Goa or quarantined in some countries. All trade is on the verge of collapse. Oil prices have tanked. And the world still Goes on.

All this points to one thing. Humans are behaving like a herd of animals. Someone pushes them and they are running. Running in search of more money, more cars, bigger houses, latest gadgets, bigger and more expensive celebrations, travel in the name of change and relaxation, bigger loans, some cheat when they cannot repay the loans, some commit suicide because they cannot face the banks. While some of this may be desirable or unavoidable to some extent, the question is, "Is this rat race necessary" ? Talk to any one and ask them for some help in a social or non profit issue and the first response is "I have no time".

It is time that world leaders and organizations that deal with Human rights and Human relationships put their heads together and bring about an environment where people learn to live with greater dignity and respect towards self and the family. This will not only help to bring down the violence, the rage that we often see on the roads, the diseases that take a high toll, the intolerance amongst humans and overall help to cleanse Humanity from the mental pollution of the pressures of work and time.

To sum up, undesirable eventualities like the Corona Virus may be a reminder to us that even if the world slows down a bit, it will not only keep going but possibly go in a more peaceful way where men, women, children, societies, communities and states will be healthier, happier and more hospitable and less hostile to each other.

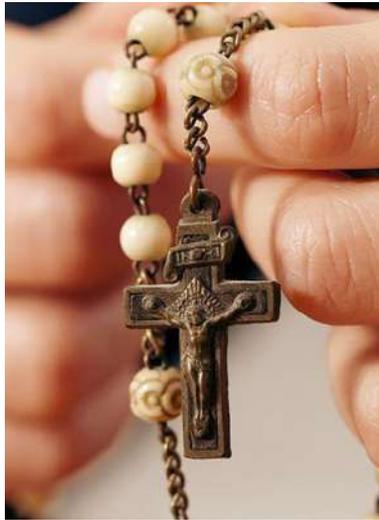
The author is a Master Mariner and a ship & Marine surveyor in Goa. He represents numerous National & International organizations in the world of shipping as a technical consultant.

INTERNATIONAL CATENIAN ROSARY

Joey Carvalho

Treasurer - Area Council 30

The 5th of April 2020 started for me with excitement and curiosity. It was d-day. I was about to take part in something I had never participated in before. Modern technology was going to be put to the test. But ultimately it was faith and friendship which was going to make it happen. Our fellowship was destined to be united in prayer.



It was the first international rosary with spouses, children and brothers from the U K , Ireland, Australia, Malta, Zimbabwe, Holy Land, South Africa, Bangladesh and India, 94

brothers in all who were present with family, online for this historical purpose, in these troubled days of a pandemic which is ruthless in its attack. "If two or three are gathered in my name, I am there in their mist", and intercession to Jesus through his beloved mother has never been known to fail. Especially when it is the Most Holy Rosary, with request made by Mary at many apparitions round the world, as a means of saving this world of turmoil from danger with a community participation. The Rosary is indeed the most powerful prayer after the Holy Mass, and God too does not take it lightly.

Our Association came alive, where for the first time we were able to see and hear brothers we had not yet met, in a brief interaction before the Rosary began and after with words of genuine appreciation

and praise. This was as good as meeting in the flesh, with hearts and minds uniting. With our hearts meeting in singular devotion, and for a common purpose, enthusiasm was on



high levels and it catapulted us to a world of digital unity with the world becoming smaller than what it already had been. The digital age had made its inroads into our worldwide association of men and families after more than a century of its inception. And the results were very much there to see, feel and unite with apps that are changing the way fellowship integrates globally.

I will end with the names of the brains behind this novel idea, and the hard work put in to make it the success it was. Beginning with the firebrand Brother Eugene, and closely behind fanning the fire, our Brother Agostino who is a great source of support and encouragement. Without the dynamism and brilliance of these two stalwarts of many an innovative goal, this global family linked through the beads of the rosary would have not been the hit it was, with another first class decision transformed into reality and coming to fulfillment through the world wide net, as Our Lord and Saviour once said to cast your net once again. It was nothing short of a modern day miracle with our net full and overflowing. May the divine will always be done. And may the Lord in his goodness grant us the grace to face this troubled, unprecedented period through this overwhelming unity of prayer. The Lord will never let this fellowship be on the back foot with such zeal, digital though in nature for the moment.

“The format follows the Catenian Rosary leaflet”

CATENIANS INTERCESSORY ROSARY

Sign of the Cross: “In the name of the Father,

and of the Son, and of the Holy Spirit. Amen.”

Apostles' Creed: “I believe in God, the Father almighty creator of heaven and earth and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day he rose again from the dead. He ascended into heaven and is seated at the right hand of God, the Father almighty. He will come again in glory to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.”

Our Father...

3 Hail Mary's...

Glory Be...

(Bro John Rayer, UK to lead)

The 1st Sorrowful Mystery - The Agony in the Garden.

Let us in a special way pray for all Catenian Brothers and families in the **UK & Ireland** and in the rest of the world

For the protection of the first responders, doctors, and nurses who care for those made critically ill by coronavirus. For wisdom and guidance on those scientists, researchers and seeking vaccines and rapid testing platforms.

Our Lady, Help of Christians, intercede for us.

(Bro Michael Tan, Australia to lead)

The 2nd Mystery - The Scourging at the Pillar.

Let us in a special way pray for all Catenian Brothers and families in **Australia & South Africa** and in the rest of the world

For a full and speedy recovery for those suffering from the coronavirus. For protection of their family members and all those who are at risk of getting or transmitting the virus.

(Bro Joe Delia, Malta to lead)

The 3rd Mystery – The Crowning with Thorn

Let us in a special way pray for all Catenian Brothers and families in **Malta & Zimbabwe** and in the rest of the world

For God's abundant mercy on the souls of those who have died from coronavirus. For strength and consolation for their grieving families.

Our Lady, Help of Christians, intercede for us.

(Bro Habib, Israel to lead)

The 4th Mystery – The Carrying of the Cross

Let us in a special way pray for all Catenian Brothers and families in **Nazareth** and in the rest of the world

For protection on those who are most vulnerable to coronavirus: the elderly, those with compromised immune systems, those who have been traveling abroad, those who are in quarantine and their caretakers.

Our Lady, Help of Christians, intercede for us.

(Bro Edgar, India to lead)

The 5th Mystery - The Crucifixion and Death of Jesus

Let us in a special way pray for all Catenian Brothers and families in **India & Bangladesh** and in the rest of the world

For an expedient halt to the spread of the virus. For churches and schools to be reopened, and for the people to be able to return to their normal daily activities with a deepened faith and love for God.

Our Lady, Help of Christians, intercede for us

(Bro Agostino, India to lead)

Brothers - Let us recite our Catenian prayer

In unison :- Out of the depth I have cried to thee Lord, Lord hear my voice. Let thine ears be attentive to the voice of my supplication. If thou, Lord, shall observe iniquities, Lord who shall endure it? For with thee there is merciful forgiveness; and by reason of thy law I have waited for thee, Lord. My soul has relied on his word; my soul has hoped in the Lord. From the morning watch until night, let Israel hope in the Lord. Because with the Lord there is mercy, and with him plentiful redemption. And he shall redeem Israel from all its iniquities. Eternal rest give to them, Lord, and let perpetual light shine on them. May they rest in peace. Amen.

Let us say 1 Our Father, Hail Mary, Glory Be for the intentions of the Holy Father.

Brothers - To mark the spirit of brotherhood, which unites us, let us sing:

Chorus:

Bind us together, Lord, bind us together
With cords that cannot be broken.
Bind us together, Lord, bind us together,
Bind us together in love.

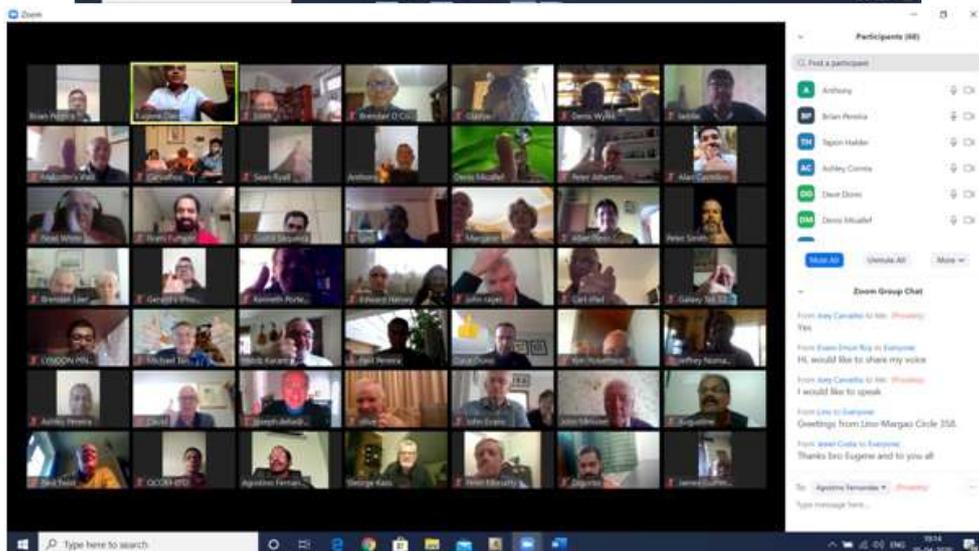
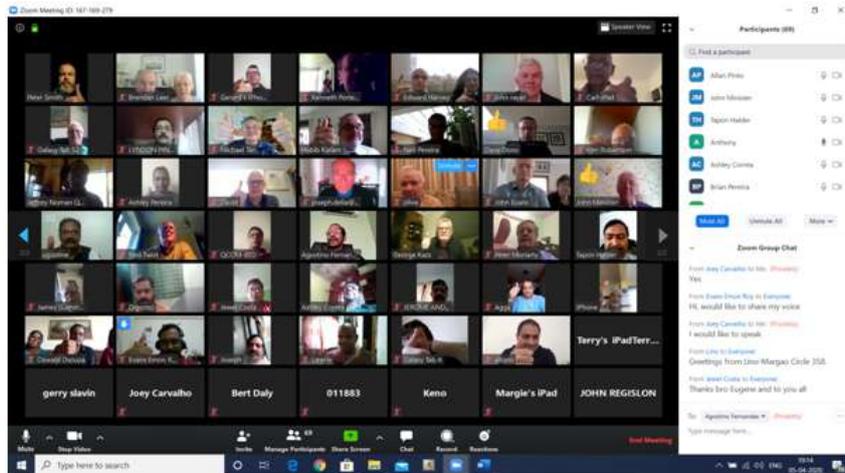
Verse:

There is only one God, there is only one King,
There is only one Body, that is why we sing:

(REPEAT CHORUS)

The End

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



FEEDBACK RECEIVED FOR INTERNATIONAL CATENIAN ROSARY

What an inspiring Palm Sunday we have had!!
We had a beautiful Mass with an incredible Sermon from one of our local Priests before the Rosary and both were an inspiration to my wife and I.
Thank you so much for organising this and sorry I couldn't lead a decade of the Rosary - with so much happening here (in spite of the lock down!!) I just couldn't get myself organised!
Maybe I had too much time on my hands!
If it is possible to do this again next Sunday and it's not too much of a problem for you we would be very grateful.
And if possible, I would very much like to lead a decade please.
Thank you for always thinking of others and may God bless you and your family.

Kim Robertson
Zimbabwe

Thank you for the initiative of joining the Catenian world together to pray the Rosary in the midst of this pandemic we are all experiencing. It was most uplifting and showed our Brotherly love from around the world.

Take care and God Bless,

Brendan Leer
Director - Irish Liaison Council

Very well done on organising and managing the global rosary prayers. Great stuff.

Regards

John Rayer
Director for Developing Areas

Yesterday was excellent as we many appeared in the intercessory rosary prayer.

Please keep it up and if you can plan to hold any inter-continents/countries gather for at least once a year, it would be a great thought to bind ourselves in a common platform. For instance, to flock together during the Easter/Christmas gathering for a while in terms of prayer or as appropriate.

Fraternal Regards,

Digonto Gomes
Secretary - Dhaka 370

First of all many thanks to Brother Eugene and colleagues, who thought of this and organised it. It

shows the Catenians to be a global family.

I have 2 suggestions: 1. Encourage Brothers to include wives and children who are at home, and 2. Mute everyone while the leader of a particular prayer says the first part so we can hear him, and then unmute all for the response.

Fraternal regards,

Ed Harvey
Secretary - Billericay UK 327

Once again congratulations for your initiative to launch a Catenian Rosary to Our Lady to intercede with Our Lord to rid us as fast as possible from covid 19.

I found it to be a spiritually most uplifting experience. The prayers that were designed purposefully in the context of the virus affliction were most appropriate. The viewing and participation of so many Brothers from different countries was an experience that reinforced in me the joy of belonging to an international brotherhood. The fact that all the brotherhood is going through the pandemic must have filled us all with renewed moral strength to weather it out. I have already informed the Brothers in our Province about this morning's highly successful rosary recitation. I should be most grateful if you sent me the script of the rosary with the prayers so that I may encourage the local Brothers to recite this particular rosary in these particular times. Thank you and I wish you a prayerful Holy Week.

Fraternally,

Joe Delia
Malta Catenians

I must offer my congratulations, thanks and admiration for your bold initiative. It worked! It was very uplifting to be a small part of your across-nations virtual meeting. Well done to you and your brother-colleagues for having the energy to organise this and the technical competence (and bravery!) to pull it off. After the session was over, I googled to see exactly where you are based. Googlemaps placed you just to the north of the airport in Mumbai. For a while, when a boy, I lived in Mumbai (or Bombay as it was then) and I

remember the airport as Santa Cruz. I also remember Juhu Beach, just to the west, where we used to spend the occasional weekend. It is a small world.

May the Almighty keep you and your brother Catenians, and your families, safe during this difficult time

Fraternally

Neil (Twist)

VP Epsom Circle, Province 19 UK

I found the experience of praying with Brothers all over world uplifting and this more than compensated for background noise and niggles that I chose to ignore”.

Yesterday was even more poignant for me: my wife has been locked down in UK and we may not see each other until June. Yesterday, we “attended” Mass together on You Tube at our home chapel, St George's college in Harare Zimbabwe.

I then said the Rosary with you all, and immediately went to an online broadcast of the Palm Sunday Mass in Hereford, (U.K.) which is also in lockdown, and is where my wife and I go each Sunday when we are there together.

If ever one wanted evidence that the world has been changed and improved by technology, yesterday provided it.

Fraternal regards

Tony Jordan

Hon. Treasurer - Harare North Circle 289

I am extremely happy at worldwide enthusiastic response to the Holy Rosary

Bro Honorato Velho

Chairman - India Coordination Committee

Today's Zoom Rosary was well organized. It started at 2 pm sharp and beautifully conducted. Nice to see 94 brothers participating together from different

countries. Kudos to Bro Eugene and we wish him all the best. Fraternal greetings

Anthony Lobo

Mapusa Circle 377

Bro Eugene thanks for bringing Catenians from across the world so close in prayers.

What a marvellous achievement

Edgar Melo Furtado

Dona Paulo Circle

Kudos for taking this initiative to Start a Rosary uniting all the Catenian brothers globally, which is ethos of the Catenian Association.

Sushil Sequiera

Andheri Circle Mumbai

Brothers- today we had an Intercessory Rosary for all our Catenian brothers and families across the globe for protection against COVID-19. The session on Zoom video conference app was initiated by bro Eugene Das with contribution on the script from many brothers. The session was attended by 94 brothers across the globe. It was a very lively and prayerful session and appreciated by many brothers. We missed many of our brothers who could not make it today today.

It would be nice to have another session in the Holy Week.

Fraternal regards,

Allan Pinto

Secretary, Andheri Circle 376

The Zoom Rosary for Bros across 8 Countries - UK, Australia, Bangladesh India, Ireland, Zimbabwe, South Africa and Israel was a very planned & recited Rosary wherein each country representative was given to recite each decade and special Intercession were prayed over. All were quite happy to unite together as one Global community and pray for this ongoing pandemic. God bless our brotherhood!!

Fraternaly,

Alan Castelino

Andheri Circle Mumbai

The fact that Catenian brothers across the *Globe* joined the Rosary is a true reflection on the Brotherhood of Catenianism !! Such events do bring the Catenians more closer and bonded cutting across geographies...The reach of Catenian organisation is indeed much wider than many such Christian groups...May the Lord bless it to grow from strength to strength to reach every country in the World ! A special appreciation due to Bro Eugene Das for his efforts in making this happen...

John Registon

Andheri Circle Mumbai

Thank you, Eugene, for your leadership. FYI John Secker was a foundation brother of Parramatta,

who got me to join the Circle. There was also Peters Smith and Moriarty from Parramatta, which is a good effort. Next time, maybe getting the brothers from each continent to respond to each decade might work better.

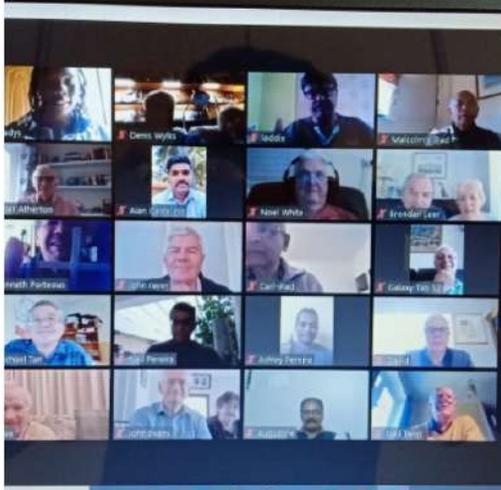
Bro Michael Tan

Parramatta Circle, Australia

It was a good initiative which has brought the Catenian brothers worldwide together for the first time. I couldn't participate though, but the feedback received from our brothers who participated was very nice. It feels nice looking at the pics of the Catenians globally in one screen. God bless our association. May this initiative get us closer in the real sense so that we can extend help to our brothers in need in any part of the globe where we have a Catenian brother.

