

# THE CATINDIAN

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**CATENA**  
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**INAUGURATION OF PANJIM CIRCLE GOA THE FIRST IN INDIA**

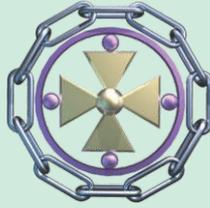


*Don't miss this month....*

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Our Brothers in Bangladesh	Pg. 26



**THE CATENIAN ASSOCIATION**  
10 YEARS IN INDIA 2009 - 2019



# *The Catenians*

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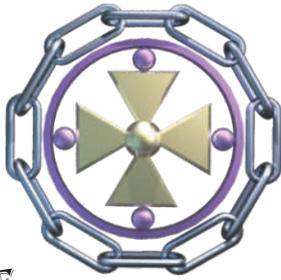
*Strengthening family life  
through friendship and faith*

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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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**PANJIM CIRCLE 353**  
for  
**The Catenian Association  
in India**

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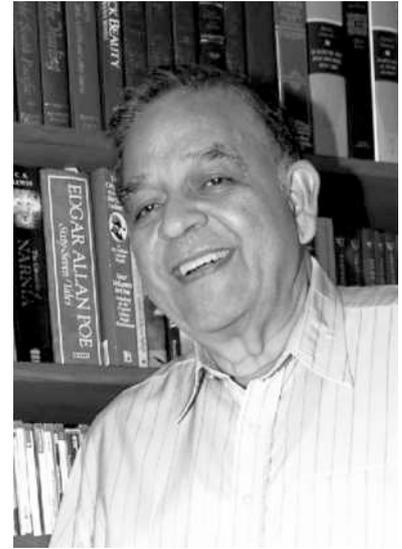
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## *From the Editor's Desk*

FELLOWSHIP is Friendship in action. The October CATINDIAN lives the statement. Brothers - including four from England and our dear Brothers from across the border in Bangladesh - and four Catenian sisters (three wives and a daughter) and many other Brothers from all over invite us to walk in their shoes and step into their experiences inside out. And whether the shoes are high-heeled or low or whatever design, the words and visuals wrap themselves comfortably around us as we share the journeys.

Bangladesh and its capital, Dakha, come screamingly to life with an eye-opening account of the historic background, the raw reality of existence and the work of the Catenian Dakha 370 Circle. Brother Tom Brassil, the "Irish Indian" from North Warwickshire Circle 111 dips his pen in the sweat and tears of the people and writes with graphic intensity. Stanley Coutino's Book Review of "Bones of Grace" delves into the tattered emotions that cling desperately for meaning to the parallel metaphors of dissembling the bones of a million year old whale and the ship named "Grace" set against the backdrop of the Bangladesh struggle for freedom.

"The Book of Job" has climbed to the top of my must-read list through the enticing analysis by Neves Braganza. We move from the redemptive nature of suffering to ENVY in the Bible with Edith Melo Furtado in "The Green-Eyed Monster". Eddie Viegas continues his incisive insight into Youth Education. Positive personal testimonies by three Brothers - on Sobriety, Living on one Kidney and The Guardian Angel on the Transatlantic high seas - take us into very open-hearted sharings. Our Publisher, Brother Agostinho, exuberantly rejoices that he is a Catenian. The Profiles from Brothers from Malad, Margao and Panjim continue our "getting to know you" project. This is how we get to know our Brothers; this is true Fellowship. They open the doors into their lives and let us bond with them.



A Catenian daughter, Shania Pia Rebelo, captures a delightful P.O.V. (Point of View) film with colourful scenes, vivid photography, exuberant jump cuts edited into a gripping European adventure. Of course, she does it with words but the visuals come to life. I am inspired to follow in her footsteps. And yet another young lady, Jovan Claudia Gonsalves, leaves her mark of excellence in Tanzania.

And Catenian Ladies come to the fore again with a superb thorough guide to gentlemen on how to achieve the ultimate dapper look with formal wear and two delicious recipes: the ever popular Feijaoda served hot and stirred (optional) and Stewed Apricot with Custard served chilled, neither shaken nor stirred.

Eugene Das probes further with his soul searching questions attempting to define the true Catenian ethos. The daily Spiritual Reflections have been renamed: "BRIGHTEN YOUR DAY CAPSULES" more in keeping with their purpose.

And a surprise ending on the inner back cover: - Our proposed Catenian Anthem: "LET US STAND TOGETHER". Composed by our very own Secretary of Margao Circle 358 Bro. Stanley Coutinho, and set to music by one of Goa's foremost musicians Pierre Fernandes. A Fellowship Song to end on a perfect NOTE.

## *From the Publisher's Desk*

### **YEAH! 10 YEARS**

**By Joey Carvalho**



The Catenian Association in India was an unheard subject to me a decade ago! I have a thirst for knowledge and have participated in quite a few general knowledge competitions where I have not done too badly. God has blessed me with quite a good memory too. But Catenianism was not in my vocabulary of "isms"!

When I look back at my life I feel that it had not been that fruitful with knowledge and memory. In fact having a good memory may be a stumbling block in the path to being a forgiving person, for I may forgive but never forget, and that can be a major concern in seeing the speck in my neighbour's eye. Coming back to where I began, I personally knew one Catenian brother comparatively well when I attended my first pre-formation meeting, having seen him and his family from my early teens in church. And the second a few years earlier through another Association: through him I was invited to join all fun functions, even though not a member. How's that on the popularity index!

In fact there were some fair-skinned Goan potential members present whom I had not seen before, and who had more than one answer to questions raised, giving me the impression that they had come directly from the UK! I am quite sure that that meeting had more than fifty men present, quite a few of who joined us to become honourable men.

Over the years I believe the principles and values of our Association brought us all closer to one another and the bonds of unity made meeting one another a must have occasion every month. (One small secret at this point: I joined because it was only once a month, which I thought I could manage since I lived a sixty minute drive away). I am glad to proclaim that I was always before time and present for every meeting for quite a few years. That record was interrupted by a mosquito who was responsible for getting me admitted to hospital and preventing me from the quality brotherhood the Catenian Association offers. Oh these jealous blood suckers! Suddenly the unexpected happened. Brothers thought yours truly fit to become Vice-President. Of course I couldn't resist because I knew 'what you resist, persists'. So it was yes to growth and a feel of Council. Council was fun and a stepping stone to deeper and a more meaningful relationships. I was now addicted.

Brother President at the time who was one of my favourites for being outspoken, honest and a quick decision taker, had a personal set back making it difficult to attend meetings, pushing me to chair

meetings during his absence. The only drawback to this episode of my Catenian life being that, when I actually became President, brothers jokingly would ask when my term was going to end. Obviously my earlier popularity graph was tail spinning!

I have met and interacted with many brothers from all over the world over the years, but being the fallible human I am, having a few favorites, (even our Lord had a disciple he loved), it has been smooth sailing. I wish I had the capability to love all equally and without reservations.

The capacity is definitely there waiting to be tapped. When a coconut tree is tapped for toddy you can foment the sap to produce vinegar or feni. I for one would prefer feni which can give you a happy high, than the acidic vinegar which will leave a sour taste in the mouth. Hopefully the Lord can grant me this miracle.

Being the photographer I am had been a blessing for me. The privilege of having a photographic record of most of our functions from inception, has given me a satisfaction which I cherish. Looking back at the pictures I can only say with gratitude for these ten momentous years, "That the best is yet to come".

My editor and readers may get the impression that this Publisher's Page is turning out to be a personal story but with the decade of the Catenian Association in India, I felt that it was not out of place. This magazine was a vision to unite and share and that purpose has been understood and accepted by most; others will join soon! Two of the articles published have been printed in the Catena which is a lesson for us in what a spark like this can do.

Protocol and procedures which have been listed and learned have been well taken, and the insignia makes the meeting set up a little more grand and mysterious for visitors who plan to join the fellowship. It is definitely different from any other Association. The unison with which the Psalm is prayed during the meeting, and the responses transmitted in one voice proudly acknowledge our Catholic Faith and discipline in brotherhood.

The knowledge and memory that I spoke about in the beginning has been replaced with the spirit of brotherhood and togetherness. That matters most to me today. Surely the Catenian Association has contributed to me becoming a better person, with a brand new vision for my own personal development. Thanks be to God.

## The Green Eyed Monster

By Edith Melo Furtado

St Augustine called envy by its name: “a diabolical sin”. “Envy is the sadness at the sight of another’s goods and the immoderate desire to acquire them for oneself, even unjustly”. ( *Cathecism 2539*).

Were there extremely envious people in the Bible? Certainly. They wrought havoc in other peoples’ lives and in their own. The book of Wisdom says, “Through the devil’s envy, death entered the world” (2:24). The devil worked through Adam and Eve. Envy further caused the first crime in human history. “Envy is the mother of murder” (St John Chrysostom) which explains why Cain murdered his brother Abel. (Genesis 4:1-17). Joseph’s brothers could not accept his dreams depicting him in a position superior to theirs. They resented their father’s preference for him. So they plotted to kill Joseph but ended up selling him into slavery. (Genesis 37ff). No less is the destructiveness with which King Saul envied and resented David, his victories and his great popularity (1Sam 8). He tried to kill him several times but God’s protection prevailed and raised up David. The envy of the Scribes and Pharisees led Jesus to die on the Cross.

The sin of Envy is mentioned in the New Testament in a major allegory where the elder brother in the parable of the Prodigal Son was angry at the rejoicing over his wayward brother’s return. C. S. Lewis said, "We dislike the Big Noise at the party because we want to be the Big Noise." True, like the elder brother, we covet and envy, resent and rue over someone else’s contentment or popularity. The immoderate desire to acquire what is someone else’s and the discontent at the other’s prosperity has pitted against one another and poisoned relationships among siblings, close relatives and neighbours, the latter sometimes, in Goa, over “your mangoes are breaking my tiles ” issues. The Holy Father

reflected that an envious person can never feel peace: “There is no peace! It is a tormented heart, it is an ugly heart!” (Homily, January, 21, 2016).

So let us do a reality check on ourselves, our thoughts and emotions. Do I feel depressed, inferior or angry at someone else’s ability, situation in life, wishing I would have the same talents, attributes, social position? Do I wish to see that person’s downfall, discredit in the eyes of the public? Envious people never pay compliments to the one they envy. Instead, they use subtle sarcasm while addressing the envied one or they criticise and belittle behind the person’s back. Also, no one admits, even to oneself to being envious of another. Yet, it is the worst of the deadly sins which affect human beings, leading to many others. Nelson Mandela stated that, “Resentment is like drinking poison and then hoping it will kill your enemies.” But it corrodes the heart and kills spiritually and physically.

The antidote to this deadly poison is to be grateful to God for whatever he has given us. Avoid comparing yourself to others and look kindly upon everyone. (Goodwill) If we remain humble, we do not compete and seek to defeat. (Humility). Look up to the Father. He alone can satisfy all the desires of our heart. (Abandonment to Providence)(*Cathecism 2540*)

### Edith Melo Furtado

( Earlier published in *Daily Flash* )



Prof. Edith Melo Furtado has retired from the Department of French at Goa University after a career as a Associate Professor. She has also taught English and Portuguese. She is the wife of Bro. Edga Melo Furtado

“Tears are prayers too. They travel to God  
when we can’t speak”

Psalm 56:8

# The Book Of Job: The Redemptive Nature of Suffering Brig. Neves Braganza

## INTRODUCTION

1. At first reading, what may immediately strike the present day Christian about the Old Testament Book of Job, is its timelessness, in that the doubts, fears, questions and agonised representations of Job when faced with unexpected suffering, continue to be echoed by modern man. More than two and a half millennia down the line, human beings, even otherwise righteous and faithful human beings like Job, are still asking “why”? Why do bad things happen to good people? Why, if God is a loving paternalistic deity, does He seemingly permit so much evil to abound? Why, when we are asked to grapple with seemingly meaningless pain, suffering and deprivation, is God, maddeningly, only conspicuous by His absence? In short, ‘where is God when it hurts?’, or ‘why me’? A more introspective reading of the Book of Job, however, will open up to the diligent seeker, a valuable lesson in Faith in general, and the nature of God in particular, which in turn, albeit indirectly, provide answers to each of the above questions!

## THE PLOT

2. The Book of Job is unique. In the first two chapters, God accepts from Satan, no less than a wager of cosmic proportions. At stake is the character and integrity of God’s righteous servant Job, and by extension, even the very concept of God’s most wondrous creation, man. The nature of the wager is as old as Creation itself; the elemental contest between good and evil, truth and falsehood, obedience and rebellion, fidelity and perfidy. Satan suggests to God that his faithful servant Job, is, and will remain faithful, only as long as God provides him with the material prosperity and the good health he is currently endowed with. God, for his part, knowing the faith of his righteous servant, makes the wager in order to prove to Satan that a truly righteous human is capable of loving his Maker and keeping the covenant *even when every self-interested reason for doing so is denied him.*

## LESSONS

3. After a careful reading of the book of Job, we may discern a clutch of distinct lessons that the author seeks to convey in his masterful plot and storyline. That the author here is unknown, is of

little consequence, especially if we believe that all scripture is inspired by God. Indeed, when we look at the varied morals of the story, that follow in the ensuing paragraphs, it is hard to deny that it is anything less than inspired by God!

4. **The Link Between Suffering, Divine Justice And Sin.** The Book of Job decisively **refutes an early Israelite misconception, that suffering always comes as a result of sin, and that it is a form of Divine justice.** Very early into his misfortunes, Job chides his wife when she advises him to curse God and die. *“You speak as any foolish woman would speak. Shall we receive the good at the hand of God and not receive the Bad?” (2:10).* It is only when his three friends, Eliphaz, Bildad and Zophar come on the scene with their individual and collective insistence on ascribing Job’s misfortunes to divine punishment for his sins, that Job is goaded into bemoaning his fate.

Still, convinced of his own righteousness, oblivious of the wager being played out behind the scenes, and refuting his friends’ counsel (with friends like he had, Job had no need of enemies!), he launches into an impassioned defence, moving from expressions of pain, to those of despair and even outrage against God, treading dangerously close to blasphemy (30:20-31). When God, irritated by Job’s friends’ flawed logic and Jobs’ calling him to account, finally decides that enough is enough, and makes his presence felt, he launches into some of the most powerful verse in the Old Testament, leaving no one in doubt as to what it takes to be God, master of the Universe and all that is in it. A sampling:-

38:4-7

“Where were you when I laid the foundation of the earth?

Tell me if you have understanding.

Who determined its measurements—surely you know!

Or who stretched the line upon it?

On what were its bases sunk, or who laid its cornerstone when the morning stars sang together and all the heavenly beings shouted for joy?”

39:19-25

“Do you give the horse its might?

Do you clothe its neck with mane?  
Do you make it leap like the locust?  
Its majestic snorting is terrible.  
It paws violently, exults mightily; it goes out to meet the weapons.  
It laughs at fear, and is not dismayed; it does not turn back from the sword.  
Upon it rattle the quiver, the flashing spear and the javelin.  
With fierceness and rage it swallows the ground; it cannot stand still at the sound of the trumpet.  
When the trumpet sounds, it says 'Aha!'  
From a distance it smells the battle, the thunder of the captains, and the shouting.

40:15-18

“Look at Behemoth, which I made as I made you; it eats grass like an ox.  
Its strength is in its loins, and its power in the muscles of its belly.  
It makes its tail stiff like a Cedar; the sinews of its thighs are knit together.  
Its bones are tubes of bronze, its limbs are like bars of iron.

Humbled by the actual presence of God, and stunned into near-silence by God's powerful imagery of what it takes to run the universe, Job promptly recants (42:3-6). The point to note, however, is, that God through all his eloquence, does not even address Job's prime concerns of loss of property, of children, of health; nor does he link these misfortunes to any wrongdoing on Job's part! **God's primary concern seems to be for the kind of faith shown by Job who despite his grave misfortunes, did not “curse God to his face”**. Significantly, he chides Job's friends for “not having spoken of me what is right, as my servant Job has” (42:7). Much later, in a clear break from the Israelite understanding of sin and retribution, Jesus would also speak out against the notion that suffering automatically implies sin (Lk 13:1-5; Jn 9:1-5).

