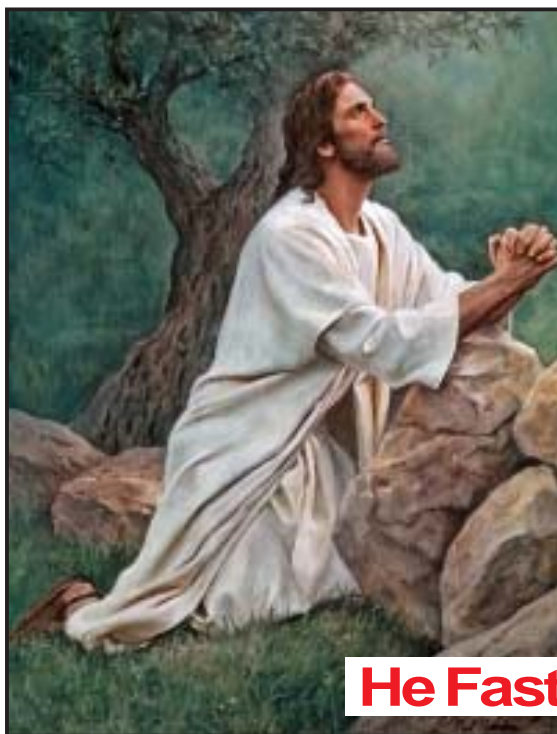




The Holy Father's Prayer Intentions for March - 2009

- General** : That all nations of our world may grow in appreciation of the dignity and value of women and their roles within society.
- Missionary** : That all the bishops, priests, consecrated persons and laity of the Catholic Church in the People's Republic of China, guided by the letter sent to them by the Pope Benedict the 16th, strive to be signs and instruments of unity, communion and peace.



He Fasted...



ARCHBISHOP'S MESSAGE

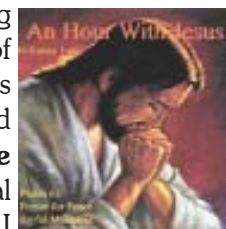
Reverend and dear Fathers, Brothers and Sisters,
Prayerful Greetings to you in the holy name of Lord Jesus Christ!

1. He Fasted...



The Holy Season of Lent is a grace-filled season. During this season we are invited to experience God's **merciful love** and **loving mercy**, God's **compassion and forgiveness** by due preparations. The traditional trinomial - **prayer, fasting** and **almsgiving** are the concrete and practical ways of preparing ourselves to receive God's special grace of mercy and forgiveness and to participate in the paschal mystery - passion, death and resurrection of Christ. The Bible gives special importance to prayer, fasting and almsgiving as excellent means of loving God and doing God's will, of loving our neighbour and doing good to one's neighbour.

The baptism of Jesus marks the beginning of his public ministry of proclaiming the gospel of God's kingdom in words and in deeds. At his baptism Jesus has received a special unction and a special grace for his mission. His **divine sonship** is clearly proclaimed in the baptismal theophany: "This is my beloved son, with whom I am well pleased" (Mt 3: 17). His sonship is going to be tested by the devil in the wilderness. In baptism Jesus has **totally surrendered** himself to his Father (cf. Mt. 3:14). Now that surrender, which is at the heart of his divine sonship, is going to be tested three times by the devil. In baptism Jesus has expressed his **firm fidelity** to his Father's will. Now that fidelity is going to be tested by the devil.



"Then Jesus was led up by the spirit into the wilderness to be tempted by the devil. And **he fasted forty days and forty nights** and afterwards he was hungry" (Mt. 4: 1-2).

Jesus knew well that the success of his mission as the saviour of human kind depended upon his identity as the only Son of God, upon his total surrender to his father and upon his fidelity to the will of his father. Jesus **fasted with prayer** for forty days and forty nights and got the necessary strength and courage to overcome the **temptations of deviations** proposed by the devil: to misuse power for one's own glory, to misuse god's gift of protection and to put a creature in the place of God; not to trust in God, not to obey God and not to walk in the path of God; not to surrender oneself to God, not to be faithful to God and not to do God's will. Jesus overcame the temptations of the devil by becoming deeply aware of his identity as the only Son of God, by totally surrendering himself to his Father and by remaining faithful to the will of his father.



Fasting, praying and taking care of all the needs of the people, especially the poor ones, had been the typical life-style of our Lord Jesus. During this Lenten season we are invited to intensify our efforts in our life of fasting and praying. The man of prayer is also a man of fasting. "Fasting is the soul of prayer" says St. Peter Chrysologus. Fasting helps us to overcome the temptations of the devil, to avoid sins, to avoid occasions of sins, to make expiations for our sins, to learn the lesson of humility. By fasting and by praying we get the necessary light for our minds to know God's will and the necessary strength for our wills to do God's will. Doing God's will was true food for Jesus: "My food is to do the will of him who sent me and to accomplish his will" (Jn. 4:34).

India is the land of asceticism and mysticism. As priests and religious we are greatly exhorted to lead a simple and austere life. **Simplicity and austerity** are not to be spoken of, but to be **concretely seen** in our **simple life style** and **austere food habits**: simple dress, simple dwelling, simple conveyance, simple food etc. Occasionally abstaining from food, frequently reducing the quantity, voluntary acts of penances are the concrete ways for us to

complete in our flesh what is lacking in the sufferings of Christ for the sake of his body, the Church (cf. Col. 1:24) and to carry in our body the death of Jesus (cf. II Cor. 5:10).