Maxie Dsouza

Mumbai Malad Circle



YOUNG ACHIEVERS

YOUNG REBECCA'S MUSICAL JOURNEY

An extra ordinary child, immensely gifted in her vocal and piano skills, Rebecca went on to release her own gospel music album at the age of 7 called '**Wonderfully made**' that encourages children to praise God, and has received much attention and appreciation.

She was trained at a tender age by her grandmother **Daphne Sequeira** who is a soprano, music teacher, voice trainer and conductor. The music and lyrics were composed by her mother, gospel singer & songwriter **Martina Sequeira e Souza** who



released her album 'Walk by Faith' in 2013 that

was No 1 in India on the Reverbnation Charts and has an International Digital Single titled 'So Free' in collaboration with a producer from Zimbabwe.



Two of Goa's best jazz keyboardists, **Xavier Peres**, **Ian de Noronha** and piano maestro **Johann Rodricks** from Australia added their magic to the music arrangements. It was programmed, mixed and mastered by **Jeshurun D'Cruz** from Angel C.P Studios, St. Cruz. Two songs were sung by 1st prize winner of Trinity College of London All Mumbai Singing Competition in 2012, **Scott Rodricks**. Backing Vocals by **Marissa Andrews** from Panjim

20 young children and their parents had participated in the making of the **Animated Video** by Chameleon Design. This YouTube video has clocked 35k views without any promotion.

Rebecca believes in giving back what she has received and all profits from the sale of the Album go to **raising funds for an NGO called S.T.A.R.S (Spending Time And Reaping Smiles)** STARS works with aged homes and homes for underprivileged children in Goa.

Rebecca has since recorded 8 hymns for **Divine and Goodness TV – Kerala** which was featured on their morning program called 'Day Break'. She is also part of their yearly Christmas Program under the name of '**3 generations**' with her mother and

grandmother. CCRTV – Goa has produced a video of one of the songs on her album called 'Jesus Jesus' and is regularly aired on CCRTV and YouTube.

Rebecca is not only shining for her vocal skills. She is honing her piano skills with her



music teacher Ms. Pearl Viegas at **Kala Academy** and is also guided by her grandmother and grand uncle Savio Rodricks. Rebecca has completed her Grade 4 music exam from Trinity College of London with distinction. She was selected to perform the 'Minuet in G' from the Anna Magdalena Bach notebook for the prestigious '**Da Capo Sammelan 2019**' Goa's western classical musical festival that showcases young budding musicians from Goa. She auditioned by Ms. Patricia Rosario (acclaimed Soloist - UK) and Mr. Mark Troop (renowned pianist -

UK)

Rebecca was facilitated on 29th of December 2019 at the **Youngathon Utsav 2019** as a young achiever in the field of Music. Her keen interest in Fado enabled her to complete the **Fado de Goa workshop** conducted by Fadista Sonia Sirsat. And most recently she has been selected by the Stop-Gaps Cultural Academy to perform in their **Budding Brigade Concert 2020** at the Godrej Dance Theatre, NCPA, Mumbai on 3rd July 2020.



The future looks promising for this young singer and musician. The enthusiasm & God given talent she possesses, is sure to take her to higher musical grounds. Young Rebecca is definitely someone to watch for.

After gossiping about me, please pray for me, I want to be perfect like you 🙌

CORONA VIRUS & PRECAUTIONS

Dr Dominic Lobo Company Physician MAHINDRA @ MAHINDRA Group Corporate Office

Courtesy- with sections / credit from Harvard Health Publishing, New England Journal of Medicine Journal of American Medical Association, WHO, Ministry of Health Govt of India
COVID-19 as on: 15 April 2020, 12 noon
INDIA

9756 Active Cases,
1305 Cured / Discharged,
377 Deaths

GLOBAL

2,004,383 Cases
Deaths: 126,811
Recovered: 485,304

ACTIVE CASES 1,392,268 Currently Infected Patients

1,340,672 (96%) in Mild Condition
51,596 (4%) Serious or Critical



TIPS ON HOW TO DIAGNOSE a potential Covid+ patient

The main list of acute symptoms at this time is actually quite short and can appear anywhere from two to 14 days, (commonly on Day 4-5)

FEVER -Fever is a key symptom, experts say. Don't fixate on a number, but know it's really not a fever until your temperature reaches at least 100 degrees Fahrenheit (37.7 degrees Celsius) for children and adults. One of the most common presentations of fever is that your

temperature goes up in the late afternoon and early evening

COUGH- Coughing is another key symptom, but it's not just any cough, It should be a dry cough that you feel in your chest. The cough is

bothersome, it's coming from your breastbone or sternum and you can tell that your bronchial tubes are inflamed or irritated,"

DIFFICULTY in BREATHING -very serious -- manifestation of Covid-19, and it can occur on its own, without a cough. If your chest becomes tight or you begin to feel as if you cannot breathe deeply enough to get a good breath, that's a sign to act. In addition to difficulty breathing or shortness of breath, the CDC lists emergency warning signs for Covid-19 as a "persistent pain or pressure in the chest," "bluish lips or face" -- which indicates a lack of oxygen -- and any sudden mental confusion or lethargy and inability to rouse.

FLU and OTHER SYMPTOMS- Many other symptoms can resemble the flu, including headaches, digestive issues, body aches and fatigue, which can be severe. Still other symptoms can resemble a cold or allergies, such as a runny nose, sore throat and sneezing. One possible sign that you might have Covid-19 is if your symptoms, especially shortness of breath, don't improve after a week or so but actually worsen. anosmia, or **LACK OF SENSE OF SMELL**, and dysgeusia, or **LACK OF TASTE**, digestive or stomach GI (gastrointestinal) symptoms were actually there in about half the patients," , adding that "fever and cough and shortness of breath" still appear to be the prevailing symptoms of Covid-19. Severe Fatigue is another red flag.

SO, WHAT SHOULD YOU DO?

"At this moment, the current guidance -- and this may change -- is that if you have symptoms that are similar to the cold and the flu and these are mild symptoms to moderate symptoms, stay at home and try to manage them with rest, hydration and the use of Tylenol,"

That advice does not apply if you are over age 60, since immune systems weaken as we age, or if you are pregnant -- anyone with concerns about corona virus should call their healthcare provider, according to the CDC.

It's unclear whether pregnant women have

a greater chance of getting severely ill from coronavirus, but the CDC has said that women experience changes in their bodies during pregnancy that may increase their risk of some infections.

In general, Covid-19 infections are riskier if you have underlying health conditions such as diabetes, chronic lung disease or asthma, heart failure or heart disease, sickle cell anemia, cancer (or are undergoing chemotherapy), kidney disease with dialysis, a body mass index (BMI) over 40 (extremely obese) or an autoimmune disorder.

"Older patients and individuals who have underlying medical conditions or are immunocompromised should contact their physician early in the course of even mild illness," the CDC advises.

To be clear, you are at higher risk -- even if you are young -- if you have underlying health issues.

"People under 60 with underlying illnesses, with diabetes, heart disease, immunocompromised or have any kind of lung disease previously, those people are more vulnerable despite their younger age,"

A history of travel to an area where the novel coronavirus is widespread (and those parts of the world, including the US, are going up each day) is obviously another key factor in deciding if your symptoms may be Covid-19 or not.

HOW TO BE EVALUATED

If you have no symptoms, please do not ask for testing or add to backlog of calls at testing centers, clinics, hospitals and the like, experts say. "We do not test people with no symptoms because it's a resource issue.

"However, we are emphasizing that people who have this small cluster of important symptoms -- fever and anything related to the lower respiratory tract such as cough and difficulty breathing -- reach out to be evaluated."

PROGNOSIS OF PATIENTS WHO ARE COVID POSITIVE

80% of patients have mild presentation: Fever, dry cough, shortness of breath, sore throat, headache, muscle pain, fatigue, nasal

congestion, diarrhoea.

14% have severe presentation: shortness of breath, increased rate of respiration, low oxygen saturation.

6% turn critical: Respiratory failure, septic shock, and/or multi-organ failure.

More than half of those critical would succumb to the infection. Precautions to take in the global Covid 19 crisis

You can protect yourself and help prevent spreading the virus to others if you:

STAY HOME.-SAVE LIVES.

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

Wash your hands frequently- Regularly and thoroughly clean your hands for 20 seconds with an alcohol-based hand rub or wash them with soap and water.

Face Masks Are Crucial -Now in the Battle against COVID-19 As confirmed cases of COVID-19 continue to rise, the CDC is recommending that everyone wear a cloth mask when they go out in public. Experts say the homemade masks won't protect someone from getting sick, but they can help prevent the spread of the disease by those with the virus.

Maintain social distancing- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing. When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.



Avoid touching eyes, nose and mouth- Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then



dispose of the used tissue immediately. Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

If symptomatic, seek medical care early - If you have a fever, cough and difficulty breathing, seek medical attention. Follow the directions of your local health authority.

Stay informed and follow advice given by your healthcare provider - Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

We need to flatten the curve

To limit the symptoms of the virus before we're too sick

To limit the rate at which the infection spreads

To speed up the time it takes to develop a vaccine- global research is happening on this front but without a vaccine this disease is always going to be a threat. Going by the past it may take up to 2+ years for this to happen.

Meanwhile we continue to be at risk....

