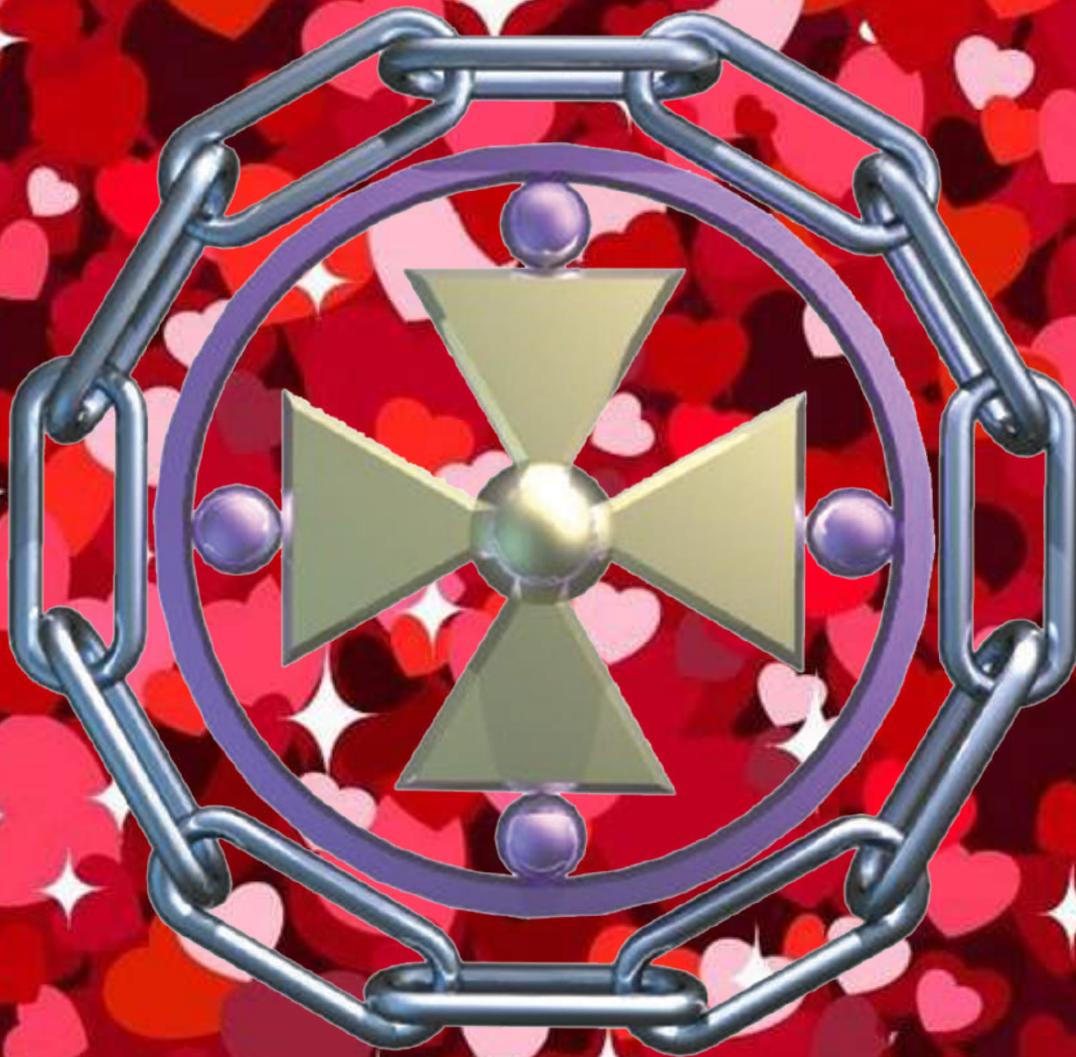


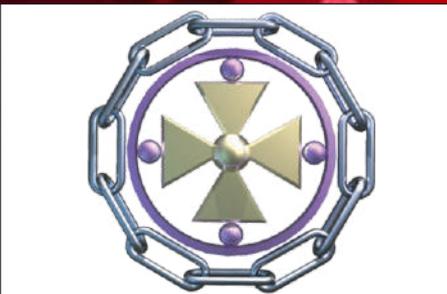
THE CATINDIAN

Year 1/Issue 8/February 2020



Don't miss this issue....

INCEPTION STORIES



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CATENIANS IN PORTUGAL



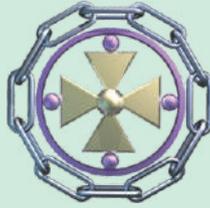
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OUR NEWEST BROTHERS



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THE CATENIAN ASSOCIATION IN INDIA



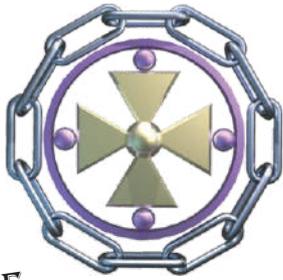
The Catenians

*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

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for

**The Catenian Association
in India**

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From the Editor's Desk

The February Issue is leaping ahead hopping into the past and hoping into the future loaded with news and views of Inceptions and Inaugurations and treasuring the warm glow of Catenian growth. We remember how we came into being and the road travelled; the journey has indeed been far-flung and enriching. So step into the pages of this issue and explore our spiritual and spirited adventures.

The ICC Chairman, Brother Honorato Velho, fondly remembers the Margao Circle 358, the Circle of his first steps into the Catenian Brotherhood and Brother Simon Peter leans back into the warmth of the Vasco Circle 363 of which he was the Founding President. The feelings of these two brothers resonate the experiences of the brothers of the five Circles that constitute the first phase – the Goan phase of the Catenian Association in India.

The expansion North, pioneered by the Malad Mumbai Circle 364, fascinates us with its time jumps to its inception and to its recent activities: a visit to a Clergy Home and an Christmas Party in an Orphanage with bonus brotherly Christmas Photographs to keep alive happy times. Still in the North, with a jump in time, the Andheri Circle 376 traces its “journey so far”, sharing with us their felicitation of Anitha, an underprivileged girl who triumphed, a heart-warming story. We are also proud of their winning the International Trophy for growth. We have it here in words and pictures. Join in the celebrations.

We step back in time and down South to be with our Mangalore Brothers, Circle 375; then move forward back to Goa, Mapusa Circle 377; and down South again, visiting our Belgaum Brothers, Circle 378. The awareness of welcoming hands and hearts all around us is gloriously comforting. The Family dimension is further enhanced with 8 Thane and 7 Chembur Council Brothers sharing their lives with us in their PROFILES – WOW! 15 profiles in this issue! Thank you Brothers. We need these to achieve one of the objectives of your magazine – getting to know each other. But for some inexplicable reason, many of us have not shared their bios. Please

do; we want to be a family. In this issue too, we have our first Obituary: a loving tribute – “Remembering Brother John.” Praying for and remembering our dead brothers is an essential part of our meeting prayers.



Crossing the ocean, we join the Cork Circle visiting Portugal. Stanley Coutinho in his revealing Book Review transports us into the harrowing life of Mrs. Escobar and her life with her notorious drug dealer husband, Pablo Escobar. That's one slice of life and love. Mrs. Corina C. Soares e Fernandes offsets this with her beautiful narrative of a satisfying life as a wife of a Catenian brother. This mutual love is reinforced with the St Valentine's Day poems which touch love with romance.

Capt. Eddie Viegas continues with his guidance to Youth: “A Time to Work Hard”. Rev. Dr. Michael Peters enhances our inner development with his “Spiritual Reflections”. And he reveals to us the riches of “The Congregation of the Missionaries of the Most Precious Blood of Our Lord Jesus Christ”. And for our tastebuds: the Brazilian-Goan COCADA.

I map out the magazine territory before writing an editorial. This was quite a complex map. It seemed that the Catenian Brothers were busy bees roaming the wide countryside collecting rich varied honey with exquisite tastes and storing the golden nectar in one hive for our delectable enjoyment. Well it's all here in this issue for you to savour.

BONAPPETITE.

Les Menezes

Spiritual reflection for the month of February, 2020

By Rev. Dr. Michael Peters, C.P.P.S

1st Feb – Mk. 4: 35-41.

v. 38: "Teacher, do you not care that we are perishing?"

Comment: We fail to see the presence of the mighty God in midst of us. When Christ is in us, who can do any harm to us?

Challenge: Do we care for the well being of others?

2nd Feb – Lk. 2:22-40. (Sunday – Presentation of the Lord)

v. 32: "a light for revelation to the Gentiles and for glory to your people Israel"

Comment: Jesus is the light of the world. He invites us to be light of the world and salt of the earth.

Challenge: I will carry the light of Christ in me and make it known to others.

3rd Feb – Mk. 5:1-20.

v. 19: Go home to your friends, and tell them how much the Lord has done for you, and what mercy he has shown you.

Comment: Our God is God of mercy and compassion, no one deserves it, yet he grants unto us.

Challenge: When people hate and discriminate for we are Christians, it is them we need to love and show mercy and understanding.

4th Feb – Mk. 5:21-43. (St. John de Britto)

v. 28: "If I but touch his clothes, I will be made well."

Comment: The faith of Jairus and the faith of that woman is incredible. It is the faith that causes miracle.

Challenge: How firm is my faith in Christ? Do I go to him for miracles or because I believe in Him.

5th Feb – Mk. 6:1-6. (St. Agatha, Virgin and Martyr)

v. 2: "Where did this man get all this? What is this wisdom that has been given to him?"

Comment: Jesus is the personified Wisdom of the Father. They had no faith in him for they considered him as mere carpenter.

Challenge: Do we see the goodness in others and have words of true appreciation. We need to thank God for the many fold gifts that others possess.

6th Feb – Mk. 6:7-13. (Sts. Paul Miki and Companions – Martyrs)

v. 7 & 12: He called the twelve and began to send them out two by two... So they went out and proclaimed that all should repent.

Comment: Discipleship requires a personal experience of Christ which gives the power to proclaim the Gospel.

Challenge: Christ invites us to go and proclaim the good news to all. Do I dare to take the risk of proclaiming Christ? Jesus is the Good News!

7th Feb – Mk. 14-29. (St. Gonzalo Gracia – Martyr)

v. 20: Herod feared John, knowing that he was a righteous and holy man...

Comment: Merely knowing the goodness and sanctity of a person does not do any good to me. I need to cultivate virtues in my life holding on to the grace of God.

Challenge: To lead a good life costs us. Our intentions should be good as well our behaviour. Think twice before you promise anything to any one.

8th Feb – Mk. 30-34. (St. Josphine Bakhita – Religious)

v. 34: As he went ashore, he saw a great crowd; and he had compassion for them...

Comment: The heart of Jesus is so human, that moves him whence he sees the pain and suffering of the people of God. He only desires the well-being of every human person.

Challenges: When we come across the suffering, distressed, needy and poor, do we feel challenged? Are we willing to walk a mile and risk our selves of walking even further?

9th Feb – Mt. 5: 13-16. (Sunday)

v. 16: Let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

Comment: We received light of Christ on the day of our Baptism. Is that light in us is shining bright? What am I going to do so that others may recognise me as follower of Christ?

Challenge: In a society which is haunted by winds from various directions, to keep the light lit and hold on top without being put-off is almost impossible but with Christ it is possible.

