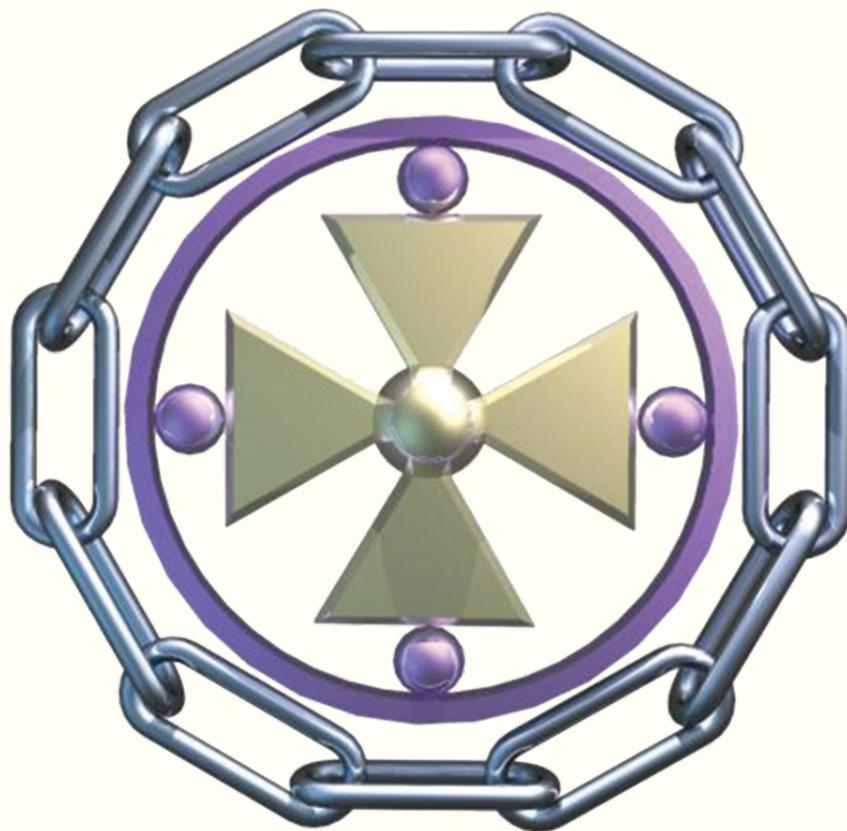


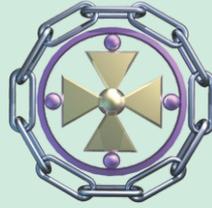
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Inaugural Issue: June 2019

THE CATINDIAN



Published by **PANJIM CIRCLE 353** Monthly
for
THE CATENIAN ASSOCIATION IN INDIA



The Catenians

*Strengthening family life
through friendship and faith*

The Catenians are a non-political Catholic Men's Organisation founded in England in 1908 to promote friendship, family life and the Catholic faith and have now grown to over 10,500 members on 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.

AIMS

The Association, which shall be named the Catenian Association shall avoid involvement in party politics and shall have the following aims

- (a) To foster brotherly love among the members.
- (b) To develop social bonds among the members and their families.
- (c) To advance the interests of members and their dependants by individual or collective action.
- (d) To advance the interests of young Catholics and to assist them in the choice or pursuit of a career.
- (e) To establish, maintain and administer benevolent funds.

From the publishers desk..

Brothers!!

In this 10th year of our existence we, The Panjim Circle, the first circle in India have decided to publish a monthly magazine for the Catenian Association in India. After a decade in India we felt that there's a need to have a greater fellowship and brotherhood not just at circle level but also between all the circles in our country and the world. This magazine is a platform to achieve this unity. It will be distributed every month to every brother in India with excellent articles on faith, family and friendship. A few brothers from each circle will be profiled each month. We believe this will encourage a deeper fellowship and bring to the fore the great resources and talents we have in our midst. It will have the daily scripture reflection so we can also pray together each day. It will be sent to all the parishes and bishop houses where we have existing circles and propose to open new circles. Copies will be sent each month to every circle in the UK, Australia and Malta, thus effectively showcasing our vibrant circles and the depth of our brotherhood. It will list the birthdays and anniversaries of all the brothers in that month. It will serve as a very good way for circles to promote their special events well in advance. Many more attractive features will be added in the months to come.



I would like to thank all the Circle Presidents & Secretaries and our Catenian Elders in India - the Council brothers of Area 30, Area 31 & the ICC for their outpouring of love, support and encouragement to us in this initiative. A special thanks to Brothers Edgar Melo Furtado, Eugene Das & Capt. Eddie Viegas for going out of their way to get us the required information and for speaking for us at various forums. A very special thanks to all my Panjim Circle brothers and spouses who have raced against time to submit various articles and suggestions. A big thank you to my wonderful circle council for their amazing support and specially to our Secretary, Bro Joey Carvalho for his zeal, dedication and hard work in producing this inaugural issue.

Brothers, this magazine will not reach its objective until each one of us makes it our own. May it become our collective voice. Let's use it to grow in our faith, enrich our families and have a deeper fellowship with our Catenian brothers beyond the geographical limits of Circle, State and Areas. Your appreciation, suggestions and feedback are not just welcome but necessary. Please mail us at catindian1@gmail.com

Together we will strive to make this a magazine you will be proud of, will refer to regularly and share with your friends to attract them to join our wonderful association.

Finally I would like to offer this magazine to our Lord Jesus Christ through the words of a popular hymn...

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

Bro. Agostino Fernandes
President
Panjim Circle 353

Towards living a dynamic faith

Of the four tenets of Catenianism – faith, friendship, family and fun – which may have attracted us to the Association, it is pertinent to note that faith is mentioned first. But in reality it may well be that this order has got conveniently reversed and faith has got relegated to the last place. No doubt, we have prayers in our meetings. But these prayers may be recited as form of protocol similar to the wearing of insignia. We celebrate Clergy Nite, Vocation Sunday and President's Sunday, the latter two being inclusive of a Mass. These again are more in adherence to the planner and in keeping with the Catenian tradition. The real faith element if present at all seems to be there in a weak and diminished state. All the observances I have just mentioned are commendable and ought to be maintained. Why must we strengthen the faith element and how?



We recently had the unexpected demise of one of our brothers who was full of life. Later we had the sudden illness of another brother's daughter who is in the prime of her life and star musical career. We did come together in faith and prayer on these occasions. There have been setbacks in our families in the not so recent past. Do we sense a message from the Lord when such things happen? Does our faith awaken only in crisis? And the rest of the time we go back to what we like best – fun. Not that fun is bad. In fact, it is healthy. It gets unhealthy only if there is an excess of it and it takes the lion's share of our time and attention. And vis-à-vis fun, faith could take a beating. Sometimes we arrange for an anticipated Sunday Mass on a Saturday evening just to ensure that our weekend fun is not disturbed. So it is fun that has the priority not faith. So let's not just profess a faith for the record or practice it through some mandatory celebrations. Let's live it dynamically in all that we do in the Association and liberally share it for strengthening one another's faith.

Bro. Eurico Noronha was the Founding President of Panjim Circle 353.

*We need people in our lives with
whom we can be as open as possible.
To have real conversations with
people may seem like such a simple,
obvious suggestion, but it involves
courage and risk. - ST. THOMAS MORE*

Catenian experience across borders- Australia & India – Bro Eugene Das, President AC 31

I was offered the gift of Catenianism in March 2010 by an Anglo Indian Gentleman – Bro Otto von Schonburg ; parishioner of St Patrick's Cathedral, Parramatta, Sydney. I was quite taken aback with the typical British way of conducting a meet; but soon got to know the brothers of Parramatta Circle and make new friends. Prayers, Business (Agenda/reports etc) & Social events were part of every Circle meet. As time went by, it helped me understand the History, Ethos of the Association.

I gathered the Association had made inroads into India, in 2016 I attended Malad Catenian meet and thereafter served as 1st President of Andheri Catenian Circle in 2017. In the very first year, Andheri Circle efforts won the Global International Membership Trophy.

Often, the friendships that form around families are based on Mothers' groups, the playground or involvement in School or children's extra-curricular activities. But men too – whether family men or single - need a sense of belonging, of community. And I truly believe that The Catenian Association provides this. In the last 9 years of being in the Association, I have had opportunities to develop friendships across continents, share experiences and even have some fun.

With the blessings of the local parish, we have been able to partner with Church organizations like SSVP, Youth groups, Civic Cell etc and to have been involved as Missionary disciples; assisting the work of the Church by contributing to events in Parramatta (Sydney) – cooking BBQ at fund raising events at St Pats Cathedral and putting up Stations of the cross. Here in India too, our Circle supports young Catholics in local parish and supporting local charitable causes.

As a member of the IAC (India Area Council) team, I was able to be instrumental in planning and strategizing the 2 day Indian Catenian Conference (*Theme – Reaching out to Gen Next*) in Feb 2018 where it was a great opportunity to connect with our Indian and overseas brothers.

Being a joint member of City of Parramatta Circle in Sydney as well as member of the India Co-ordinating Committee (ICC), it was a blessing to be invited to Australian National Council and Provincial meetings. I took the opportunity to consult with key senior Catenians of the Australian National Council to assist with the creation of annual Rolling “**Australia-India Membership Trophy**”. A light-hearted competition in a spirit of fraternity to provide a focus for our membership efforts in both India and Australia. We all hope that this Membership trophy increases membership in both countries as well as bringing Catenians across continents even closer together!

Based on the interest shown by Australian Circles, it has been my honour to represent Indian Catenians and give presentations about our Indian Catenian Association to some

circles across Australia. I also took the opportunity to initiate discussions on “**Active Twinning**” with the help of few active brothers from Parramatta Circle; in the hope they will develop and extend the concept of faith-based friendship and support, as well as generate an increase in member numbers which will allow more inspiration and assistance. Twinning is an exciting prospect and hopefully herald new cross-continent collaborations between Catenian Circles.

The proposal has been laid out in a **Memorandum of Understanding (MOU)** which includes a wealth of possible activities which twinning would foster. These include: Sharing of news, Mutual prayers, facilitating visits, Joint projects, Mentoring, etc”

There are many Indian brothers who have settled overseas in UK, Australia etc, They can be part of the faith-based friendships that Catenianism offers.

I have also been part of the “**Strategic Work group**” (**Peter Woodford Committee**) to participate in the Strategic discussions on our Association with series of position papers for discussion and consultation by members of the Association. I was part of the Committees for Topic 5: *Further Mordernisation of Catenian Association* and Topic 6 : *International Development*

Globally, there are about 8000 members in UK, 900 members in Australia and around 800 members in the other areas of the world, of which India has the fastest growing membership.