##### **5. A Single Human's Fidelity Counts.**

(a) The first two chapters of Job reveal that God staked a lot on one man's wickedness or righteousness. For whatever reason God agreed to the wager, it is apparent from the start that everything hinged on one man's faith. In this

manner, Philip Yancey, a most perceptive Christian writer argues, “*the Book of Job suggests, and does not explain, one person's faith made a difference. Like Job, we too live in ignorance of what is being played out behind the curtains. Job reminds us that in the small history of mankind on this earth, indeed every individual's small history of faith, takes place within the larger drama of the history of the Universe.*” Philip Yancey goes on to liken God-fearing humans to “*foot soldiers in a spiritual battle with cosmic significance*”. CS Lewis, the doyen of Christian apologists puts it even more emphatically when he states, “*There is no neutral ground in the universe: every square inch, every split second, is claimed by God and counter-claimed by Satan*”. Job's battleground of faith involved lost possessions, lost children, lost health. Yet, by his chief protagonist's fidelity, and the righteousness generated by that fidelity, the author of the Book of Job highlights **the need for a tough , resilient faith based on personal integrity that believes against all odds that one individual's principled response in choosing hope over despair, can, and does make a difference**. It also highlights the astounding truth that our choice of being steadfast in faith, matters not merely to us and our own destiny, but amazingly, to God himself. Job's steadfastness in faith gained for God a great victory over Satan, who in his typically cynical way had questioned God's (human) creation.

(b) The Book of Job therefore suggests that **every single human being of integrity in his seemingly mundane struggle serves as a foot soldier in God's grand plan to redeem the earth**. In this day and age, and at our respective stations in life, this battleground and these foot soldiers translate to the form of the unwed mother to be, or the wife with an unscheduled pregnancy, opting for life as opposed to abortion, or to parents watching the rise in the road, waiting, with undying hope and unconditional forgiveness for the return of an estranged child, or a son or daughter choosing to care for a terminally ill parent rather than investigate euthanasia, or a government servant standing up and speaking the truth to authority irrespective of the likelihood of a setback to his career prospects. For his part, in a decisive step towards redeeming his creation and prevailing over Satan, God sent his only begotten son to show the way for all Nations. Thus we, the faithful,

God's foot soldiers, are better equipped and empowered to do battle with the powers of evil. **As ever, faith, the kind shown by Job in the face of grave deprivation and pain, is the prerequisite--the ammunition and the armour, the sword and the shield, the key to ultimate victory.** Today, each of us can take heart from the fact that in the New Covenant, our times, Christ exemplified this redemption, giving it a concrete dimension attainable by self-sacrificial suffering of the kind he demonstrated, and called each of his followers to emulate.

### **6. The 'Why' Questions.**

(a) In His intervention in the Book of Job, God pointedly bypasses the issue of Job's severe misfortunes and re-focuses the central issue from the cause of Job's suffering to his response to it. Irrespective of who or what caused Job's suffering, the core issue at stake was Job's faith: whether he would continue to trust God even when everything went wrong. By instinct, humans tend to focus on the 'why' question. God's ways as we are emphatically told are different, and at the very least are *not* our ways; God seems more interested in, 'to what end?'. **Once suffering has happened, bad as it is, can it somehow be used for good? In God's scheme of things, suffering *can* be redemptive by serving a higher good.** In Job's case, his extraordinary suffering was used by God to win an important victory with far reaching consequences. Job upheld God's original plan for man, by bearing his suffering (even if not uncomplainingly) and by trusting God, against all odds. In so doing, he perhaps even foreshadowed Jesus Christ, who would live the perfect life, yet endure pain and even death in order to win a great victory.

(b) The Book of Job, albeit indirectly, answers the 'why' questions, thus: "Why do bad things happen to good people?" Because bad things happen in a universe corrupted by the Fall. Chapters 1 and 2 make the subtle distinction that **God did not directly cause Job's problems. He permitted them, but Satan actually caused the suffering.** It is the good people who are able to overcome a bad situation by redemptive self sacrifice. "Where is God when it hurts?" Closer than you think! It is He who gives you the strength to bear your travails; all you need is Faith--the steadfast kind, as shown by Job. "Why me?" Because you are a good and faithful servant of God, in a better position than most, to absorb the pain caused by evil and turn it into good by self-

sacrificial love.

### **CONCLUSION**

7. Those of us who are familiar with the concept of Jesus' self-sacrificial love as an antidote to evil, as expounded in the New Testament, would discern in the Book of Job a hint, a lead, even a pointer to the redemptive nature of suffering that Christ embodied, refined through his teachings, and most of all exemplified, by his passion death and resurrection. In the general introduction to his very educative book, "You *Can* Understand The Bible", Peter Kreeft, Ph.D, a very readable contemporary philosopher and Christian apologetic, writes "*The Bible calls itself 'the word of God'. But it points beyond itself to the 'Word of God', Jesus Christ. Every word in the Bible is a part of His portrait. The words man can utter are not alive, but the Word God utters eternally is not only alive but divine. He calls Himself "the Son of God". Meeting Him is the point of the whole Bible (see Jn 5:30) and the whole point of our lives".*

8. The point of this little expose of the Book of Job was to whet your appetite and cajole you into reading the book itself, not merely for its very relevant instructive value as I have attempted to highlight, but also as a work of exquisite literature, replete with a racy plot, intriguing storyline, and arguably some of the most entertaining and imagery-intensive dramatic poetry anywhere in the Holy Bible. If you do reach out for this book, I am willing to guarantee that you will be rewarded with a clearer understanding of the Bible, and of your very life itself.

Bibliography: Philip Yancey: (a) The Bible Jesus Read. ISBN 81-7362-251-5

(b) Reaching For The Invisible God. ISBN 81-7362-449-6

Peter Kreeft Ph.D: You *Can* Understand the Bible. ISBN 978-1-58617-045-5



*Brig. Neves Braganza retired from the Indian Army and is a Past President of Dona Paula Circle 356*

# BRIGHTEN YOUR DAY CAPSULES

By Br Ian Santos, Heralds of the Gospel

## October 1 (Tuesday): St. Therese of the Child Jesus.

1. "Amen I say to you, unless you turn and become like little children, you will not enter into the kingdom of Heaven." (Mathew 18: 3)
2. Our Lord is not asking us to become "childish", but He is asking us to be innocent, humble and unpretentious as little children are.
3. For those of us who have lost our innocence, let us make a good confession and ask Our Lord to restore our innocence.

## October 2 (Wednesday) The Guardian Angels

1. "Behold I will send my angel, who shall go before thee, and keep thee in thy journey, and bring thee into the place that I have prepared. Take notice of him, and hear his voice, and do not think him one to be contemned: for he will not forgive when thou hast sinned, and my name is in him." (Exodus 23:20-21)
2. The Good Lord has appointed us a Guardian Angel from our birth to look after our souls and bodies too. Above all to help sanctify ourselves and ultimately to save our souls.
3. How often do we even remember our Guardian Angels or even pray to him or seek his help? Let us remember that we are never alone and always seek his protection especially in moments of danger or temptation.

## October 3 (Thursday)

1. "And He said to them: The harvest indeed is great, but the labourers are few. Pray ye therefore the Lord of the harvest that He send labourers into His harvest." (Luke 10: 2)
2. Right from the days of the early Church to our times, there has always been a shortage of those willing to serve God and His holy Church through a radical surrender of their entire lives. Are we willing to follow the Lord, if He is calling us in spite of the world, the devil and the flesh?

## October 4 (Friday) St. Francis of Assisi

1. "And we have not hearkened to the voice of the Lord our God according to all the words of the prophets whom He sent to us: And we have gone away every man after the inclinations of his own wicked heart, to serve strange gods, and to do evil in the sight of the Lord our God." (Baruch 1:21-22)
2. God never abandons His Church, and even today amidst all the confusion, He sends holy men and women to serve as living examples for us. But He gives us free will to choose to either follow them or reject them...
3. Television, the internet, mobile phones, and other modern gadgets have become the new "strange gods" that we follow when we get addicted to them and they lead us to sin.

## October 5 (Saturday) St. Faustina Kowalska

1. "Be of good comfort, my children, and cry to the Lord: for you shall be remembered by Him that hath led you away. For as it was your mind to go astray from God; so when you return again you shall seek Him ten times as much. For He that hath brought evils upon you, shall bring you everlasting joy again with your salvation." (Baruch 4:27-29)
2. The first step towards conversion is for the sinner to recognize that he has gone astray. Next he has to ask for pardon.

## October 6 (Sunday)

1. "How long, O Lord, shall I cry, and Thou wilt not hear? Shall I cry out to Thee suffering violence, and Thou wilt not save? Why hast Thou shewn me iniquity and grievance, to see rapine and injustice before me? And there is a judgment, but opposition is more powerful." (Habakkuk 1: 2-3)
2. There are times when everything seems to be going wrong and iniquity flourishes with apparent impunity. It is easy to get carried away and follow the broad path that leads to perdition like the vast majority is "normally" following. In these moments we have to "watch and pray" for the Lord to intervene.

## October 7 (Monday) Our Lady of the Rosary

1. "All these (the Apostles) were persevering with one mind in prayer with the women, and Mary the mother of Jesus, and with His brethren." (Acts 1: 14)
2. Do I make time for personal prayer every day? And what about praying together as a family?
3. "The family that prays together, stays together." (Fr. Peyton). Besides family prayer, what bonds the family together is also to have at least one meal together without watching T.V., using mobiles, etc..but just conversing with each other.

## October 8 (Tuesday)

1. "...Martha, Martha, thou art careful, and art troubled about many things: but one thing is necessary. Mary hath chosen the best part, which shall not be taken away from her." (Luke 10:41-42)
2. Over here St. Martha represents the active life while St. Mary represents the contemplative life.
3. Although Our Lord makes very clear that St. Mary had chosen the "best" part; to show us that we should not neglect the active life He preserved the hands of St. Martha which served Him and they are incorrupt to this very day! It is through prayer and contemplation that our good works will bear abundant fruit.

### **October 9 (Wednesday)**

1. "And He said to them: "when you pray, say: Father, hallowed be Thy name, Thy kingdom come. Give us this day our daily bread. And forgive us our sins, for we also forgive every one that is indebted to us. And lead us not into temptation." (Luke 11:2-4)
2. The condition for God to forgive us is that first we should forgive those who have sinned or offended us. Many a time we are too hard with ourselves, and we need to let go of the mistakes we have made in the past...
3. "Daily bread" refers to our daily necessities including food. However, above all it refers to the Holy Eucharist which fortifies our souls and prepares us for the spiritual combat.

### **October 10 (Thursday) St. Francis Borgia**

1. "If you then, being evil, know how to give good gifts to your children, how much more will your Father from heaven give the Good Spirit to them that ask Him?" (Luke 11:13)
2. Normally speaking today's Catholic parents try and give the best start in life to their children: they put them in the best schools, send them for the best tuition classes or get the best private tutors, the best of extra-curricular activities, toys, mobiles, play-stations, tablets, healthy and wholesome food, etc...etc.... We take so much care of their bodies, but what about their souls???

### **October 11 (Friday)**

1. "He that is not with me, is against me and he that gathereth not with me, scattereth." (Luke 11:23)
2. St. Augustine says that there exist only two loves: the love of God leading to the forgetting of self, and the love of self, leading to the forgetting of God. And so one may conclude that there exists no third position. Either we are FOR God or AGAINST God!
3. And if we are FOR God and more importantly if God is for us, then we have nothing to fear

### **October 12 (Saturday)**

1. "And it came to pass, as He spoke these things, a certain woman from the crowd, lifting up her voice, said to him: Blessed is the womb that bore Thee and the paps that gave Thee suck. But He said: Yea rather, blessed are they who hear the word of God and keep it." (Luke 11:27-28)
2. Our Lord Jesus Christ is not diminishing importance to His mother. What He means to say is that she was more blessed because she always conformed herself to the will of God no matter what.
3. Do we imitate the example of Our Lady? Let us ask her to nourish us spiritually so that we may always seek to do God's will in our life.

### **October 13 (Sunday) Anniversary of the last Apparition of Fatima**

1. "A faithful saying: for if we be dead with Him, we shall live also with Him. If we suffer, we shall also reign with Him. If we deny Him, He will also deny us." (2 Timothy 2: 11-12)
2. There is no other way to go to Heaven except by accepting the crosses that God sends us. This is the difficult and narrow path which leads to eternal life. But fear not, Jesus is there to help us carry our Cross!

### **October 14 (Monday)**

1. "The men of Ninive shall rise in the judgment with this generation and shall condemn it; because they did penance at the preaching of Jonas. And behold more than Jonas here." (Luke 11:32)
2. Our God is a merciful and patient God. Like a loving father He threatens us with punishment when we go astray, but when we repent He doesn't chastise us.
3. Even today God sends us His "prophets" (holy men and women), perhaps our elders, a priest, a nun or a religious to warn us to amend our ways. But do we listen to them?

### **October 15 (Tuesday) St. Teresa of Avila**

1. "And as He (Jesus) was speaking, a certain Pharisee prayed Him that He would dine with him. And He going in, sat down to eat."
2. Imagine if Our Lord accepted the invitation of a Pharisee to dine in his house, why won't He accept our invitation to "dine" in our house? Jesus is always the silent spectator at every meal.
3. Our Lord does much more for us today. He gives Himself as spiritual food for us in the Eucharist.
4. "When you have received Holy Communion, close your bodily eyes so that you may open the eyes of your soul. Then look upon Jesus in the centre of your heart." (St. Teresa of Avila)

### **October 16 (Wednesday) St. Margaret Mary Alacoque**

1. "Or despisest thou the riches of His goodness and patience and longsuffering? Knowest thou not that the benignity of God leadeth thee to penance?" (Romans 2:4)
2. We should never abuse the goodness and patience of God to continue in our sinful ways.
3. God desires not the death of the sinner but that he repents and lives. So let's not delay our conversion, because who knows if we will live to see a new day?

### **October 17 (Thursday)**

1. "For all have sinned and do need the glory of God. Being justified freely by His grace, through the redemption that is in Christ Jesus, whom God hath proposed to be a propitiation, through faith in His blood, to the shewing of His justice, for the remission of former sins" (Romans 3:23-25)
2. Scripture tells us that the just man sins seven times a day! It is referring to venial sins of the just man of course. But what about the rest of us? Do I make efforts to avoid committing sins?

### **October 18 (Friday) St. Luke**

1. "At my first answer, no man stood with me: but all forsook me. May it not be laid to their charge! But the Lord stood by me and strengthened me, that by me the preaching may be accomplished and that all the Gentiles may hear." (2 Timothy 4:16-17)
2. Many a time it happens that the ones closest to us let us down or fail to defend us when we need them the most. However, this should never deter us from standing up for the truth.
3. God and Our Lady will never abandon us! When human help fails, then we have to seek Divine intervention. Nothing is impossible for God.

### **October 19 (Saturday)**

1. "And when they shall bring you into the synagogues and to magistrates and powers, be not solicitous how or what you shall answer, or what you shall say. For the Holy Ghost shall teach you in the same hour what you must say." (Luke 12: 11-12)
2. Our Lord Jesus Christ was persecuted and He tells us very clearly that we too will be persecuted. If we are faithful to Christ and to His Church it is inevitable that persecution will come. It is only a matter of time...

### **October 20 (Sunday)**

1. "But continue thou in those things which thou hast learned and which have been committed to thee. Knowing of whom thou hast learned them: and because from thy infancy thou hast known the holy scriptures which can instruct thee to salvation by the faith which is in Christ Jesus. All scripture, inspired of God, is profitable to teach, to reprove, to correct, to instruct in justice" (2 Timothy 3:14-16)
2. It is very important that we as Catholics have a good knowledge of the Bible and transmit it to our children from a very young age, inculcating in them a love and reverence for the Word of God.
3. And more importantly our children should see that our lives conform to the teachings of the Bible, the Church and especially Her doctrines which they should learn at Sunday School/catechism class.

### **October 21 (Monday)**

1. "But God said to him: Thou fool, this night do they require thy soul of thee. And whose shall those things be which thou hast provided? So is he that layeth up treasure for himself and is not rich towards God." (Luke 20:20-21)
2. Many people today have the same philosophy of life as the rich fool in the parable: eat, drink and make merry. But they forget that one day they will die and they will have to render accounts to God!
3. To be rich towards God we have to start accumulating merits in Heaven by first and foremost trying to be saints, doing good works: first spiritual and then corporal works of mercy too.