10th Feb – Mk. 6: 53-56. (St. Scholastica, Virgin)

V. 56. They begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

Comment: Even the cloth that Jesus wore had the power to heal. They believed in the power of Christ which they experienced by merely touching the fringe of his cloak.

Challenge: The dresses we wear manifest our personality. When we go to Church for worship what kind of cloth I wear? Do I help others to pray and pray for the well-being of others?

11th Feb – Mk. 7: 1-13. (Our Lady of Lourdes)

v. 6b & 7: Their hearts are far from me; in vain the worship me...

Comment: Mary possessed Jesus in her womb, in her heart day and night. She only feared God and not men which made her fearless to stand at the foot of the Cross.

Challenge: Fear of God is the first step to wisdom. Do we fear men or God? Which is harder, to keep the hand clean or the heart? Lord teach me the wisdom in the depth of my heart.

12 Feb – Mk. 7: 14-23.

v. 15: There is nothing outside a person that by going in can defile, but the things that come out are what defile.

Comment: By this Jesus makes it known to us that all food are good to eat, for it is not about food but it is about who we are from within.

Challenges: Jesus becomes a challenge to us. Are we ready to face the challenge, which means to face Jesus? Lord let my eyes meet your eyes and become radiant.

13 Feb – Mk. 7: 24-30.

v. 29: "For saying that, you may go – the demon has left your daughter."

Comment: The Syrophenician woman represents those who possess unshakable faith in Jesus. At the same time, the humility of that woman is equally plausible.

Challenge: God tests our faith at times only to make us even stronger and to be rooted in Christ Jesus.

14th Feb – Mk. 7: 31-37. (Sts. Cyril and Methodius)

v. 34: then looking up to heaven, he sighed and said to him, "Eph'pha-tha," this is "be opened".

Comment: The faith of the community is very important. It is the community of the believers that makes possible the power of God to work in us.

Challenge: They who recognised and believed in Jesus brought the sick and suffering to Jesus. How many persons I have brought to Jesus so that the sick and the suffering may experience the healing touch of Jesus?

15th Feb – Mk. 8: 1-10.

v. 5: He asked them, "How many loaves do you have?" They said, "Seven."

Comments: God is willing to do great things for us and satisfy our needs. At the same time he wants us to offer what we have to him. God loves the cheerful giver, notes the Scripture.

Challenge: At times it makes me sad to give but happy only to receive. When we give joyfully what we have, what we give multiplies by itself. Am I ready to share what God has given to me with others?

16th Feb – Mt. 5: 17-37. (Sunday)

v. 17: "Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil."

Comment: People found his teaching extraordinary and different, for they have not understood that he is the fulfilment of law and prophecy. The teaching of Jesus is ever new and transforming.

Challenge: Commandments are not merely to know them but to keep them and adhere by it. Is my moral life and inner life in the direction of the Gospel values?

17th Feb – Mk. 8: 11-13. (Seven Founders of the Order of Servites)

v. 12: "Why does this generation ask for a sign? Truly I tell you, no sign will be given to you."

Comment: Do we believe in God because God has done a miracle in our life by healing or by granting our petitions? There is always that famous temptation to put to test the Lord. The Word of God says that "you shall not test the Lord" (See: Mt. 4:7).

Challenge: God's power is not only manifested when great signs and wonders are performed but it is revealed in his great silence. Lord grant me the grace to experience your silence in my silence and that I may not put you to test.

18th Feb – Mk. 8: 14-21. (St. Kuriakose Elias Chavara)

v. 18: "Do you have eyes, and fail to see? Do you have ears, and fail to hear?"

Comment: To see merely with physical eyes is not seeing but to see and to understand truly one needs to see from the heart and hear from the heart. Lord give me an heart of flesh.

Challenge: Today voices of the poor are suppressed by men in power, but do I hear them, hear the cry of the poor?

19th Feb – Mk. 8: 22-26.

v. 25: Jesus laid his hand on his eyes again; and he looked intently and his sight was restored, and he saw everything clearly.

Comment: Why did Jesus have to put his hands on the eyes of the blind man twice? It is because sinners are by nature blind, [2 Corinthians 4:4](#); [1 John 2:11](#); [John 9:39](#). The effect of religion, or of the influence of the Holy Spirit, is to open the eyes, to show the sinner his condition and his danger, and to lead him to "look" on him as a Saviour.

Challenge: What is it to see? Is it to have two eyes? Blind people can see better than those who have eyes. Do I see like Jesus sees?

20th Feb – Mk. 8: 27-33. (Sts. Jacinta and Francisco Marto – Visionaries)

v. 29: He asked them, "But who do you say that I am?" Peter answered him, "You are the Messiah".

Comment: Messiah means the anointed one. Jesus is the Anointed by the Father. This anointing takes place at river Jordan when the Holy Spirit descends on him like a dove (See: Lk. 3:22). Christ is the anointed one of the Father.

Challenge: Every baptized person is anointed one. Set apart for God and for others to be witnesses to Christ and to recognize and to confess Jesus as Messiah the Saviour of the world.

21st Feb – Mk. 8: 34 – 9: 1.

v. 34: He called the crowd with his disciples, and said to them, "If you want to become my followers, let them deny themselves and take up their Cross and follow me."

Comment: Cross is something which is normally rejected by many, but to be the disciple of Christ one of the major requirements is to be ready to take up the Cross of every day and remain faithful to God and to his Church and firmly rooted in faith, hope and love.

Challenge: To be a disciple of Christ is not an easy way. Self denial and ready to die for the sake of the Gospel is indispensable for discipleship.

22nd Feb – Mt. 16: 13-19. (Chair of St. Peter, Apostle)

v. 18: And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it.

Comment: Peter means rock. The Church is built on the foundation of the teachings of the Apostles. Peter was chosen by Jesus to be the head of the Apostles (Primus inter-pares) and thus he is the Ambassador of Christ on earth. However it is Christ who is the Head of the Church is the true Rock.

Challenge: The leaders of the Church are servants of Jesus and people of God. Leadership in the church is not to lord over others but to be servant – Servant Leadership. Am I ready to serve others?

23rd Feb – Mt. 5: 38-48. (Sunday)

v. 44: But I say to you, Love your enemies and pray for those who persecute you.

Comment: The most unique teaching of Christ and thus of the Catholic Church is inviting us to love those who consider us as their enemies. A true Christian will not consider any one as enemy even though others may consider him/her as their enemy. To Love the enemy and pray for those who persecute us is not an option but an immanent way of being a Christian.

Challenge: How can it be possible to accept a person who hates you and considers you as an enemy? Is to be a Christian is to be a coward? No! We have received a spirit of courage and power. The real power is not in destroying but in building. Making a difference what others may not be able to make.

24th Feb – Mk. 9: 14-29.

v. 19: He answered them, "You faithless generation, how much longer must I be among you? How much longer I must put up with you? Bring him to me."

Comment: Jesus seems to be frustrated with people for despite they saw his power and might, yet their faith in him were not strong enough. He rebukes only to provoke the faith in them but does not shun them off. The heart of Jesus is full of compassion and mercy and how can he refuse them of their request?

Challenge: When we are publically challenged by others do we go hiding? Are do we stand up and speak? Some time we need to stand up and make our point clear particularly in the matters of social justice and peace.

25th Feb – Mk. 9: 30-37.

v. 35: He sat down, called the twelve, and said to them, "whoever wants to be first must be last of all and servant of all."

Comment: Among the disciples, there was an argument, who is the greatest among them? Even John and James expressed their desire to Jesus that they may sit one on the right and another on the left. Powerful

positions these disciples sought. The only answer to be disciple of Christ is to be servant and to take the last place. For first will be last and last first.

Challenge: Make me a servant humble and meek unto thy Sacred Heart. To be humble is not humiliation.

26th Feb – Mt. 6: 1-6, 16-18. (Ash Wednesday – Day of Fast and Abstinence)

v. 1: Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

Comment: At the very beginning of the Lent, Jesus avers us how our praying, fasting, giving alms and other pious practices should be observed. Doing good to attract others attention is no good. What we do has to be pleasing to God.

Challenge: Let us remove the mask we wear and be truthful to God and helpful to others.

27th Feb – Lk. 9: 22-25.

v. 25: What does it profit them if they gain the whole world, but lose or forfeit themselves?

Comment: Jesus invites us to learn to lose rather than to strive to gain. In this world there is nothing permanent. God alone is sufficient for us.

Challenge: Making profit is modern men trend. Losing is the trend of Christian for the sake of Christ.

28th Feb – Mt. 9: 14-15.

v. 15: The day will come when the bridegroom is taken away from them, and then they will fast.

Comment: Lenten time is a moment of engaging one-self in deep spiritual activities. Fasting goes along with prayer while penance aligns itself with works of charity.

Challenge: What is it that I must give up for the love of Christ and what is it that I must engage myself in doing for the love of my neighbour?

29th Feb – Lk. 5: 27-32.

v. 30: The Pharisees and their scribes were complaining to his disciples, saying, "Why do you eat and drink with tax collectors and sinners?"

Comment: Jesus is very clear about his mission. He is not taken aback of the criticism of others, rather helps them to understand that God wants mercy and not sacrifices. He became man so that man may have fullness of life in him. The Sacred Scripture notes that "he became sin for others" (See: 2 Cor. 5:21).

Challenge: With whom I prefer to be with? Tell me about your friend and I will tell who you are – is a saying.

THE CONGREGATION OF THE MISSIONARIES OF THE MOST PRECIOUS BLOOD OF OUR LORD JESUS CHRIST

INTRODUCTION

The Congregation of the Missionaries of the Most Precious Blood of our Lord Jesus Christ, known as The Precious Blood Missionaries in India is the fulfillment of the dream of our beloved founder St. Gaspar Del Bufalo. He was a great devotee of St. Francis Xavier. St. Gaspar wanted to come to India, particularly to Goa to preach the Good News following the footsteps of St. Francis Xavier. But it was not possible for him because the plan of God was different. We know from the life history of St. Gaspar that he returned to Rome after four years of imprisonment under the French rule of Napoleon Bonapart who even exiled the Pope and put him in the prison. Whence the emperor was defeated, Pope Pius VII was free so too St. Gaspar and many other priest who where in the prison, since they denied

their fidelity to Napoleon rather they did to the Pope, after returning from the prison life, Gaspar continued his ministry and he was appointed as canon of St. Mark's Church at Rome.

The prophecy of Sr. Maria Agnes was revealed to him by his spiritual director Fr. Francesco Albertini, who was one of the missionaries of the Congregation, that is, St. Gaspar was the chosen one of God to found a Congregation under the banner of the Most Precious Blood of Jesus Christ. However St. Gaspar desired to join the Order of Society of Jesus and longed to come to Goa - India. This news reached the Holy Father Pope Pius VII, who summoned Fr. Gaspar and asked him to preach the Gospel to the "scattered sheep" in the Papal State in

Italy. The faith of the “People of God” in Europe and particularly in Italy was in crisis due to French revolution. St. Gaspar as a faithful son of the Mother Church accepted the order of the Pope as God's will and renounced his wish to join the Jesuits and to come to Goa - India.