I have had excellent guidance and support from the ICC and International Catenian family- both in UK and Australia; which helps us to think out of the box and just do little things, differently....

As we grow, I would like to end with a thought for all of us in India to ponder:

There is a proliferation of different representations of the Catenian Mission, Vision and Purpose... Should we be an Inclusive association or an Inward-looking association? Is it time for leadership in India to bring all these matters together?

May God continue to bless our brotherhood and our entire Catenian family.

In a Lighter Vein...

1. Did you know they had cars in Jesus' time?

Yup. The Bible says the disciples were all of one Accord.

2. Why do they say 'Amen' at the end of a prayer instead of 'Awomen'?

Same reason we sing Hymns instead of Hers!

3. What do donkeys send out near Christmas?

Mule-tide greetings.

4. Did you hear about the [1-800 service they have for atheists now?](#)

You dial the number and it rings and rings but nobody answers

5. Who was the smartest man in the Bible?

Abraham. He knew a Lot.

6. On the Ark, Noah probably got milk from the cows. What did he get from the ducks?

Quackers.

CATENIANS IN INDIA

The Catenian Association was founded by the Bishop of Salford Louis Casettelli in the year 1908. It was only in March 2007 that the first Presentation was given by John Mc Dermott and his wife Valerie in Vaiguinim Resort about the International Catenian Association, its purpose and what it stands for. In the year 2008 Dr. Willy Britto together with Tony Godden, Director of Developing Areas, Caetano Filipe, Basil Fernandes and Alfred Cotta initiated the formation of the first Circle named Panjim Circle. Subsequently after 15 months of formation it was installed as Panjim Circle 353 by Grand President Joe Mac Nelly with the founder President Bro. Eurico Noronha.



Dr. Willy Britto, a Dentist by profession, graduated at the U.K. He joined the Norwood Circle 88 at the age of 36, in 1972 and came down to Goa in 1994 to start his new venture in the Casinos business. His vast experience of 22 years in the International Catenian Association in U.K has helped in the formation of the 3 first Circles in Goa i.e Panjim Circle 353 on 24-10-2009 inaugurated by the Grand President Bro. Joe Mac Nelly, Goa Riviera Circle 354 on 22-02-2010 inaugurated by the Grand President Bro. Jim Kelly and Goa Dona Paula Circle 356 on 05-02-2011 inaugurated by the Grand President Bro. Vernon De'Cruz.

The very next year after my induction in Goa Dona Paula Circle 356, I was chosen to be the President of Circle. During my Presidentship I had the opportunity to invite Dr. Caetano Loiola Pereira the Founder President of Margao Circle together with Dr. Willy Britto, Rui Prazares and Basil Fernandes to a family function at my ancestral residence at Pilerne where we initiated the talk on the formation of the new Circle at Margao called Margao Circle 358. The same was inaugurated on 21-02-2012 by the Grand President Bro. Tony Godden.

In the year 2011 the Grand Council kept India under Local Liason Council (LLC) with the nominated Chairman Dr. Willy Britto, Secretary Rui Prazares and the member Caetano Filipe Colaco. After the formation of the Margao Circle, I was absorbed in the Local Liason Council as a treasurer for one year and thereafter as a Secretary for 3 years. Bro. Honorato Velho was absorbed as a member. During this period we had the Goa Week 2013 attended by 40 delegates from U.K together with their wives besides our own members. And Goa week 2014 attended by 52 delegates from U.K together with their wives besides our own members.

It was in 2013 that the Catenians decided to start Circle beyond Goa, the first Circle was started in Mumbai, Maharashtra i.e Mumbai Malad Circle 364. Simultaneously

we continued to expand Goa with a Vasco-Da-Gama Circle in the same year. Both were installed by the Grand President John Rayer.

In 2014 the Local Liason Council was upgraded to India Area Council by Bro. John Rayer, the then Grand President and installed the first nominated executive committee as Dr. Willy the Chairman, Bro. Rui Prazares as vice President, myself Edgar Melo Furtado as a Secretary, Darryl DeSouza as a Treasurer, Caetano Filipe Colaco as Membership Officer and the following members:-

- 1) Michael Coutinho
- 2) Anthony Barretto
- 3) Dr. Caitano Loiola Pereira
- 4) Dr. Oswin Veigas
- 5) Maxie D'souza
- 6) Joseph Rosario
- 7) Simon D'souza

In the year 2015 we again crossed the border in another direction to start the first Circle in Karnataka i.e. Hubli 372 inaugurated by the Grand President Bro. Peter Woodford on 23-11-2015 . In the same year we continued to expand in Mumbai with Bandra Circle 371 also inaugurated by the Grand President, Bro. Peter Woodford

In the year 2016, our Catenian Association in India had for the first time elected the executive committee of India Area Council with Edgar Melo Furtado as the President, Honorato Velho, Vice President , Les Menezes, Secretary , Ruben Quadros, Treasurer, Rui Prazares, Membership Officer and Maxie D'souza as the Chamberlain. The members were Ethelwald Mendes, Darryl DeSouza, Dr. Anand Colaco, Capt. Eddie Veigas, Simon D'souza, Felix Kadam, Bazil D'souza, Domnic Alphonso, Anthony E Barretto.

In 2017 we added one more Circle in Karnataka , Mangalore Circle 375 and another Circle in Mumbai, Andheri Circle 376, inaugurated by the Grand President Bro. David Rowley.

In the year 2017-18 the International Catenian Association was restructured and World Catenians were bifurcated into 3 categories.

- 1) Australian National Council (ANC)
- 2) Great Britain National Council (GBNC)
- 3) Central Council (CC)

The Governance of India Catenian Association came under Central Council together with Malta, South Africa, Zimbabwe , Nativity and Dhakka.

In 2018, the Mapusa Circle 377 and Belgaum Circle 378 was inaugurated by the first Great Britain National President, Bro. Peter Rogers and Catenians in India were divided into Areas i.e. Area 30 with Circles from Goa and Karnataka and Area 31 with Circles from Mumbai.

On 17th of February 2018, the India Area Council (IAC) took a Challenge of organizing the first International Conference in India under the Presidentship of Bro. Honorato Velho and Edgar Melo Furtado as a Co-ordinator.

The one day conference was attended by 15 delegates from Australia , 45 delegates from U.K with their spouses and 225 Indian delegates with their spouses. The Conference concluded the next day with the Eucharistic Celebration presided by Most Rev. Bishop Allwyn Barreto at St. Michael Church Taleigao, followed by banquet lunch at Hotel Mandovi.

In 2019, we had inaugurated a 13th Circle of our Association in India, Puttur Circle 380 and one Chembur Group 943 by Bro. David Brinkley , Director of Developing Areas in presence of Bro. John Rayer , Past Grand President and Advisor for India.

In 2019, we started the formation of 14th Circle in India which is the Porvorim Circle . By end of this year will have altogether 15 Circles with 425 members.

With this fast growth we are going forward to form an Indian National Council in the near future with the co-operation of the Brothers of all the Circles in India.

Bro. Edgar Melo Furtado
Past President, India Area Council

In a Lighter Vein...

1. What do we have that Adam never had?
Ancestors.
2. Where was Solomon's temple located?
On the side of his head.
3. What did Adam say the day before Christmas?
It's Christmas, Eve!
4. How does Moses make his coffee?
Hebrews it, obviously.
5. Who do mice pray to?
Cheesus.
6. How do you make Holy Water?
You take some regular water and boil the devil out of it.
7. How long did Cain hate his brother?
As long as he was Abel.
8. Why did God create man before woman?
Because He didn't want any advice on how to do it.
9. Why did Noah have to punish and discipline the chickens on the Ark?
They were using fowl language.

The Role of family in the Catenian Association

The Catenian Association is an international brotherhood of practising Catholic laymen who meet socially, at least once a month, in local branches, known as Circles. Members refer to each other as Brothers based on their shared values of the Catholic belief and practice.

In an increasingly secular society, the Association provides a supporting environment for those facing challenges to their beliefs and moral values in their business, professional and family lives. Through their membership Catenians are helped to enjoy and fulfil their various vocations in life; firstly as Baptised Catholics to be true disciple of Jesus; in their family as a husband and father to be loving and caring; in their chosen profession or workplace to be a good employer or employee; within the civil community to be compassionate and gentle at all times.



The Association's name is derived from the Latin 'Catena' (a chain) with the Circles being the links in the chain and the emblem consists of a continuous chain of links surrounding a cross, symbolizing that our Catholic faith is at the centre of all we do.

The Association is neither a Catholic action group nor a fund raising agent of the Church. However, it is a group of active Catholics who on an individual basis take an active part in the life of their parishes and many play a leading role in their dioceses and Catholic lay organisations locally and nationally. The Association is non-political though Catenians are prominent in many aspects of public life and service.

Some of the aims of the association are:-

- to foster brotherly love and develop social bonds among members and their families and support one another in the practice of our Faith.
- to support and encourage Brothers, their families and widows as needs arise, supporting them in difficulty or need.
- to advance the interests and development of young Catholics and to assist them in the choice or pursuit of a career.
- to help our clergy and to encourage and support vocations to the religious life in appropriate ways.
- to support charities which the Circle, Province or Association considers are worthy and relevant.

We cherish our values we share;

- to always be encouraging, supportive and helpful to fellow members and their families and be non judgemental in any dealings
- to behave in a courteous manner at meetings and functions, observing dress codes and

maintaining high standards of behaviour and to always strive to live our personal and business lives in accordance with the ideals of our Catholic faith, where every person matters. -to 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.

- to always recognise that the circle with its Brothers and their families is the most important entity of the Association and to ensure that the Association's governing bodies do all that is possible to enable each circle to flourish always abiding by the obligations of membership.

Catenianism has a tripod foundation of Faith, Family and Fellowship and just like any tripod if any one leg is weak or wobbly, the tripod becomes unstable. And the most highlighted of the three is the fellowship where catholic men get-together every month having drinks over dinner. While I cannot stress enough on Faith which is the raizon-etre of our organisation, it is the family that has endeared most to our members in the Panjim Circle 353. In fact some of our spouses- mine in particular were completely enamoured by the proverbial mannerisms of a Catenian Brother at any public function. In fact they actually saw gentlemanly behaviour of an English Catenian brother while chaperoning their wives around- ever so careful and concerned about her wellbeing and her needs.

The Panjim Circle 353 is fortunate enough to have interacted with many Catenian Brothers and their spouses during their 10 years of existence in Goa- being the first in this part of the globe.

Over the years the Catenian wives of our circle have come close to each other and have even formed their own whatsapp group naughtily called as "Hot Chicks". They have their own "keeping in touch" parties while their husbands have their council meetings every month. I would rather say that it is the Catenian wife who is the glue that keeps the catena (chain) together- first as a family and then as an association.