When thousands of our beloved children, brothers and sisters in Orissa were rendered homeless, hungry, thirsty, abandoned, did we, priests and religious, feel affected in any way as far as our life style and food habits were concerned? Have we, as individuals and as communities, fasted for them and shared with them what we spared by our fasting? Our charities should come out of our sacrifices and not out of abundance. Every day lakhs of people, especially women and children, die in India, Africa and in other countries due to malnutrition, starvation, diseases etc. How do we concretely respond to these situations? Is it not true that we go on with our usual festivities and celebrations, spending a lot of money, when people are in great sufferings and dire needs? This may even give the image that we are insensitive to the miseries and sufferings of people around us.

A man of prayer and fasting is also a man of **mercy and compassion**. Prayer leads one to fasting; fasting leads one to solidarity with the poor and service to the poor. True fasting leads us to loose the bonds of wickedness, to undo the thongs of the yoke, to let the oppressed go free, to break every yoke, to share our bread with the hungry, to bring the homeless poor into our house, to cover the naked (cf. Is. 58: 6-7); to give drink to the thirsty, to visit the sick and the prisoners (cf. Mt. 25: 35-36).



Fasting has a special significance in the life of a human person, a Christian and above all for priests and religious. By fasting we get the special grace of **metanoia - change of mind and heart, a new way of being and a new way of seeing**, to look at events and assess them in the light of the Word of God. Our day to day life style should be marked by prayer and fasting, concern for other and service to others.

We, priests and religious need to lead a life of **intensive prayer and fasting**, so that we are able to make a **total gift of ourselves to God**, to **totally surrender ourselves** at the feet of God in imitation of the Blessed Virgin Mary and to remain **faithful** to the person of Christ, the Gospel of Christ, and the mission of Christ. May the Blessed Virgin Mary, assist us in our efforts to imitate Christ - the praying Christ, the fasting Christ and the serving Christ.

In this New Letter the Lenten Message of the Holy Father on Fast is given.

2. New Bishops:-

- ❖ On 10-02-2009 Rev. Fr. Ignatius Loyola Mascarenhas had been appointed Bishop of Simla-Chandigarh.
- ❖ On 10-02-2009 Msgr. Binay Kandulna had been appointed Auxiliary Bishop of Ranchi.

We offer our hearty Felicitations to the new Bishops and wish them success in their Episcopal ministry.

3. Junior Clergy Exams:-

All the Priests ordained from 2006 are kindly requested to send me by post or hand over to me answer papers for the questions given to them by **Saturday, 14th March 2009**. There will be exam cum seminar on **Thursday, 26th March 2009** from 09.30 am to 01.00 pm at the Archbishop's house.



4. Summer Ministry of Major Seminarians:-



The formation of our future priests takes place not only in the seminary but also in the concrete situations of our Archdiocese. The Regency and Summer Ministry are integral part of the formation of the priests. Hence parish priests and other priests are sincerely requested to inspire, encourage and guide our

seminarians during the time of regency and summer ministry. Let us always keep in mind that the prayerful presence, exemplary life and dedicated ministry of our priests influence and instruct our seminarians very much and encourage them on their way to the altar of Christ. Parish priests are kindly requested to see to it that the seminarians get about 3 to 4 weeks holidays during the summer. The seminarians must spend these 3 to 4 weeks of holidays in their homes with their parents.

5. Financial Matters:-



Archdiocesan priests are **strictly warned not to advance or lend** their personal money for the work of the parish or institution **without the prior written permission** of the Archbishop. The amount thus advanced or lent without the prior permission will be considered as a gift to the parish/

institution.

6. 31 years of abundant graces:-

On March 29th 2009 our beloved Archbishop S. Michael Augustine is having the 31st anniversary of his Episcopal consecration. On this happy occasion we offer our hearty felicitations to His Grace and wish him Ad Multos Annos. On that day we pray for him in a special way.



7. Women's day:-



On Sunday, 8th March 2009 we are observing the **International Day of Women**. The TNBC Women Commission has proposed the theme of "Women as messengers of peace" for this day celebration. On this day let us pray that all women in the world may enjoy human dignity, equality and equal opportunities in life, and that women become messengers of peace at home and in the society.

.....

ARCHBISHOP'S ENGAGEMENTS FOR MARCH 2009

- 02 Mon 10.30 am - Finance Committee Meeting.
11.45 am - College of Consultors of Meeting.
- 03 Tue 10.00 am - Priests' Council Meeting.
- 04 Wed 10.00 am - Mass, St. John's Seminary, Cuddalore.
05.00 pm - Blessing of Science Lab - Petit Seminaire HSS.
- 05 Thu 09.30 am - Board Meeting, St. John's Seminary, Cuddalore.
- 11 Wed 11.00 am - Governing Board Meeting, Pope John Paul II College of Education, Reddiarpalayam.
- 12 Thu 11.00 am - Governing Board Meeting, St. Joseph's College, Cuddalore.
05.30 pm - Feast Mass, Uppalam.
- 14 Sat 07.15 am - Feast Mass, Thiruppapuliur.
- 15 Sun 11.00 am - Mass and Blessing of the New Church of St. Francis Xavier, Narikarambai, Kurumbagaram.
- 17 Tue 06.30 am - Feast Mass, St. Patrick's Mat. HSS, Pondicherry.
- 18 Wed 11.00 am - Mass and Blessing of the New Convent, Sengadu.
06.00 pm - Mass and Blessing of the Church of Our Lady of Saleth, Sagayapuram, Maiyanur.
- 19 Thu 10.30 am - Feast Mass, St. Joseph's, Cuddalore-1.