How to boost your immune system

Helpful ways to strengthen your immune system and fight off disease

How can you improve your immune system?

On the whole, your immune system does a remarkable job of defending you against disease-causing microorganisms. But sometimes it fails: A germ invades successfully and makes you sick. Is it possible to intervene in this process and boost your immune system? What if you improve your diet? Take certain vitamins or herbal preparations? Make other lifestyle changes in the hope of producing a near-perfect immune response?

Healthy ways to strengthen your immune system

Your first line of defense is to choose a healthy lifestyle.

Don't smoke.

Eat a diet high in fruits and vegetables.

Exercise regularly.

Maintain a healthy weight.

If you drink alcohol, drink only in moderation.

Get adequate sleep.

Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.

Try to minimize stress.

Immune system and age

As we age, our immune response capability becomes reduced, which in turn contributes to more infections and more cancer. As life expectancy in developed countries has increased, so too has the incidence of age-related conditions.

While some people age healthily, the conclusion of many studies is that, compared with younger people, the elderly are more likely to contract infectious diseases and, even more importantly, more likely to die from them. Respiratory infections, influenza, the COVID-19 virus and particularly pneumonia are a leading cause of death in people over 65 worldwide.

No one knows for sure why this happens, but some scientists observe that this increased risk correlates with a decrease in T cells, possibly from the thymus atrophying with age

and producing fewer T cells to fight off infection. Whether this decrease in thymus function explains the drop in T cells or whether other changes play a role is not fully understood.

Others are interested in whether the bone marrow becomes less efficient at producing the stem cells that give rise to the cells of the immune system.

A reduction in immune response to infections has been demonstrated by older people's response to vaccines. For example, studies of influenza vaccines have shown that for people over age 65, the vaccine is less effective compared to healthy children (over age 2). But despite the reduction in efficacy, vaccinations for influenza and *S. pneumoniae* have significantly lowered the rates of sickness and death in older people when compared with no vaccination.

There appears to be a connection between nutrition and immunity in the elderly. A form of malnutrition that is surprisingly common even in affluent countries is known as "micronutrient malnutrition." Micronutrient malnutrition, in which a person is deficient in some essential vitamins and trace minerals that are obtained from or supplemented by diet, can happen in the elderly. Older people tend to eat less and often have less variety in their diets. One important question is whether dietary supplements may help older people maintain a healthier immune system. Older people should discuss this question with their doctor.

Diet and your immune system

Like any fighting force, the immune system army marches on its stomach. Healthy immune system warriors need good, regular nourishment. Scientists have long recognized that people who live in poverty and are malnourished are more vulnerable to infectious diseases. There is some evidence that various micronutrient deficiencies — for example, deficiencies of zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, and E — alter immune responses in animals, as measured in the test tube. However,

the impact of these immune system changes on the health of animals is less clear, and the effect of similar deficiencies on the human immune response has yet to be assessed.

So, what can you do? If you suspect your diet is not providing you with all your micronutrient needs — maybe, for instance, you don't like vegetables — taking a daily multivitamin and mineral supplement may bring other health benefits, beyond any possibly beneficial effects on the immune system. Taking megadoses of a single vitamin does not.

More is not necessarily better.

Exercise: Good for immunity

Regular exercise is one of the pillars of healthy living. It improves cardiovascular health, lowers blood pressure, helps control body weight, and protects against a variety of diseases.

But does it help to boost your immune system naturally and keep it healthy? Just like a healthy diet, exercise can contribute to general good health and therefore to a healthy immune system. It may contribute even more directly by promoting good circulation, which allows the cells and substances of the immune system to move through the body freely and do their job efficiently.

Recommendations to use Supradyn (or like) in a dose of 1 day to get all the multivitamins micronutrient and minerals the body needs to boost immunity

Composition

Vitamin A, Vitamin B(B1, B2, B6, B7, B12), Vitamin C, Vitamin D, Vitamin E, Sodium Borate, Magnesium Oxide, Calcium Pantothenate, Magnesium Sulphate, Zinc Sulphate, Manganese sulphate, Copper Sulphate, Calcium Phosphorus, Sodium Molybdate, Sodium Borate, Nicotinamide, Ferrous Sulphate.

Dr Dominic Lobo, he is a member of Andheri Circle, Mumbai.

Zoom events Joe Delia, Malta

OUR CATENIAN INTERNATIONAL BROTHERHOOD IS VERY MUCH ALIVE

On the 5th April 2020, Palm Sunday, at 2.30 pm (India time) 94 Catenian Brothers from different countries joined a Zoom video and audio conference and said five decades of the Holy Rosary, contemplating the Sorrowful Mysteries.

The intention of the Rosary was that of praying Our Lady to intercede with Our Lord to

- (a) bless the Association's Brothers and their families
- (b) enlighten researchers to expedite the finding of the most effective solution to
- (i) give a complete recovery to persons struck by covid 19
- (ii) stop the spread of the virus.

More specifically, the invocation to Our Lady of the respective decades was:

- (A) for the protection of the first responders, doctors, and nurses who care for those made critically ill by covid 19; for wisdom and guidance on those scientists, researchers and seeking vaccines and rapid testing platforms
- (B) for a full and speedy recovery for those suffering from the coronavirus; for protection of their family members and all those who are at risk of getting or transmitting the virus
- (C) for God's abundant mercy on the souls of those who have died from Covid 19; for strength and consolation for their grieving families
- (D) for protection of those who are most vulnerable to the coronavirus: the elderly, those with compromised immune systems, those who have been travelling abroad, those who are in quarantine and their carers
- (E) for an expedient halt to the spread of the virus; for churches and schools to be reopened, and for the people to be

able to return to their normal daily activities with a deepened faith and love for God.

Every invocation was preceded by a prayer for Brothers, viz.: Let us in a special way pray for all Catenian Brothers and families.

The five invocations were led by Bros. John Rayer, the Association's Director for Development Areas, Michael Tan (Australia), Joseph Delia (Malta & Gozo), Habib (Israel), and Edgar (India) respectively.

The Holy Rosary was closed with the Catenian prayer of Out of the Depths (Psalm 130).

This online international event was a first for our Catenian Association. It was a positive result of covid19. The general comment received from the participants was that the event proved to be a spiritual experience. It also made the spirit of brotherhood truly felt. Some of the Brothers were accompanied by their wives, thus enriching the experience by adding a family dimension.

What a most efficient and effective way of bringing together Brothers from all the countries that are blessed with the Association's presence!

The initiative was taken by Bro. Eugene Das, Development Areas Representative.

The event instilled such a beautiful feeling of International brotherhood and an awesome sentiment of sharing the same faith that it brought so much enthusiasm among the participating Brothers that Bro. Eugene was inundated with requests to set up a similar event for Holy Week.

So once again, the Indian brothers came up with the idea of praying The Way of The Cross – with a Catenian

touch - on Good Friday. And, set it up they did. This second event in a five-day period was another resounding success, to the extent that the Zoom limit of 100 video participants was reached before the scheduled commencement time.

A resume` of the reflections and prayers made in the respective Stations of The Way of the Cross is given as follows:

Reflections

1. How easy it is to give in to political expediency rather than doing what is right
2. We tend to judge others rather than love our neighbour and even our enemy
3. We are inclined to allow the crowd to dominate our decision-making rather than follow our informed consciences
4. As disciples of Jesus we need to be aware that the setbacks, sorrow, and struggles that we go through are part of God's plan of our salvation
5. We would rather be in the crowd than being pushed into the limelight of responsibility, and challenged to give public witness to our faith
6. It is doubtful how much we display the Veronica's courage and compassion in reaching out to those treated harshly by today's crowds
7. We need to face life's trials with humility, in a spirit of faith, hope, and love
8. Our compassion for Jesus' sufferings ought to turn us to prayer for ourselves and our families
9. Despite our denials, our running away from Him, and our betraying Him, He continues to reach out to us; we don't always allow Him
10. Jesus wants us to approach Him with our sins and weaknesses, that He may wash them away
11. Let us nail our sins and prejudices to the Cross with Jesus, acknowledging our failing to love God, and our neighbour, and seeking forgiveness
12. Our vocation to follow Jesus needs to result in our continuing to be missionaries of God's love for our

families, communities, and those we serve in our professional and working life

13. In our sorrows and needs we ought to turn to Mary for her intercession
14. As disciples of Christ we are expected to spread the mission of Jesus by being living witnesses to faith, hope, and love, by our behaviour

Prayers

1. for the spiritual, physical, and emotional health of all Brothers and their families
2. that our children may be filled with faith in the Lord
3. that we may appreciate each other's differences, cultures, and customs
4. that we may be welcoming and accepting
5. to help us reach out in distress and need
6. to save us from covid 19
7. for India, and Bangladesh, that constitute 20% of the world's population
8. that we may experience Jesus' deep love, sacrifice, and presence in every aspect of our lives
9. help us repent from our greed, from ruining our environment
10. for Governments, that they may cater effectively for the health and wellbeing of all their people
11. for the Brothers and their families in the Holy Land, that Israelis, Palestinians, Jews, Christians, and Muslims may seek true, real, lasting Peace that comes from the Cross
12. for all leaders of the Association, at all levels, that they may work with justice and love for all Brothers and their families, guided by the Holy Spirit and under the protection of Our Lady
13. for our Holy Father and all leaders of the Church, that the Holy Spirit may instil in them wisdom and discernment in their guidance of the faithful; for those involved in the communications ministry, that we may continue to participate in online liturgy as we endure the burden of

being unable to participate with our physical presence in the sacrifice of Holy Mass

14. for all world leaders and heads of government, that they may put aside their ego and work tirelessly for the good of their people.