It is therefore paramount that FAMILY is given its importance for a healthy growth of any Circle because it is the family that is at the centre of any Catenian Association.

(Bro. Alfredo M. Cotta, is a civil engineer by profession engaged in the business of real estate while the Cotta brothers together are in the Hospitality industry running their company under the name and style of MAC Hotels Ltd., which has recently been listed under the BSE-SME platform of the Bombay Stock Exchange. Alfredo is one of the founding members of the Catenian Association in Goa and is currently holding the position of Membership Officer, Area, 30)

*“You have been told that, even like a chain,
you are as weak as your weakest link.
This is but half the truth.
You are also as strong as your strongest link”.*
- Kahlil Gibran

THE GOD WHO CALLS

In the Bible God is found calling men and women to act on His behalf. And every such calling is the beginning of something new, a wonderful experience, an adventure and a challenge. Just as Abraham was about to sacrifice Isaac, the Lord God called out from heaven saying, “Abraham, Abraham”. God called Moses out of the burning bush to commission him to lead His people out of Egypt. All through the Bible we come across instances of encounter between God and man, wherein God calls his chosen servants to a particular mission. This speaks about a very significant character of God; that our God is a God who calls and calls constantly.

We as humans also call and are called. No one can deny how many calls we make and receive everyday. We are constantly calling because we feel the need to communicate. A call is directed to a specific person and for a particular purpose and expects a response from the one to whom it is addressed. It so happens that we occasionally receive miss calls on our mobiles. Well, when God calls us we cannot afford to miss His call. Have we been missing out on God's call?

Just as God called Biblical personalities and handed them with a mission to be accomplished, the same God is today calling men and women to work in His vineyard. The calling to the life of consecrated priesthood or to serve the Lord as a consecrated woman is incomparable to any other calling. There is a special uniqueness contained in the vocation to work in the Lord's vineyard as priests or consecrated women. Pope St. John Paul II was a person who shared a very close bond with youth. Once when asked by them about his vocation he replied, “am often asked, especially by young people, why I became a priest. Maybe some of you would like to ask the same question. Let me try briefly to reply. I must begin by saying that it is impossible to explain entirely. For it remains a mystery, even to myself. How does one explain the ways of God? Yet, I know that, at a certain point in my life, I became convinced that Christ was saying to me what he had said to thousands before me: 'Come, follow me!' There was a clear sense that what I heard in my heart was no human voice, nor was it just an idea of my own. Christ was calling me to serve him as a priest. And you can probably tell that I am deeply grateful to God for my vocation to the priesthood. Nothing means more to me or gives me greater joy that to celebrate Mass each day and to serve God's people in the Church. That has been true ever since the day of my ordination as a priest. Nothing has ever changed this, not even becoming Pope.” These words of Pope St. John Paul II convey the joy and blessedness that comes in serving the Lord and His people.

Given the present scenario of vocations to the priesthood and the consecrated life Given the present scenario of vocations to the priesthood many would be led into thinking that God has not been “calling” long since. Jesus' words are truly applicable to every generation and time: He said, “The harvest is plentiful but the labourers are few, pray earnestly therefore to the Lord of the harvest to send out labourers into His harvest.”(Mt.9:37-38). This clearly means that the scope for ministering is vast and wide and its always going to be so; while the Lord is looking out for those who'd respond to His call. Many would think that God while calling looks out for capable, qualified

personal and puts them on an eligibility test. Well if such is our thinking we'd better think twice for God doesn't act in human ways. He calls the unqualified and qualifies the called. If a handful of fishermen and taxcollectos could turn the world upside down there is nothing impossible for the Lord when He calls us. He is only looking out for our free and ready response. many would be led into thinking that God has not been “calling” long since. Jesus' words are truly applicable to every generation and time: He said, “The harvest is plentiful but the laboureres are few, pray earnestly therefore to the Lord of the harvest to send out labourers into His harvest.”(Mt.9:37-38). This clearly means that the scope for ministering is vast and wide and its always going to be so; while the Lord is looking out for those who'd respond to His call. Many would think that God while calling looks out for capable, qualified personal and puts them on an eligibility test. Well if such is our thinking we'd better think twice for God doesn't act in human ways. He calls the unqualified and qualifies the called. If God could use a handful of fishermen and taxcollectors to set the world on fire, there is nothing impossible for the Lord when He calls us. He is only looking out for our free and ready response.

Today indeed the Lord is calling many of us out there and calling constantly to be full timers, to dedicate our lives in His vineyard. You can rest be assured that spending a lifetime in God's service is a life worth spending. Yahweh called Samuel three times. Samuel missed God's call first two times but got it right the third time. God never tires of calling, yet He would not force Himself on us and will waits until we discern His voice. I would like to once again quote the words of Pope St. John Paul II to the youth, “Ask yourselves, young people, about the love of Christ. Acknowledge His voice resounding in the temple of your heart. Return His bright and penetrating glance which opens the paths of your life to the horizons of the Church's mission. It is a taxing mission, today more than ever, to teach men the truth about themselves, about their end, their destiny, and to show faithful souls the unspeakable riches of the love of Christ. Do not be afraid of the radicalness of His demands, because Jesus, who loved us first, is prepared to give Himself to you, as well as asking of you. If He asks much of you, it is because He knows you can give much.” So God is definitely calling you. Listen deeply and respond enthusiastically. Because He is the God who calls.

Fr. Fantino Pereira from Mapusa Goa is a Carmelite Priest recently ordained in April, 2019. He writes on the importance of vocations to the priesthood which is a cornerstone of our association. He is presently posted at Carmelite Monastery in Margao, Goa.

Spiritual Reflections for June 2019

JUNE 1 (SATURDAY)

- (1) "I tell you most solemnly, anything you ask in my name, the Father will grant it". (John 16:23)
- (2) Our prayers are directed to the Father through His Son Jesus. We always end our prayers by saying "through Christ our Lord". God has ordained that all blessings are given through His beloved Son.
- (3) In our prayers we approach God with confidence and without fear because we pray in Jesus' name. There is power in the name of Jesus.

JUNE 2 (SUNDAY) - ASCENSION SUNDAY

- (1) "I have dealt with all that Jesus began to do and teach, until the day when He was taken up". (Acts 1:1)
- (2) Today is the feast of the Ascension of the Lord. Jesus ascends into heaven, where He is given Lordship over all of creation. It is the culmination of His salvific work.
- (3) Jesus goes before us to prepare a place for us in heaven. Do we ever think of heaven which is our final destiny and eternal home?

JUNE 3 (MONDAY)

- (1) "I tell you most solemnly, anything you ask in my name, the Father will grant it". (John 16:23)
- (2) Our prayers are directed to the Father but through Jesus our Mediator. We always end our prayers saying through Jesus Christ our Lord. This is characteristic of every Christian prayer.
- (3) All our prayers are accepted because we pray in the name of Jesus, God's beloved Son. With confidence and without fear or doubt, let us pray.

JUNE 4 (TUESDAY)

- (1) "Eternal life is to know you, the only true God and Jesus Christ whom you have sent." (John 17:3)
- (2) Eternal life means entering into a personal relationship with God in Jesus Christ. When we turn away from sin, Christ's love lives in us through the Holy Spirit.
- (3) To know Jesus and His Father is eternal life and eternal happiness. Do I know, have I experienced God's love in an intimate and personal way?

JUNE 5 (WEDNESDAY)

- (1) "Holy Father keep those you have given me true to your name, so that they may be one like us". (John 17:11)
- (2) Jesus prays for His disciples and for all of us that we may be united in love. Jesus unites us but the evil one and our sins divide us. May the love of Jesus and of one another be the hallmark of our Christianity.
- (3) Let us pray and work for unity among all Christians. They will know us by our love.

JUNE 6 (THURSDAY)

- (1) "My prayer is not for them alone. I pray for all those who will believe in me through their message". (John 17:20)
- (2) Jesus prayed for all who would follow Him, including you and me. He prayed for unity, protection from the evil one and sanctity (holiness). Knowing that Jesus prayed for us should give us confidence as we work for the Kingdom.
- (3) Are you helping to unify the Body of Christ, the Church? You can pray for other Christians, avoid gossip, give your time and money in building the Church.

JUNE 7 (FRIDAY)

- (1) Jesus after His Resurrection appeared to His disciples. He asked Peter three times if he loved Him. Jesus didn't want superficial answers. He wanted an answer that come from the heart. (John 21:15-19) Peter had to face his feelings and motives when confronted.
- (2) How would we respond if Jesus asked us "Do you really love me?" Are you ever His friend?
- (3) Jesus confers on Peter the Office of Shepherd. There is one condition that he loves Jesus. The Good Shepherd feeds the flock. All authority in the Church is for service.

JUNE 8 (SATURDAY)

- (1) Jesus did many things as well. If everyone of them were written down, I suppose that even the whole world would not have room for the books that would be written. (John 21:25)
- (2) John's stated purpose for writing the gospel was to show that Jesus was the Son of God (John 3). Those who read the gospel of John must also make a choice.
- (3) Do I believe He is the way to the Father? (John 14:1-6)

JUNE 9 (PENTECOST SUNDAY)

- (1) "When the day of Pentecost had come, they were all together in one place.....and suddenly a sound came from heaven.....and there appeared to them tongues as of a fire....and they were filled with the Holy Spirit". (Acts 2:1)
- (2) With the outpouring of the Holy Spirit, the Church was born. It was the Holy Spirit who united the disciples and made them one Body. The disciples became Church = the People of God.
- (3) The Holy Spirit is the gift of God given to all of us. The Spirit is the Third Person of the Holy Trinity. Do I have a personal relationship with the Holy Spirit?

JUNE 10 (MONDAY)

- (1) After Pentecost we begin a new liturgical season. This is known as the Ordinary Time of the year. The readings follow new themes. We begin with readings from the Sermon on the Mount (St. Mathew).
- (2) The Sermon on the Mount begins with the Beatitudes.
- (3) Through the Beatitudes, Jesus teaches us how to experience true and lasting happiness - not a happiness which is superficial but that which last forever.

JUNE 11 (TUESDAY)

- (1) "You are the salt of the earth" (Mt. 5:13). "You are the light of the world" (Mt. 5:14).
- (2) Salt is always highly valued, more so in the past. It's connected with Purity because of its whiteness. It preserves food but most importantly, gives flavour to food.
- (3) As Christians we are called to be examples of purity, honesty and truthfulness. Jesus our model is the Light of the World. He dispels the darkness of sin and selfishness. Do people see Christ's goodness reflected in us?