- 21 Sat 10.00 am - Mass, Annai Vailankanni Polytechnic College, Panruti.
- 23 Mon 10.30 am - Mass, Lumen Institute, Tindivanam.
- 26 Thu 10.00 am - Junior Clergy Seminar – Exam.
- 28 Sat 04.00 pm - Silver Jubilee, Sacred Heart HSS, Anilady.
- 30 Mon 10.30 am - Finance Committee Meeting.

Most Rev. Dr. A. Anandarayar

Archbishop of Pondicherry and Cuddalore

BLESSINGS

1) PMSSS Livelihood Training Centre Inauguration:

With the financial support of Caritas Austria, PMSSS constructed a training/animation centre in Kolping School campus, Kalapet. The training centre was constructed in 1000 sq.ft area, with a seating capacity of more than 100. The training centre has dormitory facilities for trainees. The training centre was blessed by the Most. Rev. Dr. S. Michael Augustine, Archbishop Emeritus and inaugurated on 21st February 2009 by the Hon'ble Chief Minister of Puducherry, Hon'ble Higher Education Minister, Kolping National Director, Rev. Fr. Victor Santiago, Caritas Austria Representative Mr. Manfred Aichinger, Executive Director and Asst. Director of PMSSS and staff members were present during the inaugural function.



2) Kolping School Annual Day celebration and Inauguration of School buildings:

On 21st February 2009 Kolping Matriculation Hr. Sec. School celebrated its 5th Annual day function. Hon'ble Chief Minister of Puducherry was invited as a chief guest; Hon'ble Higher Education Minister inaugurated the first and second floors of extended Kolping

school buildings. The principal presented the school annual report and listed out the achievements during the past 5 years. Rev.Fr.Victor Santiago, Kolping National Director, Mr. Manfred Aichinger, Caritas Austria Representative, PTA Members, Parents and staff members were present. At present the school is functioning with 45 teaching staff and 17 non-teaching staff with 1319 students from L.K.G. to Higher Secondary.



3. New PMD School Building, Kalpet



The 37th New PMD School Building was blessed and opened by our beloved Archbishop Most.Rev.Dr.A. Antony Anandarayar at KALPET on 24.02.2009 at 11 a.m. The PMD Society has donated this 37th School building with three classrooms, worth Rs.10,00,000/-. Very Rev.Fr.P. Antonysamy, V.G., Rev.Fr.L.A. Arulpushpam, DOS Manager, Rev.Fr.A.J. Philo, V.F., Mr.C. Peter, Sub-Collector, Mr.V. Raja, Chairman - Kanai, Mr.M. Ranganathan, President - Kalpet, Mr.R. Sridhar, President - Siruvakkur and 12 priests graced the function with their valuable presence and heartfelt wishes to the PMD.

The Archbishop, in his address, wholeheartedly thanked Mr.A. Arokiasamy, President of PMD and his team, for their dedicated service to our Archdiocese. With an astound note the Archbishop added that out of 37 School Buildings of the PMD, 27 were dedicated to our Archdiocesan Schools.

Mr.A. Arokiasamy, President, assured their continued support to our Archdiocesan Schools. He also congratulated Mr. Peter, the Sub-Collector of Thiruvanamalai District, a native of Kalpet. We are glad to note that there are two Catholic Sub-collectors



from our Archdiocese: Mr. John Louis (Kancheepuram Dt.) from Nangathur and Mr.C. Peter (Thiruvanamalai) from Kalpet. As a token of love the Parish Priest Cum Correspondent Rev.Fr.S. Richard, presented a golden ring to Mr.A. Arokiasamy, President, PMD. The Archbishop congratulated Rev.Fr.S. Richard for his strenuous effort.

SEMINARIANS FOR SUMMER MINISTRY

S. No.	Name	Ministry	Seminary
III Year Theology			
01.	Bro.A.Arockia Dass	Ariyancoupam	St. Peter's
02.	Bro.S.Arockia Dass	Pagandai X Road	St.Peter's
03.	Bro.R.Arockia Ratchagar	Maiyanur	St.Peter's
04.	Bro.S.Arockia Samy	Anilady	St.Peter's
05.	Bro.M.Jaya Prakash	Anilady	St.Peter's
06.	Bro.S.Kulandai Raj	Maiyanur	St.Peter's
07.	Bro.A.Lourdu Samy	Ariyancoupam	St.Peter's
08.	Bro.P.Simon Antony Raj	Eraiyur	St.Peter's
09.	Bro.Stephen Sagaya Doss	Ariyancoupam	St.Peter's
10.	Bro.J.Allwin Anbarasu	Ariyancoupam	Good Shepherd
11.	Bro.A.Andrews Majella	Vikravandy	Good Shepherd
12.	Bro.A.Arockia Doss	Cathedral	Good Shepherd
13.	Bro.A.Charles Amal Kulandairaj	Chinnasalem	Good Shepherd
14.	Bro.S.Charles Edison	Mugaiyur	Good Shepherd
15.	Bro.M.Gaspar	Melpazhangur	Good Shepherd
16.	Bro.A.Rayappan	Nellithope	Good Shepherd
17.	Bro.P.Eugine Arun Kumar	Mugaiyur	Good Shepherd
II Year Theology			
01.	Bro.I.James Victor	Balmadies Estate	St.Peter's
02.	Bro.R.Martin Antony	Balmadies Estate	St.Peter's
03.	Bro.M.John Kennedy	Chinnasalem	Good Shepherd
04.	Bro.T.Pravin Kumar	Balmadies Estate	Good Shepherd
05.	Bro.S.Victor Emmanuel	Cuddalore O.T.	Good Shepherd
06.	Bro.A.Arokia John Robert	Akkarapalayam	Good Shepherd
07.	Bro.B.Samuel	Kommedu	Good Shepherd
08.	Bro.M.Maria Vianney	Balmadies Estate	Good Shepherd
09.	Bro.T.Michael Durai Raj	Balmadies Estate	Good Shepherd
10.	Bro.G.John Paul Raj	Balmadies Estate	Good Shepherd