The Stations were led by Brothers from different countries, who included Bros John Hogan, Chairman of the Association's Central Council, and George Katz, Immediate Past Chairman of Central Council.

Perhaps what made both events popular among the Brothers was the design of the prayers, put together by Permanent Deacon Bro Michael Tan. They were heartfelt, referred to a current situation, and touched a common chord.

Thanks must go to the team of Indian brothers led by Bro Eugene and for his masterly conduct of the Zoom medium.

As Bro Eugene said – it was a team effort that has helped pull both these events. He conveyed his thanks to Bros Michael Tan/Agostino/Allan/Ashley/Sushil.

Our Indian Brothers know of no respite; since we are still in the full thrust of covid 19 they are already planning the next Zoom conference for the last Friday of May – 29th May 2020.

Since a good number of Brothers were disappointed because they could not join in The Way of the Cross due to the Zoom limit, arrangements are being worked out and hopefully for the next event this constraint could be overcome.

We shall meet on Zoom on the 29th May 2020 at 2.30 pm (India time), 9.30 am (U.K. time).

**Joseph Delia – Director, Province 23
(Malta & Gozo)**

FEEDBACK FOR INTERNATIONAL CATENIAN STATIONS OF THE CROSS

Many thanks for organising this excellent presentation and it was a perfect start to Good Friday for us in the UK. Well done indeed. Best wishes and have a holy Easter,

**John & Pauline Hogan
Chairman - Central Council**

Very moving!! Congratulations on organising a very successful, prayerful event. Maybe the first of many.

James & Margaret Marwick

Another hit, Eugene! A second spiritual voyage. You managed to bring Brothers from different countries together virtually. I could feel the Brotherhood! The presence of wives gave the event a richer dimension - the family dimension. Thank you for the experience. With best wishes for a devout Good Friday and a joyful Easter to you and your family.

**Joe Delia
Malta Province Director**

The fact that we touched 100 Catenian Brothers minutes before we could start the Spiritual journey on Good Friday is proof of the pains and efforts put by you Bro Eugene, in uniting all Catenian brothers worldwide and is the main ethos of the Catenian Association. Wishing you and family a joyous Easter. Always with you in all your endeavors.

**Bro. Sushil Sequeira
Secretary Chembur Catenian Circle**

many thanks for arranging the Stations of the Cross this morning (to us at least). Margaret and I found it a most prayerful occasion and the prayers for the Association much needed. We particularly appreciated the international aspect of the prayers and were delighted to be able to pray with Brothers across the Catenian world. I think the success can be judged by your having to arrange a second session. I hope this worked as well. We did get a few noises off and at some stage our microphone was unmuted and I suspect several others were as well. I don't think I did this as I kept my fingers away from the keyboard. Zoom certainly worked well and in my own Circle, Broxbourne, we have started using zoom for virtual circle meetings. Early stages but it does help to keep us together. I have many happy memories of my two trips and Margaret's one trip to India. Please send my regards to all the Brothers there. We see on the news the effects of the lockdown in India, especially on the poor and those who have migrated to the cities in the hope of finding employment. We pray for all the people in the Indian subcontinent for their health and safety in these difficult times.

God Bless

John and Margaret Davis

Very special thanks for the initiative of Holy Rosary and Way of the Cross you have taken during this Lenten season. It was really a wonderful way to show our union in faith. Please pray for us so that we can continue our journey together in faith.

Fraternal Regards,

Jewel Cyril Costa

Secretary, The Catenian Association, Savar 382 Bangladesh

My wife and I thought that the stations of the cross via Zoom was a great spiritual success and I look forward to being able to join in future similar experiences.

I have just two comments:

1. I heard a number of Brothers say that they were new to Zoom. I think that they could have been among those who were not aware of how to mute their system. Perhaps an instruction about this could be issued before the next event?

2. I have read of a number of vulnerabilities there are in the software and apparently there are a number of cases that have either already gone through the courts in the USA or are pending there. I have a transcript listing them in case you might be interested.

Apart from these two matters, all was well and you and the team are to be congratulated.

Fraternally, and with best wishes,

Tony Sadler

(Salisbury, Duchy of Cornwall Circles and West Cornwall Group)

**“Forget the past,
it is nothing compared
to what I am going to do”.**

-Isaiah 43:18

REPORTS

CHEMBUR CIRCLE INAUGURATION

The day finally arrived...Our Chembur Group was duly installed as a Circle on Valentine's Day 14th February 2020 in the presence of 50 brothers and their families. A proud moment for all of us; 20 brothers from Chembur, 4 brothers from Thane and 26 brothers from Circles of Malad, Andheri, Bandra, Goa, and UK attended the inauguration. We also had our neighbouring Thane brothers who were soon going to be inaugurated as a Circle too and it was nice to meet up with them.

As our AC31 President Bro Eugene put it, which made us feel proud – “We had a vision from AC 31 point of view - Expansion and retention of circles; and today you have helped us fulfil our vision. There was a long and sustained effort and planning that went into producing this outcome. You have taken the initiative to conduct many events - a session on Wills and Succession for the benefit of all parishioners which has been appreciated by the Parish priest; visit to Clergy home etc. You have visited other circles too and interacted with brothers and shared your lives, joys, sorrows, opportunities...and you have set the tone of brotherhood not only in your circle but interacting with other brothers. Bishop Percy has also sent his personal congratulatory message and presence of dignitaries from UK, Goa are indeed blessings to us”.

Post the inauguration, we organized games, fun filled activities, performance by a mimicry artist, lip smacking snacks, delicious food and fellowship making the

event memorable.

The Chembur Brothers take this opportunity to thank our dignitaries from U. K. Bro. John Rayer, Director- Developing Areas and our Central Council Chairman Bro. John Hogan along with their spouses Anne and Pauline for being part of the proceedings. The UK brothers spoke about their recent experience with the inaugural of 2 new Circles in Bangladesh – Savar and Khulna and the growth of the Catenian Association worldwide.

A special mention of thanks to Bro Edgar and Bro Eddie from Goa along with Bro Lionel from UK who is also a joint member of Andheri Circle for being a part of the Chembur inaugural meeting.

Bro Edgar along with Bro Eugene and Bro Alan from Andheri Circle have taken lot of pains throughout the year by their presence in our meetings and hand-holding us through the wonderful journey of brotherhood and briefing us about the Catenian Association presence globally and how it has grown over the year internationally as well as in India and neighbouring countries.

We are proud to be part of a global Catenian network of brothers

Sushil Sequeira
Secretary- Chembur Circle 384

THANE CIRCLE INAUGURATION

A NEW CIRCLE IS FORMED IN MUMBAI – THANE

Not too long ago on 29th June 2019 a group of about 40 like-minded gentlemen met at St. John The Baptist, Parish Hall in Thane, at our first meeting. We had Bro Willie, Bro Edgar, Bro Agostino, Bro Joey from Goa and from AC31,



we had our AC 31 President – Bro Eugene along with Bros Saver & Alan. Post the meeting, quite a few of us volunteered to take the initiative forward to form a Circle.

Bro Steven took the lead, followed by few others. We then proposed to meet at regular intervals. As we met, we realised the importance of fellowship without expectation....the *art of giving* as one may say. We had a good number of like-minded gentlemen join us for one meeting, may be two. A few of them excused themselves, but the ones who were committed stuck around. As time passed, we realised our bonding had slowly reached another level. Bro Steven had an able committee with him the committee included Bro Lloyd, Bro Dominic, Bro Elton, Bro Terryl, Bro Cyril, Bro Anthony A, Bro Anthony P, Bro Arun, Bro Dolphy, Bro Roque and Bro Rocky. Besides these brothers who were part of the core group there were another 10 brothers who had been regular for our monthly meetings. Seeing the commitment from each of our brothers we thought it would not be out of place for us to form a Circle. Bro Eugene would make it a point to attend each of our meetings and was also impressed with how we conducted ourselves and guides us as and when it was

difficult for few brothers to execute their duties at times. With encouragement from other senior Catenians and our core team we finally decided to take the plunge and establish a Catenian Circle.

Some of our core brothers then had consultations with Bro Eugene and we finalised Sunday 16th February 2020 as the date for Installation of our Circle. No sooner we decided on a formal date our team swung into execution mode. Bro Eugene guided us on the required groundwork and the structure. Our team went about collecting information on our brothers and seeking their commitments. Our Treasurer Bro Dominic started working on the budget. Our President Bro Steven along with Bro Elton shortlisted few venues and after discussions in the core team, booked the final venue.



Secretary Bro Lloyd took care of collating all the inputs and as advised by Bro Eugene, arranged to send various reports to the Head office in Coventry, UK.