JUNE 12 (WEDNESDAY)

- (1) Jesus tells His disciples...."I have come not to abolish (the Law and Prophets) but to complete them". (Mt. 5:17)
- (2) Jesus gives us a proper perspective in the Law, that is, its essence which is to do God's will in our lives. We do God's will out of love and not out of constraint or fear.
- (3) Do I observe God's commandments to show my love for God's goodness to me?

JUNE 13 (THURSDAY)

- (1) "You have heard that it was said....you shall not kill....but I say that everyone who is angry with his brother is liable to the judgement court". (Mt. 5:20-26)
- (2) Jesus sets a new standard by which to judge. There is no sin as un-christian as to destroy people's lives by calling them names and undermining their human dignity.
- (3) Is it possible to make amends for the hurt we cause others by our irresponsible and uncharitable comments.

JUNE 14 (FRIDAY)

- (1) "You have heard it said....you must not commit adultery. But I say, everyone who looks on a woman with lust has already sinned in his heart". (Mt. 5:27-32)
- (2) Jesus is not speaking of the natural instinct which is part of human nature. He is speaking of deliberately stimulating our desire which leads to sin.
- (3) In the world there are many temptations to sin but we have to avoid the occasions of sin by discipline and seeking help through prayer.

JUNE 15 (SATURDAY)

- (1) "It is said, do not take an oath falsely (Mt. 5:33) but I say, do not swear at all. Jesus continues, when you say yes, let it be yes and when you say no, let it be no". (Mt. 5:33-37)
- (2) Jesus teaches us to be truthful and honest always. Our good character will speak for itself. Swearing or taking an oath is not necessary.
- (3) When we speak a falsehood or tell a lie, we grieve the Holy Spirit who is the Spirit of Truth.

JUNE 16 (TRINITY SUNDAY)

- (1) "Blest be God the Father and the only begotten Son of God and also the Holy Spirit for He has shown His merciful love". (Entrance Ant.)
- (2) The mystery of the most Holy Trinity is the central mystery of the Christian faith and of Christian life. God alone can make it known to us by revealing Himself as Father, Son and Holy Spirit (Catechism of the Catholic Church)
- (3) In the presence of God our Creator, we must in the words of St. Ignatius of Loyola "Love and Serve Him in all things".

JUNE 17 (MONDAY)

- (1) "You have heard it said, an eye for an eye and a tooth for a tooth, but I say, do not resist evil....if anyone strikes you on the right cheek, give him the other one..." (Mt. 5:38-42)
- (2) For the Christians, the law of retaliation is abolished. But by telling us not to resist evil, Jesus keeps us from taking the law into our hands. Violence will not be solved by more violence.
- (3) Most conflicts and injustices can be solved by peaceful means and by exercising mercy. Let's try to resolve our conflicts through reconciliation.

JUNE 18 (TUESDAY)

- (1) "It has been said....love your neighbours and hate your enemy.....but I say, love your enemies and pray for those who persecute you". (Mt. 5:43-48)
- (2) This is a difficult commandment. It goes against the grain. How can I love someone who hates me and treats me unjustly....someone we do not feel like loving? This commandment is possible only with the help of the example and grace of Jesus Christ.
- (3) Just as God loves all people..both the good and the bad, so too can we with the help of His Spirit. Spirit teach us to love.

JUNE 19 (WEDNESDAY)

- (1) "Be careful not to do your acts of righteousness before men to be seen by them. If you do, you will have no reward from your Father in heaven". (Mt. 6:1-6)
- (2) The term "hypocrites" are used here. These are people, who do good acts for appearances only. Their actions are good but their motives are hollow.
- (3) God will reward only those who do good...like helping the needy....if they do so out of compassion and love. How do I figure in this respect?

JUNE 20 (THURSDAY)

- (1) "And when you pray, do not keep babbling like the pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask Him". (Mt. 6:7-15)
- (2) Repeating the same words again and again without paying attention to their meaning is not a good prayer. When we pray we must put out heart in it. Prayer is an expression of our love and trust in God.
- (3) When I pray do I experience my closeness to a loving God?

JUNE 21 (FRIDAY)

- (1) "Do not store up for yourselves treasures on earth, where moth and rust destroy and where thieves can break in and steal.....rather store up for yourselves treasures in heaven". (Mt. 6:19-23)
- (2) No material possessions which we value and on which our happiness depends are ever secure. They can be lost and stolen. If our happiness depends on them, we will be very disappointed and most unhappy when they are gone.
- (3) Jesus wants us to live contently with what we have and place our trust in Spiritual riches.

JUNE 22 (SATURDAY)

- (1) "No man can serve two masters...you cannot serve both God and money". (Mt. 6:24-34)
- (2) Jesus says we can have only one master. We live in a materialistic world where people serve money. They spend all their time and energy in amassing wealth. They have no time for God. Let us not fall into the trap because "the love of money is the root of all sins". (1 Timothy 6:10)
- (3) Can we say that God and not money is our master? The test is to ask which one occupies more of our thoughts, time and efforts.

JUNE 23 (SUNDAY)

- (1) Today is the feast of Corpus Christi...the most Holy Body and Blood of Christ. The readings of today make it clear that the feast of Corpus Christi is a feast of the Holy Eucharist.
- (2) As the Catechism of the Catholic Church states "the Eucharist is the source and summit of the Christian life. For in the blessed Eucharist is contained the whole spiritual good of the Church namely Christ himself, our Pasch". It is the sign and cause of our communion in the divine life and unity of the People of God.
- (3) The Eucharist is the summit and centre of the Church's life. Is it the centre of my life? Let's pray for an appreciation and understanding of this sublime Sacrament.

JUNE 24 (MONDAY) - FEAST OF ST. JOHN THE BAPTIST

- (1) St. John the Baptist whose birthday we celebrate today is held in high regard by the Church because he is the Precursor of the Lord and the one who baptized Jesus. As precursor his task was to prepare the way of the Lord by calling people to repentance. "Repent he said for the Kingdom of God is at hand".
- (2) This message is addressed to us today because Jesus came to free us from our sins. To repent means to give up our sinful ways, to turn to God and give Him full control of our lives.
- (3) Repentance is not something negative. It is something positive. Sin enslaves, Jesus saves. He frees us from the slavery of sin.

JUNE 25 (TUESDAY)

- (1) "Ask and it will be given to you; Seek and you will find; Knock and the door will be opened to you". (Mt. 7:6)
- (2) Jesus asks us to persist in praying for what we want and never to give up. We give up easily thinking that God does not listen to our prayers. We must rather take Jesus on His word. He never fails us. St. James tells us not to doubt when we pray. Doubters are losers.
- (3) Do we believe in the power of prayer?

JUNE 26 (WEDNESDAY)

- (1) "Beware of false prophets. They come in sheep's clothing, but inwardly they are ferocious wolves. By their fruit you will recognize them". (Mt. 7:15-20)
- (2) False prophets or teachers are common even today. Their words sound religious but their motives are suspect. They are motivated by money, fame or power. They minimize Christ and His teachings and glorify themselves.
- (3) We should evaluate these teachers by examining their lives. Do they exhibit good behaviour and high moral character?

JUNE 27 (THURSDAY)

- (1) "Not everyone who says to me Lord, Lord will enter the Kingdom of heaven, but only he who does the will of my Father who is in heaven". (Mt. 7:21-29)
- (2) The true test of anyone's sincerity is not by fine words but with fine deeds. Deeds speak louder than words. Jesus is more concerned with our WALK than by our TALK. Walk the talk we say.
- (3) There is only one proof of love and that proof is obedience.

JUNE 28 (FRIDAY)

(1) "When Jesus came down from the mountainside, large crowds followed Him. A man with leprosy came and knelt before Him and said, Lord if you want, you can make me clean. Jesus reached out His hand and touched him. Of course I want, he said. Be clean". (Mt. 8:1-6)

(2) Leprosy like AIDS today was a terrifying disease, because there was no known cure. But Jesus because of His divine power was able to heal the leper. Jesus' response to his plea "If you want to" was "Of course I want to". God is more eager to help us than we imagine. "Of course, I want to".

(3) Do I believe that God is ever eager to help me in my need?

JUNE 29 (SATURDAY) - FEAST OF SAINTS PETER & PAUL

(1) Today we celebrate the feast of Saints Peter and Paul, two pillars of the Church. Both Peter and Paul were men of action and ardent lovers of the Lord. Peter the humble fisherman was chosen to be the Head of the Church and became its first Pontiff. Paul on the other hand was a proud Pharisee who persecuted the Church. After his conversion, he became the great apostle of the Gentiles. The work of both complemented that of the other.

(2) Both were martyred for Christ and gained the crown of righteousness reserved for his elect.

(3) A martyr is a living witness of Christ. We too are called to be His witnesses. Is Jesus living in me?

JUNE 30 (SUNDAY) - XIII SUNDAY OF THE YEAR

(1) The gospel of today (Luke 9:51-62) presents three candidates who would like to be disciples of Jesus. They all agree to follow Jesus on certain conditions. Jesus reminds them that a disciple should be willing to give up everything in order to follow Him.

(2) Jesus demands total commitment from those who want to be disciples. It is only by renouncing ourself and taking up the cross can one follow Christ.

(3) Can I say like the words of the hymn "I have decided to follow Jesus.....no turning back"?

Fr. Hector Almeida is from Margao Goa. He holds a Masters degree in social anthropology from Loyola University Chicago and served for many years in the Jesuit Missions in Africa. He is presently on the staff at Loyola Hall, Miramar Goa.

*We walk by faith, not by sight -
St. Paul, 2 Corinthians 5:7
"Lord, to whom shall we go?
You have the words of eternal life;
and we have believed,
and have come to know, that
you are the Holy One of God". -
St. Peter, John 6:68-69*

West to East with Love

Brother Lionel Pereira- London Northern Height Circle



Brother Lionel Pereira is a practicing Chartered Accountant from North London and has been a Catenian for 11years. He was president of London Northern Heights in 2010 and 2018. He is married to Aneta from Poland for 34 years and has two children Ashley and Ania and two grandchildren Oscar and Wilfred. He was instrumental in twinning London Northern Heights Circle with the Andheri Circle, exchanging minutes and news with each other

After only 10 years as brother at Northern Heights, I was honoured to serve as President from 2018-19 for the second time. I had to choose a charity that I would support in my year as president. As I come from Mumbai, I had no hesitation in choosing a Charity fund in Mumbai to support poor children of Mumbai into catholic education. A decent education in India is not free and the education has to be paid for.

Now, many of you would ask why Mumbai and why this particular charity. The reason is that I come from Mumbai and I have personally benefited from a Catholic education. I was part of seven siblings and we were fortunate that the school fees were subsidised by the Jesuits priests in order to further our education. Besides, India is now going through a fear of religious intolerance. In the spirit of our Christian brotherhood our Circle took the initiative to support our fellow Christians in these troubled times.