Please note the instructions:

- ❖ Regents will be relieved from the regency by 30th April 2009 and they will stay in their respective parishes helping the parish priests.
- ❖ Deacons will be relieved from their Diaconate Ministry by 31st March 2009 and they will stay in their respective parishes helping the parish priests.
- ❖ Hence Deacons and Regents are strictly warned not to go to any other place for ministry.
- ❖ 1 year Theologians will go for one month retreat arranged by their Seminary.
- ❖ The College seminarians and Minor Seminarians are to stay at home in their own parishes to help both their parish priests and their parents at home.

Most Rev. Dr. A. Anandarayar
Archbishop of Pondicherry and Cuddalore

NECROLOGY

Please Pray for the Repose of the Souls of:

05-03-1966	Noel F., MEP	21-03-1954	Maylin E., MEP
06-03-1979	Paul Puthenangady	23-03-2004	Anthayya.S.S.
13-03-1989	Thomas C.E.	27-03-1953	Daniel F., MEP
16-03-2000	E.Showry	31-03-1981	Mirande A., MEP

ARCHBISHOP'S EDUCATION FUND

S.No.	Date	Name	Amount
1	02.02.09	St.Antony's Hr.Sec.School, Mel-narappanur	5000
2	"	Parishioners, Mel-nariappanur	5000
3	"	Legion of Mary, Mel-nariappanur	300
4	"	M.C.Arokciadoss, Eraiyur	1000
5	"	Well-wishers, Pondicherry	4000
6	"	Reddiarpalayam Parish	3000
7	"	Vincent De Paul Society, Reddiarpalayam	500

8	"	Sebastine Rajasekaren, Reddiarpalayam	1000
9	"	Well-wisher, Reddiarpalayam	50
10	18.02.08	Fr.J.Paul	24000
11	"	Well Wisher, Kanakkankuppam	100
12	25.02.08	Kalpet Parish	2000
13	"	Parishioners, Kalpet Parish	500
14	"	People of Chiruvakkur, Kalpet	200
15	"	S.Yesu Raj, Mambazhalapet	200
16	"	Odile, Pondy	1000
17	27.02.09	Henri Isidore, Chennai	500
Total as on 27.02.2009			48350

**Archbishop's Education Fund
Received and Disbursed as on 31-01-2009**

Received up to 31.01.2009	5646431
Disbursed up to 31.01.2009	5239370
Balance	407061

I thank you very much all who generously contributed for this fund.

Most Rev. Dr. A. Anandarayar
Archbishop of Pondicherry and Cuddalore

YOUTH COMMISSION

The Executive Committee Meeting at Pondicherry

The Youth Commission's Executive Committee meeting was held at the Youth Office on February 14, 2009. The strengthening of our Youth Associations in the parishes and substations was deeply discussed. The Annual Planning and the activities of the Youth Commission were explained to them.

The Regional Executive Committee Meeting at Trichy

The Regional Executive Committee Meeting was held at Deepam, Trichy on February 20-22, 2009. The activities of the Youth Commission, towards the celebration of 'Year of the Youth 2010', in Tamil Nadu, were discussed in detail. The following from our Archdiocese have participated in the meeting.

1. Mr.E.Anandaraj - President
2. Mr.M.Mohanraj - Treasurer

YCS/YSM Annual Day Celebration Jeyarani High School

The YCS/YSM Annual Day was meaningfully celebrated at Jeyarani High School, Pondicherry on February 19, 2009. The YCS/YSM students meaning fully brought out the history of the YCS/YSM Movement through *Villupattu*, the skit by name 'Helping Hands' and the National Integration Dance were really fabulous. I congratulate Rev.Sr. Alma Fatima, Hm. and the Guide Teacher for arranging a significant program.



Visit to the Youth Associations

The Youth Associations in the following villages were visited and motivated in the month of June, 2008.

1. Kovilanur
2. Sengadu
3. Sacred Heart – Pondicherry
4. Sacred heart Parish - Dubrayapettai
5. Cathedral – Pondicherry
6. Uppalam

School Visits

The YCS/YSM Students in the following schools were visited and motivated by our Coordinators in the month of February, 2008.