In fulfillment of the prophecy of Sr. Maria Agnes, he founded the Congregation of The Missionaries of the Most Precious Blood on 15th August 1815 at S. Felice, in the region of Umbria - Italy. After ten years of the foundation of the Society, St. Gaspar, prophetically wrote a letter to Fr. Gaspar Carbonari at the end of Jan. 1825, stating: “If ever, one day one of our missionaries would be sent to Goa (India) to establish our house, would you be inspired to go? Pray over it, perhaps this may not be now but in time, but meanwhile I would be very much pleased to know what you think about it.” That dream of St. Gaspar has become a reality through his sons, that is, through the Missionaries of the Most Precious Blood of the Italian province.

Rev. Fr. Joseph Montenegro, C.P.P.S, was the man who fulfilled the dream of the founder by establishing the mission in India. He came to India in 1982. Later he took the students from South India to Rome for priestly training to be Precious Blood Missionaries and to be priests for the said Congregation. He further worked very hard to establish the first community in India. He succeeded by establishing the first community of the Congregation in 1990 at Bangalore. By the Grace of God and by the protection of St. Francis Xavier and through the intercession of St. Gaspar the Congregation grew and multiplied. We have nearly hundred Indian Members of the Congregation and working in southern and northern parts of India. But the dream of St. Gaspar was not fulfilled, namely, to have a community in Goa.

When the bi-centenary year (200 years) of the foundation of the Congregation was

nearing, the Indian missionaries planned to start the community in Goa as a land mark of the bi-centenary year of the foundation. Then Moderator General, V. Rev. Fr. Francesco Bartoloni met the Archbishop of Goa and Daman in Bangalore and made a request to grant permission to start a community in Goa. After careful examination, the Archbishop willingly gave permission to start the first community of the Society in Goa.

In the year 2013, Fr. Michael Peters, C.P.P.S reached Goa and he was placed at Our Lady of Grace Church as Priest in Residence under Rev. Fr. Carmo Martins, the Parish Priest, so that he could help the parish and at the same time work towards establishing the community. In the Year 2015 which marked the Bi-centenary year of the Foundation, through the great generosity of the Archbishop of the Goa and Daman, His Grace Filipe Neri Ferrao and through the contribution of the people of God of Goa and others, Fr. Michael Peters renovated an old broken house that belongs to the Diocese in order to start a temporary community in Goa. Thus the dream of St. Gaspar del Bufalo has been partially fulfilled. The Superiors of the Congregation appointed Fr. Michael as the first Director of the Mission House in Goa.

The dream of the Founder is yet to be completed, since we are still looking for a house (or small land) which could be donated to the said Congregation, so that we could establish a permanent community of our Congregation here in Goa. When will the good Lord will show us that great generous soul to us? In this present temporary community which is presently situated in Carambolim Village Panchayat – near Old Goa, we have every First Friday of the Month, Adoration to propagate the devotion to the Most Precious Blood of Jesus at 3 Pm, followed by Holy Eucharist which we

offer for our benefactors. All are welcome to participate and obtain copies blessing of the Lord and that the Power of the Blood of Christ may protect you from the snares of the evil and sanctify you. You are most welcome to our community any time and particularly for the Adoration and Mass. Wishing you God's Blessings and that Holy Virgin Mary keep you safe in her maternal mantel and that St. Gasper intercede for you.

Fraternally yours in the Blood of Jesus!

Rev. Fr. Maria Michael Peters, C.P.P.S
Director of the Mission House,
The Precious Blood Missionaries
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A SELECTION OF POEMS FOR THE 'CATINDIAN' ON SAINT VALENTINE'S DAY

The Virtuous Wife Proverbs 31:10-31

*Who can find a virtuous woman?
for her price is far above rubies.
The heart of her husband doth safely trust in her,
so that he shall have no need of spoil.
She will do him good and not evil
all the days of her life.
She seeketh wool and flax,
and worketh willingly with her hands.
She is like the merchants' ships;
she bringeth her food from afar.
She riseth also while it is yet night,
and giveth meat to her household,
and a portion to her maidens.
She considereth a field, and buyeth it:
with the fruit of her hands she planteth a vineyard.
She girdeth her loins with strength,
and strengtheneth her arms.
She perceiveth that her merchandise is good:
her candle goeth not out at night.
She layeth her hands to the spindle,
and her hands hold the distaff.
She stretcheth out her hand to the poor;*

*yea, she reacheth forth her hands to the needy.
She is not afraid of the snow for her household:
For all her household are clothed in scarlet.
She maketh herself coverings of tapestry;
her clothing is silk and purple.
Her husband is known in the gates,
when he sitteth among the elders of the land.
She maketh fine linen and selleth it;
and delivereth girdles unto the merchant.
Strength and honour are her clothing;
and she shall rejoice in time to come.
She openeth her mouth with wisdom;
And in her tongue is the law of kindness.
She looketh well to the ways of her household,
and eateth not the bread of idleness.
Her children arise up and call her blessed;
her husband also, and he praiseth her.
Many daughters have done virtuously,
but thou excelleth them all.
Favour is deceitful, and beauty is vain;
but a woman that feareth the Lord, she shall be
praised.
Give her of the fruit of her hands;
and let her own works praise her in the gates.
King James Version, 1611*

Sometimes the most exquisite verse may be right before our very eyes but we fail to appreciate it in our headlong rush to meet our hectic schedules. Nowhere is this situation more palpable than in our familiarity with the Holy Bible. The Old and New Testaments contain some of the most ethereal poetry written by man, but we seldom have time to savour it. Proverbs 31:10-31 is a classic example. That this particular piece is from the King James Version, one commissioned by King James I of England in 1611 to fulfil the needs of the faithful of the Church of England, should not deter us Catholics from appreciating it in this age of ecumenism, even through its slightly stilted phraseology, which, to be honest may even contribute to its poetic quality! Likewise, Isaiah's Song of the Suffering Servant (Is 53), Ruth's entreaty to Naomi (Ruth 1:16-17), St John's Prologue (Jn 1:1-18), Mary's Magnificat (Lk 1:46-55), Zechariah's 'Benedictus' (Lk 1:68-79) and Simeon's 'Nunc Dimittis' (Lk 2:29-35) are pieces of the most elegant poetry. This Valentine's Day let us allow the author of Proverbs 31:10-31, with his (or her) keen eye for detail take us on a journey of discovery of the sterling quality our better halves!

MY LIFE AS A CATENIAN WIFE

My life as a Catenian Wife in Panjim Circle 353 is great. The members of our Circle have developed and nurtured strong ties of brotherhood, fellowship and unity amongst themselves which in turn have grown into beautiful, strong and loving family relationships.

I still recollect the day when my husband Agostino, conveyed his decision of joining the Catenians. My mind was filled with nagging doubts of how would I adjust to a group of Catenian Wives? Would they be bragging about their frequent trips abroad or about their jewellery shopping or better still narrate of how they get one up over their mothers-in-law/daughters-in-law, which tends to happen in other social organizations. However, to my good luck, my mind was at rest as the banes like "gossip", "group-ism", "politics" etc. have not yet made in-roads in Panjim Circle 353 as on date. St. Ignatius would always encourage the faithful to "find God in all circumstances of one's life". Likewise, I see my joining Panjim Circle 353 as a 'divine plan of God'. It was God's divine plan that we join Panjim Circle 353 which is a symbol of love, fellowship and brotherhood.

In my opinion, we Catenian Wives are a "silent work-force" constantly working behind the scenes, encouraging our spouses to achieve the Catenian Mission and shaping our families based on Christ's

Word, His teachings and values. In every Catenian family gatherings of Panjim Circle 353 be it Eucharistic Celebrations, Games or Sing-song Sessions, every Catenian member participates and shares in the "childlike" fun and frolic. The Panjim Circle 353 functions as one big Catenian Family wherein every member's opinion / suggestion is considered and every decision is unanimously taken. These Catenian Family Gatherings offer a platform for every member and his family to develop one's abilities and talents. The basic fact that I have been requested to pen down a few lines for the Catindian Magazine is an example of such an instance.

The Catenian Family Gatherings i.e. Barbeque Night, President Sunday, Sao Joao Bash, Clergy Night, Catenian Overnight, Anniversary, Christmas Party etc. are some of the events that are organized during the whole year wherein the Catenian Families including youth and children wholeheartedly participate and partake in the celebrations, thereby encouraging "family bonding" and building of strong family relationships.

To conclude, I encourage my fellow Catenian Wives to discover their calling and join hands with their husbands in fulfilling Christ's Mission on earth through the Catenian Association.

**Mrs. Corina C. Soares e Fernandes is
wife of Bro. Agostino Fernandes of
Panjim Circle 353**

Remembering Brother John

If there is a brother who I really miss it is Brother John Falleiro. There are too many things that cross my mind but I must say unless you become a little child you cannot enter the kingdom of heaven and Bro. John with his childlike nature was creating a heaven on earth for every occasion he was around. His birthday greetings were hilarious, but to the dot. And I had the pleasure of singing loudly the Monaliza with him, of course with the smile of mystery on my face. He will be most remembered for his fantastic sense of humour. But the other side of

this person I loved, was a man of maturity and a gentleman to the core, with genuine generosity to all who visited him. I had this pleasure more than once and his advice as a father figure to me was from the heart. I know if I miss him so much, what will be the case with his family. As I write this small tribute the sorrow in my heart brings tears to my eyes just as they did on the day he passed away, and I maybe feel what our Lord and Savior felt at the tomb of Lazarus when, 'Jesus wept'. May the Soul of Bro. John rest in peace, so rightly deserved by him. Amen

Youth - A time to work hard

It was Thomas Alva Edison who said “Genius is 1% inspiration and 99% perspiration”. When we are young, we all have dreams and ambitions to be something in life. Many make it to their goals but many lag behind and are left to struggle during the better part of their lives. In fact even those who are having a high level of intelligence during their younger years do not necessarily succeed in life. Why is this? Fact is that there is no secret or good luck to success. It is nothing but hard work. Many a time we read of the most unfortunate and the so called down trodden making it to the top. In modern times our PM Modi & President Barrack Obama may be taken as such examples.

Have you heard of the story of Wilma Rudolph? Born in a poor home in the US, at four she was stricken with Polio. She was forced to use a brace and doctors predicted that she would never be able to walk normally. Her mother told her with God's help and her efforts she could do anything she wanted. “I want to be the fastest woman on Earth” Wilma told her mother. Against the advice of the doctors, at Nine she took off her braces and tried to walk. At 13 she took part in a race and was Last. She kept on taking part in running and was always last. Till one day she came first. At 15, at the Tennessee state university she met a coach -Ed Temple. He agreed to help her. In 1960, she qualified for the Olympics and was to run against Jutta Heine who had never been beaten. Wilma won the 100 meters race. Then the 200 M race. At the 400M relay both were anchoring their teams. During the last lap, Wilma's baton dropped and Jutta raced ahead. Not the one to give up, Wilma picked up the fallen baton and yet Won the Gold for her team.

What can one learn from Wilma? Is it Luck? Is it her origin with a silver spoon in her mouth? Did she use her disability as an excuse for not being able to anything in life?

None of the above. She stuck to her dream and worked hard at it. She overcame all odds and performed better than the normally able people. She slogged to make her dream come true.



To be successful in life, it is better to work hard during those few years of youth and enjoy the rest of your forty or Fifty years rather than take it easy during the five or six years and struggle for the rest.

I once read somewhere “Work so hard, that one day your signature will be called an Autograph” Aim for the sky and you may make it to the tree-top. Aim for the tree-top, you may never get off the ground.