A large proportion of people in suburbs are migrants from different parts of the country. When the head of the families are unable to support their families due to unemployment or sickness then it would be hard to send them to catholic schools. The Charity fund would help these children and further their goals in life. During my visit to Mumbai, India, I had the opportunity to discuss my proposed charity with the Andheri Catenian Circle and with Bro Eugene Das, founder President of Andheri Catenian Circle who was quite supportive of my idea. The Andheri Circle 376 has a very strong Welfare Committee to oversee such projects... Our Circle has been twinned with Andheri Circle and we been exchanging minutes and news with each other.

We jointly created a leaflet for the worthy cause. We were so glad, that through various fundraising events and finally "The Italian Evening", we were fortunate to have raised £1920. In Indian currency the amount raised was Rupees 171,000 for the benevolent (charity) fund...

Projects of the welfare Committee



So far Andheri circle have supported 2 less privileged children Mercy, who is deaf and mute and her brother David into Catholic education. The father – Michael is a Driver and supports his family of 5. The fees have been paid for the year for Mercy and David and hopefully we can give an undertaking to support them up to matriculation.

The welfare committee continues to identify future families and support them. The Andheri Circle has a very strong welfare group that are supported by professional personnel. When a child is identified by a brother it is brought to the attention of the welfare committee. Two members of the welfare committee then go and investigate the case. The welfare committee then determines that the child needs help and will then then bring it up to the Council. The council then formally agrees to support the child. I am glad that this process is water tight as it breeds confidence in the process.

The events raised throughout the year to collect the funds was quite a joy, Besides collecting money for the charity it gave us an opportunity to expose our Catenian values to parishioners from the parish. The Italian Evening held on 23rd March 2019 was an event attended by 95 people from the parishes of north London together with our Catenian Brothers. We were able to show the parishioners our Catenian values of friendship, love and family togetherness. Hopefully if we even get one new member it would be an icing on the cake.

Finally

Brothers it gives me great pleasure in supporting this overseas charity. The joy, happiness and commercial success that it brings to these children cannot be counted. I believe that we can all make a difference to society in our own every little way. I thank the Catenians for giving me this opportunity. I think giving joy and happiness to our fellow brethren is what Catenians are all about. Long may that be the case. May God continue to bless our Catenian Brotherhood?

PRISON MINISTRY.

The Prison Ministry in Goa can be easily associated with Sr. Mary Jane of the Sancoale Convent who spent about 20 years attending to the needs and aspirations of the prisoners lodged then in various jail's in Goa before her untimely death on 20th April 2016.

Sister Mary Jane was like a Mother to all, kind, simple, humble, loving and compassionate. By a strange coincidence, one day in the year 2015 while I was driving to work from Chicalim to Panjim with my son Gideon, we noticed a nun standing near the Sancoale Convent waiting for a bus. About a fortnight later, once again we gave the same Nun a lift from Sancoale to Panjim.

I stopped the car and gave her a lift as she was proceeding to Caritas at Panjim.

This time I spoke to her and casually mentioned that I had heard about one Sister Mary Jane who was reportedly doing a lot of work with prisoners lodged in Goa jails. She merely smiled and to our shock and surprise she was Sister Mary Jane. She explained to us in brief about the works being carried out by her and her team in the jail's.

Every second Saturday from January to April 2019 a group of about 15 members, spouses and children have continuously visited the Central Jail at Colvale and interacted with a batch of about 25 male prisoners by the male members and about 25 to 30 female prisoners by the female members of the group.

Her ideas and work with the prisoners gave me an insight how to deal with the juveniles at Apna Ghar by including rehabilitation and counseling for the family members who had to come to terms with their juvenile who was in conflict with the law and how to deal with their various issues.

I was then the Chief Judicial Magistrate, North Goa at Panjim and also the Principal Magistrate at Apna Ghar, Merces for the juvenile children.

We have made efforts to note details of their family members available in Goa and ascertain if the family members are in touch and have visited the prisoners. In case they are not in touch efforts will be made to get in touch with the family members and ensure that they come and visit the prisoners on visiting days.

These experiences sowed the seed of starting a Prison Ministry after my retirement in November 2018 with the active co-operation of the Catenian members, spouses and children of the Panjim Circle 353 which took off in January 2019 after obtaining necessary permission from the Inspector General of Prisons, Panjim, Goa.

Bro. Ashley Noronha

Charity Officer.

Panjim Circle 353.

The Joy of Grandparenthood

Being born into Catholic Grandparenthood ! ☺ Wait, what was life like before a grandchild ?! It's funny what happens when you become a grandparent . You start to act goofy and do things you never thought you would do. Amused, you can't get over the shock: Your baby just had a baby ! And you end up even more excited about the baby than their parents are. Your cheeks hurt cause you are constantly smiling .Having your first grandbaby is life changing. You begin to see the world through fresh eyes , finding joy in the smallest things . When our little granddaughter was born 10 days before Christmas it reinforced our faith as we celebrated the birth of Baby Jesus .



As I looked down in awe at her tiny face, I pondered....what would my role be in raising her ? Spoiling her, cuddling her , loving her ...but beyond that , there almost seems a duty in influencing her in the Catholic faith in our own way . Pope John Paul II emphasized that healthy grandparent-grandchild relationships are especially needed in todays world. The Christian community can receive much from the serene presence of older people and grandparents and should they choose the responsibility , they can act as the main instructors in the faith for their grandchildren. One way parents and grandparents foster a strong relationship with their children and impart faith and values is by example . The good example is always the best evangelization . Being a strong, loving presence in our grandchilds life will ensure that they feel the protective love of God right from their birth until adulthood . "Let the little children come to me" Jesus said .

Mrs Vanessa Mandanha is the wife of Bro. Ephrem Mandanha of Panjim Circle 352.

Goan Italian Twist by Olive & Joey Carvalho

200 grams spaghetti
200 grams goanchorisio
1 potato medium sized and 1 carrot
1 large onion
2 Grated garlic pods
Parmesan cheese
1 tablespoon oil

Receipe

Method

Cook spaghetti as instructed on the pack.
Chop potato and carrot into medium cubes.
Cut onion into thin slices
Heat oil and fry onion and garlic till transparent. Add chorisio without skin.
Add enough water to cover chorisio, potato and carrot and cook on medium heat, stirring occasionally till water dries and oil rises. Add spaghetti and stir gently till nicely coated with the chorisio sauce. Add salt only if necessary, as chorisio have enough salt. Garnish with fresh basil and grated parmesan.

Unravelling Probiotics

Did you know- you never ever eat alone? With every meal, you feed gratis, about a hundred trillion bacteria that are in your gut. These microbes set residence in our bodies and most often help us digest our food and in overall health. However, our beneficial bacteria, termed as 'Probiotics' are often compromised both in their types and numbers due to a number of reasons. As a result, harmful disease causing organisms take advantage, colonising our colon resulting in illnesses of various sorts.

That probiotics are beneficial and important is beyond doubt. So what are ways in which we affect the quality of these microorganisms?



Antibiotics as the word suggests is detrimental to all microorganisms. With the aim of killing the disease causing bacteria we also target our probiotics, leaving us prone to stomach imbalances. Very often, over the counter antibiotics without proper prescriptions are administered – even for a common cold- which in the first place could have been cured with rest and some TLC.

Unhygienically prepared or stale food, results in food poisoning. This is a gateway pass for the bad bugs to establish, and if we don't repopulate the good bacteria, our health suffers. Online ordering and take away foods based on scrumptious virtual images of gourmet dishes may not outweigh the benefits of a good and healthy home cooked meal. Artificial colours, flavours and additives in processed foods also put pressure on the gut microbiome.

Stomach pains, constant constipation or diarrhoea are signs of an unhealthy stomach. In fact, eczema, acnes and dry skin are also manifestations of lack of probiotics. Constant colds or a general unwell feeling are indicative of a compromised immune system which we could boost with a good dose of probiotics.

Feeling depressed for no reason? Serotonin, a brain chemical largely responsible for that feel good feeling, is made by our probiotic bacteria. So also a whole lot of vitamins are synthesised by them.

Almost a third of our population is plagued by overweight, bordering on obesity. While one could largely blame it on our genes, studies have revealed that the types and number of probiotics could be responsible for staying lean and trim. In fact, twin studies reveal that it is more the diversity than the number of these bacteria that determine ones overall health.

The more the types of bacteria we harbour, the healthier we could be.

Ms. Arina Frank is the wife of Bro. Rolf Frank of Goa - Dona Paula circle 356 and is professor of Microbiology at St. Xaviers College, Mapusa, Goa.

Up-cycle your wedding dress

By Ninoshka Alvares-Delaney

I have always believed that fashion could go beyond glamour and glory. To me it should be meaningful and conscious from inception to the very end of its life cycle. Hence, when I started my eponymous label in 2012, I began focusing on conscious fashion and circular design concepts. The material I use come from natural fibres and dyed in organic dyes that are completely biodegradable. The hand woven fabrics and hand embroideries are a labour of love, sustaining artisans and fading crafts. Then we breathe new life into the leftovers, thus reducing waste and creating useful items.

This brings me to that one dress that every woman dreams of wearing at least once in her life – the wedding dress. Every bride remembers what she wore on her wedding day and how that dress made her feel. However, wedding dresses are expensive, and often a huge chunk of the wedding budget is spent on the bridal dress itself. While there is nothing wrong in spending a hefty amount on the dress, it is surely a criminal waste if that dress is worn just once and then stored away for decades. Why not create a wedding dress that can be reused after the big day?

I recently had the pleasure of designing for a bride who wanted the dress to be as sustainable as possible. We designed a two-piece dress so she could wear it after the wedding as separates. The fabric was hand woven silk and the embroidery was done by artisans in a tiny village in Northern India. We used pockets in the skirt, which eliminated the need for a fancy clutch or bag.

Not all brides are open to the idea of a two-piece dress. Some want more glamorous options which make the dress so extravagant that it can't be worn again after the wedding day. Therefore, we came up with ideas to reclaim and up-cycle the wedding dress so the bride can relive her wedding day again and again. After all, why should the gorgeous wedding dress be worn just once!

Cut it! Cutting the length of the dress can turn it into a day wear outfit, or even a cocktail dress. Cutting off elements from the dress, like sleeves or a train, can give it a whole new look. The bodice and the skirt can be separated to make it a two-piece outfit and paired up with other garments of a contrasting colour. If the dress is made of lace, the lace can be separated from the lining and reattached to a lining of a contrasting colour.