### **October 22 (Tuesday) Pope St. John Paul II**

1. "Now the law entered in that sin might abound. And where sin abounded, grace did more abound. That as sin hath reigned to death: so also grace might reign by justice unto life everlasting, through Jesus Christ our Lord." (Romans 5:20-21)
2. If we are sincere and try to be faithful in spite of all our human miseries, God recompenses us with super-abundant graces which help us to overcome our miseries.
3. We have to rely more and more on God's grace.

### **October 23 (Wednesday)**

1. "Let not sin therefore reign in your mortal body, so as to obey the lusts thereof. Neither yield ye your members as instruments of iniquity unto sin: but present yourselves to God, as those that are alive from the dead; and your members as instruments of justice unto God." (Romans 6:12-13)
2. Let us always remember that our bodies when we are in the state of grace are temples of the Most Holy Trinity. When we commit mortal sin, God no longer dwells in us and we become slaves of the devil.
3. We need to glorify God not only with our souls, but also with our bodies and actions and all that we say and do.

### **October 24 (Thursday) St. Anthony Mary Clare**

1. "I am come to cast fire on the earth. And what will I, but that it be kindled? And I have a baptism wherewith I am to be baptized. And how am I straitened until it be accomplished?" (Luke 12:49-51)
2. The fire that Our Lord Jesus Christ has come to enkindle on this earth is the fire of sanctity. Most lay Catholics wrongly believe that sanctity is only for the priests and the religious. All those who are baptised are called to be saints. Do I aspire for sanctity?

### **October 25 (Friday)**

1. "Unhappy man that I am, who shall deliver me from the body of this death? The grace of God, by Jesus Christ Our Lord." (Romans 7:24-25a)
2. There is a constant and daily tussle between the body and the soul. The body which pulls us down towards sin and death while the soul which strives to elevate us towards heaven and God.
3. In this spiritual tug of war, do I strive to seek after the things which are from above or below? If we do not rely on the grace of God and the intercession of the angels and saints then we will definitely find ourselves being dragged down.

### **October 26 (Saturday)**

1. "And he said to the dresser of the vineyard: Behold, for these three years I come seeking fruit on this fig tree and I find none. Cut it down therefore. Why cumbereth it the ground? But he answering, said to him: Lord, let it alone this year also, until I dig about it and dung it. And if happily it bear fruit: but if not, then after that thou shalt cut it down." (Luke 13:7-9)

2. God has given us many talents and gifts above all for His greater glory, for the good of the Church and other souls and for our sanctification and salvation too. Do I use these gifts at all, or do I abuse them for my own selfish gain?
3. God is merciful but just also. And therefore we must never abuse His patience. God will demand an account from us one day about whether we have produced any fruits as well as about the quality of the fruits we have produced.

#### **October 27 (Sunday)**

1. "For I am even now ready to be sacrificed: and the time of my dissolution is at hand. I have fought a good fight: I have finished my course: I have kept the faith. As to the rest, there is laid up for me a crown of justice which the Lord the just judge will render to me in that day: and not only to me, but to them also that love His coming..." (2Timothy 4:6-8)
2. We need to have a robust faith to deal with all the storms of this earthly life.
3. None of us knows whether we will be faithful to God and His Church till the end. And therefore besides praying for our daily perseverance in the Faith, we also need to pray for our final perseverance...."pray for us sinners now, and at the hour of our death. Amen."

#### **October 28 (Monday) Sts. Simon and Jude, Apostles**

1. "And it came to pass in those days, that He (Jesus) went out into a mountain to pray: and He passed the whole night in the prayer of God. And when day was come, He called unto Him His disciples: and He chose twelve of them (whom also He named apostles)" (Luke 6:12-13)
2. We notice very often in Scriptures that Our Lord Jesus would seek a quiet or lonely place to pray to His Father. And especially before some important event or like over here before making an important choice like choosing His twelve Apostles.
3. Amidst the hustle and bustle of daily life do I take some time off every day to disconnect from all the modern day gadgets, and to "connect" with the Lord and spend some quality time with Him?

#### **October 29 (Tuesday)**

1. "For I reckon that the sufferings of this time are not worthy to be compared with the glory to come that shall be revealed in us." (Romans 8:18)
2. Whether we like it or not, whether we are rich or poor, everyone has to suffer. Do I accept the sufferings/Crosses that God sends me with love and resignation or do I get revolted and abandon my Cross?

#### **October 30 (Wednesday) St. Gerard Majella**

1. "And He (Jesus) went through the cities and towns teaching and making His journey to Jerusalem. And a certain man said to Him: Lord, are they few that are saved? But He said to them: strive to enter by the narrow gate: for many, I say to you, shall seek to enter and shall not be able." (Luke 13:22-24)
2. Although Our Lord Jesus Christ has redeemed us, our salvation depends on our co-operation and obedience to His grace. Do I pray for my salvation and the salvation of my family?
3. How privileged we Catholics are to be born in the bosom of the Church and to have at our disposal all the means necessary for our salvation especially the seven Sacraments. How often do I frequent the Sacraments, especially Confession and Holy Communion? If I don't take advantage of all the means that Our Lord has given me to save my soul then I only have myself to blame...

#### **October 31 (Thursday)**

1. "Who then shall separate us from the love of Christ? Shall tribulation? Or distress? Or famine? Or nakedness? Or danger? Or persecution? Or the sword? (As it is written: For thy sake, we are put to death all the day long. We are accounted as sheep for the slaughter.) But in all these things we overcome, because of Him that hath loved us." (Romans 8:35-37)
2. Our Lord faced persecution, and the Apostles and the early Christians too faced terrible persecutions. But whenever there were persecutions, the Church always came out through them much stronger and much more numerous. And therefore, we should never get disheartened when we may have to face similar situations...
3. If we are rooted in Christ then nothing can move or shake us. We need to keep our spiritual eyes always fixed on Jesus, above all in moments of storms or persecutions, because if we take them off Jesus we will begin to sink like St. Peter when he took off his eyes from Jesus and noticed the strong wind and the waves.

*God will make a way  
when there seems to be  
no way*

## TONY GODDEN: LOOKING BACK



Early in 2008 there was interest from Chennai and Goa in starting the Catenian Association in India. Following the Information Evening held at VVR Hotel addressed by John McDermott and Dr Willie Britto, I was asked, as International Development Officer, to visit both Chennai and Goa to meet with interested men in

July 2008. Kelly, my wife, and I travelled to Chennai for two nights, across to Goa for three nights and back to Chennai for a further two nights.

We arrived in Goa not knowing if anyone was going to meet us, but we needn't have worried as we were met at the airport by Caetano Felipe Colaco and by a separate car from Dr Willie Britto's hotel. So, we travelled with Caetano, and our luggage with the hotel car. Caetano took us on a scenic route to the hotel and by the time we arrived our cases were already in our bedroom.

That evening Caetano Colaco and Basil Fernandes came to the hotel and over a beer we reviewed the PowerPoint Presentation I would use at an Information Evening the following day. We then went out for dinner so I could have my first Goan Fish Curry.

The next day, we held a meeting in a school hall attended by 30 men and one priest. After my presentation, there were many questions and it was agreed that those interested in forming a Circle should come to VVR Hotel the following evening to find out more and commit to developing a Circle. Kelly and I were taken off to Club Vasco da Gama by Caetano and Patricia Colaco, Basil Fernandes, and Alfredo Cotta for a relaxing and very enjoyable evening.

Given the short notice I was amazed that 21 men and 5 priests attended on the third evening, along with 10 ladies who were entertained by Kelly in the Hotel restaurant. Of the 21 men present 20 signed up to forming a Circle and a Steering Committee of 6 was appointed to co-ordinate activities and developments. Following the meeting we joined the ladies for a wonderful evening of fellowship over dinner and drinks. Not only did I discover that Goan Catholics have great faith, but they also like to party!

I retired to bed knowing I had made the right decision to come to Goa and it was to be the first of 12 visits to Goa over the next 7 years as International Development Officer, Grand President, and then Director for Development Areas.

I reported on my visit to Chennai and Goa to Grand Council with the recommendation we should form a Circle in Goa at the earliest opportunity and after much debate this was agreed. Much work was undertaken in Goa with Eurico Noronha appointed acting President and Basil Fernandes acting Secretary and they and others deserve credit for the leadership and hard work they put into preparing for the Inauguration of Panjim Circle, thereby becoming the first Circle in India.

It was not all plain sailing and at one time the entire Council of the proposed Circle resigned, and a lot of hard talking had to take place to get us to the Inauguration of Panjim Circle by Grand President Joe McNally on 24th October 2009.

I have always enjoyed my visits to Panjim Circle and Kelly and I were delighted to join you for your 5th Anniversary Celebrations and I still wear the commemorative Circle tie produced by Eurico Noronha.

I offer my congratulations to Panjim Circle on your 10th Anniversary. Kelly and I look forward to joining you for the Mass at the Archbishop's Chapel and to the Grand Celebration afterwards. I know how the Brothers and Ladies of Panjim Circle like to celebrate and I am sure there will be lots of music, singing and

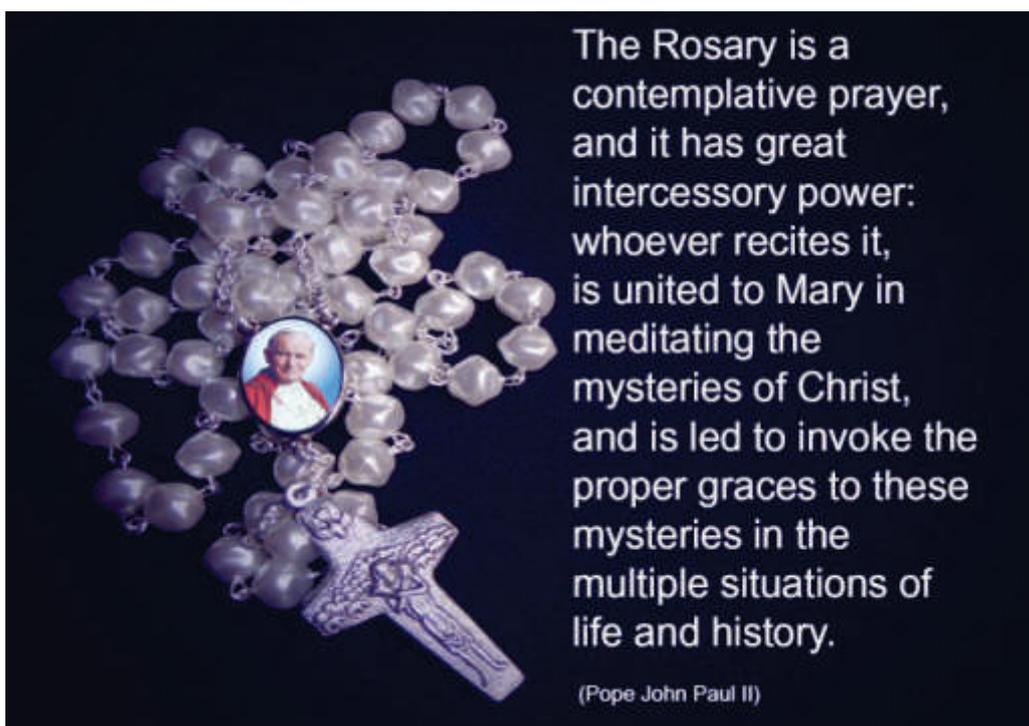
dancing throughout the evening. We are also looking forward to catching up with our Goan Catenian friends during our visit.

My thanks go to all the Presidents and Officers of Panjim Circle for the effort and time they have put in to developing the Circle over the past ten years. My grateful thanks also go to Dr Willie Britto whose help, advice and hospitality made my task so much easier, and without whose support, we would not have made such good progress in India. I believe that 11 years down the line some people are unaware of the important role played by Dr Willie Britto as the catalyst the Catenian Association needed on the ground in Goa.

A special thank you to the Panjim Circle wives and members of their families for their support – Panjim Circle has always been an inclusive one.

It took 52 years after the first request for a Circle in Australia before the first Australian Circle was inaugurated in 1971. In these days of electronic communications and easier travel we achieved the first Circle in India in just 17 months.

**Bro. Tony Godden, Past Grand President  
(Endangered Species!)**



The Rosary is a contemplative prayer, and it has great intercessory power: whoever recites it, is united to Mary in meditating the mysteries of Christ, and is led to invoke the proper graces to these mysteries in the multiple situations of life and history.

(Pope John Paul II)

## How did this all Happen – The Founding of the Catenian Association in India

Bro. John McDermott KGCHS

Some Twelve years ago my wife Valerie and I had a chance meeting Bro Willie Britto, fellow Catenian and Knight of the Equestrian Order of the Holy Sepulchre, and his wife Muriel, a Dame of the Order, at an Investiture Service at St Georges Cathedral, Southwark. At that meeting, the Brittos invited us to visit Goa to stay with them at their Vanquinian Valley Hotel. We later accepted the invite and travelled to Goa for our first visit to India. Bro. Willie would invite



different guests to dinner each evening and it was on one evening that, when entertaining three Salesian Brothers, Bro. Willie asked me to tell them about the Catenian Association. This I did with some enthusiasm. After some discussion, the Brothers said that such an organisation would be suitable for Catholic business/professional gentlemen in Goa. I then proposed that if 20 gentlemen could be asked to attend a meeting, I would give a presentation on the aims and objectives, etcetera, of the Association. However, firstly, we were off on a 14-day tour of the Golden Triangle, kindly arranged by Bro. Willie. I said that I would give the presentation on my return. Bro. Willie then arranged for me to meet with Caetano Colaco and after a discussion about the Association, recruited his assistance to help identify suitable gentlemen to attend the proposed meeting.

On our return from a most interesting and exciting tour, I found to my surprise that some 16 gentlemen had agreed to attend the meeting to be held at the Vanquinian Valley Hotel. Bro. Willie made a room available with refreshments, whilst Valerie and I worked on a flip chart to help with the presentation. At the end of the presentation, I received questions from the audience, which is always encouraging for a speaker. With a healthy degree of interest, I said to the group that if you would like me take this forward towards the formation of the Association in Goa I would like to have a business card from all those present together with a name of a person who would act as anchor-man for communication purposes. Sixteen cards were received and Bro. Basil Fernandes stepped forward and agreed to be the

anchor-man.

Upon return home to the UK, I made a full report of the meeting to the Immediate Past President, Bro Philip Gidman. Bro Philip, in turn, took the proposal to Grand Council and after discussions over several Council meetings, it was eventually approved that the Catenian Association could be extended to Goa/India starting with the formation of a Circle in Panjim. The responsibility to take the matter forward then fell on the shoulders of Bro. Tony Godden the then Director of Overseas Development.

So, it was that on the 24th October 2009 Panjim Circle was inaugurated by Bro. Grand President, Joe McNally. There was much celebration with the new members and families together with the overseas visitors, mainly arranged by Bro. Willie, to include a boat trip on the Mandovi River, dinner parties at his hotel and the celebrations on the Inauguration day itself commencing with a Mass at the Church of The Immaculate Conception. What struck me most was the way in which the new members had come together with such a good understanding of the aims and objects of the Association and how they agreed to adopt a project from the outset, which I believe was to help and direct young adults in their chosen careers.

How were we to know then that Panjim Circle would become the Mother Circle of the Association in India spawning some 10 Circles and growing. It is those gentlemen who attended the first meeting and who subsequently joined Panjim Circle who are the true founders of the Catenian Association in India. In all this, we must not forget the huge contribution that Bro Willie Britto has made through his encouragement, guidance and generosity in the development of the Association.

In conclusion, my wife Valerie joins me in congratulating Panjim Circle on celebrating 10 years from its foundation. Our only regret is that we cannot be with you to celebrate but we can assure you that whilst we will not be there in person we will be there in spirit with happy memories of the inaugural day in October.

## Catenian Model that is Panjim Circle 353

By Herbert Fernandes, Billericay Circle 327 and Joint Founder member Panjim Circle 353

“They are going to open a Circle in Goa”. It was in conversation at my Circle (Billericay Circle 327) meeting that I first heard this talk. “Are you quite sure?”, I enquired hesitatingly hardly believing what I heard. The reply came in the affirmative. “Moves initiated at Grand Council level have been ongoing for over a year now and we should soon hear an announcement.”