As we were approaching 16th February, we set up roles and responsibilities to each of our Core team members. Other brothers also chipped in. We had a mock rehearsal of the installation ceremony in our January 2020 meeting; where we had Bro Eugene, Bro Maxie, Bro Saver, Bro Alan among our esteemed guests and mentors. Post this we had several rounds of discussions and mock drills.

To our luck we had the Chembur Circle which had its Installation on Friday 14th February. Bro Steven, Bro Dominic, Bro Terryl and

myself visited the Chembur Circle to experience a live Installation Ceremony. This was quite a learning experience. We picked up on the key points and understood the layout, flow and expectations of a well-conceived Installation Ceremony.



After this wonderful experience, thanks to Bro Dominic D'Souza and his team, we fine-tuned all the gaps and visualised the flow of events and shared it with our team. This helped us immensely.

Finally, the day arrived... Sunday 16th February 2020; our team assembled at the venue by 6 pm. The team took their respective positions. The registration desk was set and welcomed all the guests. The designated volunteers were leading the guests to their chairs and ensuring they had their welcome drink. Soon we had the room filled with our brothers, their families and esteemed guests.

We commenced our meeting at 7.30 pm with a quorum of 15 brothers, 14 visiting brothers, 17 guests and 6 children. Bro Eugene welcomed Bro John Rayer (Director, Development Areas) and Bro John Hogan (Chairman, Central Council) and lead them to the dais. Bro John Rayer rang the gong and announced the meeting open. By this time all brothers who had come to take active part in the installation had taken their positions around the dais. The brothers from the Thane Group also took their positions and were eagerly waiting for the ceremony to commence. The Installation Ceremony commenced. We went step by step as per the procedures laid out in the manual. Soon each of the office bearers were called to the dais starting with Bro Steven. The gathering cheered and applauded as each official was

being inducted as a Catenian. It was a gracious and memorable event; simple, pure, completely unadulterated. Am sure it held a lot of significance in the lives of each of the office bearers who were installed. Their families too got a first-hand glimpse of what they had been doing for the past few months. On a lighter note their wives' worries over the several months were put to rest and they now knew that everything was at its best. Bro John Rayer on completion of the Installation handed over the dais to Bro Steven, who thanked all the Catenian Brothers, Visitors, Families and Guests and took the rest part of the meeting very gracefully. He finally then rang the gong and announced the meeting had ended. Well this was only the end of the formal meeting. Much more was to follow.

Bro Steven invited AC 31 President – Bro Eugene to speak few words. Bro Eugene heartily congratulated our Circle and said



he agreed with Bro Lloyd of having a lucky number 385. Bro Eugene further said “ As on today, we are now 5 circles in Mumbai..It is a proud moment to all of us; personally to me...both as AC 31 President and DAR. This circle is a very blessed circle – for 2 reasons : for our very first foundation meet, we had Bishop Allwyn with us to bless and second, today, we received a personal congratulatory message from Bishop Percy.”. He spoke briefly about the hectic tour in Bangladesh inaugurating 2 circles and a circle meeting in Dhaka previous week and was wondering if our dignitaries could make it today and thanked Bros John Hogan CC chairman and John Rayer

DDA along with their lovely wives. He also further stated that it is a very blessed day today having Dr Willie Britto, Founder of Catenians in India along with Bros Edgar and Eddie. Presence of all these dignitaries are indeed blessings for us. As a sign of brotherhood, Malad Circle, Andheri Circle, Bandra Circle and Chembur Circle brothers were also present.

Bro Eugene further stated – “We had only 2 vision statements from AC 31 - Expansion and Retention of circles; and today you have helped us fulfil our vision. I was waiting for this day to say that we are now on our way to become a province. There was a long and sustained effort and planning that went into



producing this outcome. You have even started to put in place the yearly event calendar which goes to show how committed you are to bring brothers and families together. You have taken the initiative to conduct many events - A visit to Blind Home at Igatpuri with a camp night out– you involved not only members of your circle but all other circle members were also a part of the trip. Your President has conducted workshops on Financial planning and investment and this is something we are looking to work across different parishes in Mumbai for the benefit of our parishioners. Bro Dolphy has taken the initiative to conduct a session of Wills and Succession in his parish. You even represented yourselves at the Strategic workshop in Oct last year. Goes to prove the eagerness to know more about our association. You have set the tone of brotherhood not only in your circle but interacting with other bros. 23rd Oct – we all met at our Andheri Circle meet as one big

family along with spouses and children. A wonderful talk by Preethi – Bro Elton's wife on Health – Ageing Gracefully and Leg massage by blind persons – an organisation run by one of our Catenian brothers – was a very unique experience. We had both John and Anne there”. Bro Eugene then left us with a challenge for our Thane Circle to be etched onto the International Membership trophy; which we will really work towards. He ended his talk by saying : If we strive to work towards helping each brother make a better person, better friends, better family men, better Catholics and a better Citizen. There are exciting times ahead for all of us; and once again welcome you to our brotherhoodEnjoy the journey ! Each of you is now a Global Catenian”

Bro John Rayer gave an inaugural address and shared a brief background on Catenians. Bro Edgar also gave a perspective to the congregation.

Ms. Preethi Aranha, wife of Bro Elton Aranha, was our master of ceremonies for the evening. She enthralled the audience and kept them on their toes all through the entertainment



session. The audience irrespective of age joined in and participated in the game – “Bombing the City” and danced away to glory. Preethi kept motivating participants by announcing spot prizes at regular intervals.

The starters were just perfect. The bar had opened giving everyone's spirit a lift. As the party progressed all the guests enjoyed the sizzling and spicy starters along with their drinks.

Towards the later part of the function we had impromptu participation by Ms. Aiyana Castelino, daughter of Bro Alan Castelino, who

sang a song; Bro Sushil Sequeira's daughter entertained us with a song; Mast. Nathan Rego, son of Bro Lloyd Rego, recited a poem; Ms. Alaina Vaz and Samuel Dias, daughter and nephew of Bro Arun Vaz also performed in front of the gathering.

While the dance and music continued, each of the brothers in a gracious manner got on stage with their family and introduced their families. It was such a lovely feeling for each family to come up and feel the warmth of the entire community.

As the fun and frolic continued, it was time for dinner and Bro Santosh Jadhav lead us all into prayer by saying the grace and thanking the

Lord for the wonderful evening we had. The snacks and dinner along with the dance and music continued with all wanting more and more. While we had dinned and wined enough, the caterers put out some lovely carrot halwa and ice cream which no one could resist.

Thus, was the installation of Thane Catenian Circle 385, a memory to stay alive forever.

Lloyd Rego

Secretary – Thane Circle 385

MALAD CIRCLE STATIONS OF THE CROSS

Bro. Francis Rodrigues

The Catenian Association Malad Mumbai circle conducted the Stations of the Cross on Tuesday, 17th March 2020 at Our Lady of Lourdes Church, Orlem, Malad. It was a solemn ceremony conducted by the Parish Priest Rev. Fr. Michael Pinto. In spite of the Corona virus fears, it was attended by many Catenian brothers along with their families and also other parishioners. Though shorter in comparison to the previous years, the service had depth, meaning and mournful participation.

While the Stations of the Cross were powerfully and resourcefully conducted with

fitting commentary at all the stations, Fr. Michael, spoke about the Catenian Association, the morals and ethics they hold and the various altruistic works they carryout to help the poor and unfortunate people of the parish. At the end of the ceremony he blest the association and wished that we expand our reach to more worthy persons of the parish.

The sombre service was competently supported by a choral group singing soulful and melancholic hymns in keeping with the solemn occasion.

DECISION MAKING :

A boy said to his father, "Dad , if three frogs were sitting on a limb that hung over a pool , and one frog decided to jump off into the pool, how many frogs would be left on the limb?" Then dad replied , " Two."

" No," the son replied." There are three frogs , and one decides to jump , how many are left?"

Then the dad said , " Oh , I get it now , if one decides to jump the others would do the same. So there are none left on the limb!"

The boy said , "No dad , the answer is THREE .The frog only DECIDED to jump. He did not jump!"

Sounds familiar? We are great at making inspiring decisions, but often times we only decide , and months later we are still on the same limb , doing nothing! ***

PROFILES

ANDHERI CIRCLE

My name is Adrian Pereira, born and lived all my life in Mumbai, India since the past 50 years.

I am a member of the Catenian Association, Andheri Circle 376 since September 2019 and also a newly inducted Circle council member. I am a Sales professional and have worked at Enterprise Software MNC's managing various responsibilities including local and Indian subcontinent markets. I'm currently on a sabbatical from daily work trying to take life easy as compared to the hectic lifestyle I've lived, travelling and trying to achieve targets for 2 decades!

My family consists of my 21 year old daughter and both parents who are well retired long ago. My daughter is aspiring to be a Chartered Accountant and is appearing for her final exams in May this year.

Three reasons for my taking the sabbatical are :

- (I) wanting to pursue my hobbies which consist of reading, music and movies.
- (ii) Volunteering my time for social causes and reaching out to our less fortunate brethren.
- (iii) Spending more time with my family.

And yeah, if time permits, learning to play the guitar, piano and saxophone, not necessarily in that order. If I have to describe myself in one sentence it would be as follows: "I'm a slow starter and lazy, but once I get started, there's no stopping me."