Add on to it! Adding contrast colour detailing to the white dress; like a belt, bows or buttons, can give the dress a makeover. Another option is to embroider the dress in contrast colour threads, or add some colourful beads or sequins to already existing embroidery. A strapless or sleeveless dress can be modified by adding interesting straps or sleeves, or pairing it up with a colourful shrug or cape.

Dye it! The dress can be dyed in either a single colour or in an ombré effect. However, care should be taken to ensure that the thread used for stitching is also dyed in the process as it can look quite unflattering if it does not pick up the dye. If the dress is made of expensive lace, the lace can be separated from the lining and the two can be dyed in different colours before reassembling the dress. Do note though, that this process can

be laborious and work out quite expensive.

Make keepsakes! If the dress is made of lace, it can be reused. Making keepsakes out of the wedding lace is a fantastic idea to relive your wedding day every time you see it. The lace can be used to make a cover for the wedding album, a frame for the wedding picture, cushion covers or a lampshade that will adorn your house, or a clutch or a bag that can be used.

Pass it on! I have had brides who have come to me with their mother's bridal dress and asked me to revamp it into a contemporary style so they could reuse it for their own wedding. I have also known sisters who have got married in the same wedding dress after a few alterations and modifications. Many brides donate their wedding dress. Then there are those who cut up their wedding dress to make a christening dress for their first born. Lace detailing from the dress can be used on another silk fabric to make scarves which can be used for gifting a loved one.



With a little bit of creativity, the possibilities of up-cycling the wedding dress are endless. In my opinion, it is better than to be tucked away at the back of your closet and been forgotten about.

(NinoshkaAlvares-Delaney is a National Award winning Fashion Designer and creative director of the label Ninoshka. You can follow her on Instagram and Facebook @ninoshkaindia). She is the wife of Bro. Ashley Delaney President of Mapusa Circle 377.

In a Lighter Vein...

Who was the greatest comedian in the Bible?

Samson — he brought the house down

Who was the best female finance lady in the Bible?

Pharaoh's daughter. She went down to the bank of the Nile and drew out a little prophet

What do they call pastors in Germany?

A: German Shepherds

Which Bible Character is a locksmith?

Zaccheus.

Which Bible character had no parents?

Joshua, son of Nun (Joshua 1:1).

What's the best way to study the Bible?

You Luke into it

New Group for India – Chembur Catenians

India's newest Group, Chembur, held its inaugural meeting early this year.

"All the Brothers were simply wonderful," reported Alan Castelino, IPP - Andheri Circle, who also attended the meeting. "It was a perfect example of great brotherhood and fellowship and the Catenian values and objectives were exemplified to the core."

He added: "I would like to give special thanks to Brothers Edgar, Denzil, Maxie, John Rayer and the Founder President of Andheri Circle, Eugene Das, for moderating the entire event so beautifully. The vibrant Andheri Circle has been the incubating force behind the Chembur group."

Alan finished by saying: "I would like to wish the Chembur Bros all the very best in forming a very vibrant Circle soon. May God bless us all abundantly"

The Inaugural group meeting was held in a new venue - Hotel Vaishali, close to Chembur station. Bro Dominic D'souza, Chairman of Chembur Group says – "The plan is for the group to be a part and attend the Andheri Circle meet alternatively and also have our own Group meets every 2nd month. This will help our Chembur brothers to familiarise with the meeting procedures and also bond with the Andheri circle brothers at the same time"

Bro Vincent Coelho, Development Officer of Chembur group added – "There have been few brothers from Chembur who have been regularly attending the Andheri Circle meet for almost a year now. It was time to take the plunge to take off the Chembur group"

Sushil Sequeira, Secretary of Chembur group mentions – " A good sense of bonding and fellowship with Group meetings concentrating on the main message i.e. family, friendship, faith; additionally, focussed on relevant local issues surrounding the Church, social events & social responsibilities, will help us grow"

Bro Denzil Rego, IPP, AC -31 (comprising of Circles of Malad, Bandra and Andheri) was extremely pleased with the outcome of the 1st Chembur group meet. "There was tremendous energy and enthusiasm at the meet and thanks to the Andheri Circle brothers for taking this initiative. There was a long and sustained effort and planning that went into producing this outcome. Whilst we are in the process of building up a great camaraderie amongst Chembur brothers, we are hoping to have the Group installed as a Circle in Feb 2020, inviting brothers from other Circles of Mumbai, Goa and even international brothers from UK, Australia etc."

Bro Gilroy, President of Andheri Catenian Circle mentions- "There are plans to involve the Chembur brothers to be a part of social gatherings of the Circle. Joint events are also planned"

Bro Eugene– President of AC 31 commented – " We consider ourselves Missionary disciples ie, we are called by a Mission in the way we create friendship & network between Circles. We network together and mentor one another through faith based friendship. We meet to enjoy each other's company, providing help to one another by addressing temporal needs when required and supporting the Church and those in need."

Bro Maxie – Secretary of Mumbai Malad Circle was very impressed with the inaugural meet and said " I was very happy for Mumbai to form a new group ; we all look forward towards formation of its Circle soon"

Australian Circle 308

PRESIDENTS REPORT 2019.

Gentlemen

To begin with I must thank you all for the opportunity to be the President of this circle for 2 years. Thank you also for your help and support

It has been a most enjoyable experience. We as a group have tried several new activities. Some have worked well and some need to be adjusted.

The Catenian Association in general seems to be in decline in Australia. A few circles seem to be flourishing while some have declining membership. This appears to be the trend in all Catholic organizations such as the St. Vincent de Paul. I don't know if it is lack of interest in religion or apathy. In the case of the Catenians it is partly due to the Provincial Council and ANC being slow to react to change and maintaining the old ceremonies and beliefs. For example, it is only now beginning to change the prayers, procedures and the dress code. I do not know the solution to this problem. We have generally been proactive in finding members but in my term as president I have only inducted one new member.

When Australia broke ties with the Catenians in the UK I thought it would reinvent itself with a new Catholic men's organization that would be active and vibrant, but alas this does not appear to be happening.

However, our social functions have been very well attended and enjoyed by members, friends and visitors. The river cruises on the Hawkesbury and Nepean Rivers were a hit with everyone enjoying themselves. The weekend away in Dubbo was also a great success, thanks in part to John Dinning and his wife. Our Ladies Nights and Christmas parties have, as always been a success. Also, the invitation to the occasional drink at the RSL was well received. I hope these continue.

We tried lunch time meeting to help people who come a great distance and who do not like coming out at night. The meeting was well attended, and people came who we do not usually see at our evening meetings. However, it was decided not to have these on a regular basis. Perhaps that may change with a different venue or time.

Finally, I hope this circle continues to go well and all members enjoy themselves. In my opinion the most important qualities of the association are Christian, social and friendship. I believe if the association focuses on these values it will grow and the members will grow in their love for life and family.

I congratulate the incoming President and Vice President, George and Victor, I hope they have an enjoyable time as I have.

God Bless

Bro. John Davis

HUMOUR

1. What time of day was Adam created?
Just a little before Eve.
2. Who was the fastest runner in the race?
Adam. He was first in the human race.
3. Why are atoms Catholic?
Because they have mass.
4. Why didn't they play cards on the Ark?
Because Noah was always standing on the deck
5. Why didn't Noah ever go fishing?
He only had two worms.
6. Did Eve ever have a date with Adam?
Nope — just an apple.
7. Why did the unemployed man get excited while reading his Bible?
He thought he saw a job.
8. Does God love everyone?
Yes, but He prefers “fruits of the spirit” to “religious nuts!”
9. If Mary had Jesus, and Jesus was a little lamb...
Does that mean Mary had a little lamb?
10. What's so funny about forbidden fruits?
They create many jams.
11. Why couldn't Jonah trust the ocean?
He just knew there was something fishy about it.
12. What kind of man was Boaz before he married Ruth?
Absolutely ruthless
13. The good Lord didn't create anything without a purpose.
Mosquitoes come close, though.
14. What kind of car does Jesus typically drive?
A Christler.
15. What do you get if you cross a Jehovah's Witness and a Unitarian?
Someone who goes around knocking on doors for no apparent reason.
16. What excuse did Adam give his children about why he no longer lived in Eden?
Your mother ate us out of house and home!
17. Which servant of God was the most flagrant lawbreaker in the Bible?
Moses. He broke all 10 commandments at once.
18. Who was the first tennis player in the bible?
Joseph because he served in Pharaoh's court
19. Who is the greatest babysitter mentioned in the Bible?
David — he rocked Goliath to a very deep sleep
20. How do groups of angels greet each other?
Halo, halo, halo!
21. Who was the greatest moneyman in the Bible?
Noah. He was floating his stock while everyone else was in liquidation.

THE COUNTDOWN HAS BEGUN!



● FAITH ● FAMILY ● FRIENDSHIP ●



The Catenians

*Strengthening family life
through friendship and faith*

GOA DONA PAULA CIRCLE 356

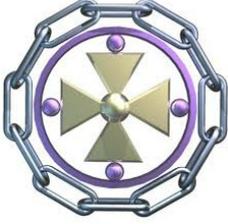
100th MEETING TUESDAY 4TH JUNE 2019

Eucharistic celebration at the
Bishop's Palace, Chapel, 6:00 pm, followed by
The 100th Meeting,
at Hotel Fidalgo, Panjim. (Registration - 7:30 pm).
Fellowship, Buffet Dinner, Drinks & scintillating Music by: Valentino's.
Dress Code: Strictly Formal (Suit)

Package for Meeting & Fellowship Rs. 1600/- per person
Rs. 3000/- per couple and Rs. 1400/- for children between 6-12 years
Children below 6 complimentary.