I could not contain myself rushing home after the meeting to blurt out excitedly to my wife, a fellow Goan, about this new development. We set about making plans that we would not miss attending what would be the start of the Catenian movement in India and furthermore in Goa of all the places.

So was born Panjim Circle 353, the Charter being presented by Grand President, Joe McNally to Eurico Noronha, the first President. The days that followed the Inauguration ceremony have been etched in our memories of unforgettable experiences. Holy Mass at the Panjim Church of the Immaculate Conception, followed by fellowship at the Mandovi Hotel, a moonlit cruise on the Mandovi River were among the events.

I presented my Billericay Circle tie and offered greetings and felicitations on behalf of my President and fellow Catenians. In return I carried back a memento of the inauguration which is proudly displayed on the President’s table at every circle meeting.

One must be aware that at that time the only Catenian Circles outside the U.K were in Australia, Malta and Zimbabwe. The Panjim Circle was now in pioneering territory. There was no template or Circle in India to follow from. One had to hear of things like capitation fee, the Catena etc. Of course, there were rules and protocols at meetings that could be followed from available handbooks but what was needed was an embodiment of “Strengthening Family life through Friendship and Faith”.

The early meetings were held at the YMCA Panjim and one could see early signs of forging of brotherly links in play. Fellowship

was simple, reading of articles from the latest Catena (the Circle received just one copy and there was no digital set up then), a quiz, a talk and a sing-along followed by a buffet meal. Later the Circle brought out a new Circle tie in keeping with innovative ideas.

Happy birthday greeting, Brother ..... To receive such message has become the usual on the Circle Whatsapp Group, official for serious matters and a general one for spouse and family participation. The Circle President has a list of the Birthdays and Wedding Anniversaries of all the brothers, spouses and their children. One should not be surprised also to be invited to share in the celebration at a Wedding Anniversary or the marriage of a family member. There are weekend family get togethers too. The passing away of a loved one in a family is also mourned by the group.

Family participation is encouraged with special care given to the youth. There are leadership seminars for them as well as interactive talks for tackling problems such as drug and alcohol abuse and relationships. Brothers share messages for job and educational opportunities. An Annual bursary award is made toward a young man in the pursuit of aspiring to the priesthood and there are other charitable causes.

The Circle has benefitted from visionary leadership over the years, each successive President and Council taking up and passing on the baton to now becoming the pioneer for new and emerging Circles. From where the Circle was years ago as the first in India, it has become the benchmark and model for others to follow.



# Testimonies

## The Illness

Joey Carvalho

If there is one illness which can take a toll on all aspects of the human being it is the illness of addiction. The easiest form of addiction to identify is the addiction to drugs and alcohol which is clearly visible, compared to other addictive behavior patterns which are often not categorised as being a problem.

People may be prone to blowing their own trumpets, live to eat: rather than eat to live, a great fascination for coitus, fervent sanctimonious religious attendance: combined with a hate of neighbours, but all these are ok even though damaging to mind, body and the eternal spirit which is the medium of amalgamation between the other two. To live a life of sobriety of course doesn't allow any of the above, besides complete abstinence from all drugs including alcohol.

But when it comes to the spirit of alcohol and other mood changing, mind altering chemicals every thing is visible and the recluse is targeted with "Why can't they do it decently and in moderation", "Why have they to disgrace the good family they come from", "We have to be so grateful that we don't have such rutt in our family", "He was so nice what happened", and a thousand other questions that actually have no answers.

The great psychologist Carl Gustav Jung, once wrote that the answer to this riddle was in spiritus contra spiritum, Marcus Aurelius Antoninus (121-180 AD) also mentioned that *Espiritum vinci Espiritus*: which translates into Holy Spirit overcomes spirit. That only the Holy Spirit can replace this High spirit of slumber with a profound spiritual awakening is the only fact that can help in the arrest of addiction.

Having tread the mill of addiction personally, I can say with authority that once an addict always an addict. It is a illness which has no cure but can be arrested. You do get a daily reprieve contingent on your spiritual growth. I am in excess of thirty years of not having had any alcohol, heroin, sleeping pills and nicotine but that is not of any importance as if you keep one eye on the past and the other on the future, today you will be cockeyed, as what is already done is done and in no way makes me attach any peacock feathers to my cap, but makes me look at today with gratitude and a decision of handing over my will and life to the care of the Almighty for the guidance to stay sober and happy.

The Illness of addiction can strike anyone. No one plans to become a Chemically Dependant Person it takes over with a vice like grip for reasons I will elaborate on later in # 3. One is not responsible for the illness but definitely responsible to ensure that one gets well and soon. One of symptoms being procrastination to getting well, along with denial and defiance that one has a problem in the first place. The three divisions that are needed to be understood to treat the ailment are, 1. The Mental Obsession, 2. The Physical Craving, 3. The Spiritual Bankruptcy.

1. The mental obsession insists that you have one drink, fix, snort, etc to feel good, be social, more comical, dance better, speak with courage and to increase the social acceptance of one who basically has a very low self esteem.

2. But for an addict /alcoholic (alcohol is a drug) who has already crossed the line of intelligence vs insanity (the line which separates being very thin) the physical craving takes over and what is finally left is utter madness. Jung noted that an addicts craving for alcohol was on a low level the thirst of our being for wholeness, expressed in medieval terms : the union with God.

3. Why does this happen? It is because of a Spiritual Bankruptcy where the person concerned lives in a world with a population of one and indulgences in the self-centered attitude of thinking that they are the centre of the universe which sadly they are not! This is selfishness of a high order. Sharing and caring are obviously absent, along with living a lie in the hope that it might become a truth.

There is a part of addiction which is contagious too, and there lies a strange danger in that it affects family members too. This is called Co-dependancy where loved ones adjust and break their heads and hearts to see that the affected person "gives up the bad habit", and finally if that does happen they too have a withdrawal and find that now they don't have the lifestyle of concern and trying to help, as their addiction is to the behaviour pattern of the loved one, and may secretly wish them to start again and that contribution to restart is not small, as to trust and truly love an addict even after abstinence involves a profound personality

change in the codependent too. Codependents are without a doubt perfect people, who know exactly what needs to be done and also when and where!

If all aspects of this illness have to be touched, which include the mental, physical, emotional, psychological, financial, spiritual, and social aspects, the world will not be able to contain the books which will have to be written, as it is said about the Lord Jesus in the Gospel of Saint

John, but I say in conclusion that with the help of the Lord staying sober is nothing short of a miracle. I believe in miracles because I am one. My gratitude to the Lord cannot be described in words.

*Bro. Joey Carvalho is a Past President of Panjim Circle 353 and present Treasurer of Area 30.*

### **A Journey of Loving Sharing and Caring Living on One Kidney by Solano A. Cardoz**

Trusting in the Lord we sought refuge in Him in times of storm and the Lord kept us safe under His wings.

I hail from Galgibaga (Canacona) a beautiful village in South Goa hemmed between two rivers, blue waters of the Arabian sea on one side and green hills on the other, making it an ideal location for a short holiday; and yet it is unknown as to why there have been so many instances of kidney failure in the area.

09/09/1999 is an unforgettable date for me when an extension in life was mercifully granted to me by God Almighty through the Medical brilliance of the doctors at Jaslok Hospital, Mumbai and a daring act of love and sacrifice by my wife Cheryl. Staying faithful and true to the marriage vows "until death do us apart", she stood by me in times of severe storms donating one of her kidneys to me.

In my teens I had suffered from a severe attack of Nephritis (kidney infection) but survived then, only to learn much later in my early 40's that the disease had silently progressed damaging more than 50% of both kidneys and heading for total failure. For a period of 5 to 6 years several forms of treatment were tried including allopathy, ayurveda, homeopathy and even unani, but to no avail; I had reached a stage where I needed dialysis to survive.

The 6 years that followed were not easy on me or my family; I had to undergo daily sessions of dialysis (CAPD) which were not only painful but also very expensive. As this ordeal

continued over the years, it eventually reached an unbearable stage at which time I placed my trust in the Lord and turned to my last resort - a kidney transplant. Securing a kidney that would match perfectly those days, would be an extremely difficult task. However God works in His own ways and gave us a miracle in living form, my wife, my life partner, Cheryl turned out to be the perfect match and donated her kidney. The operation was successful and we were both discharged in 10 days.

I must say I am well till now after completion of 20 years for which we give thanks and praise to our Maker and Creator. I appreciate my wife and thank God for the gift of her, in my life. I would also like to express my deepest gratitude to my employers, State Bank of India who supported me fully with all expenses covered, without which it would not be possible. These are the ways in which God works; He enlightens you with the thought, gives you the strength and courage to take the leap and then He makes it work for you like it did for us. Such are His ways.

Lastly I wish to mention that we have 3 children: Natasha, Sidney and Mavrick who though very small at that time have been a part of this entire journey with us.

I'd like to say that my wife and I are keeping in good health even after 20 years. Anyone who wishes to know more, we would be more than happy to share our experience (tel.no. 9822588028).

*(Bro. Solano Cardoz is a member of Panjim Circle 353)*

## The Guardian Angel

“Was it because I was an Indian?” I wondered what could have been the reason for my transfer from one ship to another.

The Motor Vessel *Belgie* plied between Central America, carrying fruit to various ports in Europe. I had already served as Chief Engineer onboard for two months when we received news that the ship carrying fruit to the ports in the United States was headed for Dry-dock and we were to replace her for the next few weeks till she completed her repairs. This news brought a tide of great joy to the ship's crew. The excitement was contagious. Everybody was thrilled about going to the United States and started drawing up their shopping lists.

The next bit of news put a big damper on my spirits. The office decided to transfer me to the Motor Vessel *Schwiess* which plied between Central America and Italy, while a German Chief Engineer was being brought in to take my place on the run to the United States. The ship was abuzz with excitement, alas I couldn't share in it. In a couple of days the vessel called Germany and I was whisked away to Italy to board the *Schwiess*. It left me with a lot of unanswered questions. Why was I transferred to another vessel? I had a valid US visa. I had done numerous US trips earlier and was familiar with the Coast guard regulations and I had a good record in the company. The Office didn't give me a suitable reason either. I surmised it was the colour of my skin that made the difference.

The *Belgie* sailed off to Savanna in Georgia with a lot of enthusiasm on board. The vessel was being spruced up for arrival in US waters. All structures, machineries and decks were being given a new coat of paint. While painting the main deck, one of the deckhands noticed a trickle of water issuing out of a pipe from one of the rooms. To avoid this ruining his paint job, he promptly rolled a piece of cloth forming a stopper and plugged the pipe.

Unknown to him, the deckhand had plugged the pipe which drained out the condensate from the engine control-room air conditioner. Over a period of time with nowhere to go, the condensate accumulated in the plugged pipe, overflowed into the AC duct and leaked down into the control-room.

Disasters always choose to happen at unearthly hours when people are least prepared for them. It was 2 am when the weather picked up and the vessel started to roll. The first big roll made the water which had accumulated in the vent pipe gush out directly over the main switch board and onto the

power carrying bus bars which caused a massive short circuit of 440 Volts. The result was a blinding explosion. It set off a chain reaction in the switchboard which erupted in a series of explosions and a fire ensued. On a ship, the conditions in a machinery space are ripe for a fire and in no time the fire spread. The flames rapidly engulfed some parts of the engine room, and rendered the ship lifeless. Fortunately the well trained crew managed to bring the fire under control without any loss of life.



The powerless vessel had to be towed to the nearest safe anchorage area, and US Coast guard swarmed all over it. They interrogated the bone weary Captain, Chief Engineer and crew who were still reeling from shock and exhaustion. They deemed the vessel to be unsafe, slapped all kinds of violations on it and imposed penalties to the Company running close to a million dollars. The Company was furious and some heads had to roll. The first on the chopping block was that of the German Chief Engineer, since the fire was in the Engine Room.

It was barely 15 days since I had joined the *Schwiess* when we received the horrifying news of the fire on the *Belgie* and the sacking of the new Chief Engineer. It came as a shock to me. The first thing that struck me was, “it could've been me”. I could hardly believe my turn of fortune. I had been incredibly



lucky. Much later realization dawned that it was a divine intervention that had me transferred from the *Belgie* to the *Schwiess* with no other plausible reason.

Once again transfer orders came in. I was transferred back to the *Belgie*, to get it back in service. It was eighteen days since I left the vessel and I was back on it again. I was horrified on seeing the extent of the devastation. Everyone welcomed me back and had stories to tell of the horrors they experienced. All believed it was my Guardian Angel who plucked me from that vessel at the right time.

**Bro. Melroy Pinto former Mariner Chief Engineer. Owner of Splash Down one of Goa's premier amusement parks. he is presently Youth Development Officer at Panjim Circle 353**

## Youth- A Time to be Educated.

(Capt. Eddie Viegas.)

Alexander Pope wrote, “ ‘Tis Education that forms the common mind; Just as the twig is bent, the tree’s inclined.”

Indeed if you ask any of the youngsters in schools or colleges today “What is education?” You will get a plethora of replies ranging from “getting a degree” to “amassing knowledge”, “qualifying for a job” and so on.

In most circles today education is being confused with literacy. But are Literacy and Education the same thing? Humanity is replete with cases of men and women who though may not have had a degree or any literary qualification, were not only wise and knowledgeable but also well educated.

What then is this faculty called ‘Education’?

Well many of you who have read the basics of Physics, will know about the ‘fire triangle’. Basically Fire needs three elements: Oxygen, Heat and Matter; remove one of these and the fire is extinguished.

In the same way, education comprises the development of the three faculties of our personalities: Physical, Mental and Spiritual.

A good diet, a healthy routine and regular exercise take care of our Physical development. Reading, writing and accumulating knowledge not only keeps us well informed but also promotes our mental development. But without a spiritual development- (read Religion or Morals) our Education is incomplete.

Most of the common ills that we see today in our daily lives occur because we have too many people and even – “Desh Premies & Netas” (Nationalists & Leaders) who think that they are educated but are totally hollow on the spiritual side.

Cheating, procrastination, corruption are all results of the lack of the most important element of our education triangle – Spiritual



development and Morality.

If we are seeing broken roads, dry taps, poor power supply, inefficient performances at work, harassment of the common man at the hands of the authorities, broken promises at various levels, crime in various forms, degradation of the environment, violence, disrespect to elders, and above all corruption, it is all because we lack morality caused by an incomplete education. Over all this has a disastrous effect on us as a Nation. The Church offers us a wonderful opportunity to develop the spiritual aspect of our personality. Lets us use it to the fullest.

The youth today are the future of tomorrow. If the young determine and work towards a complete form of education, not only will they prosper as individuals but also take our Nation to its rightful place in the world.

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*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.*

*“Teaching is only demonstrating that it is possible. Learning is making it possible for yourself”.*  
*- Paulo Coelho, The Pilgrimage*

# Guideline for Men's Formal Wear

By Ninoshka Alvares-Delaney

When it comes to formal occasions, most women are sorted with what they're going to wear. Men, on the other hand, opt for the blazer suit or tuxedo for formal wear. It's not just the colour, fabric or style that makes a man look



dapper but the fit plays a very important role too. Pay attention to detail. No matter what shape or size you are, well fitted clothing and well matched accessories will surely get you noticed. Not only will you look good but you'll feel good too and that will just boost your confidence and charisma.

Here's what you need to keep in mind if you want to make heads turn.

## Shirt:

Make sure your shirt fits right. It should be neither too tight nor too loose. You will know if your shirt is too big by looking at yourself in the mirror. To find out if your shirt is too small, try to hug someone, or make the hugging motion. If it feels uncomfortable, your shirt is too small. The shoulder seam of your shirt should line up at the edge of your shoulder. To test if it does, stand straight with your shoulder



against a wall. If the shoulder seam is hidden between your arm and the wall, then it's probably too big. If there is too large a distance between the seam and the wall, then it's too small.

To test the length of your shirt, tuck your shirt into your pants and raise your arms above your head to see if it still remains tucked in. The length of your sleeves should end between your pisiform

bone and the bottom knuckle of your thumb. If your sleeve drapes over your thumb, it is too long, and if it doesn't cover your wrist, it is too short. Your shirt collar should fit snugly



around your neck, without feeling constricted. You should be able to fit in two fingers between the fastened collar and your neck.