MALAD CIRCLE

LYNDON PINTO

Born on 13th February 1967, Lyndon Pinto is a product of the creative garment industry having spent decades working with Fashion. The other half of his professional career is spent being a Global Sourcing Manager with knowledge and understanding of International networking in most of the Far East countries. Lyndon is an Arts Graduate (Economics) from the Gokhale's Education College of Arts, Science & Commerce, Borivali.

Besides his love for travelling, Lyndon enjoys organizing and planning events.

Being an avid and passionate music lover, he listens to all genres of music from Jazz to Pop and Slow Rock. He considers working out at the gym as his favourite hobby, where he has managed to make a ton of friends of all ages.

He is married to a lovely and charming wife Faye who is a home maker-cum-entrepreneur - A Seamstress of wedding gowns and ladies formal dresses. She is an Ex- Parish Councilor and a Eucharist Minister. As a couple they conduct the Pre-Baptism sessions at Our Lady of Lourdes Parish in Orlem.

Lyndon and Faye have three children. His son KLOYSTON is a graduate trained Chef who is passionate about cooking and training his younger sister, KIARA to be his Sous Chef.

His two princesses KRYSTLE, who will complete her Bachelor of Arts this year plans to make a foray into journalism, while KIARA is still a school going girl and happy to have passed her class this year without exams! Lyndon joined our brotherhood in December 2019



Reminiscing our Retired Priests A visit to the Clergy Home by MMC 364

Otty D'Souza (Wife of Bro. Barses D'Souza)

"People say one person can't make a difference in the world ----but we know that isn't true, because we've seen the difference you, dear retired fathers, have made in the lives of those around you.."

These words kept running through our minds, when in this context and as in previous years, a group of 34 Catenian Brothers and spouses visited the Clergy Home in Bandra on Sunday, 19th January 2020. This was to show gratitude to the retired clergy of our Archdiocese and spend some time with them - reminiscing about and sharing with them some of their most treasured memories.

We reached the Home around 8.50 a.m. and began our visit with the celebration of the Eucharist by Fr. Xavier Rodrigues. He first confirmed what the tenets of the Catenian



The Catenians of MMC 364 on their way to the Clergy Home

Association are viz. Faith, Family and Fellowship and then preached a very appropriate and pertinent homily on faith. He drew a comparison between the faith inspired by God into the heart of St. John the Baptist in recognizing The Lamb of God and the faith inspired by the father in the family into the hearts of his children.

The Eucharist ended with the Catenians singing the concluding hymn, "Bind Us Together" very joyfully and lustily, lead by Bros. Francis and Everton.

After an eagerly awaited and hearty breakfast, the group broke up and went around visiting all

the priests in their respective rooms as well as those in the infirmary. It was a joy to meet them, especially those who served in our parish, for they have touched our lives in more ways than one and made a difference to us.

It was also heart wrenching to see that age and illness have taken a tragic toll on a few of them, who, in their prime were dynamic, effective and caring pastors. It is up to us to keep all of them in our prayers.

A game of Housie and a round of community singing that followed were truly entertaining and enjoyable, with all of us, visitors and priests, participating with great enthusiasm. The prize winners at Housie glowed noticeably at their good fortune with friendly banter being exchanged between them and the not-so-lucky ones. However, no one was really disappointed, for each priest in the Home and all the care givers received gift of thanks from the Catenians.



The Author with one of the retired priests

Farewells and 'au revours' were then exchanged with the promise of another visit in the future.

"Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven," (Matt. 5:16)

They have, indeed, been a reflection of God's love and we appreciate them and all that they have done in His service. May God bless them abundantly and keep them in His care always.

Francis J Pereira (Jerry) had a phenomenal and illustrious working career for over 40 years, all in one organisation. He joined International Tractors, now Tractor Division of Mahindra and Mahindra Ltd., as Trainee Executive and retired as General Manager – Supply Chain Management. During his working career, he served in various functions including manufacturing, purchase, IT, marketing and supply chain at Kandivli and Worli. After retirement, he continued as Consultant for another 6 years.



Francis is happily married to Lena and they reside at Rustomjee Riviera, Orlem, Malad. They have been married for almost 44 years! Lena too had a very successful working career. She worked for over 2 years with Chemicals & Fibers of India Ltd (CAFI), sister concern of Imperial Chemicals of India Ltd (ICI), then Britannia Industries Ltd. for 14 years and finally at Tata Motors Ltd. for over 22 years. They are blessed with 2 wonderful sons. Jason, the elder passed from St Anne's High School, Orlem, Jr. College from St. Xaviers College and Engineering from Mumbai University. He did his Masters and B-School in the USA and is having a flourishing working career there. He is married to Anita and they are blessed with two little daughters, Sophia (6 yrs.) and Sarah (3years). His younger son Lyndon too passed from St. Annes' High School, Orlem, Jr. College from Mithibai College and Engineering from Mumbai University. He then did his B-School from IIM Calcutta. A placement took him to the USA in an Investment Bank and is contentedly working there for over 14 years. Our Ex-President, Joseph Rodrigues, introduced him to the Catenian Association. Jerry (as he is popularly known) is now an integral part of MMC 364 and in his words; "I am proud to be a Catenian".

THANE CIRCLE

WILFRED D'MELLO

Wilfred D'Mello joined the Catenians because the association is exclusively for practising Catholics. There is no political affiliation nor is there any political discussion. Helping other members when in need and the fellowship that follows is what attracted him to the Catenians.



Wilfred is married to Barbara and they have a son named Elton. Presently he is taking a much needed break from work after 35 long years in Pharma Sales. Surely he has a lot of time on his hands to pursue his hobbies which include reading paperbacks, watching movies on TV and meeting friends.

ELTON ARANHA

Elton Aranha is married to Preethi and they have four children, Mark (11), Gabriel (8), Dabiel (6) and Abigail (4). With regards to employment, Elton is into Event Management and is a Wellness coach.



He is a sports lover and an avid musician at heart and justifiably his hobbies include football, basketball, badminton, table tennis and playing the Violin and Guitar.

Elton joined the Catenians to bond with other catholic brethren through fellowship and faith and to help in reaching out to the less privileged.

ALLWYN IVAN D'SOUZA

Allwyn is an entrepreneur. He is a partner in Bay Leaf advertising. He is married to Pooja Seth and they have a son named Neil.

His hobbies include travelling, playing all kinds of sports and going on long drives.

The idea of brotherhood and the social initiatives are close to his heart. He feels that the Catenian Association will fulfil this passion.



CHEMBUR CIRCLE

SUSHIL SEQUEIRA

Sushil Sequeira was born in Mumbai on 13 August 1979. His childhood, schooling and graduation in Commerce were all done in Mumbai. He got married in 2005 and has a 6 year old daughter. He commenced his career in 2000 as a Financial Sales Representative with Tata TD Warehouse, where he worked for 2 years. Later in 2002, he joined Elan Pharma as a Medical Sales Representative. He was promoted to the post of Sales Promotion Officer and then as an Operations and Logistics Manager. He spent a total of 15 years with Elan Pharma. In 2017, the entrepreneurship bug caught up with him and he ventured on his own to start an IT Training Centre specialising in training and placement. In Nov 2019, he joined Transformatrix as a Senior Manager HR and Admin.



His hobbies include travelling and meeting new people. His main attraction to Catenians is the brotherhood and the fraternal love which links them to each other. **Sushil is now the Secretary of the Chembur Circle, which was installed on 14th February 2020.**

TERENCE FERNANDES

Terence A Fernandes is the Membership Officer of the Chembur circle. Being a true Mumbaite, his entire education was done in Mumbai graduating in Science.

Terence, who is a bachelor, was born in Mumbai on the 18/12/1980. At the age of 36, Terence lost his parents, leaving him with his brother. He started his career in the Merchant Navy and after 7 years he had a change of heart and decided to change his career. He rightly decided to complete his Management studies through distance education. After successful completion he joined Meridian Warehousing and Transloading Services, Badlapur, a cargo handling company, by the end of 2008. He presently oversees C&D clearance transportation & warehouse docking.



Terence is a member of the Rifle Club and also Secretary for Navi Mumbai Sports Power lifting association. Brotherhood & bonding of the Catenian brothers attracted him to the association.

VINCENT COELHO

Vincent Coelho is a fitness enthusiast and wellness champ.

He is a proud Catenian and strongly believes and propagates its values.

Vincent completed his MBA in operations and presently works for Maersk in DG operations team based out of Mumbai. Possessing a field experience of 15 years, he has a cross functional experience in different profiles.

His wife works in Human Resources. He has a 6 year old son studying in 1st grade. Vincent resides in Ghatkopar. He feels connected to his fellow Catenians who are always supportive and helpful.

Vincent is the Vice President of Chembur Circle.



JOSEPH CARDOSO

Joseph Cardoso was introduced to the Catenian Association by his good friend Bro. Dominic D'Souza. He was born on 11th June 1946 in Assolna, Goa to John and Alexinha Cardoso. He is a multi-linguist, having done his primary education in Portuguese and then in English in Mumbai and back to Goa to complete French.