1. R.C. Middle School, Kodungaul.
2. R.C. Middle School, Thely.
3. St.Little Flower High School, Kakkanur.
4. St.Mary's High School, Odiathur.
5. St.Xavier Boy's High School, Mugaiyur.
6. R.C.Middle School, Sengadu.

7. Beschi High School, Ulundurpet.
8. St. Louis Gonsaga Hr. Sec. School, Pondicherry.
9. Immaculate High School, Ariancouppam.
10. Immaculate High School, Reddiarpalayam, Pondicherry.
11. St.Ann's Hr. Sec. School, Pondicherry.
12. St.Mary's Middle School, Pudupalayam, Cuddalore.
13. St.Ann's High School, Pudupalayam, Cuddalore.
14. St.Antony Hr. Sec. School, Pondicherry.
15. St.Francis Assisi Hr. Sec. School, Kurusukuppam,
16. St.Mary's Hr. Sec. School, Vikravandi.
17. St.Mathias Hr. Sec. School, Uppalam.
18. Sacred Heart Hr. Sec. School, Pondicherry.
19. St.Don Bosco Mat. High School, Pondicherry.
20. St.Joseph Hr. Sec. School, Muthialpet, Pondicherry.
21. R.C. Middle School, Alagappasamutiram.
22. St.Joseph Matriculation High School, Koothapakkam
23. St.Michael's R.C. Middle School, Krishnankuppam
24. St.Mary's Hr. Sec. School, Cuddalore
25. Philomenal Hr. Sec. School, Tindivanam

Rev.Fr. S. Richard

Secretary, Youth Commission

LAITY COMMISSION

Zonal Level Meeting

The Zonal Level Meeting the Tamilnadu Laity Commission Conducted including four diocesan (Chennai, Pandy-Cuddalore, Vellore and Chengalpet) Laity Commission leaders. The meeting was held on 14th, 15th Feb, 2009 at pastoral centre Pondicherry. 40 members including 20 women participated in that meeting.

Rev. Fr. I. Ratchagar, Secretary of the Laity Commission welcomed the participants. Rev. Fr. Ratchanyadas OSM gave a special talk on “The involvement and the participation of the laity in the church Development”

All the diocesan secretaries read out their report of their respective diocese which was followed by discussion. The next day Mr. M. Peter, Vice-President, Tamilnadu Laity Council shared his experience and views in the “socio-economic development of the Laity within the church”, which was followed by reports of the diocesan activities especially the rise and fall of the parish council and the finance committee at parish level. Finally we passed valuable resolutions and planned for solid program in future.

Mr. Alexis Dayanandane, coordinator thanked all the participants and congratulated them for the grand success of the programme.

Rev. Fr. I. Ratchagar

Secretary, Laity Commission

WOMEN COMMISSION

Dear Rev. Father,

Greetings and best wishes from the Archdiocesan Women Commission.

The “World Women’s Day” is going to be celebrated on March 8th of this year. The main theme of this year celebration is “Women the Ambassador of Peace”. To promote the awareness and importance of women in the developmental activities, we request you to celebrate this day in all the parishes. We send awareness notices, special Liturgy book for the celebration and wall posters to display for the public. We request you kindly to the needful to celebrate this day in a grand manner by the following programmes.

1. Importance given to women in the service.
2. Liturgy and Sermon.
3. Cultural Programme by women.

4. Awareness meeting seminars, public meeting, training programme process.
5. Blood Donation and Welfare Programmes.
6. Games and prize distributions.

Rev. Fr. I. Ratchagar

Secretary, Women Commission

ARCHDIOCESAN GUIDANCE AND COUNSELING CENTRE

The Guidance and Counseling Centre decided to give “Career Guidance and Study Orientation Programme” for the out going students of High Schools and Hr. Sec. Schools.

On 03.02.2009 we had conducted the one day seminar programme at Sacred Heart Hr. Sec. School, Iruppukurichy. Rev. Fr. Nirmalraj, Principal and Rev. Fr. A. Arockiaraj presided over the function while Mr. Issac, Headmaster welcomed the counsellors and students participants.

I. Mr. Alexis Dayanandane, Counselor gave a vivid picture of mental and social problems of the students and provided them the ideas on “How to study and pass the examination”. He also answered the questions put up by the students regarding their exam and future career. Mrs. Ruby Violet Rani, Counselor delivered the address on “Memory and forgetting”. In her speech she expressed her ideas to promote the memory power and reduce the forgetting. By this programme 236, Xth Std. students and 149 XIIth Std. students benefited.

II. The Study Orientation Programme for the out going students of Xth and XIIth Stds. was held on 22.02.2009 at Oulgaret, Reddiyarpalayam Parish. 159 students attended the programme. The local village leaders and the youth organization gave their cooperation for the success of the programmes. Mr. Alexis Dayanandane, Counselor, St. Joseph’s College, Cuddalore, Prof. J. Antoniraj, St.

Joseph's College, Cuddalore, Prof. Siroane, Pope John Paul II College shared their views and experience with the students and guided them to do better in their forth coming public examination.