RSVP by: May 29th to Secretary
Bro. Neville Monteiro on 9422447236

INDIA AREA COUNCIL CATENIAN



MEETING DAYS AND VENUES OF ALL THE CIRCLES IN INDIA

Meeting days and Venues of all 14 Circles in India

Sr.No.	Name and Circle No.	Meeting Day	Venue of the Meeting	Contact No. of President
1.	Panjim Circle 353	3 rd Wednesday of the month	Miramar Hotel, Miramar-Goa.	9158922243
2.	Goa Riviera Circle 354	2 nd Thursday of the month	Mi-Casa, Siridao, Goa	9822123646
3.	Goa Dona Paula Circle 356	1 st Tuesday of the month	Hotel Varanda Do Mar, Miramar	9822101520
4.	Margao Circle 358	3 rd Thursday of the month	Carmelite Monastery, Aquem-Goa	9822128640
5.	Goa Vasco-da Gama Circle 363	2 nd Wednesday of the month	Naval Officers Institute, Chicalim, Airport Road	9890084558
6.	Mumbai Malad Circle 364	4 th Friday of the month	Hotel Silver Oak Banquet Hall	992036490
7	The Catenian Bandra Brothers 371	2 nd Thursday of the month	Corona Gardens, Bandra	
8.	Hubli Circle 372	2 nd Saturday of the month	1st Floor, Kawade Complex, Keshwapur, Hubli	9448385498
9.	Mangalore Circle 375	2 nd Tuesday of the month	Olive, Kadri Temple road, Opp. Kadri Grd Mangalore	98450 84202
10.	Andheri Circle 376	4 th Thursday of the month	Hotel La Grande, Andheri	بي ڊوي ڀوو ڀلا
11.	Mapusa Circle 377	1 st Wednesday of the month	6 th floor, Soares Sapphire, behind old Aldona Bus stand, Mapusa.	9850809902
12.	Belgaum Circle 378	2 nd Sunday of the month	Arruppe hall, Jesuit house camp, Belgaum.	9483544333
13.	Puttur Circle 380	2 nd Wednesday of the month	Christopher Villa, Aradya layout, Behind Souza Cashew Industries, Koornadka	9448253463

Profiles

Bro. Blaise Costabir, Panjim Circle 353 is one Brother who if asked to give an “E” would most likely bring an alphabet. Despite being musically challenged he is ideally suited to be a member of Circle 353. Simply because he plays the flute.....oops “fool”, that's his other strength he cannot spell either.

Married to Clare, for 25 years (how she managed is another story) and together proud parents to Eric, Denise and Alistair, all about to launch into their own orbit. Sponsored by Late Bro John and Bro Ephy, he was born in Mumbai, where he graduated in Statistics, from the Mumbai University. Went off to Pune more to encounter Clare for the first time than do his Masters in Business Administration. His job as Executive Assistant at India Containers saw him handle various responsibilities including setting up a factory in Aurangabad. The Company offered him a full scholarship to the Asian Institute of Management for his MBA. On his return he met Clare again and the rest as they say is history.

In 2013 he met Jesus and is very thankful for his forgiveness and blessings. He does not need any other spirit to get a high from life.

He moved to Goa, soon after getting married and started GMI Zarhak Moulders to make the now famous water tank SHAKTI among other products. He has been involved with Rotary, various industry associations and has headed the Verna Industries Association in the past. Currently he is the Vice Chairman of the CII's Goa Region, been a member of many government panels and a Director at GIDC. However, Clare is most comfortable with his membership at 353.

An avid and easy traveller, both in India and abroad. . He has been awarded on different occasions. He is a visiting faculty at different management institutions and has been of the board of educational institutions, currently he is a member of the Vidya Vikas Mandal in Margoa. He is a columnist and has a blog onyourown-implemator.blogspot.com which has tips for entrepreneurs



Bro. Ashley Delaney, President Mapusa Circle 377 hails from Saligao, Goa., and was the Vice president of the Mapuca Circle 377 when it was chartered in Feb 2018. He opted to skip college education after his High School in order to pursue a business in his first love - computers. Today, he is the proprietor of a 20 year old firm called “Devine Computers” dealing in service / repairs of IT peripherals, which he runs from his office located behind his residence.

In January of 2010, He launched Group Tenplus, Goa's first and only ewaste recycling firm. As an Ewaste consultant, the company ensures that its partners totally recycle all components from ewaste and put raw materials back for manufacturing as well as energy generation, thus reducing the need for mining or manufacture, while ensuring a near 99% recycling process. An environmentalist by heart, he has many green awareness campaigns to his name. He is involved with a lot of social and environmental work with NGO's such as Rotary, and has won many awards for his work like “best secretary”. A family man, he spends most of his time as an amateur photographer with nature related activities like trekking and adventure.

His wife, Ninoshka, is a National award winning Fashion Designer whose forte is Sustainable Fashion. Like Ashley,, She works out of a little Atelier above their residence. Ashley helps her actively in the business by looking after the admin and marketing. The couple have a 6 year old son Daniel, with a second child due anytime now..



Adv. Bro. Francis Rodrigues, Panjim Circle 353 was promoted as an IRS officer Class I officer in the Ministry of Finance as Asst Commissioner of Customs having served at Dabolim International Airport as well as Marmagoa Custom House and had many a seizures of sensitive items vizgold, electronics, tobacco products to his credit. After retirement he is now a practicing Advocate of High Court as well as Tax Consultant just like his late father Caetano do Rosario Rodrigues who was also a Portuguese Consul during the erstwhile Portuguese regime prior to 1961 .He is married to Silvia who recently retired as Sr Library Asst from Goa University



His mother was a retired Teacher at Sarvodaya Edn Soc. school Curchorem and an active Vincentian like his father.

Bro. Maxie D'Souza Secretary Mumbai Malad Circle 364 has been the founder member of the Mumbai Malad circle 364 and was its Treasurer. He had to resign as the treasurer since he was transferred to Goa on official duties. It was a blessing in disguise as during his tenure he got the opportunity to attend a couple of meetings of all the circles in Goa and he also became a dual member of the Panjim Circle 353. He also represented the MMC 364 at the IAC and was its Treasurer in the year 2017-18. Back in Mumbai he is the secretary of the MMC 364. He is the past Treasurer of Area 31 currently he is a co-opted member of Area 31. Besides he is the member of ICC



He is a Commerce Graduate and has done his MBA in finance and works for Citizencredit co-op Bank Ltd. as the Chief Manager – Group head of Mumbai Western Region. Besides a Banker, Mr. Maxie is also a professional Compare for Weddings and all other social events. His spouse Sunita D'Souza also a former banker is now a private tutor since the last 10 years and a baker operating from home. They are blessed with a son Mr. Keegan who is in Merchant Navy with M/s Anglo Eastern. Their daughter Ms Simone is in her Third year Hotel Management Degree from Sophia College, Mumbai.

Bro Stevan Johnson, Secretary - Andheri Circle 376 was a MBA in HR and Administration is presently working at Holy Spirit Hospital, Mumbai. He has had a stint with Global Hospital in Dubai. His interests are Social service, networking and travelling. He has been in the Catenians for over 2 Years and is the current Secretary of Andheri Circle 376

Bro Gilroy Valles, President - Andheri Circle 376, a Radiography engineer by profession has over 35 years' experience in the field of manufacturing inks under the name of inks India, with head office in Mumbai. Branches are spread across Chennai, Madurai and Bangalore. He has also partnered with his wife for the last 15 years manufacturing and exporting Magical gift items and promotions - Val creations and Val International. Being in Catenians for the last 5 years, he is now the current President of Andheri Catenian Circle 376.+

Cdr. Bro. Robin J Pereira, President – Mumbai Malad Circle 364

Commander Robin J Pereira I.N. (Retd.) is an alumnus of Champion School and St.Xavier's College, Mumbai, and a graduate of the National Defence Academy, Khadakvasla. Commissioned in the Indian Navy in 1975, he volunteered for Submarine service and served on board I.N. submarines for 2 decades. He has commanded submarines on the East and West Coasts and was appointed the commissioning Missile & Gunnery Officer of India's first nuclear powered submarine after extensive training in the erstwhile USSR.

On opting for early retirement from the Navy, he has worked in the Marine Logistics industry at the corporate level for 21 years, retiring from his second career only last year.

He now resides in Orlem, Malad with his wife Elaine. His son, a techie, has his own business abroad, and his daughter is a physiotherapist practising in Mumbai.



Bro. Sanil Da Costa Frias hails from Carrem Socorro Bardez Goa,, and is the secretary of the Mapuca Circle 377 for the last 2 terms ,when it was chartered in Feb 2018. He is a commerce graduate with an engineering background ,changed his line of work and entered the sales and marketing team of the de Souza group in early 1995 and eventually moved to the hospitality industry and currently the general manager of a resort in Baga Calangute called the Ronil Royale for the last 20 years

He also ventured in the real estate and construction business simultaneously with close friends and today have some landmark projects to his company name called elite convergence developers. He also is deeply involved with the confraria of the carrem chapel in Socorro on the governing council and is also on the BOARD OF DIRECTORS of the Goa YMCA in Panjim.

He also is a traveler who instantly goes on long road trips to outstation hillstations and cities within India



Capt. Bro. Eddie Viegas, President Area Council 30, hails from Loliem, Canacona. He did his primary studies at Loliem and his secondary education in Karwar and Khanapur in Belgaum. He was one of the 75 candidates in an All India Competitive Exam to be selected for the Training Ship Dufferin, Bombay in 1965.

He Served in the Merchant Navy for 20 years, out of which having been promoted to a Captain at the age of 28 in 1976, he was a Captain of Ocean Going ships for over 8 years. He served with The Shipping corporation of India, The Arya National Lines, Tehran and Gulf East of Hongkong on various types of ocean going ships such as Dry Cargo, Container, Passenger vessel, Tankers and Bulk carriers.



He has been self employed as a ship and marine surveyor for over 33 years representing various International and National organisations in Shipping with offices at Vasco & Karwar as the Proprietor of M/S Ericson & Richards (Goa). Among other appointments he has been a Class Surveyor for NKK of Japan for over 25 years, He holds an IRDA license and has been on the panel of the various

General Insurance Companies, He has been on the Panel of Capt. Of Ports Goa for survey of Inland Vessels, He has been an Examiner for Inland Masters on behalf of the Capt. Of Ports Goa, He represented various flag states such as Bahamas, Liberia, Marshall Islands, St. Vincent & Grenadines and Panama.

A visiting lecturer and a member of the advisory council at the MES college Vasco and a visiting lecturer at the Institute of Shipbuilding technology Vasco for courses conducted for Inland Masters. He is a Rotarian and past president of the Rotary club of Vasco, The Founder of the Catholic Association of Karwar and Past President of the Catholic association of Goa. He is the Past president of the Catenian Association-Vasco. He Represented India at the 1995 "Pontifical Council for Itinerant People" at the Vatican during which time met Pope John Paul II.

AWARDS SECURED:

1. Was awarded "Excellent award for weather reporting at sea" By India Meteorological Department in 1975.
2. Meritorious Service Award From the National Maritime Day Committee, at the hands of Governor of Goa on 5th April 2003
3. Rashtriya Udyog Ratna Award by National Education & Human Resource Development Organization. Mumbai. June 2012.
4. Mother Teresa Excellence Award from Integrated Council for Socio-Economic Progress- Hyderabad, June 2013.

Married to Lorna who is herself a social worker, they are blessed with three children- Lisa : a doctor in Singapore, Lincoln: A Captain in the merchant navy who is now working with him & Anabelle: who has completed her Master's in architecture at London University -presently running her own business in Bangalore.

May 2019.