In the pursuit of a good career, Joseph moved to Mumbai and joined a reputed Advertising Agency in the accounts department. He later worked in various capacities as an Accounts Officer, Cashier and Manager. A twist of fate saw Joseph losing his way and focus and getting addicted to alcohol. He recovered just in time and today he is a teetotaller for the last 38 years. (His testimony forms the substance of another article in this book).



Besides joining the Catenians, Joseph is a member of St. Vincent de Paul Society and also an active member of the Alcohol Anonymous. **Joe, as he is fondly called by his friends, is the Treasurer of the Chembur circle.**

ANTHONY RODRIGUES

Anthony Rodrigues has an inspiring career graph. Thanks to his Canadian catholic friend, whom he met at his previous assignment as a Business Development Manager at an Engineering company, he is today a Director in charge of Indian Operations for a Russian company where he has accomplished the feat of completing seven projects. Prior to this Anthony worked for a Pharmaceutical company for 15 years followed by a stint in Insurance.

Born and brought up in Chembur, Mumbai Anthony completed his graduation from K J Somaiya Collage. He married Debbie in the year 2000 and they are blessed with a son Ryan and daughter Rhea.

Anthony is the Marshall of the Chembur Catenian circle.



DOMNIC D'SOUZA

Born in Chembur on 19th October 1962, Domnic D'Souza, a Commerce graduate works as a Chef at the prestigious Taj Hotels for the last 38 years.

His wife works in the corporate office at ICICI Bank. They are blessed with two daughters. The eldest one has completed her MBA from a university in Melbourne in 2016 and continues to pursue her career there. The second daughter, who holds a BMM degree, is freelancing as a professional photographer.

Dominic, who was with the Andheri Circle for four and a half years, had the privilege of attending a seminar in Melbourne in October 2017 and had the honour of being invited to the Ladies Night organised by the Sydney Circle which he attended with his wife and two daughters.

Domnic is a parishioner of the Holy Family church in Chembur. In his words, 'I am a proud Catenian connected to my great, supportive and bonding family'.

Domnic is now the President of the Chembur Circle.



JOSEPH DSOUZA

Joseph D'Souza is an aspiring actor and loves singing. His group has recorded 5 episodes for Shalom TV Vachansangeet in Tabor Ashram Kalyan. He has also acted in Dramas, with "Farikpon" being his first drama, which has completed four shows in December 2019.

Joseph from Vengurla parish Sindhudurg Maharashtra, was born on 25th November 1990.

He presently stays in Bhandup and has had a stint as Marketing Head for Neo-Tech Consultants, Goregaon East.

Joseph is the Chamberlain of the Chembur Circle.



ARTHUR JOSEPH

Arthur Joseph residing in Ghatkopar (West) is self employed and runs his own company in the name of Savio Infotech for the past ten years. His primary focus is Information Technology.

His wife works as a Finance Manager in a MNC firm. They are blessed with three sons, Savio, Joshua and Aaron. Arthur is an active lay person in his parish. He is a member of Legion of Mary for last 20 years and Parish Pastoral Council member in his Parish.

Arthur was introduced to the Catenians by Bro Domnic. Since joining the Catenians he says that he has received so much love, warmth and care. He further states that he is proud to be a Catenian as it is a great association, having supportive members, that makes him feel like a part of a bonding family.



ANAND EKKA

Anand Ekka, a native of Odisha, has been living in Mumbai for the last 10 years. Presently he is working in Securities and Exchange Board of India as an Assistant General Manager.

Anand is married to Shobana. In his free time, he likes watching movies and reading. He is glad to be a part of Catenian group where is able to bond more with catholic brothers and the community.



GEORGE LAZAR

George Lazar is an entrepreneur in the business of repairs and resale of home appliances for more than 20 years aptly named Lazar and Sons. He is married to Juliet Preethi, a housewife and has an 11 year old son named Vivian.

When he not busy with work, he loves watching movies. He is glad to be a part of Catenian group which he has joined to know more about Catholic brothers in his neighbourhood.

He feels that like him being of help to them, they too in turn could be of help to him, He says, 'I feel together we are all one in the Lord. God will surely bless each one of us'.



TITUS RODRIGUES

Titus Rodrigues, with a background in Electronics Engineering, worked as a Telecom professional. He is currently working on his own and is a part of a Wellness group based in Bangalore.

His wife, Flavia Rodrigues works with an insurance company. They are blessed with two daughters. The elder daughter Candice is pursuing a post graduate Management degree and the younger; Kaylynn is doing her First year in Computer Engineering.

Titus is glad to be part of a global organisation which gives him an opportunity to connect with fellow members from this city and elsewhere too.



WALTER SANTAN SALDHANA

Walter Saldhana retired as an Administration and Security Manager. He is married to Hilda. They have two children, Darryl, who is married to Olivia and Dimple.

Walter lists watching TV, listening to music and quick household fittings as his hobbies. On his joining the Catenians, he has this to say; "I have witnessed God's blessings over my family and me in many different ways. Now that I have retired, I have decided to dedicate some of my time by volunteering, supporting and being of help wherever I can, my way of giving back to the society and thanking God for everything.



GIJO PAUL KALATHUPARAMBIL

Gijo Paul presently working with Tata Motors Ltd. in the Corporate IT department, is 50 years of age. His wife Annie Gijo has a full time career at Blue Dart Ltd. Gijo has a 19 year old son, Alvin who is pursuing a career in Architecture at Pillai College, Panvel. His daughter Alina, 16 years of age is studying in the class 10 at Holy Family School.

Gijo lists Reading, Cooking, and travelling as his hobbies. He joined the Catenian Association to meet and bond with likeminded Christian brothers in the area.

IAN PEREIRA

Ian Pereira has been a professional photographer for the past 35 years. Gravitating towards photography came naturally to him. His Dad Brendan C. Pereira, a Creative Director and co-founder of Chaitra Advertising (now Leo Burnett) and a legend in the history of advertising in India, discovered his talent and nurtured it.

Ian admittedly has a natural affection and affinity for the inanimate, particularly for food and for jewellery. He was the winner of the A & M magazine "Photographer of the Year" award 1993 for the Escorts Corporate campaign. His work in some other campaigns has also won awards for some advertising agencies. He set up shop in Mumbai in November 1994 and there has been no looking back since then.

One of India's leading cuisine experts, Jiggs Kalra suggest: "*Ian is the best food photographer in the country today*"

Ian is married to Rufina Fernandes and has a son Yohhan from his ex-wife. His hobbies include watching cricket, listening to Jazz music and doing the Cryptic crossword.

Ian joined the Catenians to meet people with a charitable frame of mind and to do social work and of course for Fellowship.





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MUMBAI | PUNE | NASIK | NAGPUR | KOLHAPUR | SOLAPUR



A CATENIAN ANTHEM BASED ON THE CATENIAN PLEDGE

TOGETHER WE WILL STAND

LYRICS: BRO. STANLEY COUTINHO
MUSIC: PIERRE FERNANDES



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

WITH
IN
AS
AS
WE'RE



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

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



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

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



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

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



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

17 BRING-ING ALL OUR JOYS BRING-ING ALL OUR LOVE BRING-ING ALL OUR TA-LENTS ALL OUR LIVES

MEDIATION TO RESOLVE DISPUTES

WHAT IS IT? DO YOU NEED TO KNOW MORE?



-Not everything needs to be fought in Court. Resolve disputes through Mediation

**-Speedy Justice -
MAINTAIN Relationships.
Repair Communication -
REDUCE COSTS
Keep private issues private.**



Oasis Knowledge Tree



WORKSHOP MODULE:

First Sunday in a Parish

- will be dedicated to creating awareness about the concept of Mediation.

TIME PERIOD	THEME / TOPIC	STYLE
10am – 10.30am	Presentation on Mediation & Conflict	Interactive Talk Session & Exercises
10.30am – 11.15pm	How Mediation is different from the Court System, Arbitration, Lok Adalat	Interactive Talk Session & Exercises
11.15am – 11.30am	Comfort Break	
11.30am – 12pm	What are the different kinds of cases that can be referred to Mediation + the process & advantages	Interactive Talk Session & Exercises
12pm – 12.30pm	LIVE DEMO OF MEDIATION SESSION	
12.30pm – 12.45	BATNA / WATNA - Why you should convince your lawyer about mediation	Interactive Talk & Practical Session

The follow-up Saturday in a Panaji Centre from 9 a.m. to 1 p.m. (afternoon) & 2 p.m. to 5 p.m.

- will be dedicated exclusively to serving those who want give Mediation a try.
- Certified and trained mediators would provide personal attention to parties who bring forward their disputes. This first session will be FREE.
- It would operate in the form of a free legal aid clinic, but in a more private setting, where only parties to the dispute and the certified mediator would address the conflict behind closed doors.
- Each Session would go on for a maximum of one hour. Both parties will get an opportunity to present their case. If the case needs further time, then the certified mediator will assign time for another session of mediation in a more

Contact us:

- **Adv. E. O. Mendes** - Accredited Gr 'B' mediator
+91 7972662678
- **Mr. George Ninan** - Accredited Gr 'B' mediator
+91 9822123001
- **Adv. Shailendra Bhohe** - Accredited Gr 'B' mediator
+91 9823165663
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