Rev. Fr. I. Ratchagar

Director, Guidance & Counseling Centre

SC/ST COMMISSION

1. TNBC-TNCRI Scholarship Distribution

On 16th of February 2009, the TNBC-TNCRI scholarships were distributed for 106 persons amounting Rs.1,52,000.00. Very Rev. Fr. Vicar General in the presence of Rev. Fr. A. Philomindoss, V.F. Rev. Fr. Roy Arockiadoss, Rev. Fr. D. Savarimuthu, Rev. Fr. S.L. John David, Rev. Fr. Mahimaidoss Oli



were present on the occasion. One hundred and seventy five applications were sold. One hundred and thirty four applications were received and forwarded. Twenty eight applications were rejected due to various reasons such as no community certificates and attestation. The TNBC-TNCRI Scholarship committee has only allotted Rs.1,30,000.00 for the scholarship. Our archbishop has contributed remaining amount Rs.22,000.00. The students and parents who received the help, with the Archdiocesan commission give thanks for the same. I also thank the parish priests who took keen interest to announce and forward the applications for the students.

2. TNBC scholarship for IAS Training

Miss. Anbu Malar from Vikravandi parish is awarded with the scholarship of IAS training. Very Rev. Fr. Vicar General awarded the TNBC scholarship for IAS Training on 16th February, 2009.

3. Job Camp on 4th and 5th of February, 2009.

On 4th and 5th of February, 2009, Udayam job placement centre has conducted a job camp for regional level in SAMSSS premises Vikravandi. Twenty eight persons participated in the camp.

4. CBCI Dharna in Delhi on 24th February 2009 for SC status for Dalit Christians

The CBCI Commission for SC, St and BC announced a day of protest against the delay of the Union Government to implement SC status for Dalit Christians. Our Archdiocesan commission has sent eleven lay persons, each from a vicariate and coordinator, to participate in the protest day.

Rev.Fr. D.Leo Vijaya Pushpa Raj

Secretary, SC/ST Commission

பாண்டிச்சேரி செனாத்தூஸ்

முப்பெரும் விழாவின் தொகுப்பு

முப்பெரும் விழா நாள் 18-01-2009 ஞாயிறு



மரியாயின் சேனை பாண்டிச்சேரி செனாத்தூஸ் முப்பெரும் விழாவானது திருஇருதய ஆண்டவர் ஆலயத்தில் வெகுசிறப்பாக காலை 10.00 மணி முதல் மாலை 04.00 மணி வரை நடைபெற்றது.

இம் முப்பெரும் விழாவானது பாண்டிச்சேரி மரியாயின் சேனை செனாத்தூசாக உயர்த்தப்பட்டு 5-ஆம் ஆண்டு நிறைவு விழாவும், சேனை குறுகிய காலத்தில் உலகளாவிய அளவில் பரவுவதற்கு காரணமாயிருந்த வணக்கத்திற்குரிய சகோ. எடல் குவின் அவர்களின் பிறப்பு நூற்றாண்டு நிறைவு விழாவும், கைநூலை சுருக்கமாக, “பிரசீடிய நிகழ்ச்சி நிரல் பற்றி விளக்கம்” தயாரிக்கப்பட்ட சிற்றேடு வெளியீட்டு விழாவுமாக சேர்ந்து முப்பெரும் விழாவாக கொண்டாடப்பட்டது.

பாண்டி - கடலூர் உயர்மறைமாவட்ட மேதகு பேராயர் அந்தோணி ஆனந்தராயர் அவர்கள் தலைமையேற்று சுமார் 1200 சேனை சகோதர சகோதரிகளோடும், முதன்மைகுரு அருட்திரு பொன்அந்தோனிசாமி அடிகளாரோடும், செனாத்தூஸ் ஆன்ம இயக்குநர் அருட்திரு தாமஸ் அடிகளாரோடும், சேலம் ஆன்ம இயக்குநர்

அருட்திரு போஸ் கோபால் அடிகளாரோடும், பேராயரின் செயலர் அருட்திரு அலெக்ஸ் அடிகளாரோடும் வெகு சிறப்பாக நடைபெற்றது.

பேராயரின் கூட்டுத்திருப்பலிக்குப்பின் வருகைபுரிந்த அனைவருக்கும் மதிய உணவு வழங்கப்பட்டது. அதன்பின் இளையோர் கியூரியாவோடு இணைந்துள்ள பாலர் பிரசீடியங்கள் அனைத்தும் இணைந்து கலைநிகழ்ச்சிகள் நடத்தினர். வருகைபுரிந்திருந்த கும்பகோணம், தஞ்சாவூர், சேலம், தர்மபுரி கொமித்சியங்களின் தலைவர்களும், பொறுப்பாளர்களும் வாழ்த்துரை வழங்கினர்.