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





The Catenians

Margao Circle - 358

MASQUERADE *Party*

22nd February, 8pm onwards at
Bro Herodoto's Ancestral House, Consua

Treat yourself with your family and friends
to a night of dancing, scrumptious buffet
spread, the choicest of spirits and great
memories.

Single - Rs. 800/-, Couple - Rs. 1500/-

all inclusive

Dress code: Carnival attire

Entry with prior reservation only

Call: Emanuel on 9373994138 / 9604176041

INCEPTION STORIES

MARGAO CIRCLE 358

Margao Circle, the fourth to be formed in India in 2012, is on the eve of completing 8 years of its eventful existence.

We have often heard and also read the history of the Catenian Association, but at no stage have I come across an eulogy of any individual circle. So, it would be appropriate to know about the birth and growth of one of our own circles.

Inaugurated on the 21st of February, with 26 men of goodwill as founders, this circle deserves to be duly recognised for its silvery performance over the years. So, I pick up the plume to jot down a few landmarks of interest.

I joined the original band, at the invitation of Dr. Caetano de Loiola Pereira, later elected as founder President. He was aided by Dr. Oswin Viegas as Secretary and Herodoto Rodrigues as Treasurer.

A well organised, and still better attended eucharistic celebration at Verna church marked our stepping in, into the new family. The homily by Fr. Valmiki Gonsalves was deep and meaningful. A glittering fellowship followed at an exotic location – The Blue Berry Hill, belonging to Herodoto, who was a good host.

Besides the installation ceremony, what impressed many of the present, specially the dignitaries, was the flawless speech delivered by our vice president, young Dr. Anand Colaco.

The first steps were taken smoothly. Dr. Caetano, always ensured good attendance of members at the meetings, by reminding each one of them personally. Dr. Oswin, would take pains to get the minutes circulated on time. The year went by. A lot of activities were conducted and during the year we added 9 members.

The 2nd year dawned, and the new team headed by Dr. Anand with commodore Gilbert Menezes as Secretary and Eng. Fernando Costa as Treasurer took over. Being the second year, our organisation moved a step ahead and participation improved. Two new members were

installed on 15th August 2013. During this year, Council meetings were followed by fellowship hosted by each member at their residence.

The third year was still more eventful, and with the addition of 3 more members, the strength rose to 40. The President, Dr. Edwin Araujo and Secretary, Colonel John D'Souza, spared no efforts. They sacrificed their precious time and energy by placing more activities on the anvil. Old commitments were continued, and new ones were envisaged. Financial management was streamlined, thanks to the untiring efforts of the Treasurer, Eng. Delduque da Costa.

I started the fourth year on a strong base, well cemented in the past three years. Good membership, strong finances, social work and a binding fellowship were out hallmarks. We added another 3 members and continued with all the existing activities with added enthusiasm. A huge wall-mounted plaque of designer tiles, depicting the Last Supper, was fixed up in the dining room of the Monastery as a token of our appreciation for the Carmelite Congregation's, and most especially Fr. Archiebald's unstinted support to our Circle at all times. No efforts were spared by Secretary Delduque and Treasurer, Dr. Oliver Quadros to achieve our goals.

Tradition was observed by me, and President's day out was held, this time, at the beautiful garden spot adjacent to the majestic Selaulim dam. This was an unforgettable gift to Bro. Dr. Lourdes Coelho. We ended up the year with 45 members.

In good spirits, we started the 5th year, led by Delduque, with Emanuel as Secretary and Wilson Vaz as Treasurer. It is needless to say that this was also a successful year, with finances in shape, ours being one Circle paying the full Capitation Fees on time, having the accounts maintained and audited timely, thus reflecting its good standing. This

status of the Margao Circle is what appears to have been the reason why we had on the India Area Council 3 members, which included Dr. Anand, Eng. Delduque and myself.

The next year we had Dr. Oswin as President. The Secretary Eng. Joseph da Costa and Treasurer Colonel Victor Rebelo have done yeoman services to the Circle. Two more members were added and two left the Circle on health grounds.

With all this background, the seventh year maintained the same tempo, with Emanuel Furtado as President, Ivo Miranda as Secretary, Agostinho Menezes as Treasurer and Colonel John D'Souza as Vice President. And indeed a good year, full of activities and good fellowship followed.

Finally, the present year dawned with Commodore Gilbert as President, ex Defence Sec. Stanley Coutinho as Secretary, Ivo Miranda as Vice President. Agostinho continued as Treasurer. The year has been replete with activities, social work, fellowship meets and support to the Vocations and the Clergy as well as

other allied activities. For the first time the President's year was observed during the tenure of the ruling President. I am proud of my Circle. It is the largest and well administered. A Circle in good standing overall. Perhaps that's what led the Central Council to nominate the Chairman of the India Coordination Council from Margao Circle.

Our main activities have been, assisting the Old Age Home at Chandor, supporting the inmates of Dr. Rafeal Pereira Asilo at Benaulim, as well as looking after the needs of the Aids-affected children residing at ASRO at Cavelossim.

We observe the Vocations' Day and contribute towards studies of a couple of Seminarians and Novices. We also celebrate the Clergy Day

Long live Catena!

Honorato Velho

Chairman – India Coordination Council
Past President - Margao Circle 358

MANGALORE CIRCLE 375

It was somewhere in June 2016 a few brothers from Goa with Brother John Rayer and David Brinkly organised an introductory meeting at Mangalore. Then Dr. William Britto took the initiative to conduct the meeting. The people of Mangalore have not heard about the Catenian Association though it was functioning in Goa for the past 9 years. On that meeting the members present could not take the decision of starting a circle in Mangalore.

Thereafter, a few brothers from Goa came to Mangalore and conducted a meeting. During that meeting the members of Mangalore showed interest to start the Circle. Again the brothers from Goa namely Brother William Britto, Brother Edgar Furtado and Brother Honarato Velho came to Mangalore. During the first week of December the meeting was held at

Mangalore Club. After an elaborate discussion, the management committee was formed. The following persons were elected unanimously as the office bearers.

1. President - Brother Gilbert Dsouza
2. Vice President - Brother Elias Sancits
3. Secretary - Anil Vas
4. Treasurer - Brother Felix Pinto
5. Scheberlin - Brother Rojar Pinto
6. Marshal - Brother Vincent Cutinha

On 10th February 2017 the circle was inaugurated at Bejai Church Hall by Grand President Brother David Rowley. Monthly meetings were conducted regularly. At that time 22 brothers were present. During February 2019 by the initiative of the Mangalore Circle, the

2nd circle was formed at Puttur about 50 Km from Mangalore. Brother Xavier Dsouza is the founder President of the Circle No. 380.

During the month of April 2019 Brother Richard Rodrigues was unanimously elected as the President of Mangalore Circle. The present committee members are as follows:

- President - Brother Richard Rodrigues
- Vice President - Brother Aloysius Alubuquerque
- Secretary - Brother Lancy Menezes
- Treasurer - Anil Vas
- Registrar - Brother Gerard F. Pinto
- Scheberlin - Brother Felix Pinto

Membership Officer- Brother Anil Preetham D'souza

The following are some of the activities of the Mangalore Circle.

1. Vocation Day Celebration in the month of November
2. Christmas and New Year Celebration in the month of January
3. Annual Picnic in the month of February
4. Members also have donated a Steel Almirah to the needy people of Bejai Parish.

The Brothers remain grateful to Brother Edgar Furtado for visiting our monthly meetings.

ANDHERI CIRCLE 376

It all started in the year 2015, when couple of brothers brought together by Bro Edgar initiated small group meetings in Hotel Tunga, Andheri



East. Bro Mark Dsouza was the Chairman of Andheri Group when it was installed in 2015 along with few brothers. There were certain hiccups since the formation of the group which eventually led to the break up of the group. It was God's providence that Bro Edgar in one of his trips in mid 2016 organised a meet of few brothers and amongst the

brother



present; requested Bro Eugene, who was then a member of Parramatta Circle in Sydney (since 2010) to take on the mantle of reigniting the Andheri group. Slowly, and steadily, with the help of Bro Gilroy Valles (current President), Bro Joseph D'souza (Registrar), Bro Brian Pereira, Bro Nilesch Rebelloh, Bro Anthony Lobo (Membership officer) & Bro Christopher Pereira (Treasurer), Bro

Brian Pinto, Bro Dominic Dsouza; he managed to re-start the Group together along with addition of young dynamic brother – Bro Alan Castelino. As the group meetings started again and the cohesiveness was brought back in place, we were installed as a full fledged Circle on 18th Feb 2017

by the then Grand President – Bro David Rowley

The first council members of the Andheri Circle were :

- Bro Eugene Das (Founder President)
- Bro Gilroy Valles (Vice President)
- Bro Alan Castelino (Secretary)
- Bro Anthony Lobo (Membership officer)
- Bro Nilesh Rebelloh (Treasurer)
- Bro Christopher Pereira (Marshall)
- Bro Bejoy D'mello (Chamberlain)
- Bro Joseph D'souza (Registrar)

As on date, we are now 33 members in total having a great feeling of friendship and bonding with the brothers. Right from the formation of Circle, we had our Annual calendar of events drawn up so that brothers could mark their diaries and participate in each and every event. We , Andheri Circle Bros and our families have travelled an unbeaten path; lots of

obstacles crossed our path..but we have created for ourselves a niche in each of our hearts that moves us towards becoming one large family driven by a common ideology. That we have arrived here is purely God's will. Our members have come from varied professional fields and family backgrounds, all fraternally linked together with mutual respect. We have eased rigorous procedure,



worked relentlessly towards maintaining Catenian tenets & done our bit towards our families, the clergy, the marginalised in our community and our extended family & friend circles with joy in our hearts. We assiduously prioritise our resources to benefit Catholics in our environs.

BELGAUM CIRCLE-378*

In Karnataka, Hubli was the first Circle formed in 2016. The founder President of Hubli Circle, Bro Basil D'Souza requested me to start contacting good Catholics from Belgaum in order to form a new Catenian Association and in this connection invited me to Hubli to observe how the meeting is conducted. I readily agreed and along with Bro Santan D'mello, attended Hubli meeting in May 2017. Luckily we were glad to see their the presence of Bro David Brinkley and Bro John Rayer. We greeted them and we were introduced to Bro Edgar Melo Furtado, the then Area President, who became our mentor. Under his guidance

we arranged a meeting at Belgaum with 10 Catholic brothers at Hotel Samman in June 2017 and the Council was Immediately formed under the observance Bro Basil. Since then, it was not looking back as we began to conduct meetings at different places on monthly basis and at the same time adding new members. Later we arranged a fixed venue, thanks to Provincial, Rev Fr Roland Coelho S J, who officially permitted us to conduct meetings in Aruppe Hall, St. Paul's Camp, Belgaum. We began holding our

monthly meetings at that venue every 2nd Sunday and Bro Edgar would be always present to guide us. He was normally accompanied by other brothers from Goa to apprise us about the Catenian Association. Bro Capt Eddie, Bro Reuben, Bro Honorato were among others who encouraged us as well as groomed us as Catenians and met then Bishop of Belgaum, Dr Peter Machado and requested for holis co-operation. Steadily we grew upto 20 brothers. Bro Dr Pascal Pinto, an experienced Catenian of Dona Paula Circle who used to visit KLE Hospital regularly, joined us as an Associate member and trained us as to how meetings to be conducted. During one such meeting Bro Edgar announced that the International Conference of the Catenian Circle would be held in India for the first time and was scheduled at Panji, Goa on 17th February, 2018. We were all excited. We attended this grand ceremony where the foreign delegates addressed us. It was sheer delight. The next day was the red letter day of our circle. Yes, our circle was established in a glittering ceremony at Hotel Marriott, Belgaum on the

18th February 2018. It was great privilege that I, was unanimously chosen as President and I along with other Council members were inducted. And for the first time in Catenian history the spouses and family members of all brothers including those of foreign delegates, were witness to this grandeur. After the installation, there was a dance by children of orphanage and later music and fellowship with salubrious spirits and sumptuous dinner. Thus The Catenian Association of Belgaum Circle-378 was formed. Since then we are involved in many social activities and are to this day, 25 brothers and needless to add that our exemplary Bro Edgar Melo Furtado, continues to be with us and guides us. To add to this, the present Bishop, Dr Derek Fernandes has promised all co-operation to our circle.