## Pants:

Nothing is more unflattering than an ill-fitted pair of trousers. Always try on pants with your dress shoes on to ensure proper length. It should be straight at the back with a small crease in the front. Make sure it's neither too snug nor too baggy on the buttocks.

## Jacket:

Test the torso and the shoulder of the jacket the same way you would do for your shirt. The shoulder of your jacket can go a little beyond the shoulder but not too much. The length of the jacket sleeve should be such that it shows off a bit of the cuff of your shirt, but not too much. Your jacket should be long enough to cover your butt. If you are tall and thin, you can go in for a two, three or four button style jacket. But if you are tall and muscular, you may settle for the one or two button style. If you are short, you can

elongate your torso by opting for the low button stance, that is the opening V of your jacket should be lower on your torso. Avoid double breasted and three or four button style jackets.

There is a “sometimes, always, never” rule when it comes to buttoning of jackets. If you’re wearing a three-buttoned jacket, sometimes button the top button, always button the middle button and never button the bottom button. In case of a two-buttoned jacket, always button the top button and never button the



bottom one. The same applies to waistcoats. Your jacket should be unbuttoned when you’re sitting and buttoned up when you stand.

**Tie and pocket square:**  
The tie and pocket square are

accessories that can add colour to your otherwise monotonous suit. The colour of your tie should match your partner (if you have one), or your shirt, suit or tuxedo. The rule of thumb is that the width of the tie at its widest point should be equal to the jacket lapel at its widest point. Slim or skinny ties are worn with slim cut suits with narrow lapels, or with dress shirts with slim collars.

Ideally, the tie should end somewhere at the centre of your belt buckle, or the widest part of your tie should be in line with the upper edge of your belt. You can also opt for a clip-on bowtie if you’re not comfortable knotting one up. A pocket square adds character to the suit. If you’re a heavier man, it also draws attention to the chest rather than the waist.

**Tie bar and cufflinks:**

A tie bar is a clip that fastens both the ends of your tie to the placket of your shirt. A tie bar is worn between the third and fourth buttons of the dress shirt. The width of the tie bar should

not be more than the width of the tie. Cufflinks add a touch of sophistication to your attire and are mostly worn with French cuffs. Ideally, the metal used for the cufflinks should match other metals on the ensemble such as the belt buckle or tie bar.

**Socks:**

The colour of your socks should match the colour of your trousers. If you are adventurous enough to clash your socks, pick a colour that is similar to some element of your outfit, or has similar undertones, for example warm or cool colours. In case you want to go in for patterns, it is safer to opt for argyle, dots or stripes.

**Belt and shoes:**

When you’re wearing formals, your belt and shoes should match not only in colour but in the leather texture and finish as well. Dress shoes require a dress belt which is less thick with a shiny buckle. The best dress shoes are the oxford, derby, brogues and monk strap styles.

**Cologne:**

Finish your look with a dash of cologne. And yes, there is a correct way of applying your fragrance. You have four “hot spots” to choose from, namely the wrists, the base of the neck, behind the ears and the chest. Choose from two or three of these spots and spray from several inches away. The idea is to mist these areas as spraying too close will result in an overpowering scent.

Follow these guidelines and you are good to go. However, do feel free to experiment with your own personal style.



*(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)*

# LOOKING BACK

By JOHN RAYER

## *Ten fantastic years*

It is a privilege to be able write an article for Catindia in this month's edition.

My wife Anne and I were part of that first party to come to India in October 2009 to celebrate not only the inauguration of Panjim Circle but the formal establishment of the Catenian Association in India.

It is wonderful to think back to those days when we all embarked on this new venture of the Catenian Association being established in India: the preparation and hosting by Dr Willie Britto— not forgetting the earlier work of John MacDermott and the support of Tony Godden.

The inauguration was preceded by Mass at the Church of the Immaculate Conception. The formal inauguration was presided over by Grand President Joe McNally supported by David Taylor, Past Grand President and Directors Tony Godden, Bernard Noakes, John Rayer and David Brinkley. Eurica Noronha was installed as the first President followed by the other officers. Visitors from 24 Circles were at the Inauguration. The chosen social project of the Panjim Circle was to train Catholic Youth to be leaders in society. All of us enjoyed the singing and performance of the traditional Mando followed by music, singing and dancing.

I remember speaking a few words and saying that with Panjim as Circle number 353, I hoped that the remaining 350 numbers would be taken by new Indian Circles – and I was not too far out.

Goa Riviera (Circle 354) was inaugurated the following February, Dona Paula (Circle 356) the following year and Margao (Circle 358) the year after.

I had the honour as Grand President to inaugurate Goa Vasco-da Gama (Circle 363) in Goa and Mumbai Malad (Circle 364)— the latter Circle being the first Circle outside Goa. These were followed by Bandra (Circle 371) in Mumbai; Hubli (372) the first Circle in the State of Karnataka; Mangalore (Circle 375), the first Circle south of Goa; Andheri (376) in Mumbai;

Mapusa (Circle 377) near Panjim, Goa; Belgaum (Circle 378) near Hubli; and this year, Puttur (Circle 380) near Mangalore and Chembur in Mumbai.

What a fantastic picture of consistent growth over those years. But it is not just new Circles. The first Indian Conference last year focussed on the Next Gen and ensuring the growth of Circles. It is also important that we remember that we all agreed to be charitable in judgement, forbearing in temper and slow to condemn and that we will not let wrangling to mar our meetings. We have had some difficult issues to sort out and I believe that we are very close to resolving these and that will enable us to look forward to fully enjoying the Association we all love and enjoy.

So, what does the future hold? For the near future, the two Area Councils have plans to develop their Areas. In Goa, in Mumbai and near Mangalore, these places can easily be managed by the Circles already there or nearby. The idea is to enable those newly located Circles to the towns close to them as it is easier to manage time and travel.

In due course, an Indian National Council – but more of that in a later edition.



*Bro. John Rayer is Director of Developing Areas*

# Issues flowing from the Woodford SWG Review Report

Eugene Das

Dear Brothers

A copy of Central Council's Strategy Work Group Woodford Report is available on line – see under "Strategic Review" in the "Members" section: <https://thecatenians.com/members/strategy-2>

A copy of the Central Council Chairman's annual report incorporating the Australian National Council's assessment of the way forward is also available in the link: <https://www.thecatenians.org.au/strategic-review>

In order to facilitate an effective discernment of the next steps, Strategic Workshop is convened on 26<sup>th</sup> Oct 2019 coinciding with the Panjim Circle and our Indian Catenian Association 10<sup>th</sup> anniversary. I would encourage you all to please if possible to attend. If you are unable to attend, we would love to hear from you on: [catindian1@gmail.com](mailto:catindian1@gmail.com)

We recognize that there is momentum for change at the Circle level and a need for Circles and members to develop some ownership of new ideas and to identify ways of dealing with our local situations in India.

Normally when a discernment process like this is undertaken the first question is to establish the end result – i.e.: what outcome are we looking for? The answer to this question is two fold:

- to clarify the reforms desired; and
- to establish the extent of support for those key reform issues.

While this paper suggests some issues in the Report for consideration by the Workshop, it is appreciated that members / participants who may have other issues in mind may wish to bring those issues to attention. Every endeavor will be made to accommodate those issues.

We need to keep in mind that we're probably not going to get another chance to undertake a process like this again ... ever!

To assist in achieving a focused discernment, the questions/statements which follow are short, sharp and to the point – when responding we suggest applying the KISS principal and keep it simple.

## Establishing Mission, Vision, Purpose and Identity

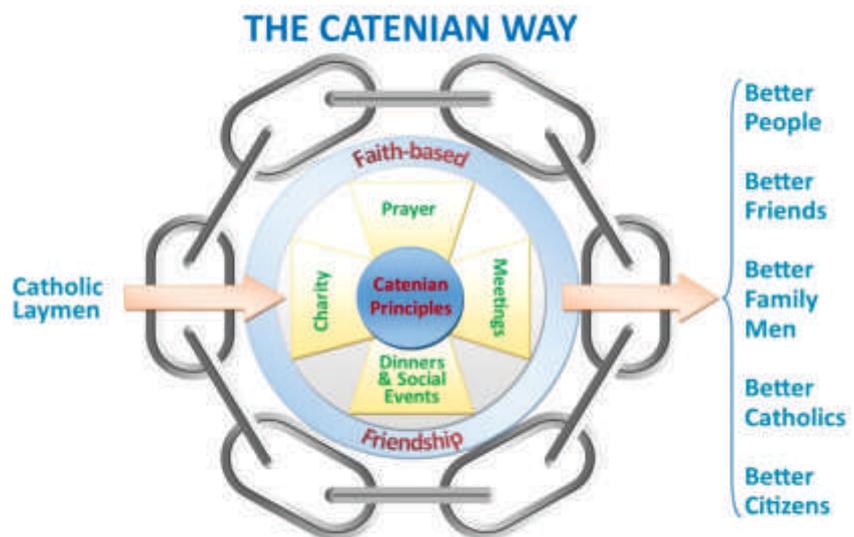
### 1 Question/statement –

#### (A) Mission:

The Catenians should adopt a simplified, easily remembered and marketable mission statement – The following Mission Statement has been proposed by the ANC.

*"To contribute to Christ's mission through Catholic faith-based friendship."*

- Agree / Disagree with general statement –



Suggestions?

- Agree / Disagree with ANC Mission Statement – Suggestions?  
Agree / Disagree – Suggestions?

(B3) Drawing on the answer to B2, what is a clear and concise definition of who we are and what we do.

Suggestions?

**(B4)** Should the Association have a single international strapline to be used with the Catenian logo or is it acceptable to have several different straplines?

Single strapline / Several straplines – Suggestions?

***SWG comment** – There is a proliferation of different representations of the Catenian Mission, Vision and Purpose. The Association should have a single overarching representation and identity as a good shorthand but permit some deviation in appropriate circumstances for specific activities.*

***Australian comment** - ANC agrees that while the concept of vision and logo straplines can and should be developed by each jurisdiction, including by CC, the concept of mission should be universal*

***Indian Comment** - ?*

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## **Relationship with the Church and Catholic Community**

### **2 Question/Statement –**

**(A)** There is an urgent need to explain and promote the mission and purpose of the Association, to both the members of the Association and to the Catholic world at large.

Agree / Disagree – Suggestions?

***Australian comment** - ANC agrees*

***Indian comment** - ?*

**(B)** Should the Association (more than individual members) show more active support for the Church in parishes and generally in public, primarily by extending our faith based friendship to fellow parishioners, particularly our priests?

Agree / Disagree – Suggestions?

**(C)** Should Circles extend our faith based friendship to fellow parishioners, by:

- I. sponsoring/leading parish events, and/or
- II. inviting our fellow parishioners to Circle social events

**I** - Agree / Disagree – Suggestions?

**II** - Agree / Disagree – Suggestions?

**(D)** The optional role of Circle Chaplain should be recognised formally in the rules of the Association and become a membership option.

Agree / Disagree – Comment?

***SWG comment** - The Catenian Association is not a Catholic Organisation but is an organisation of Catholics acknowledged by the Church hierarchy as fulfilling a valued role within the Church. The Association (more than individual members) should show more active support for the Church in parishes and generally in public.*

***Indian comment** - ?*

## **Membership**

### **3 Question/Statement –**

**(A)** To provide an opportunity to expand our Faith based friendships, should the Association adopt a class of “Associate Member” – which might also be called Friends of Catenians - who can attend meetings and participate fully in Circle social programs but would not be eligible to stand for office as President or Provincial Councilor or higher offices.

Agree / Disagree – Comment?

**(B)** Should the governance framework be such as to allow those Circles **which so wish** to include certain new membership categories (Eg: “Associate Member”, Chaplain)? **Or:** Should there be an Association wide position?

Circles/ Association wide position – Comment?

***Indian Comment** - ?*

**(B1)** Specifically, how might or should we include the following when living our Mission:

- i) Catholic Women, generally
- ii) Non Catholic spouses of Catholic women
- iii) Clergy, generally

- iv) Lapsed Catholics and/or those identifying as Catholic
- v) Husbands and wives as joint members
- i) Suggestions?
- ii) Suggestions?
- iii) Suggestions?
- iv) Suggestions?
- v) Suggestions?

C Should the governance framework be such as to allow the formation of self-governing “Associated Bodies” to accommodate young Catholics (Eg: University students), the members of which would be either Friends of Catenians or “Associate Members” (depending on the governance framework for membership decided upon)

Agree / Disagree – Suggestions?

**SWG comment – 1** A number of additional sources of membership are suggested: lapsed Catholics, Catholic women, non-Catholic spouses of Catholic women, clergy members, and non-Catholic Friends of Catenians. Some members are concerned about having different classes of membership. They would prefer a single class of membership. Others disagree.

**2** There are, however, many members who wish to retain the men only membership criteria.

**3** While some basic governance arrangements would need to be preserved across the Association, most such matters would, consistent with the principle of subsidiarity, modern management philosophy and social priorities in the 21<sup>st</sup> century, be left to Circles to manage.

Such an approach is not seen as creating a new one size fits all membership model for the Association or as requiring any existing Circle to change its modus operandi or membership criteria against members’ wishes. Rather, it provides an opportunity and a framework for those Circles, including new ones, who wish to, to develop a complementary arrangement which better suits their needs.

## Modernisation

### 4. Question / Statement –

Using the current meeting framework, should Circles have the freedom to use meeting / prayer wording appropriate to local social norms. Specifically:

- A) Do you think the current (new and revised) Handbook now available on the website provides adequate flexibility for Circles to tailor their meeting procedures to suit their local needs?

Agree / Disagree – Comment?

- B) Do you think Circles should have greater freedom to determine such arrangements and, if so, should there be a common framework of essential features (Eg: certain prayer types and reports)?

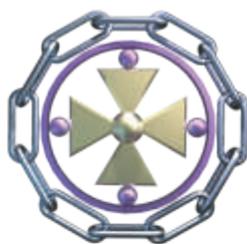
Agree / Disagree – Comment?

**SWG comment - 1** - Several areas for modernisation have already been covered and are within the decision making capability of Provinces and Circles. Recommendation – Just Do It - including:

Format for Circle Meetings; Social events and activities; Circle visiting; Supporting Parishes, Clergy and the Church as a whole; Helping others – Association charities, local charities, working with the local community; Work with young Catholics, youth, students, bursary candidates.

**2** The aim must be to improve the Circle ambience and make it something of value and worthwhile for prospective members to join.

**Indian Comment** – A New Handbook is now available on the website. Circles have reviewed the Circle meeting procedures in the new Handbook.