ஆன்ம இயக்குநர் அருட்திரு தாமஸ் அடிகளார் அவர்கள் முப்பெரும் விழாவின் முக்கியத்துவத்தைப் பற்றி தெளிவாக எடுத்துரைத்தார்கள். பேராயர் அவர்கள் மரியாதையின் சேனை திருச்சபைக்கு தேவையான பக்தசபை என்றும், திருச்சபையின் முதுகெலும்பாக பணிபுரியும் உறுப்பினர்களைக் பற்றியும் பெருமையாக பேசினார். மேலும், முதன் முதலில் தோன்றிய பக்தசபை இது மட்டும்தான் என்றும், அதனை வழிநடத்தும் ஆன்ம இயக்குநர் அருட்திரு தாமஸ் அடிகளாரையும், நிர்வாக சபையான செனாத்தூசின் அலுவலர்களையும் பாராட்டிப் பேசினார். முதன்மை குரு அவர்கள் தான் பங்கு தளங்களில் பணிபுரியும்போது சேனையின் ஒரு நிர்வாக சபையான கியூரியாவுக்கு ஆன்ம இயக்குநராக இருந்ததை நினைவு கூர்ந்து பெருமையுடன் பேசினார். அதன் பின்பு சேனையை நிறுவியவரும், சேனையின் வளர்ச்சிக்கு காரணமாயிருந்தவர்களுமான சகோ. பிராங்க் டி.பி., சகோ. எடல் குவின், சகோ. அல்போன்ஸ் லாம்பி இவர்களுடைய உருவப்படத்தை பேராயர் அவர்கள் திறந்துவைத்தார். சேலம் கொமித்சியத் தலைவர் சகோ. பிரான்சிஸ் அவர்களால் தயாரிக்கப்பட்ட சிற்ப்புத்தகத்தை பேராயர் அவர்கள் வெளியிட்டார். அதன் விளக்கம் சகோ. பிரான்சிஸ் அவர்களால் கொடுக்கப்பட்டது.



வருகைபுரிந்து விழாவினை சிறப்பித்த அனைவருக்கும் நன்றி நலிவப்பட்டு, பேராயர், முதன்மைகுரு, ஆன்ம இயக்குநர், சேலம் ஆன்ம இயக்குநர் மற்றும் பேராயரின் செயலர் மற்றும் கொமித்சிய அலுவலர்களுக்கும் செனாத்தூசின் அலுவலர்களுக்கும் பொன்னாடைப் போர்த்தி கௌரவிக்கப்பட்டு, அனைவருக்கும் நன்றி தெரிவிக்கப்பட்டது.

அருட்திரு A.தாமஸ் அடிகளார்

சகோ. ஜெயசீலி செல்வம்

ஆன்ம இயக்குநர்

செனாத்தூசின் தலைவி

கிறித்தவர் வாழ்வுரிமை இயக்கம்

07-02-2009 அன்று தமிழ்நாடு-புதுவை சுத்தோலிக்கப் பேரவையின் ஆண்டுக் கூட்டம் சென்னை-மயிலை உயர்மறை மவாட்டத்தின் அருள்பணி மையத்தில் நடைபெற்றது. இக்கூட்டத்தில் கிறித்தவர் வாழ்வுரிமை இயக்கம் குறித்த ஒரு மீளாய்வும். மதிப்பீடும் நடைபெற்றது.

அதன் அடிப்படையில் தமிழகத் திருச்சபையில் தொடர்ந்து முன்னெடுக்கப்படும் எல்லா அரசியல் செயல்களுடன் கிறித்தவர் வாழ்வுரிமை இயக்கப் பாதையின் கீழ் எடுக்க வேண்டும் என்று தீர்மானிக்கப்பட்டது.

அதன்பிறகு நடைபெற்ற அரசியல் ஒருங்கிணைப்பாளர்கள் கூட்டத்தில் இயக்கத்தின் கிளைகளில் உடனடியாக தேர்வு நடத்த வேண்டும் என்ற முடிவெடுக்கப்பட்டது.

அருட்திரு R.S.ஆரோக்கியராஜ்

அரசியல் ஒருங்கிணைப்பாளர்

25 TIPS FOR A HEALTHY HEART

1. Eat more of grains, vegetables, beans, greens, fruits, fish, seeds and yogurt.
2. Eat less of milk, cheese and nuts.
3. Add garlic to your recipes.
4. Beta – Carotene rich foods like carrots, cabbage, sweet potatoes and dark leafy greens.
5. Reduce Sodium intake. Not more than 1¼ teaspoons of salt per day.
6. Eat regular meals.
7. Drink water throughout the day.
8. Switch from coffee to tea.
9. Exercise regularly.
10. Take the stairs instead of an elevator or escalator at school.
11. Do Housework: take it as an extra chance to exercise.
12. Healthy weight should be maintained.
13. Quit smoking.
14. Avoid alcohol.



15. Sleep adequately.
16. Blood pressure should be monitored.
17. Cholesterol should be monitored.
18. Work schedule should be regular to avoid too much stress.
19. Practice stress-reduction techniques such as deep –breathing, yoga and meditation.
20. Laughter is a good medicine.
21. Medical check-ups should be done regularly.
22. Control diabetes.
23. Family History of cardiovascular disease should be known.
24. Love: Give it and receive it.
25. Medication prescribed by Dr. should be taken.



Advised by **Dr. J. Irudayaraj**
 Medical Consultant
 Archdiocese of Pondicherry & Cuddalore



ACTIVITIES OF PMSSS

I. Tsunami Rehabilitation work:

1) Community Mobilization:

a) Judicious Fishing training

Training on “Tuna Fish Processing” was conducted for 10 SHG leaders of Cuddalore OT area, with the technical support of Dr. Velayutham, Director, Tuticorin Fisheries College, Tuticorin. The participants were trained on tuna fish value addition.

b) Interface with Panchyat Raj Institution (PRI):

49 neighbourhood community members of Devanampattinam, Thazhanguda, Subbauppalavady, Pattinacherry, Kottucherryedu and Keezhakasakudimedu village are interfaced on their roles and responsibilities with PRI leaders on 17th & 21st February 2009.

c) EDP Training :