Bro. Eugene Das has over 25 years of experience in the Healthcare/Pharmaceutical Industry having worked with leading Pharmaceutical companies in India and overseas - about 38 countries. He has held a number of sales, marketing and business development positions in USA, UK and Aus. He is now the director of ADE Health Pvt. Ltd., a Healthcare company in Sydney. He was the Past President and Project Officer of St. Vincent de Pal and member of the Parish Youth Development team, Civic Cell and Inter religious Dialogue team in his parish. He has also been actively running his NGO - WWH Charitable Foundation (www.wwhtrust.org) working towards development of Tribals in the field of Health, Education, Women Empowerment and Community Development.



Eugene joined the Catenians with the City of Parramatta Circle in 2010 while on his business trip to Sydney and after returning to Mumbai, India served as the Founder President of Andheri Circle 376 in 2017. Un the very first year, Andheri circle was fortunate to bag the Global International Membership Trophy under Eugene's Presidentship. He is member of the ICC and current President of A 31. He is also a Joint member of the City of Parramatta Circle, Sydney, Australia. He is part of the "Strategic Work Group" committee under Bro Peter Woodford and DAR - elect fr Catenian Association Worldwide.

Bro. Joey Carvalho, Secretary Panjim Circle 353, many years ago in the capital of India, Liberata was introduced to a gentleman named Herculean both of Goan originality but born miles apart in Ajmer and Sangolda. And this first meeting brought a twinkle in their eyes soon, leading them both to the altar of holy matrimony in October of the same year.

But capital punishment didn't last long and they shifted to the city of Nawabs, because a baby was on the way and what better place for him than the City of Lucknow. This baby is now the infamous Joey, a brother of the first Catenian Circle in India who is (God willingly) known by most of you'll.

But nawabi life-style is not for goan nawabs, and Joey had his share of drastic downfalls, right here in Amche Goem in the form of drinks, drugs and rock and roll leading the leader in him to flop on academic, social and economic development!

But the stone which the builders rejected became the corner stone, as the God who writes straight between crooked lines, planned to rescue this luck-nowie from the rock bottom of despair and use him as a beacon for his own purpose, leading him to help countless chemically depend persons on the path to a sober life.

But the past being the way it is and human memory rembering what it actually shouldn't, a change in profession was starting at the end of the tunnel and that light was captured in the form of having the courage to take up the camera and become a photographer where satisfied customers were complimenting and helping on the monetary front too.

How do I end? It will have to be with the wonderful lady named Olive my beloved and beautiful best friend and Neil our son an out of the box thinking modern generation youth who I have had the pleasure of learning a lot from. Well with a wife named Olive can I fall short of having the strength of Popeye the sailor in trying to live on Catenian principles? With or without the spinach, Amen.

Just a small note for normal people to be added somewhere. Joey is 30 years free of all mood changing and mind altering substances which include alcohol, cigarettes and over the counter medical drugs containing codeine etc.



Bro. Stanley Coutinho Secretary, Margao Circle 358 was Born in Salcete, in Portuguese Goa, I learnt to walk in Karwar, then began running in Bombay at the age of 5. Ran for the bus engaged by the Redemptorist-run school (OLPS) in Chembur after having learnt the three Rs in a school named after Queen Elizabeth II of England; moved to Bangalore and completed what was then known as "Senior Cambridge"; back to Mumbai for B.Com., then LL.B. followed by hard and grueling preparations for the UPSC. Wonder of wonders, I cleared that and moved to the National Academy of Administration in Mussorie, UP (now Uttarakhand).

Official assignments under the Ministry of Defence, Department of Defence Production, sent to me Kolkata (it was still cool "Calcutta", then), two stints in Madhya Pradesh, three stints in Maharashtra (if you want to know about the back-of-beyond in India – ask me), four stints in Tamil Nadu (including three blissful years in Udthagamandalam aka Ooty), and finally retired from Bombay, which by then had been changed to (*Konachi?*) Mumbai, as Deputy Director-General. Somewhere in between these movements, I got married (to a girl whose family had travelled from Bardez to Karachi – Bombay – Calcutta – Asansol – the coal-belt – and Nagpur) and we have two wonderful children.

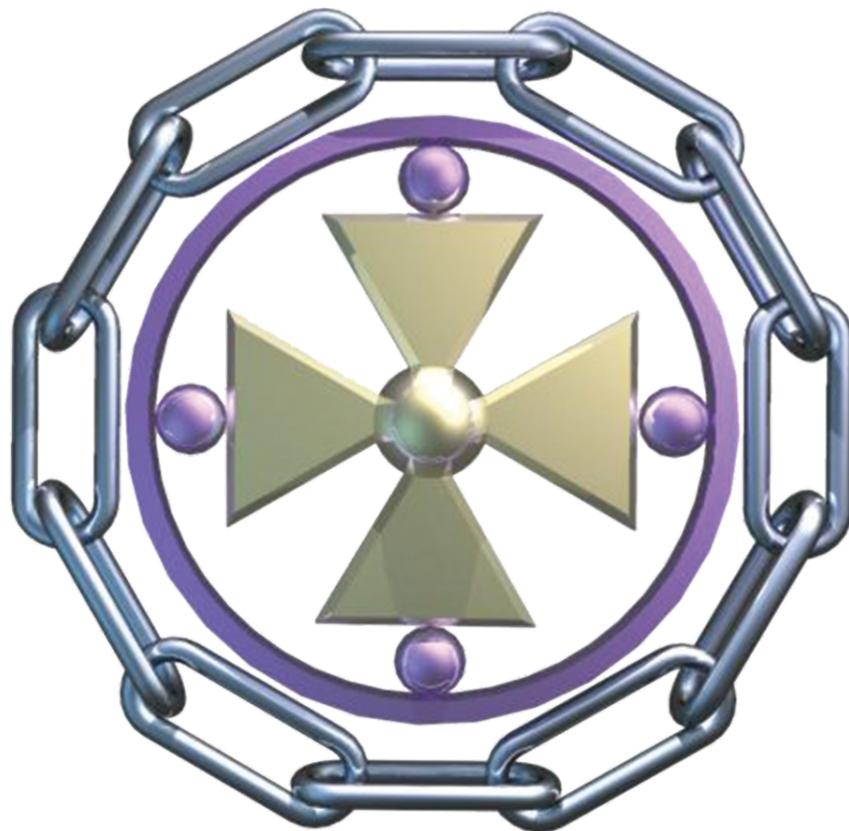
Then, having been selected as the State Information Commissioner, and weary of travels outside our homeland, we decided to return to Goa. Here I have set up practice as an advocate – and I have been conducting departmental inquiries, etc. for my erstwhile Department. I also indulge in writing – book reviews, articles, poetry – and gardening.

I was invited to attend a meeting of the Catenian Circle in Margao – and I became its 42nd member! I was told that I should be in "smart casuals" (a term which I have never understood) but I told them that as I was smart anyway, I would come in "casuals". The response was not dissimilar to Queen Victoria's: *we are not amused!*

However, "I must have done something good" so after about six months, the new President pulled me into his team as Marshall – where I thought my duties would be to guide the traffic in the meeting hall. I enjoyed the term, and that, apparently, made me eligible for "greater responsibilities" and here I am now as their Secretary.

Thank you, Panjim Circle, for this opportunity to present myself here. It is heartening to know that you have taken the initiative in publishing a regular magazine – it will serve as an effective mouthpiece for what Catenians in India are up to, and, hopefully, will be an attractive platform to showcase the abundance of talent among the Brothers and our families. Wish you all the best in your new venture!





We, the Brothers and families of
Panjim Circle 353
cordially invite you'll to celebrate
our **10th Anniversary (2009 - 2019)**
with a grand celebration of a decade of the
Catenian Association in India.
Saturday, 26th October, 2019
Mark your calendars
to attend this milestone event.

More details soon....

SAN JOAO BASH '19

FOR THE FUN WHICH LIVES IN
GOAN HEARTS, ALL BROTHERS AND FAMILIES
MUST GATHER ON THE 23RD OF JUNE 2019
AT THE HOTEL VILLAGE ROYALE IN CALANGUTE
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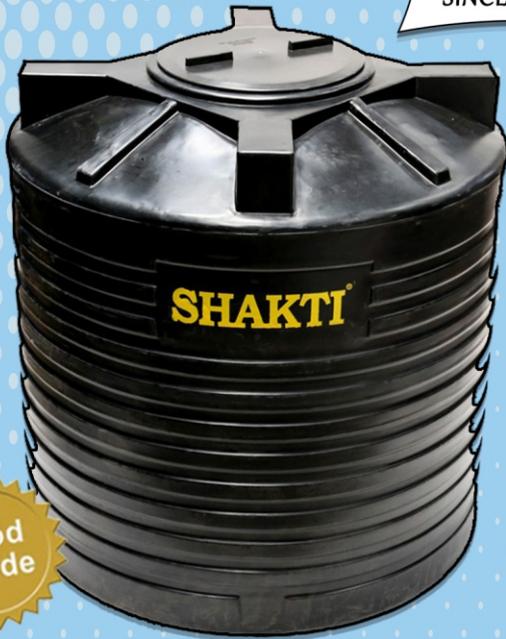
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Description	Model
Capacity (liters)	ST-1500
No. of Domestic users	6-8
Height (mm)	1713
Diameter (mm)	1280
Manhole opening (mm)	600
Inlet pipe (mm)	100
Outlet pipe (mm)	50
Total tank Volume (m3)	1.68
Chamber Volume (m3)	1.55



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GOA'S FIRST COMPANY TO BE LISTED ON THE BSE-SME BOARD OF THE BOMBAY STOCK EXCHANGE IN 2018.

HOTEL
Miramar
COMFORT PVT. LTD.

Hotel Miramar virtually on the beach, offers a variety of a breadth taking inspiration, where the Arabian sea romances with the Mandovi, enthralled by the timeless Miramar Beach this temptation awaits you just 6 Kms From the Capital, Panaji. Furnished with double bed, cable T.V, CC Cameras, Conference Room, Garden multi-cuisine restaurant, provides a romantic setting for couples and families. This hotel offers a tranquil atmosphere in a quality setting.

Resorts
Village
Royale

Resorte Village Royale This resort is situated in a peaceful and village location it has basic facilities and is just 2 Km. from the beautiful sandy beach of Calangute. the resort has its own Bar and Restaurant and a swimming pool surrounded by pleasant terrace leaving you free to sit back and enjoy tranquillity in comfort.

Resort
Park Avenue

Park Avenue: This resort situated on Baga road is centered around the swimming pool with balconies overlooking the pool. The rooms at this resort are comfortable and spacious appealing to family and couples. The resort as the restaurant and bar of its own. The bar provides refreshment. A great setting to return after exploring the colourful roadside markets.



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