Bro Jerome Andrade, Immediate Past President, Belgaum Circle.

MALAD CIRCLE-364

In August 2013 a team led by Bro. Willie Britto made a presentation at Hotel Suba International at Andheri East on the aims and objectives of the Catenian Association. The ball was set to roll. About 4 to 5 members from Malad who attended this presentation were impressed and convinced about starting the Association in Malad. The seeds were sown for the birth of the Catenian Association in Mumbai. These members met and had discussions with the liaison body in Goa. With the sustained efforts put in by all, the first group of Mumbai was formed in September 2013. Bros. Willie, Edgar and Les built the foundation of the Malad group and nurtured it with dedicated efforts. Bro. Edgar in particular gave his time and energy and tirelessly travelled between Goa and Mumbai to ensure that the group was formed on the principles and protocol of the Catenian Association.

The group then swelled in numbers and in a very short period of time crossed its

strength beyond 25 to qualify to be christened as a "Circle". The efforts of the incumbents and the liaison body bore fruits as Mumbai Malad Circle was set to become the first Circle in Mumbai with the inauguration scheduled on 18th February 2014.

A proud moment - Inauguration of MMC-364

Catena opened its account in Mumbai with a grand inauguration of Mumbai Malad Circle - 364 held on 18th February 2014. It was held at a 5-star property 'The Resort' at Madh, Malad West. It started with Eucharistic Service celebrated by Bishop Agnelo Gracias and Rev. Fr. Daniel Fernandes and was attended by 35 brothers and their families, visiting brothers from Goa and UK and their families. Subsequent to the Eucharistic celebration the inauguration and first meeting of MMC-364 was held

VASCO DA GAMA CIRCLE 363

By Bro. Simon D'Souza

It all Started with my friendship with Dr. Willy Britto who was known to me before the inauguration of Dona Paula Circle in 2009. I was partly involved in the formation of the Dona Paula Circle. Hence I had some background knowledge about the Catenian Movement. As I had attended the meetings of the Dona Paula Circle, I developed a liking for the Association particularly due to the various principals and aims and objectives of the association where like minded Brothers and their families could share in the Fellowship facilitated by the organization.

Due to the exposure I experienced during the above period, it was my desire that this organization should spread to all parts of our county beginning with Goa itself. As I am closely connected with Vasco and the Mormugalo Taluka having being an Elected first as a councilor of Mormugao Municipality and later an MLA (Member of the Legislative Assembly, Goa) for two consecutive terms, and the Dy. Speaker of the Goa Assembly, and as I continue to render Social Service to the Goan Community, I took the initiative to start a group in Vasco Da Gama.

Initially we had 22 members in the Vasco group. Dr Willy Britto and Catenians Edgar Melo Furtado, Les Menezes, Carlos Noronha, Basil D'Souza among others helped and guided the group towards their training and formation for

forming the Vasco Circle. This took about a year. The Vasco Da Gama Circle 363, was finally inaugurated on the 12th of February 2014 at the hands of the then Gand President John Rayer. Ever since the installation of Circle 363 our members have been actively involved in the activities and development of the Goa area. Our regular meetings have been a source of fellowship and joy to our members and their families as well as to the visiting Catenians. Among other social activities such as environment to the visiting Catenians. Among other social activities such as environment protection, Youth services, blood donation camps, social & Socio political awareness talks, our helping hand for a Seminarian each year, our Clergy nite and Charter nites have been regular features of our circle. The impetus in increase our membership has been always on our minds.

With all the above activities and the involvement of the members in the Parish, Vasco Da Gama, our circle is a force to reckon with in this growing cosmopolitan town of Vasco Da Gama. I am sure that the younger brothers that we have been adding to our circle and other whom we hope to bring in during the forthcoming period will surely take our circles to greater heights keeping in view purpose of strengthening Family Life through Friendship and Faith.

LETTERS TO THE EDITOR

Dear Mr. Edgar Melo Furtado,

Greetings!

I am receiving regularly the International Catena Magazine and CATINDIA magazine. Both these magazines are very inspirational and relevant in today's world.

Regards,

– Bishop Allwyn D'Silva

MAPUSA CIRCLE 377

One gloomy September afternoon, I got a call from a voice that I instantly recognised as Bro Ruben Quadros- a long forgotten friend who had left the computer Industry which I had continued. We spoke and laughed for a bit, before he invited me to come for an evening meeting of what he said was a catholic organization that I would like. On the appointed day and time, I reached Hotel Boshan in Mapusa where I met several familiar faces and many I was seeing for the first time.

The Speaker for the evening was John Rayer, who gave us a short introduction about the organisation, and the functioning. It intrigued me to know more, and those present from the organizing team of the panjim circle, urged us to bring a fellow catholic friend and come again. The second meeting saw fewer from the first meeting, but given that we all brought friends, we had a good turnout and I can say that the circle really took off from this second meeting. At the time of the third meeting in November, the council began to take shape, and a decision was made by those present to form the circle as soon as possible. The bonds of friendship and familiarity had set in, and we looked forward meeting again.

During the fourth meeting in December, a concrete council was formed by concurrence, and we decided that we were ready to go ahead. 20 members confirmed that day. We chose the senior-most member amongst us, Bro Antonio Lobo to be the Charter President of the circle. The youngest member co-incidently was also in the council. Bro Ruben who was the Area President at the time, informed us that February 15th 2018 was the day set for the inauguration of the group as a full fledged circle. It was a day kept apart in the itinerary of the visiting gentlemen from UK grand national council team on their visit to India. As we had tried different days of Tuesday and a Friday during the preliminary meetings, this meeting also saw us settle on what eventually became our meeting day – the 1st Wednesday of the month.

The Group quickly realized, that with the short time on hand, we had to get our act together, and so it was decided to have an additional 2 meetings in the next month prior to formation. Due to the cost factors, Bro Augustin from the panjim circle and his brother in law Alusio who had confirmed to join Mapusa as a Chamberlain, graciously offered us the use of empty rooms in their building for practice sessions. I must commend the brothers from the Panjim circle who willingly agreed to the dates requested by us to come in for training. They were as Enthusied, if not more than us to see the circle taking shape.

Given that we were still in formation, the

group collectively made decisions instead of relying on a council, and this helped in bonding the brothers together; as we got to know each other. We had one mock meeting to learn our roles and responsibilities, and one rehearsal of the installation charter meeting at Soares Saffire. It was during these training's, that the group decided that with such excellent hospitality from the hosts, why not move the the meeting venue from Boshan which had hosted all the preliminary meets?

Seeing the camaraderie among the brothers, I must dare say, we attracted a few regulars from Panjim, who till date are a regular feature of the Mapusa meetings, and some have become joint members. This only strengthened the bond between Mapusa and Panjim ; the mother circle.

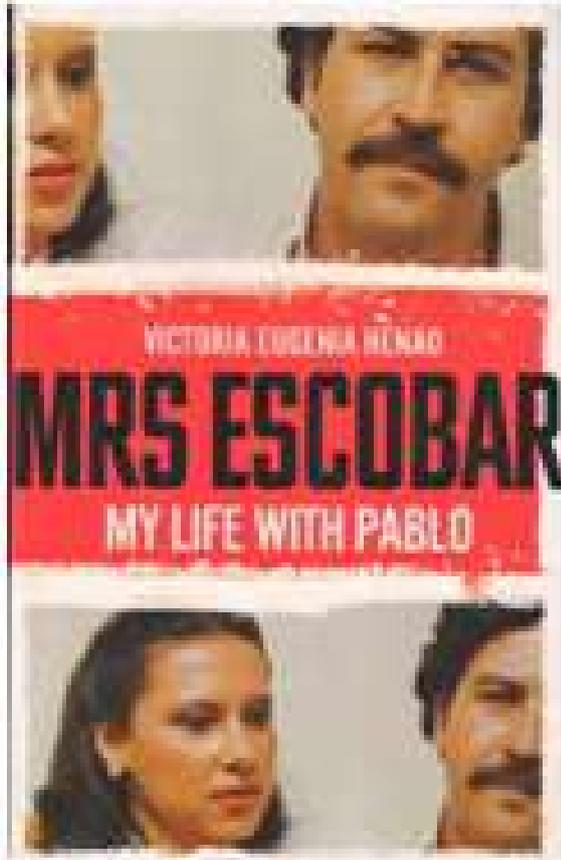
When D day arrived, it was a huge moment for all, the fact that it was unfortunately in the first week of lent mattered a lot more, as it meant that the first sacrifice that most had to make was break away from their regular schedule and spend almost the full day together in a circle formation. It began with a mass attended by many other circles, visiting brothers and families from UK and others at the Duler church in Mapusa. The mass was made special, as it was celebrated by His Grace Bishop Allwyn Baretto from Mapusa, whose brother was a member. After the mass, we retreated with family and friends to the nearby "Hidden cave" venue in sangolda, where we had a grand ceremony with UK Grand president, Peter Rogers who formally installed 22 brothers, and chartered the circle with 24 members as the 377th circle of the Catenian Association. It was a proud moment for all gathered, as a special cake for the occasion was cut, which was baked by Brother Alusio who by then had become the circles favorite poster boy. The event proceedings were conducted by yours truly with a game and lots of dancing. The night was best summed up by a visiting UK brother who told us that it was the best night he had ever had in his visit to India.

The Mapusa circle had its first official meeting in April of 2018, and continues to meet at Soares Saffire on the first Wednesday of the month.



PABLO ESCOBAR – A FIRST HAND ACCOUNT OF FUGITIVE LIVES

A REVIEW BY STANLEY COUTINHO



Biographies of criminals only serve to prove that “the evil that men do lives after them”; another despicable tale gets recorded for posterity – oftentimes in an attempt to show the “better side” of the criminal (Bollywood hasn't been far behind). Pablo Escobar (1949-1993), known as the “King of Cocaine” and “Drug Lord”, has been the subject of at least eight books, several feature/biographical films and TV series including HBO, ESPN, Netflix, National Geographic; he now appears in a biography written by his widow.

Is she trying to justify his activities? Is she trying to gain sympathy? It was unconditional love, she claims, laced with “fear, powerlessness and uncertainty about what would become of

[us] without him.” The book all but begs that the family be allowed to “live” – without any reference to the man who mercilessly killed thousands and destroyed the lives of a whole generation with his drug trade (80% of cocaine entering USA at that time was Pablo's).