We, the Brothers and families of  
**Panjim Circle 353**  
cordially invite you'll to celebrate  
our **10th Anniversary (2009 - 2019)**  
and a decade of the  
Catenian Association in India.  
**Saturday, 26th October, 2019**  
Eucharistic Celebration  
at **Archbishop's Chapel, Archbishop's House,**  
Altinho, Panjim, at 6.00 p.m.,



followed by grand celebration and fellowship  
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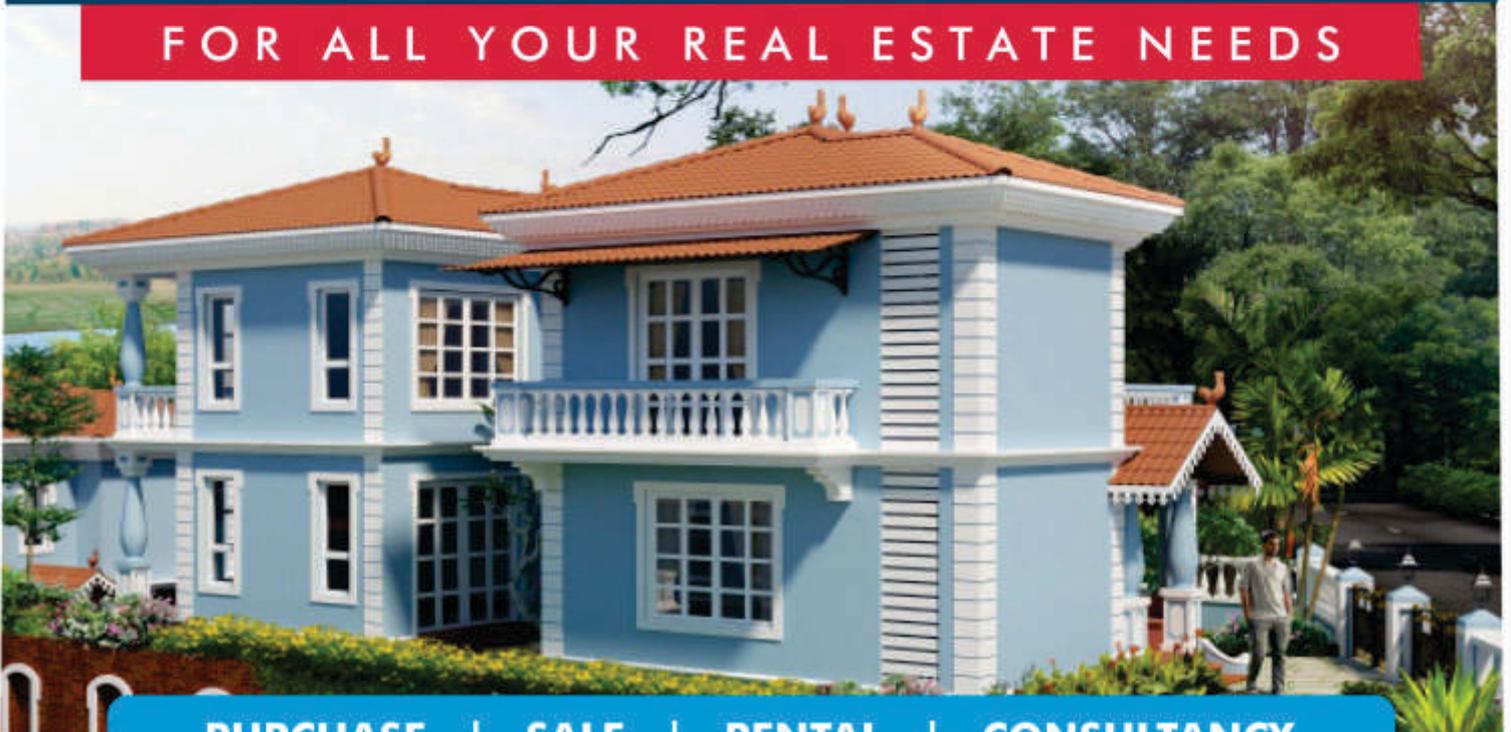
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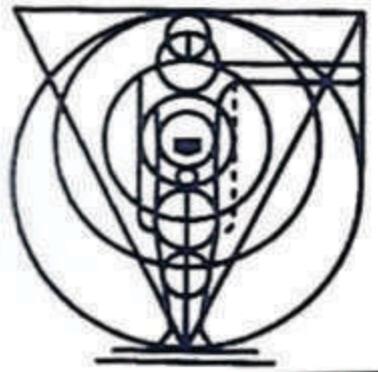
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*From a Brother who is happy  
to be called a Catenian brother.*



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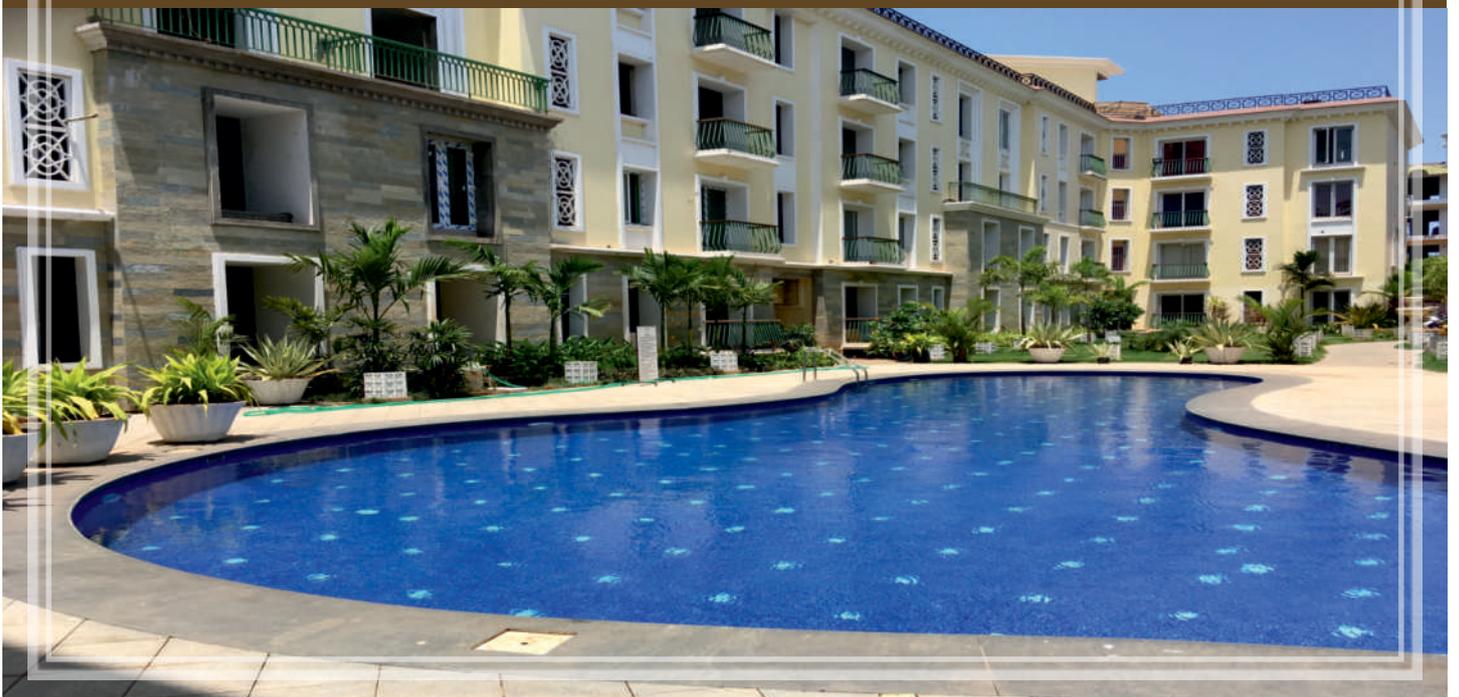
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## Dhaka 370 – The first Catenian Circle in Bangladesh

With an introduction to Dhaka and Bangladesh

By Tom Brassil of North Warwickshire Catenian Circle 111 (UK) and founder member of Dhaka 370 Circle (Bangladesh). (Tom was born in Kolkatta, West Bengal, India of Irish parents, so



Dhaka is the capital of Bangladesh, which means the "*Home of the Bengalis*" in Bangla. The country began as East Bengal, but became "East Pakistan" after the partition of the British Indian Empire in August 1947 into India, a majority Hindu nation, and Pakistan, a majority Muslim nation. Pakistan was split into West Pakistan and East Pakistan, two portions of a single Muslim nation some 1,500 miles apart, separated by mostly Hindu India.

In East Pakistan (Bengal) in the 1960s and 70's, there were growing signs of unrest and a definite push for self-determination. The Urdu speaking West Pakistanis were said by Bengali nationalists to discourage Bangla, the original language of Bengal, treat Bengalis like second class citizens and to rule the province like a Colony. They also kept a large army in Bengal, officially to discourage armed invasion from India.

The Republic of Bangladesh was created

by a vicious War of Independence in 1971 between the Bengali Nationalists in East Pakistan, supported by the military forces of India against the army of West Pakistan.

The war cost the lives of an estimated 3 million Bengalis. Some 10 million Bengali refugees fled to India whilst about 30 million people were internally displaced. On the 16th December 1971, West Pakistan surrendered to the Allied Forces of Bangladesh and India in the East of the subcontinent, and Bangladesh emerged.

After the war, Bangladesh was in a terrible state – the then US Secretary of State, Henry Kissinger, unkindly described Bangladesh as "a basket case".

In the 48 years since 1971 the new nation recovered, significantly grew its economy, addressed many aspects of social welfare and well-being and is now on the cusp of being lifted from what the UN calls "Less Developed Nations" to stand proudly amongst the nations of the world as a young, progressive and forward-looking country.

**In September 2012, North Warwickshire Catenian Circle enrolled a 34 year old Bangladeshi Brother, Ronald Reberio.** Soon afterwards, Ronald decided that the Catenian Association would be very useful in the Catholic Community in Bangladesh. He spoke about this to his father Eugene (now President of Dhaka 370) and his dad's friend Milon Khan, and talked to many others on a visit home to Dhaka in early 2013.



Ronald and Sumi Reberio at Birmingham Christmas Market in 2013.

Father Mintu Palma, a popular priest from Dhaka, visited Birmingham in spring 2013 and was entertained by Ronald and Tom Brassil, then North Warwickshire's Membership Officer. Over dinner we talked about founding a Catenian Group in Dhaka. In July 2013, Milon Khan, Ronald's dad, Eugene's friend, visited Birmingham, toured Warwickshire with Ronald and Tom and dined at Tom's home and we talked about setting up The Catenians in Dhaka. Milon also attended North Warwickshire's July 2013 Circle Meeting, and was impressed.

When Tom visited Dhaka on a brief Consultancy assignment in September 2013 he talked with several groups of interested Catholic men, and answered some quite challenging questions about The Catenians. Tom attended and spoke at the first meeting of the 11 Pioneer Members of The Dhaka Catenians at the Hungry Deals Restaurant in Tejgaon, Dhaka on 21st September 2013.



Catenian Director of Development Areas, Bro Tony Godden and his charming wife Kelly, came to Dhaka to Inaugurate the Dhaka 929 Catenian Group at the Catholic Bishops' Centre (CBCB) on Friday 31st October 2014.



Some of the (remarkably young...!) Dhaka 929 Group Council Members with their families.

North Warwickshire 111 Circle officially twinned with Dhaka 929 at their Inauguration, and gave them an engraved gavel set. Tony Godden & Tom Brassil went with Bro President Eugene Reberio and Bro Secretary Evans to meet Archbishop (now Cardinal) Patrick, and seek his



Kelly Godden visiting "Shoe Heaven" at Basundahara Mall in Dhaka. She wore the special gold shoes to Dhaka 929's Group Inauguration Ceremony.

In 2015 the Dhaka Catenian Group No 929 was inaugurated on 27 November as the Dhaka 370 Circle by Dr David Brinkley, Catenian Director Development Areas.



Ronald Reberio with Tom Brassil and young Ethan Reberio holding the International Membership Trophy awarded to Dhaka 370 for enrolling the most members in the worldwide Catenian Association in 2018-19. (Dhaka 370 had grown to 49 brothers in May 2018)

**We've heard thus far about The Dhaka Catenians, but know very little about Dhaka itself or indeed about Bangladesh.** Bangladesh is a relatively poor country with a large and growing population. Average income per head is about \$4,200/year, compared with India at \$7,200/year, Sri Lanka at \$12,800/year, and the UK at \$44,100/year. Adult literacy (15 years or more and can read and write) figures are Bangladesh 72.9%, India 69.3%, Sri Lanka 91.9% and UK at about 99%.

**I personally believe that these figures have a very direct influence on the quality of life in the country:** The higher the income per person and the % of Adults who can read and write, the more "civilized" and less corrupt (open to bribery) the country becomes. This is why in Sri Lanka when people are crossing the road, traffic stops, and why in Bangladesh you take your life in your own hands when crossing a busy road. Countries with a higher GDP and Adult literacy are also usually much less corrupt, because people understand the reasons to pay taxes, so that public officials will usually do their jobs fairly because they don't need to live on bribes just to feed their families.

According to the US Central Intelligence Agency Fact-Book (who on Earth knows more..?), "With the help of international development assistance, Bangladesh has reduced the poverty rate from over half of the population to less than a third, achieved Millennium Development Goals for maternal and child health, and made great progress in food security since independence. The economy has grown at an annual average of about 6% over the last two decades and the country reached World Bank lower-middle income status in 2014".

The 2013 Economist Magazine Survey of 140 cities worldwide in terms of quality of life put Dhaka at 139th, Damascus (then in an active war zone) came last. Six years later in 2019 they said Damascus was still judged to be the world's least

livable city, followed by Lagos, in Nigeria, but Dhaka in Bangladesh was "promoted" from 139<sup>th</sup> to 138<sup>th</sup> !!.

Forbes Magazine said in 2015 that Dhaka was then the most densely populated city on Earth, with 115,200 people per square mile and 14.4 Million people. The CIA Fact Book says Dhaka has 20 Million, probably including the "invisible" slum and street dwellers.

Bangladesh suffers from some Islamic terrorism by a tiny minority of fundamentalist criminals, but Bangladesh is making rather better progress against these extremists than most South Asian countries. Normal crime against Westerners is extremely rare. Bangladesh is however unique among majority Islamic Nations in having women leading both the government and main opposition parties, and has a long tradition of tolerance towards other faiths. In 2018 Pope Francis visited Bangladesh at the invitation of the Prime Minister, Sheikh Hassina (!), and enjoyed a busy but incident-free visit.



Bangladesh is a land of wide rivers and far too much water. Village life continues largely unaffected by the 21st Century - this is a traditional "Country Boat"



Everything grows in Bangladesh, just drop a seed and wait....!

Dhaka has many lovely historic buildings. Including the "Lal Bagh" or Red Fort, built by the Mughals who occupied India centuries before the British arrived.



The British also left a legacy of fine buildings, such as Curzon Hall, named after the British Viceroy of India, Lord Curzon. It now houses the Faculty of Science of the University of Dhaka.



This shows the interior of Holy Rosary Catholic Church in Tejgaon, the oldest Church in Dhaka, built by Portuguese Augustinian Priests in 1677. It's part of a large complex of Catholic properties, including the modern Tejgaon Church, a boys' school, a girls' school and an 80+ girl orphanage, all originally founded by a British lady called Mrs Bottomley.

I was privileged to attend 6 am Mass at the Bottomley Girls' Orphanage run by Nuns for 80+ girls aged 8-16, listen to the girls' lovely singing at Mass (like angels!) and have breakfast with them. I spent some time with the girls and spoke (in my very poor Bangla mixed with Hindi and English, to

their obviously huge amusement!) to some of them.

They all seemed happy and well-cared for, but when the girls reach the age of 16 they have to leave quite shortly afterwards. The orphanage provides some vocational training, but only prepares the girls to become low wage workers in Dhaka's booming but dangerous garment trade. No training was given for any girl who wants an office job.

I wanted to help solve this problem by raising money in the UK to provide IT equipment and funding office skills and Microsoft Office training for the brighter girls, and I persuaded Dhaka 370 that they should organize the project & train the girls.

After my return to the UK, I toured several Catenian Circles in Province 6 (the UK West Midlands), I wrote & presented this talk and asked for cash to help the Orphan Girls. We raised just under £3,000 which Dhaka 370 used to buy computers and software for the Bottomley Home Girls' Orphanage. Dhaka 370 has provided volunteers to give the girl orphans Microsoft Office training and prepare them to get safe, well-paid office jobs. The Principal of the Orphanage, Sister Biyoja was delighted by this Catenian Initiative and has co-operated fully with the Dhaka Catenians in the skills training to help the girls.





Dhaka is a city of pedal rickshaws, often beautifully decorated - everyone (including me!) travels by rickshaw to try and beat the horrendous traffic.

Bangladeshis are kind, and they understand that Foreigners have peculiar toilet habits (and quite possibly funny shaped bits as well !) and sometimes allow for these. Many



foreigners don't like proper Asian toilets (!! ) and may also want strange things like toilet paper instead of just washing their rears with water like most civilised Asian people do....!

**Dhaka has a dark side.** There are an estimated 600,000 kids living and sleeping rough on Dhaka streets. Street kids are often beaten up by the Police, and are obviously vulnerable to every passing stranger.

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NO BODY NOW,  
BUT YOURS.  
NO HANDS, NO FEET  
ON EARTH, BUT YOURS.  
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THROUGH WHICH CHRIST  
LOOKS COMPASSION  
INTO THE WORLD.  
YOURS ARE THE FEET  
WITH WHICH CHRIST  
WALKS TO DO GOOD.  
YOURS ARE THE HANDS  
WITH WHICH CHRIST  
BLESSES THE WORLD.