She married him at 15, against the admonitions of her family, and was a mother by the age of 16. Fourteen years later, she was widowed by the joint action of Colombian and US forces, a day after his 44th birthday. She says that by the time she realised ... the brutal reality around her, it was too late – a claim that is not quite acceptable. The young Pablo, one of seven children, had to buy a second-hand scooter on instalments (his mother a school-teacher, his father a security guard), and she knew this. Within the 15 years of their married life he had amassed over \$30 billion. Her own collection of works of art (which included Dali and Rodin) was worth millions of dollars. And she claims ignorance – even when he gets elected to Parliament and dreams of becoming president of Colombia!

After Pablo's death and after “settling” with his rivals, she leaves Colombia with new names for herself and her two children (she signs the Preface with her original name though) – but the past has a way of catching up ... they are hounded by Government forces, and by neighbours and acquaintances... It's a book worth reading, if only for the first hand account of their fugitive lives.



The Catenians

*A Global Association of friends united by their shared values and
Catholic faith*

*Area Council 31 - Maharashtra, The President, Vice President, Secretary and the
members of*

The Catenian Association, Chembur.

*Cordially Invite you to the Inauguration of
our Chembur Circle on 14th Feb 2020 (Fri)*

By Bro. John Rayer

(Director - Development Areas, Catenian U.K)

Bro. John Hogan

(CC Chairman, UK will be the Chief guest)

*The Installation Function will start at 6.00 pm @ The Chembur
Gymkhana, 16th Rd, near Ambedkar Garden, Chembur Gaothan, Chembur, Mumbai*

Victuals : Rs .900/-
Dress code: Strictly formals

We look forward to your kind presence!!

Bro. Sushil Sequeira **Bro. Domnic D'souza**
(Secretary Elect) **(President Elect)**
9619864004 **9819240179**

Bro Vincent Coelho
(Vice President Elect)
9820343646



The Catenians

*A Global Association of friends united by their shared values and
Catholic faith*

*Area Council 31 - Maharashtra, The President, Vice President, Secretary
and the members of*

The Catenian Association, Thane.

Cordially Invite you to the Inauguration of our Thane Circle on 16th Feb 2020 (Sun)

By Bro. John Rayer

(Director - Development Areas, Catenian U.K)

Bro. John Hogan

(CC Chairman, UK will be the Chief guest)

*The Installation Function will start at 6.00 pm @ Cottage Fine Dine
& Banquet Hall, Pokhran Road Number 2, Opp Bethany Hospital, Thane
West, Thane, Maharashtra 400610*

Victuals: Rs 900/ -

Dress code: Strictly formals

We look forward to your kind presence!!

Bro. Lloyd Rego
(Secretary Elect)
9820496756

Bro. Steven Fernandes
(President Elect)
9821465874

Bro Anthony Paulose
(Vice President Elect)
9820573770



**CATENIAN
GOA RIVIERA CIRCLE 354**

**INVITES YOU TO JOIN US IN CELEBRATING OUR
10TH ANNIVERSARY CELEBRATION**

15TH FEBRUARY 2020

ANNIVERSARY MASS AT BISHOP'S PALACE AT 5:30 PM

DINE AND DANCE

AT CLUB GASPAR DIAS , MIRA MAR AT 8:00 PM

COUPLE: Rs: 1600, ADULT : Rs. 900
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REPORTS

MALAD

Aata Hai, Aata Hai, Santa Claus Aata Hai

Janet D'souza (Wife of Bro. Oswald D'souza, Vice President of MMC 364)

Come December and our 'Santa' Catenian brothers of Malad Mumbai Circle 364 open up their bags to give away the 'goodies of



joy and happiness' to our less-privileged children of Sneha Sadan.

Like the previous years, these children were once again welcomed into Bro Trevor's bungalow. For me, this was the first time where I had the opportunity to meet these beautiful innocents.

What impressed me the most about these children was the punctuality, mannerism and discipline. One could not miss out the



joy and eagerness of these little ones of meeting their Santa as they walked in for the party. Maybe with a belief that one day this Santa would change their life totally which within my heart I sincerely prayed for.

Coming back to the wonderous moment, as the children entered they were greeted by the Catenian members and their families with loud applauds and hugs. Oblivious to all this, they were more focused on the lightings and the decorations. Simple snacks consisting of samosa, wafers and a piece of cake was relished to such an extent that there was no left-over in the plate. Of course, our generous Brothers and their families insisted on a second helping. All this was gulped down with a glass of Rasna.



To add a spark to their already sparkling day, Mrs Assumpta, wife of Bro Augustine and Ms Sherin, daughter of Bro Samson had action songs. Our little 'angels' watched these two and began imitating them. What a sight to behold! And for once we all forget our age and size and were children with the children acting and singing these action songs.

This was followed by the two games organized by Mrs Irene, wife of Bro Dominic. The crossing of River Jordan was hilarious and at the same time, a little tedious as these energetic 'buds' were a little difficult to control. A lot of trial and error methods were used in placing the chairs. A look of despair when lost and jump of joy, when won, was a sight to

marvel. This made me walk down the memory lane ... alas, those days that will not return!!! Anyways, no time to grieve as



the children got together for another game i.e. making a chain. The children were given a piece of wire and pieces of straws, each a size of coral stone. They had to put these straws into the wire and the one who got the longest chain would be the winner. Oh, you couldn't miss the agony of these children when they put the piece of straw from one side it would fall off from the other. What a struggle they were having till a little girl, Reshma had a brain-wave. She suddenly put one end of the wire in between her teeth and was successfully doing it till the others seen and there they too began doing the same. When it was timeout before Reshma could realize, one end turned loose and all the straws fell out. The look of joy turned into despair. Nevertheless, she was also given a consolation prize as Christmas is the joy of



giving and making everyone happy.

Finally, the Santa made an entry not to the usual song 'Santa Claus is coming around' but to the Hindi version 'aata hai, aata hai, Santa Claus aata hai'. Not only was the Santa swinging but I also noticed some of

the brothers were also swinging and swaying to the beat and music of the song. Generous Santa gifted every child with sweets and gifts. Ms Tysilyn, sister of Bro. Aubyne, gave away lovely hand-made gift boxes with a beautiful gift of love in it.

Foot-tapping music by Bro Dr Albert Pais throughout the programme was a bonus that added life to this wonderful evening.



The evening ended with Bro Joseph offering Biryani and fruits to these children who must have definitely hoped that this party would be never-ending. This was evident from the disappointed look on their face while leaving.

This event would not have been so memorable had it not been for the effort of President Bro Robin, Bro Dr Albert, Bro Trevor, Bro Joseph, Bro Augustine and all the brothers who were present, the family members and above all our dashing Santa Claus.



A new king is born today..... yes Malad Catenian Circle 64 has been a witness. Let's keep this love growing and as Charmine J Forde says "Do not wait until Christmas to spread a little cheer, people appreciate kindness, all through of the year."

Catenian Brothers of Malad and their Families Visit the Clergy Home Mrs. Irene Warvale (Wife of Bro Dominic Warvale)

The Mumbai Malad Catenian brothers and their families, 24 in all, embarked on their annual visit to the Clergy Home at Bandra on Sunday the 19th of Jan 2020 by bus, beginning with a prayer for a safe journey and a happy day. The day began with the



celebration of Holy Mass at the chapel, which was celebrated by Fr Xavier Rodrigues, himself an inmate. In his homily, Fr Xavier gave his personal testimony of life and hope, called upon the brothers to explain the aims and objectives of the Catenian Association, and exhorted the men, as members of the Association and heads of their households, to lead their families in the example of Christ himself.



After mass, we were served boxed breakfast by ever-smiling and kind hearted Sister Stella. There after we visited the priests in their respective rooms, where we were greeted warmly by each priest, who often identified old friends and former parishioners who spoke of their happy former associations with much nostalgia. At every room, they gave us their blessings

and thanked us for our time. A short while later, we invited the priests to the dining hall for a few minutes of recreation, where we played a game of housie peppered with fun and jokes and plenty of prizes for the lucky winners. Then followed a loud and cheerful session of sing song with old and memorable numbers in which all joined in, singing from their song sheets with full gusto and lots of cheer with our Bro Everton leading on his guitar and accompanied by Bro Francis. What was most encouraging was the priests requesting for songd of their choice. This was a session which no one wanted to come to an end. Besides the prizes, there were thoughtfully selected gifts for every priest and the staff as a token of our love and gratitude, which they all accepted most happily. This was followed by a sumptuous meal well organized by Sr Stella which we all enjoyed and appreciated.

Though we spent only a few hours with the priests, we were reminded of our own family elders, and how, by giving a little of



our time and a big dollop of affection, we could make them so happy. For us, it was a fun morning and also an emotional experience and a chance to give back, albeit in small measure, some gratitude for the lifetime of love and service our priests have given to the community.



We are thankful to our bro Aubyne and his team for co ordinating the arrangements with the ever obliging Sr Stella, the

InCharge of the Clergy Home

We look forward to being with our retired priests again and pray that they may enjoy their well earned peace, comfort and the continued love of so many of us.

Catenians in Portugal

Dear Brother Eugene,

Sorry for not replying to you sooner but I have had an extremely busy time of late. I am sure you are aware that I am also the GBNC Director for Province 5 and this role takes up a lot of my time. In Province 5 there are 17 Circles which cover a large area and 3 Dioceses in the North of England, Hexham & Newcastle, Middlesbrough and Lancashire. I endeavour to visit each Circle in the Province at least bi-monthly therefore most weeks I attend two or three Circle meetings and social functions.

I have contacted Cork Circle for a report on their recent visit to Portugal, Brother Tony O'Neill sent me a short report and Brother President Pat Cahalane sent me a photo.

'Cork Circle meeting was held in Club Alberforia in October this was a one off arrangement organised by Brother Pat Collins who has a property in Club Alberforia. This idea was proposed for a couple of years before it came to fruition. There were 12 Brothers attending from Cork, Dublin, N.E. Wales, Liverpool, St. Helens and Cirencester. They had a most enjoyable week, with good food, good wine

and wonderful company. Should this happen again they would be delighted to inform the Brothers in Goa.'

The enclosed photo shows the Brothers and their Ladies enjoying an evening together and no doubt during the day a round or two of golf would have been enjoyed. There is also a short report and a photo of the Brothers in the January edition of Catena.

Fraternal regards,

Brendan.



How to store your winter clothing

By Ninoshka Alvares-Delaney

When winter is officially over, most of us turn to our comfy cottons and linens while wondering how to tuck away our precious winter clothes in the best way possible so



they are still in pristine condition for the next winter season.

Here are a few points to remember while storing various winter items.

Woollens:

1. Clean all your garments thoroughly before storing them away. Any stains left on clothing will only darken and become worse during storage. Besides, food stains and body oils attract moths and other pests. Dust and dirt can dull the appearance of your woollens. Hence, brush woollen clothes lengthwise to remove surface soil that could become stains later. Most clothing just needs to be washed normally or dry cleaned according to the manufacturer's instructions.