SAINT  
TERESA  
OF AVILA

# My European Voyage

By Shaniya Pia Rebelo

I truly believe that traveling across the globe during vacations are not only journeys of amusement and fun but are also experiences in which one learns how to understand various cultures, their lifestyles, heritage, folklore which enriches one's historical knowledge. Europe has always had its charm and attracted me in some way



or another but I never thought that it would be anywhere close to what it seemed to me by the way of reading books and watching television.

Our vacation lasted for about a fortnight but it was enough to experience what Europe had to offer. It was so wonderful to see how each European country had its unique charm of its own and separated by just a strip of white paint (the border) and yet was so different from each other. Our first stop and visit was at the Vatican City. The entire architecture from afar looked just amazing and majestic. We could see thousands of pilgrims and tourists from across the globe lined up to enter and see the largest church in the world: the St. Peter's Basilica, the Vatican Museum and the Sistine Chapel which I was most intrigued to see the beautiful masterpieces of Michelangelo's paintings.

We then proceeded to Rome and visited various places which included the St. Paul's Basilica, Trevi Fountain, St. John the Lateran Church, the Holy Steps and the Colosseum. When in Rome one should not miss the Colosseum, an Amphitheatre unlike the others; it is one of the most admirable monuments of all times built by the manpower of thousands of slaves and holds about 50-80 thousand spectators.

Next stop: San Giovanni Rotondo, to visit the shrine of Padre Pio which is the second most visited Catholic shrine in the world. The shrine Our Lady of Grace centers on Saint Padre Pio of Pietrelcina, a Capuchin friar, priest and mystic, who

had supernatural gifts and the stigmata. He died in 1968 and we were privileged to see his incorruptible body which is kept in the shrine for public veneration.

We departed San Giovanni Rotondo the next day and proceeded to Lanciano where we visited a Catholic Church where the greatest Eucharistic Miracle took place during the Holy Mass the host and the wine changed into live Flesh and Blood of Christ. This has been preserved on the main altar of this church. We then proceeded to Assisi and visited the Basilica of St. Francis of Assisi which consists of the Upper and Lower Basilica of Assisi. St. Francis of Assisi is the patron saint of Italy who cultivated a humble and poor style of life and that is why he is Italy's most beloved saint. He later became associated with the patronage of animals and natural environment. On



his feast day, 4<sup>th</sup> October, the churches hold the blessings of animals. His remains are preserved in this Basilica which is a destination for thousands of pilgrims.

Then Loreto: to visit the Basilica Della Santa Casa which is the shrine of the Marian pilgrimage. This Basilica is known for enshrining the house in which our Blessed Virgin Mary lived. It is said the same house was flown over by Angelic beings from Jerusalem.

Venice Island came next. I would say that Venice is a strikingly gorgeous city with over one hundred seventy seven canals and over four hundred bridges. The gondolas moving with tourists wanting to take a ride under the bridges was a beautiful sight. The endless streets of beauty really makes one feel like you are in a maze not wanting to get out. On the Island there is a historical St. Mark's Square and further on, St. Mark's Basilica which was built in the 9<sup>th</sup> century to house

the sacred relics of St. Mark. The merchants of from Venice stole the body of St. Mark the Evangelist from Egypt Alexandria. According to legend they hid the body of St. Mark under layers of pork in barrels to get it out past the Muslim guards.

The Murano Glass factory which is world famous for the glass blowing of molten glass was enthralling. The demonstration given by the artisan was a sight of pure skill, beauty and creativity: by blowing the molten glass on the end of the rod he created a Murano glass artefact. It was truly a fabulous technique to watch live before your eyes.

“The best view comes after the hardest climb” and that is what you get when you are in Switzerland which was our next visit. Mt. Titlis in



Engelberg is a sight of pure sublimity with its snowcapped mountains, glacier caves and ice Flyers. Our cable car ride which connects to the top of the Mt. Titlis through three stages really provided us with beautiful panoramic views all-around of the entire mountain and believe me it was truly breathtaking. When you think about Switzerland: watches, chocolates, Swiss army knives, etc. are mostly the materialistic aspect that comes to your mind, but trust me that is not what it is. In fact it is the natural beauty of the place that really counts which consists of 60 percent mountains. Switzerland will always be one the Countries etched into my memory.

“En attendant de nous revoir”. Paris will always and forever hold the key to my heart, our stay in Paris started off with a city tour first to one of the most elite streets in Paris: Champs Elysees which was bustling with tourists from all over the globe, later the scenic view of the Arc de triomphe. We then proceeded to The church of the Miraculous Medal, it was just so astonishing to see people from different nationalities join in the Eucharistic celebration which made it all the more meaningful. The most exciting part in Paris was our visit to the world’s most iconic structure, an engineering marvel: The

Eiffel Tower. From the top it was truly glorious to see the magnificent city of Paris from a bird’s-eye view which was truly magical. Later in the evening we enjoyed a beautiful cruise on the Seine River which plays many roles in the city. It separates the right bank from the left bank acting as a dividing line between Paris. Its river banks are a UNESCO World Heritage Site with city’s top landmarks including the Eiffel Tower, Notre-Dame Cathedral, Musee d’Orsay, Jardin des Tuileries and the Louvre.

The next day we embarked on a long journey to Lourdes. We spent a full day there and it was heartwarming to see the faithful from all over the world visiting Lourdes. It was a sea of humanity where one could see impeccable faith in the people coming on wheel chairs and some carried by stretchers seeking healing and blessings from God through the intercession of our Blessed Mother Mary. We took part in candle light procession and rosary, Eucharistic celebration at the Grotto of Our Lady of Lourdes and the Holy Dip which gave us a feeling of spirituality.

Our last stop was at Fatima in Portugal which is located in west central Portugal, in the region of Leiria. The small town of Fatima is one of the most visited Marian Shrines in the world today. It is believed that the Virgin Mary appeared to three shepherd children as they were tending their family’s sheep. We visited the small village in which the children Francisco, Jacinta and Lucia lived. This visit to this village gave us an insight of what life was then with just the basic amenities and all that mattered to them was just having the basics but most importantly caring for the community and helping each other in times of need. We visited and prayed at this magnificent Shrine and the tombs of the three visionaries. Later in the evening we took part in the Holy Rosary each decade which was recited in different languages and attended by pilgrims from around the world. This was followed by a lantern



procession in the church compound followed by blessings.

Our trip was a wonderful experience which will hold cherished memories for years to come. To sum it up in one word I would was just “Phenomenal”.

*Ms. Shaniya Pia Rebelo is the daughter of Bro. Mario Rebelo of Circle 353 and currently doing F.Y. Arts at St. Xavier’s College Mapusa.*

# Recipes

By Cheryl Cardoz

## Feijaoda (Goan Portuguese recipe)

### Ingredients

1/4 kg kidney beans  
2 large onions (finely chopped)  
2 large tomatoes (finely chopped)  
2 tbs rechad masala  
15 Goan sausages (remove meat from skin)  
Salt  
Sugar

### Method

Soak kidney beans overnight.  
Next day pressure cook them with water n salt.  
In a skillet put oil, fry onions till soft.  
Then add the tomatoes. Fry well.  
Next put the sausage meat, keep flame low n cover skillet with lid; cook till sausage is done  
Then add the cooked kidney beans, rethead masala n stir. If it is too dry add some water.  
Add sugar to taste n salt if required.  
Boil for 5 minutes then switch off gas.  
Enjoy with Goan pao or chapatis.

## Stewed Apricot

### Ingredients

1/4 kg Apricot  
200 gms sugar  
4 to 5 cloves  
2 pieces of cinnamon

### Making the custard (in a separate dish)

Milk 1 litre  
Custard pwd 2 tbs  
Sugar as per taste

### Method (for cooking the apricots)

Take a skillet add the apricots.  
Add some water (in level with the apricots) add sugar, cloves n cinnamon.  
Keep it on high flame. Once it starts to boil let it continue for 5 minutes more.  
Then take out the cloves and cinnamon.  
Put skillet back on the stove on low flame till the apricots are soft and done.

### Serving

Now take a dish and place the apricots one by one.  
Then pour the custard slowly over it.  
When it cools down put the dish in the fridge to set.  
Enjoy stewed apricot.

*Mrs. Cheryl Cardoz is the wife of Bro. Solano Cardoz of Panjim Circle 353.*

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### **A NOTE OF COMMENDATION AND APPRECIATION TO MISS JOVAN CLAUDIA GONZALVES**

I am writing this note of appreciation and commendation to Jovan Claudia who has spent four weeks volunteering her time, skills and good will at Orkolili Secondary School and Vocational Training Centre in Kilimanjaro Tanzania. During these four weeks her involvement, contribution and performance has been **OUTSTANDING**.

As a person, her young age notwithstanding, she carried herself with exemplary sense of maturity, mixing very freely and easily among both the older members of staff and the students. Many students (both boys and girls) grew attached to her, looking up to her for guidance in their academic struggles and for genuine friendship. As an illustration, she was invited by some of them to visit their homes in the villages for a first-hand experience of the social aspects of the Maasai Community around us. Often they would come to her residence in search for her companionship. I believe she will be carrying back home a treasure of experiences.

In respect to Performance I ascertain that she gave her total self in the classroom and on the field. She often found it hard to tear herself from the students in the classroom where she would be coaching them in Math and language skills such as reading, vocabulary development, puzzle

solving, spelling, dictation and conversational techniques. Often, she would extend her stay with them in the classroom including evening preparation (Prep) times. Undoubtedly they are going to miss her dearly.

In Sports she put in an outstanding show:

She introduced a new sport **BADMINTON**; she developed their skills in table tennis and rope-jumping. Fortunately a team of Orkolili alumni who had represented Tanzania in America in rope -jumping heard of her presence here, and they joined her over the week-ends to share with her. As a result there is a new team training hard with a new view to follow the footsteps of their predecessors; hoping to take rope - jumping to the Olympic level ! "Time and effort will tell!!"

Once again Jovan has been a blessing at Orkolili. We wish she were able to extend her stay to be a role - model for our girls here. We wish her success in her post - graduate studies and hope that, should there be another chance to work abroad, Orkolili will be honored to have her back.

Finally on behalf of the Orkolili Community, I thank SHOCC, her sponsors, most sincerely.

On a different note, I admire her spirituality as a Catholic. I thank her parents and congratulate them in their successful task of nurturing her. She surely has a bright future ahead of her. **GOD BLESS HER.**

Yours Sincerely

**YOHANA Y. MCHA SCHOOL MANAGER  
ORKOLILI SECONDARY SCHOOL  
AND VOCATIONAL TRAINING CENTRE**

*Yohana*

*Yoalim*

*Moha*

BA. MA. MSc. Owner & Manager ORKOLILI  
SECONDARY SCHOOL

P. O. Box 320 HAJ

# POEMS

## Sermons We See

*Edgar A. Guest*

*I'd rather see a sermon than hear one any day;  
I'd rather one should walk with me than merely  
tell the way.  
The eye's a better pupil and more willing than  
the ear,  
Fine counsel is confusing, but example's always  
clear;  
And the best of all the preachers are the men  
who live their creeds,  
For to see good put to action is what everybody  
needs.*

I soon can learn to do it if you'll let me see it  
done;  
I can watch your hands in action, but your  
tongue too fast may run.  
And the lecture you deliver may be very wise  
and true,  
But I'd rather get my lessons by observing what  
you do;  
For I might misunderstand you and the high  
advice you give,  
But there is no misunderstanding how you act  
and how you live.

*When I see a deed of kindness, I am eager to be  
kind.  
When a weaker brother stumbles and a strong  
man stays behind  
Just to see if he can help him, then the wish  
grows strong in me  
To become as big and thoughtful as I know that  
friend to be.  
And all travellers can witness that the best of  
guides today  
Is not the one who tells them, but the one who  
shows the way.*

One good man teaches many, men believe what  
they behold;

One deed of kindness noticed is worth forty  
that are told.  
Who stands with men of honour learns to hold  
his honour dear,  
For right living speaks a language which to  
every one is clear  
Though an able speaker charms me with his  
eloquence, I say,  
I'd rather see a sermon than to hear one, any  
day.

\*\*\*\*\*

## I Sought My Soul

*Author Unknown*

*I sought my soul,  
But my soul I could not see.  
I sought my God,  
But my God eluded me.  
I sought my brother,  
And I found all three.*

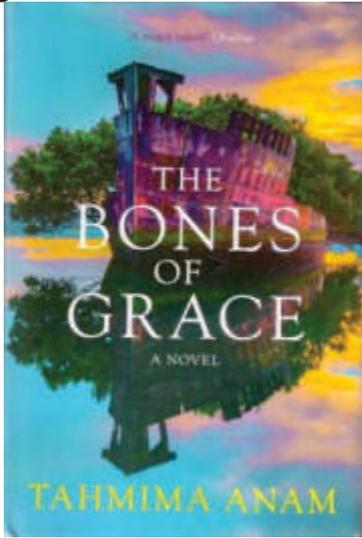
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## My Symphony

*William Ellery Channing, 1818-1901*

To live content with small means;  
To seek elegance rather than luxury, and  
refinement rather than fashion;  
To be worthy, not respectable, and wealthy, not  
rich;  
To study hard, think quietly, talk gently, act  
frankly;  
To listen to stars and birds, to babes and sages,  
with open heart;  
To bear all cheerfully, do all bravely, await  
occasions, hurry never.  
In a word, to let the spiritual, unbidden and  
unconscious, grow up through the common.  
This is to be my symphony.

\*\*\*\*\*

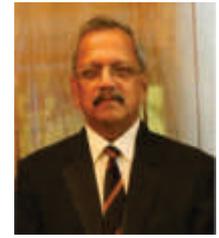


# THE BONES OF GRACE

TAHMIMA ANAM

Penguin Books India 2016

Book Review by **Bro. STANLEY COUTINHO**



## The Heart as An Address

This is a 400-page letter from Zubeida Bashir-Haque (Palaeontologist and adopted daughter of Bangladeshi freedom-fighters) addressed to Elijah Strong (a doctoral programme drop-out) with whom she had ‘connected’ like primordial soulmates over the strains of Shostakovich Preludes in Sanders Theatre, Cambridge. This, in spite of Rashid, a childhood sweetheart back home in Bangladesh, looming large in her consciousness. She goes to Baluchistan to study the bones of a 50-million-year-old whale but their search is ended abruptly by the army. Zubeida returns to Dhaka, and agrees to help a friend making a movie about the working conditions in the Chittagong ship-breaking industry. That bleak and dreary landscape is lightened up by Elijah’s short visit, only to end in sadness; Rashid, now her husband, enters the scene – apparently unperturbed. Around this time Zubeida decides to search for her biological mother.

This is a story of a search for relationships, a story about making choices.

This is the story of a heart torn between the anchored complacency of a childhood sweetheart and the enthralling, all-consuming pull of a stranger encountered in a concert hall. The former as unquestioned as the steady flow of the Ganga as it meets the salt with long accustomed ease; the latter much like the tectonic shifts of the subcontinental plate – alarming, deep, and unsettling. The former resulted in marriage. The latter in constant yearnings, intermittently satisfied.

This is a story of continual hope. Hope, that, on unearthing the bones of the whale, a major paleontological, evolutionary mystery would be solved; hope, that a movie on the plight of the ship-breakers would “make a dent in the world”; hope, that on finding the object of one’s search, the searcher will find peace within – and the world will be the better for it. But, as Thomas Hardy observed (in *Tess of The D’Urbervilles*), “Nature does not

often say 'See!' to a poor creature at a time when seeing can lead to happy doing; or reply 'Here!' to a body's cry of 'Where?' till the hide-and-seek has become an irksome outworn game.” And all through the story, we see the narrator digging into herself, delving into her past, questioning her adherence to cultural limitations. She examines her relationship with her husband right from the pre-wedding days, through the wedding night and beyond. She questions the motives of her adoptive parents in divulging to her the bare fact of her adoption – leaving her with a craving emptiness about her biological mother and a burning urge to understand the conditions which had forced her to abandon her child. She finds the truth. The moment of choice arrives. Relationships get realigned as they would, the world gets re-ordered. And yet ... hope with gentle persuasion and comforting words, lingers on in all its tenderness.

*Bones of Grace*, the third of a trilogy, with the Bangladesh freedom struggle as the backdrop, also has references to the rape victims (Birangona women). Tahmima carries the war-scarred and other players with aplomb. Each character is carefully carved, whether it is the rich and comfortable in Dhaka or the starving, miserable workers in Chittagong – where “the atmosphere had been thinned by the fleeing of hope”; the cultural nuances as seen in traditions and interpersonal relationships are brought out in stark contrast, sometimes to the narrator’s “foreign” habits of food, fellowship and frankness. The frequent shifts in time and place in the narrative are a distraction, though.

This is also a story of a mind torn between the educated loyalty towards adoptive parents and the angst-filled search for the umbilical moorings of an orphan to her natural mother.

The story begins with Zubeida’s search for and assembly of the skeletal remains of a whale washed on the shores of ancient Tethys, and moves on to her gut-wrenching experience of the lives withering away as a ship called *Grace* is dismantled on a Chittagong beach – even as the narrator comes closer and closer to self-realisation on different planes of her existence.

## Why I chose to join the Catenian Association

By Adv. António Lobo (Mapusa Circle 377)

Way back in 2014 or 2015 bro. Edgar de Melo Furtado contacted me and asked me whether I could help him in drafting and registering a Trust. When I said that I could, he did not elaborate but stated that he would contact me at a later date. About a year later, the same query was repeated, but there was no following.

One day, bro. Edgar asked me whether I would like to know more about a group called 'Catena' and after orally explaining what the association was all about he gave me magazines to peruse. Two or three months after this meeting, he invited me to attend a meeting of the Catenians, as a guest. The same meeting took place somewhere in Miramar and for the first time I witnessed the (then) strange ritual practiced by the Catenians at such meetings. I found the procedure rather stilted at the time and imagined that I would feel quite self-conscious if I were to join the Association. After attending this meeting, I did not pursue the matter nor did bro. Edgar at the time. Some other brother such as bro. Caetano Filipe Colaço and bro. Honorato Velho did speak to me and urged that I take the initiative to form a group of like-minded and practicing Catholics in Mapusa. At the time I had too much on my plate including, but not restricted only to, issues being dealt with by the Movement for Special Status for Goa (MSSG) and another group called the Mapusa Nagrikancho Ekvott (MNE), both of which organisations I was heading as the Convener thereof and hence I was not able to give my full attention to the suggestion.

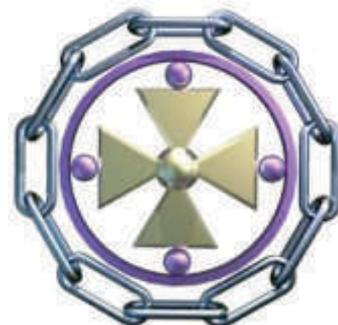
Finally it was bro. Ruben Quadros who took the initiative to begin the process of the formation of a new circle in Mapusa which was convened by him and was attended by bro. John Rhea and some other brothers from the Panjim (353) circle. At that meeting, I and the other participants learnt of the background, purpose and motivation which inspired the first Catenians in England to begin this organisation. We learnt that the four cornerstones of the Catenian Association were: 1) Faith 2) Family 3) Friendship and 4) Fun.

One cannot join the Catenians unless one belongs to the Catholic faith. This is the sine qua non for being accepted. One does not learn about faith after joining it. In the same way that

one does not learn about family values after joining. Friendship is that which one builds within the Catenian Association and such friendship is made, nurtured and promoted during the fellowship that follows the meeting. The Association encourages its members to help one another in case of need, to promote each other's businesses and professions, if possible, instead of diverting their custom to some other competitor, to perform and fund charitable acts, to pray and, if possible, to aid monetarily in the formation of priests, the and other religious, to provide fora and opportunities for youth to train in public speaking and in other activities of a social nature, with a view to build their self-confidence and enhance their personalities through such courses. These few examples are meant merely to point out and underline that the Catena is an organisation which is more interested in promoting and encouraging the Catholic to live his religion.

Catena is not an association where too much stress is placed upon prayer or other modes of deepening your religious beliefs such as Bible reading, and rightly so as there are many groups and Associations that are dedicated to prayer and they are open to any Catholic that feels the need to be amongst those who wish to focus more on prayer. I have noted instances when persons invited to join the Catenians asked pointedly whether we were an Association where the greater trust was upon prayer and that if that was the case, they would not be willing to join us. Personally I would not have joined the Catenians were it to be solely or even majorly centered in prayer. I for one am happy with the balanced activities of the Catenians and the bond that I, even now, am engaged in building with my fellow brothers.

Long may the Catenian movement live, thrive and triumph.



# Know your Brothers better...

## **Bro Honorato Velho** Chairman, India Coordination Committee

Born in Benaulim, Goa on 03-03-1943. Married to Hermínia, who ended her teaching career in Kare College of Law. The couple has 3 children, Garin, Guitry-a catenian & Gillisanne, all well settled. Studied upto the Higher Secondary level--Liceu--in addition to Teachers' Training, all through the Portuguese medium. A Post-graduate, and a Bachelor in Education through the NCERT. High School teacher-1year; College lecturer-2 years; Headmaster-19 years and Principal of HSS-14 years. President of Headmasters' Association and Principals' Forum for 2 terms each, & for 3 terms, Chairman of the Federation, an organizational umbrella including the DSE. Member of the Goa Board of Education for 5 consecutive terms of 4 years each; been on its Academic & Executive Councils, besides being a Convenor of the Board of Studies of Latin Languages, Vocational Studies & Value Education. As Convenor, guided both the Editorial Boards of Portuguese & French in the design of modern text books from VIIIth to XIth standards. Been a member of the Academic & Sports Councils as well as the Advisory Board of Education of the Government of Goa. Recipient of the State Award of Education in 1993. Been the Editor of the NCERT(west zone) magazine in 1978, and won the 1st place as Editor of the newsletter in Lions' District 324 D2 in 1976. Introduced the concept, and organized Seminars & Workshops for Principals, Headmasters & Office staff. At a residential Seminar held at Ramnathi, the resource persons belonged to 5 different faiths; the highlight was the celebration of the Sunday Eucharist within the temple premises. Instrumental in securing from the Government, the Ganesh mid-term break---a 1st in India. In Sports, represented Goa in Basketball & Volleyball, besides being the Individual Athletic Champion in 1964. Won the First prize in an all-Bombay Singing competition held by the Holy Name Parish in May 1969 Founder member of Goa Football Association; member of the Botanical Society of Goa, Indo-Portuguese Friendship Society & the Historical Society of Portugal based in Lisbon. Converses in Portuguese, French & English. As member of Lions International, won the best President Award in 1977-78. Was elevated to the post of Dy District Governor. Formed 6 Lions' Clubs in Goa and enrolled 75 Individual members, thus earning the "Senior & Grand Master Keys". In the Catenians, has been the President of the Margão Circle-358; President of the India Area Council and is presently the Chairman of the India Coordination Committee.



## **Bro. Herbert Fernandes**

Once the clove capital of world, that's where I was born in a place called Zanzibar in East Africa. After completing my school education there, I attended St. Xavier's College, Bombay, and completed at St. Xavier's College, Goa. Further postgraduate study was in the UK where Jennifer and I were living after marrying there.

My earliest introduction to perfumery was working for a German cosmetic company in Tanzania in the foothills of Mt. Kilimanjaro and later at Yardley of London in the UK. I was fortunate to meet HRH Prince Charles who visited the development centre where I was working. We were preparing a cologne for the Prince's Trust, a charity that caters for young people. I took him round the lab and he was most interested to learn about perfumery.

On the social side, I served as Vice President of the G.O.A(UK) also organising the now famous Goan Festival. Other activities: serving as President of the local Hockey club and our Sangolda Association helping to raise funds for our village in Goa.

Now that I have retired, I have fulfilled a cherished dream of being able to spend time in Sangolda in our home ' Sovostkai'

Jennifer and I have two children: Mark who is a Computer Software Engineer and Lloyd, an Accountant. A life threatening event took place when the children were very young. I was run over by a car while walking on the road and suffered serious injuries. Praise God, I made a good recovery and was able to resume a normal life returning to work and sport after six months.

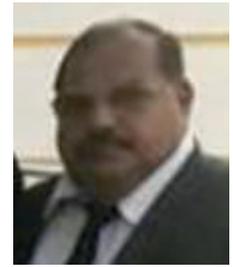
I took part in various sport activities but made field hockey my main sport playing well upto my fifties when my knees started having problems. I enjoy watching sport on television, wildlife and documentary programmes. Other interests include reading and travelling.

We were very excited to learn that a Catenian Circle was starting in Goa for the first time. My brother Dr. Tennyson (Past President of Darlington Circle) and I came down with our spouses to attend the inauguration. Jennifer and I are happy that 353 have made us feel welcome over here. Personally I feel I have become a better Catholic since joining the Catenians. I would have liked to be able to lead my Billericay Circle having been on Council but it would need a full commitment for two years which would keep me away from my beloved Sangolda.



### **Bro. Joseph Rodrigues**

One of the most well-known and respected personalities in the Catholic business fraternity of Orlem, Malad, Bro. Joseph Rodrigues, was born in Mangalore and completed his education there. The greener pastures of Mumbai beckoned and he moved to Mumbai to join his elder brother in the timber business. Having grasped the nuances of the timber business, Bro. Joseph decided to venture out on his own – a decision he made at the right time and for which he is thankful to the Almighty. Like every start-up, there were teething problems. But Bro. Joseph overcame all obstacles and got firmly entrenched in his business. With the best wishes and support of his family his business grew with leaps and bounds, which gave him the impetus to venture in to the Wine trading business. Today he efficiently manages both the timber mart and wine shops together.



Bro. Joseph is married to Leena who is a perfect homemaker to his loving family. They are proud parents to Paloma and Joel. Whereas Paloma decided to move to California with her hubby Pravin, after trying her hand at her father's business, Joel after completing his post graduation in the US, is presently involved in the business, learning the finer threads and being an absolute asset to his father.

The Catenian Association Mumbai Malad is indeed very fortunate to have Bro. Joseph as a member. He was the founder member of this circle and was subsequently President for two successive terms, during which the membership grew with leaps and bounds. Needless to say his contribution to the circle was immense. The Catenian Association has become an integral part of his life. When we think of the Mumbai Malad circle, it is Bro. Joseph that comes foremost

**Bro. Remiz Cardoz** has lived and worked in Goa for the past 25 years. He was born in Galgibaga, Goa and after completing his primary education, pursued his university education through St. Xavier's College, Mumbai, where he obtained his Bsc with Mathematics as his major. He is a Post-Graduate in Business Systems Analysis and Design from The City University, London. In the UK Remiz also completed a professional course in Film Production, specializing in post-production. He has also successfully completed the British Computer Society Part I from London.



Over the last two decades, Remiz's primary business has been property development. He is the owner and MD of Noble House Realtors Private Limited where the focus is on niche, uncommon properties targeting upscale customers. Noble House has developed and marketed a number of properties including luxury villas, apartments and holiday homes in the prime hubs across the North Goa among its customers and this has recently won them the prestigious CMO Asia Award for brand leadership in Goa in the real estate sector for 2019. The company now is well poised to foray into the hotels/hospitality sector. The launch of Pizza Mia, a gourmet pizza restaurant in Miramar, where Remiz is a partner, is a small step in that direction.

Prior to his return to Goa, Remiz had successfully set up and ran TRACK VIDEO, a state of the art post production studio that service the film/TV industry in Mumbai commercials and TV serials for large clients such as MRF Tyres, Colgate, Kwality ice cream JK Group of Industries, Double Bull, etc. In executing some of these projects, he has worked with crews and post production teams in the U.S. for some of these assignments.

Remiz was also a Director on the board of India's pioneering TV film production company HIBA FILMS PVT. LTD. (a part of the large publishing group MAGNA, owners of Stardust). He was Executive Producer on an award winning international film MIDNIGHT EMBERS, that was awarded the best television film in the short film category at an international film festival in New Jersey in 1993. For the popular television serial "Surabhi", he served as Technical Director.

Remiz was a recipient of the Professor Godfrey Scholarship at St. Xavier's College, Mumbai and represented Bombay University in Football. He also officiated in the World Cup Hockey tournament in Mumbai in 1992 as a Liaison Officer for the Polish international Hockey team.



# MEETING DAYS AND VENUES OF ALL THE CIRCLES IN INDIA

## Meeting days and Venues of all 14 Circles in India

No.	Name and Circle No.	Meeting Day	Venue of Meeting	Contact No. of President
1.	Goa Dona Paula Circle 356	1st October	Hotel Varanda Do Mar Miramar	<b>9822101520</b>
2.	Mapusa Circle 377	16th October Joint Meeting	Fiesta Hall, Club Tennis de Gaspar Dias, Miramar.	<b>9850809902</b>
3.	Mangalore Circle 375	8th October	Olive, Kadri Temple Road, Opp. Kadri Ground, Mangalore	<b>9845084202</b>
4.	Puttur Circle 380	9th October	Christopher Villa, Aradya Layout, Behind Souza Cashew Industries, Koornadka	<b>9448253463</b>
5.	Goa Vasco da Gama Circle 363	16th October Joint Meeting	Fiesta Hall, Club Tennis de Gaspar Dias, Miramar.	<b>9890084558</b>
6.	Goa Riviera Circle 354	16th October Joint Meeting	Fiesta Hall, Club Tennis de Gaspar Dias, Miramar.	<b>9822123646</b>
7.	Catenian Bandra Brothers 371	10th October	Corona Gardens, Bandra	<b>7208082112</b>
8.	Hubli Circle 372	12th October	1st Floor, Kawaade Complex, Keshwapur, Hubli	<b>9448385498</b>
9.	Belgaum Circle 378	13th October	Arrupe Hall, Jesuit House, Camp, Belgaum	<b>9483544333</b>
10.	Panjim Circle 353	16th October Joint Meeting	Fiesta Hall, Club Tennis de Gaspar Dias, Miramar.	<b>9158922243</b>
11.	Margao Circle 358	17th October	Carmelite Monastery, Aquem, Goa	<b>9822128640</b>
12.	Andheri Circle 376	24th October	Hotel Le Grande, Andheri	<b>9821062858</b>
13.	Mumbai Malad Circle 364	25th October	Hotel Silver Oak, Malad	<b>98920936490</b>

# 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. Lyrics: WITH IN AS AS WE'RE

Musical notation for the second line. Chords: G, C, G, Em, A, D7. Lyrics: FRIEND-SHIP AND FAITH NINE-TEEN O TWO BRO-THERS IN DEED HUS-BANDS WE ARE BACKED BY STRONG FOLK THAT STRENG-THEN OUR BASE 'T WAS BI - SHOP LOU - IS WE'RE SLOW TO CON-DEMN TRUST-WORT - HY LO - VING WE STRENG-THEN OUR-SELVES STRENG-THEN OUR FA A MI LY LIFE WE WHO MORE OF TO SAL - FORD'S RIGHT REV'ND CA-SAR-TEL - LI IN TEM - PER WE ARE FOR-BEAR-ING AS FA - THERS SONS OH SO MIND-FUL STRENG-THEN OUR FRA-TER-NI - TY TOO

Musical notation for the third line. Chords: G, C, G, G, D, G, G7. Lyrics: GA - THER UN - DER GA-THERED THE FLOCK CHA - RI - TA - BLE DU - TIES WITH LOVE AID AND COM-FORT THE NAME OF THE LORD HIS FLOCK TO - GE - THER THAN JUDGE E MEN-TAL OUR DU-TIES WITH LOVE A NEE-DY BRO-THER CA - TE-NIANS TO - GE-THER LET US STAND CA - TE-NIANS TO - GE-THER LET US STAND CA - TE-NIANS TO - GE-THER LET US STAND CA - TE-NIANS TO - GE-THER LET US STAND CA - TE-NIANS TO - GE-THER LET US STAND

Musical notation for the fourth line. Chords: C, G, Em, A, A7, D, D7. Lyrics: 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. Lyrics: 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



Goa  
**COMMUNITY  
 MEDIATION  
 CENTRE**

### 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 professional setting in the coming weeks.

### Contact us:

- **Adv. E. O. Mendes** - Accredited Gr 'B' mediator  
 +91 7972662678
- **Mr. George Ninan** - Accredited Gr 'B' mediator  
 +91 9822123001
- **Adv. Shailendra Bhohe** - Accredited Gr 'B' mediator  
 +91 9823165663
- **Ms. Gandha Sahu** - Accredited Gr 'B' mediator  
 +91 9011610300