2. Woven garments can be hung on shaped or padded coat hangers. Utilize all of the extra hanging loops to keep the clothing from getting distorted. Empty out pockets, remove any belts or other heavy

accessories and close all buttons or zippers to avoid distortion of fabric. Wrap the garment in fabric bags. Do not use plastic bags, as plastic does not allow the fabric to breathe and may also trap moisture, which in turn attracts mildew and moths. Make sure the garments have enough room for air to circulate. This will keep your clothes from wrinkling and creasing during storage.

3. Never hang sweaters or other knit items. Long-term hanging can cause knits to become misshapen. Instead, carefully fold the items and place them into an air tight plastic storage container. Stack your folded items from the heaviest items on the bottom to the lightest ones on top. Stacking items loosely will allow air to circulate even during long storage. You can even stack all your garments in an empty suitcase to save space.

4. Clean your storage area thoroughly beforehand, including storage containers or drawers. Make sure the storage area is cool and dry. Wool is a protein fibre which if exposed to extreme heat or moisture can get damaged. Moisture will also attract mildew and insects. You can use silica gel packs to absorb any additional moisture. In order to keep moths away, use cedar moth ball sachets or even dry neem leaves between your clothing items. Keeping your clothes in a dark place will prevent fading.

Silks:

1. Always clean your silks before storage. Silk, like wool, is a protein fibre. Stains and moisture tend to attract mould and insects. Most but not all silk items require dry-cleaning. It is best to read the label and follow the manufacturer's recommendations to the letter. You can hand wash your delicate silks in a pH neutral liquid detergent or even shampoo. Do not wring the fabric; instead roll it in a towel. Avoid chlorine altogether as this can cause the fabric to turn yellow and weaken the fibres drastically. Avoid temperature changes when washing. Stick to either

cool or lukewarm.

2. Always store your silks in a clean, cool, dark and dry place. The fabric is very sensitive to light and will fade or get discoloured if left unprotected. Long term exposure to sunlight tends to weaken the fibre. Dampness and moisture will attract mildew and moths. You can use silica gel packs to absorb extra moisture. To keep moths and insects away, use cedar moth balls or dry neem leaves.

3. As with all fine fabrics, if you plan to store silk for a long time, you will do best to



store it in a cotton pillow

display case or otherwise surround the silk with a fabric that can breathe. Avoid storing in plastic since this can trap moisture, which can lead to yellowing or the accumulation of mildew.

Leather:

1. Clean and dust your leather garment before long term storage.

2. Store leather garments on padded hangers and cover with a plain bed sheet or cloth garment bag. Avoid plastic bags, as they don't allow the garment to breathe, and can promote mould and mildew. Leave room on either side of the hung garment because it needs to breathe to

stay supple and healthy looking. Never fold a leather garment for storage. Before storage, you can wrap your leather in acid-free paper. Acid-free paper acts as a barrier of protection against moisture, dust, dirt and bugs. Wrapping your leather in paper will also help retain its shape.

3. Store your leather in a dark, dry place. Sunlight will cause fading. Humidity can result in the oils to bleed out and cause the leather to dry out, which can cause moulding. Humidity also attracts mould and mildew.

4. To help maintain the shape of the garment, empty all pockets and remove additional accessories that may add weight to the garment. Close all buttons and zippers before storage.

Besides following the above tips, make sure you check on your stored items every now and then to make sure there are no issues. Replace moth balls from time to time and keep the storage area clean and dry.

(Ninoshka Alvares-Delaney is a National Award winning Fashion Designer and creative director of the sustainable fashion label Ninoshka. You can follow her on Instagram and Facebook @ninoshkaindia)



CHEMBUR BROTHERS PROFILES

COMPLETE PROFILES OF ALL OUR 8 COUNCIL BROTHERS WITH PICS ATTACHED

1) SUSHIL SEQUEIRA - SECRETARY ELECT - CHEMBUR CIRCLE

This is Sushil Sequeira Secretary Elect for Chembur Catenian Circle to be installed on 14 Feb 2020. I was born in Mumbai on 13 August 1979. My childhood, Schooling and graduation in Commerce was all done in Mumbai. I got married in 2005. My family consists of my wife and 6 year old daughter. I commenced my career in 2000 as a Financial Sales Representative with Tata TD Warehouse, working for 2 years. Later in 2002 joined Elan Pharma as a Sales Representative for 2 years, elevated to Sales Promotion Officer working for 8 years, Operations and Logistics Manager for 5 years. Total 15 years with Elan Pharma. Started an IT Training Centre in 2017. Handling training and placement. In Nov 2019 joined Transmatrix as a Senior Manager HR and Admin. My hobbies include travelling and meeting new people. My main attraction to Catenians is the brotherhood and the fraternal love which links them to each other.



2) Terence Fernandes - Membership Officer - Elect Chembur Circle

This is Terence A Fernandes from Chembur Catenian circle to be installed on 14th February 2020. I was born in Mumbai on the 18/12/1980, My childhood, schooling and graduation in science was all done in Mumbai. I am a bachelor, My parents expired in 2016, I have one brother only, that for now completes my family information. I started my career in the merchant navy after 7 years discontinued it due to personal change of interest, after that completed my Management studies from distant education, Joined a cargo handling company by the end of 2008 by the name of Meridian warehousing and trans loading services Badlapur/ I handle C&D clearance transportations & warehouse docking. I am member of the rifle club, Also Secretary for Navi Mumbai sports powerlifting association. My attraction to Catenians is the brotherhood & fraternal love which binds them to one another.



3) VINCENT COELHO - VICE PRESIDENT ELECT CHEMBUR CIRCLE

I am Vincent Coelho residing in Ghatkopar and Vice President of Chembur Circle. I am MBA in operations and work for Maersk in DG operations team based out of Mumbai. I have a cross functional experience in different profiles I have managed in 15 years of experience. My wife is in HR and my 6 year old son studies in 1st grade. I am a fitness enthusiastic and wellness champ. I am a proud catenian and strongly believe and propagate its values. I feel connected to my fellow catenians who are always supportive and helpful.



4) JOSEPH CARDOSO - TREASURER ELECT CHEMBUR CIRCLE

Name : Joseph (Joe) Cardoso. Born in Assolna, Goa. On 11/06/1946. Proud to be a Goan. Born to a God blessed family to Mr John & Alexinha Cardoso. Primary educated in Portuguese n then shifted to Bombay studies in English n again had to shift back to Goa for completing my further education with French as my second language. Returned back to Bombay for job placement. Got an opportunity to work in a reputed Advertising Agency for the best part of my successful job carrier in accounts department n later part, worked in various capacity as Accounts Officer-Cashier-Manager, etc. In between, I came across a person who was a habitual alcoholic drinker & later became my drinking pal. After a couple of years, I got addicted to alcohol & became a compulsive daily drinker. After some years, my alcohol took complete control over me. I landed myself in insecurity complex of loosing my job n my family. Somehow, in the midst of all this confused situation, I got married through a proposal to a girl who had no parents. It occurred to me as an alcoholic, I will at least do justice to my misdeeds of my drinking and bring some light in her life, I got married to her later. Next four years were like hell for both of us due to my day to day drinking. I tried to stop my compulsive drinking with no success. Eventually, after four years of my marriage, some two strangers, whom I wish to call God's instruments came in my life, which changed my entire outlook on my life's carrier. They were from Alcoholics Anonymous. Both shared their life's episodes with me to which I felt they were sharing my own abnormal alcoholic story. Since, I was already graduated with a degree in alcoholism, I readily agreed to embrace them as an alcoholic. From the



start till now,, am in touch with Alcoholics Anonymous. I worked extensively with our Assn. With the request of our local people, I have started a group of Alcoholics Anonymous in our area which is going on for the past almost 33 years. Myself have already completed 38 years of sober living, in my own interest and helping others to achieve the same... We don't share this in other forums, but if it helps someone, it serves the cause M also in other associations besides Catenians, such as. Saint Vincent de Paul, Giants Welfare Foundation, etc.

I was introduced to Andheri Catenian Circle by my friend Bro Domnic D'Souza, who is the President elect for our FORTHCOMING book installations of our Chembur Catenian Circle. I am the Treasure elect for the same.

With all good wishes for our successful installation and an ardent appeal n invitation to all brothers in Catenians. God bless you all.

5) ANTHONY RODRIGUES - MARSHALL ELECT CHEMBUR CIRCLE

My Name Anthony Rodrigues. Born And brought up in Chembur, Mumbai Finished Graduation from K J Somaiya Collage. Worked in Pharma company for 15 Years, then Shifted from there to Insurance, worked there for few months. From there I shifted as business development manager in a Engineering firm worked there for 4 years. There I met another Catholic person, a Canadian and we got close to each other as I had successfully did 3 projects with him and when Russian company wanted to start on their own My Canadian friend made me a director for Indian operation and now I have completed 7 years here and successful in completing many projects. I have married to Debbie in the year 2000 and I have one Son Ryan and one daughter Rhea.



6) Domnic Dsouza - President Elect for Chembur Catenian Group

Domnic D\quote Souza born in Chembur 19/10/1962

PRESIDENT of CHEMBUR CIRCLE, going to installed on 14th February 2020, Studied TY BCOM

Working in TAJ HOTELS as CHEF almost 38 years, got married 1999,

I have Two daughters , Eldest daughter studied in Melbourne in 2016 , as MBA for two years, at present working in Melbourne, also I attended Seminars in Melbourne for Three days , 2017 on October 19, 20 & 21st, also had invitations from Sydney Circle, which we attended Ladies night along with my daughter\quote s, My wife\ Works in ICICI in Corporate Office & younger daughter studied BMM , working in freelance, now she\quote s Professional photographer, I belong to Holy family church Chembur, Am a proud Catenian also connected to my fellow, great Supportive & bonding family, I was Catenian for almost four an half years.



7) JOSEPH DSOUZA - CHAMBERLIAN ELECT FOR CHEMBUR CATENIAN CIRCLE

My name is bro. JOSEPH R. D'SOUZA. My birth date is 25/11/1990.

I am from Vengurla parish Sindhudurg Maharashtra.

Last 3 year back I used to work in Mumbai as a marketing head for Neo- Tech Consultant Goregaon East.

I stay in bhandup west. I like singing and am an aspiring actor.

We are recorded 5 episode for Shalom TV Vachansangeet in Tabor Ashram Kalyan

Also I have participated in dramas.

My first konkani drama is 'Farikpon' deed of payment.

Our team has completed 4 shows successfully in the month of December 2019.



8) ARTHUR JOSEPH - MARSHALL ELECT FOR CHEMBUR CATENIAN CIRCLE

Hi All, I am Arthur Joseph residing in Ghatkopar (West), studied in Vikas College. I am self-employed and run my own company in the name of Savio Infotech. I am into IT Business for more than 10 years. I am married and have 3 Sons Savio, Joshua and Aaron. My wife is Finance Manager in a MNC firm. I am also a member of Legion of Mary from last 20 years and PPC member in my Parish. I was introduced by Bro Domnic our President Elect of our Chembur Circle in Catenian Group in June 2019, so maybe a newest member in the Chembur Circle. Since then I have received so much love, warmth and care. I would like to say that I am proud to be Catenian as it\quote s a great organisation, having well supportive members and feel like a bonding family. Thank You & God bless you all.



Regards,

SUSHIL SEQUEIRA

SECRETARY ELECT - CHEMBUR CATENIAN CIRCLE

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THANE BROTHERS PROFILES

Name - Brother Terryl Furtado Circle – Thane 385

Dear Catenian Brothers, This is Terryl Oswald Furtado from Thane Catenian Circle to be installed on 16th February 2020. I was born in Mumbai on 26/02/1962, I grew up in Bangaluru, did my schooling & college there. I came for a job to Mumbai in 1987 & since then I have settled down in Thane, Shreenagar, Wagle Estate. I had 2 siblings Terrence & Trevor & I am the eldest. Trevor expired recently. I have lost my Dad Jarald Furtado & my mother Irene lives in Bangalore. I am married & my spouse Indira works for Tata Son's at Fort Mumbai. I have 2 children, a son Floudon who is in Canada & a daughter Kenrita who is doing her graduation in Hotel Management. I am running a school bus service business and will be starting an ambulance service shortly. I am the Chairman of the Bombay Catholic Sabha St. Lawrence unit, Wagle Estate. I joined the Catenians & am impressed by the friendship and feeling of oneness & sharing.



Name – Steven Fernandes Circle – Thane 385

I am a Sebi registered investment advisor and have my own firm by the name of "Proficient Financial Planners. I am happily married and have 2 kids. We have been living in Thane since last 20 years. I love to sing at various functions and am part of our Church Theatre ministry. I also go for treks and have been running marathons for the last 6 years. I joined catenians to bring together a likeminded group of brothers who are willing to care and help our fellow catholic brothers and their families whenever any need arises.



Name – Lloyd Rego Circle – Thane 385

Qualified as a B'Com Graduate from Mumbai University, a Diploma in Mgmt. Studies from Mumbai University (India) followed by an MBA with the University of Strathclyde (Glasgow, Scotland UK). I've been associated with the Financial Services Industry initially as an Equity Analyst, and subsequently with Insurers and International Insurance Brokers in various roles of Sales, Marketing, Product Development, Underwriting and Vertical Head.

Started my own Financial Services consultancy in 2015 at the age of 40 to share my knowledge in Insurance, Mutual Funds and related Financial Services to provide options to individuals, families and organisations to manage their Finances better and live a Financially Secure and Fulfilling Life.

My family consists of Mildred, my wife who is an Engineering Graduate by qualification and supports me with my work. Nathan, my son who is a student studying in class 1, is our joy. We enjoy each other's company and often take small vacations in our car to the countryside.

I feel the principles of Catenians are in line with what we believe and that has encouraged me to continue and actively participate on this forum.



Name: Anthony Almeida Circle: Thane 385

I am in the business of manufacturing stone crushers, screens & accessories.

I am married my wife's Regina daughter Elita & sons Elton & Elijah.

I belong to The Most Holy Trinity Parish Powai

I love travelling. I joined the Catenian group to meet Catholic brothers in friendship & fellowship



Name - Dominic Castelino Circle - Thane 385

I have done my Bachelor's of Engineering from Mumbai University specialising in IC design technology with Diploma in Computer Hardware & Software. Living in Thane with my mom, Brother and wife Cheryl Castelino, we belonged to St. John the Baptist, Parish until last few years. Currently I'm residing at Kalwa and belong to St. Anthony of Padua, Kalwa Parish.

I am the Co-Founder of Star Electronic Concepts, Mulund, Mumbai providing end to end solutions in Design, Manufacturing, Installation, AMC Services for IT Infrastructure, Fire & Security for the past 14 years, having completed more than 2000 projects.

What attracted me to Catenian's was genuine, loving and caring brothers being with them felt like family and friends at the same time.



Bro Cyril Soares Circle – Thane 385

I am Self Employed and in the business of supplying of building materials. Born in a small village in Manglore. I Graduated from St. Mary's Syrian College and did my Post Graduation from Mumbai University. For a few years I worked as Marketing Officer. Later I started my own business in building materials.

I am actively involved in social activities. Taken the initiative taken to form Konkani Sabha in our Parish. I am also the Conference President of Society of St Vincent de Paul.

My wife June Soares is into service. Our elder son is doing his Master's in Germany, and younger son is studying in St. Xavier's.

Name – Arun Vaz Circle - Thane 385

I am a CA by qualification and Partner at Transformatrix LLP. I worked in the Audit and Accounts department of a well-known Real estate firm in Mumbai before becoming an Entrepreneur in 2018. I grew substantially within a short period of time. My wife is also a CA and we have a 7 year old daughter. I am friendly by nature and always ready to help. I joined Catenians to unite everyone and work together as one family.



Name – Rocky Lewis Circle - Thane 385

I run a Mechanical and Structural Engineering firm. My wife is a homemaker and we have two children. Our elder son is in his last year of BMS while daughter is in her 9th standard. I did my schooling in Udipi and moved to Mumbai in the late 80s. I am actively associated with several Associations in my Parish and joined Catenians to support brothers and also encourage them to help in Church activities.



COCADA (a Brazilian-Goan coconut sweet)

By Edith Mel Furtado

Ingredients

- 1 large grated coconuts
- 1 egg
- 250g refined flour
- 50 gms butter
- ½ cup maida
- 1/2 teaspoon baking powder
- 100 gs powdered milk
- ¼ condensed milk
- 1 ½ teaspoon lemon zest

Method

In the mixer cream the sugar and butter and eggs till white. Add the lemon zest. Add the remaining ingredients beating for another 5 minutes.

Add the remaining ingredients, beating for another 7 minutes.

Bake in a greased tray at 180 C deg. for about 40 minutes.



Fazenda Cazulo . A night at the Feni Cellar

By Vanessa Mendanha

'Saude' ! The happy cry as glasses full of feni are raised and clinked has resounded amongst swaying coconut palms, the crash of waves on the sand and in the midst of the sweet smell of a cashew orchard for hundreds of years. Feni is now recognized as a Heritage brew with its own Geographical Index and is a strong part of the rich cultural heritage of Goa.

There was a feeling of excited expectation as we made our way to the Fazenda Cazulo in South Goa. Directions are given at the last minute as the location is a guarded secret yet it is more a road to discovery .The approach is marked by thick undergrowth and cashew orchards on either side. It is quiet, peaceful, serene. In the approaching dusk, an unmarked gate leads you down. Standing at the slope a bit away, you take in the inviting scene, the soft golden halo from scattered lights, the delicious smell of a smoking hot barbecue. Oh yes !, this is a culinary adventure for sure !

The feni-spiked welcome drink is soothing and refreshing. After greeting other friends and settling down, our host, Hansel Vaz, the proprietor of the famed Cazulo brand of Feni, gathered us together. His cheerful banter led the way to an enriching lesson on the making, distilling and storing of the iconic drink - Feni ! He encouraged questions, as many as puzzled your mind, to take the time to understand the sheer wealth of something unique to this tiny corner of India and the world .

While the cashew nut is grown and harvested in many parts of the world ,the pulp from the fruit has only been used here in Goa. It is interesting to note that only here is there a double harvest, both the nut and pulp bring in profit for the grower. The hot months of the beginning of the year signal the beginning of the plucking. How the fruit is collected, crushed, fermented and distilled is a lesson in culture and history.

The raw stone pits for crushing the cashew

fruit and making of the large clay pots for storage are a dying art, and I believe there are just a tiny few potters left in Goa who make the clay pots the traditional way. I felt touched with a tinge of sadness at this thought. I hope art is revived somehow in the future. Cultural Tradition needs to be preserved.

After we drank in all this information, we were ushered to the closed doors. Ah, those doors! What lay beyond?.we wondered for the better part of the evening! And finally with a gasp of delight, we stumbled into the magical room. Row upon row of large and small garrafaos shimmered in warm earthy tones of cream, brown and green, highlighted by carefully placed lights. It was an amazing sight to see hundreds of bottles so patiently sourced, the largest collection in India! This set the tone for the feni tasting session that followed. A clear palate allows you to sample each swig, to enjoy its unique bouquet and taste and learn about mixing it in cocktails to soften its sharp edge .

The delicious barbecue of meats and vegetables were a perfect end to a romance-infused evening. Goan and Portuguese music filled the night air as lilting songs accompanied by the guitar and the violin wooed the diners. The authentic taste of the local cooks was felt even in the sweet dessert. An experience at Fazenda Cazulo is a journey into time, when recipes, tips, methods and stories were handed down by word of mouth through hundreds of years.

The Fazenda Cazulo Feni tour was arranged as an after-party to the Circle 353's 10th anniversary celebrations and was attended by 36 brothers and their families from various Circles in Goa, Mumbai and the UK. It was a perfect end to the celebrations. Cheers to Feni - a unique and wonderful drink!

Hold these dates for travel in 2020

Considering international travel this year? Looking for a destination that offers a range of experiences and also opportunities to be with people with whom you have that special bond of shared faith and values?

Well, in 2020 The Catenians' Australian National Conference will be held in Sydney from Friday 21 to Sunday 23 August. The outline of the Conference will follow the well-established Australian model, commencing with a Workshop on Friday followed by Conference sessions on Saturday, concluding with Mass on Sunday. These events will be supported by a social programme comprising an informal evening Reception, Conference Dinner and Farewell Lunch.

The Programme outline is:

Day		Session	Topic	Attendees
Friday	21	Morning	Workshop Topics	Members only
		Evening	Reception	Open to Guests
Saturday	22	Morning	Reports from ANC, GBNC, CC, Catena, Bursary Fund, Benevolent Fund, Motions on notice	Members only
Saturday	22	Afternoon	Keynote Speakers	Open to Guests
Saturday	22	Evening	Conference Dinner	Open to Guests
Sunday	23	Morning	Conference Mass	Open to Guests
Sunday	23	Afternoon	Conference Farewell Lunch	Open to Guests

The Conference will provide brothers and their wives with opportunities to enjoy the faith based friendships they have made through membership of The Catenians, to forge new friendships and to experience the unique lifestyle that has moulded much of the Australian character.

Of course, you can arrange to see the man made icons such as the Sydney Harbour Bridge and Opera House, but if you have extra time you could also visit the national monuments in Canberra before visiting the snow fields in the Snowy Mountains, or experience the city-life culture of Melbourne. Perhaps you might visit Perth and travel to the vineyards of Margret Rive. Then there are some unique Eastern Australian natural wonders, such as the rainforests and Great Barrier Reef close to Cairn and some great beaches on the Gold Coast. Maybe you just want to see a kangaroo or koala, an emu or a platypus.

Yes, there's definitely a lot more to Australia than a sun-burnt country – come and visit, the welcome will be warm!

The Conference Coordinating Committee is negotiating attractive rates for hotel accommodation close to the Conference venue at the North Sydney Campus of Australian Catholic University and, as usual, brothers in Provinces 20, 21 and Area Victoria will offer some opportunities of home hosting before and after the Conference, so you can do some local sight-seeing or visit family and friends.

For further information about the Conference and supporting events, please contact:

Conference:	John Tweedie	p21.secretary@thecatenians.org.au
Province 20 (Western Australia)	Ralph and Liana Fitzpatrick	RFitz@iinet.net.au
Province 21 (Qld, NSW and ACT)	George Kazs	anc.president@thecatenians.org.au
Victoria Area (Victoria) Peter and	Deirdre Walsh	vac.president@thecatenians.org.au



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
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- **Adv. Shailendra Bhohe** - Accredited Gr 'B' mediator
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