Entrepreneurship Development training Programme was conducted for 35 SHG members of Solai Nagar North & South, Vaithikuppam and Kurusukuppam. Topics on Qualities of

Entrepreneur, Various Livelihood options, product development, resource utilization, marketing etc. were covered.

d) Gender Training:

Gender Training was conducted in 17 villages of Pondicherry, Cuddalore and Karaikal 107 NC members are trained on gender perspective.

e) CBDP Mock drills :

Mock Drills were conducted in Kanagachettikulam, Solai Nagar North & South, Chinnaveerampattinam, Vambakeerapalayam, Periyakalpet, Vaithikuppam, Kurusukuppam, Sothikuppam, Devanampattinam and Chinnakalpet. 306 task force members participated and demonstrated.

f) CBDP Puppetry Show :

A puppetry show on “Community Level Disaster Risk Reduction” was conducted for school children of St. Ann’s High school, St. Louis De Gonzaga High School, St. Mathias Higher Secondary School, Volontariat Evening Tuition Centre and Kolping Matriculation Higher Secondary School in collaboration with Save the Children, Chennai and Kalaivanar Arakattalai Troup.

2. Reforestation and Coastal Area Protection (ReCAP):

Awareness on Coastal Ecology was conducted for 249 NC members of Chinnaveerampattinam, Devanampattinam and Subbauppalavadi coastal villages.

An “Orientation on task force strengthening” was conducted in Chinnaveerampattinam, Devanampattinam and Subbauppalavadi. 249 participants attended the programme.

Exposure Visit:

The active members of task force and PRI members of the project villages were taken for an exposure visit on 11th & 12th February 2009 to Kodaikarai, a model village for Coastal Restoration. 49 members were exposed to the model.

Quarterly Review Meeting:

Quarterly Review meeting of ReCAP programme was conducted on 23rd February 2009. Mr. James from Caritas India,

Executive Director, Assistant Director, General Manager, ReCAP project staff members, task force representatives and PRI members were present in the meeting. The team reviewed the past 3 months programme activities and the progress.

3) Suraksha - ICT:

- ❖ On 27th & 28th January 2009, the suraksha programme staff members were capacitated on strengthening and future of community vigilance group.
- ❖ The staffs of sureksha were trained on community mobilization, advocacy & lobbying and HIV/AIDS.
- ❖ On 6.2.2009 Community Vigilance group meeting was conducted in Subbauppalayam village where in the stake holders and the community members discussed about their roles and responsibilities in CVG.
- ❖ Awareness for pregnant women was conducted in project villages.
- ❖ E-medicine programme was conducted in Vambakeerapalayam, Periyakalapet and Cuddalore OT. 88 patients benefited and medicines distributed to the patients.
- ❖ PMSSS in collaboration with NASSCOM Foundation, Mumbai and Microsoft Corporation trained 60 rural youth on fundamental of computers, MS-Office, Internet, Email and web page designing. The Cuddalore District Collector and Mr. Angalan Govt. Whip, Govt. of Puducherry distributed the certificates for cuddalore and puducherry students respectively.
- ❖ Village Knowledge Centre was established in Savariaralayam.
- ❖ E-learning program of PMSSS is being telecast through Rainbow Channel, local cable T.V. daily.

II. Other Activities:

1) PMSSS Livelihood Training Centre Inauguration:

With the financial support of Caritas Austria, PMSSS constructed a training/animation centre in Kolping School campus,

Kalapet. The training centre was constructed in 1000 sq.ft area, with a seating capacity of more than 100. The training centre has dormitory facilities for trainees. The training centre was blessed by the Most. Rev. Dr. S. Michael Augustine, Archbishop Emeritus and inaugurated on 21st February 2009 by the Hon'ble Chief Minister of Puducherry, Hon'ble Higher Education Minister, Kolping National Director, Rev. Fr. Victor Santiago, Caritas Austria Representative Mr. Manfred Aichinger, Executive Director and Asst. Director of PMSSS and staff members were present during the inaugural function.

2) Kolping School Annual Day celebration and Inauguration of School buildings:

On 21st February 2009 Kolping Matriculation Hr. Sec. School celebrated its 5th Annual day function. Hon'ble Chief Minister of Puducherry was invited as a chief guest; Hon'ble Higher Education Minister inaugurated the first and second floors of extended Kolping school buildings. The principal presented the school annual report and listed out the achievements during the past 5 years. Rev.Fr.Victor Santiago, Kolping National Director, Mr. Manfred Aichinger, Caritas Austria Representative, PTA Members, Parents and staff members were present. At present the school is functioning with 45 teaching staff and 17 non teaching staff with 1319 students from L.K.G. to Higher Secondary.

3) Fraternal Life Sabha (FLS):

Credit rating was done for 50 FLS groups of Villupuram, Gingee, Tindivanam and Kallakurichi vicariates. The data collection of differently abled in 8 Vicariates is under process.

4) Sago Dharma Sabha

A loan amount of Rs. 45000 was distributed to 9 members of FLS. A pension amount of Rs. 32,900/- was also distributed to 329 destitutes.

5) New Thrust Programme:

32 members of 2 SHGs in Manikollai village of Parangipet Union issued a loan of Rs. 3,20,000/- from TAMCO through Primary Agriculture Cooperative Bank.

6) Mahalir Thiitam:

375 members of 33 Self Help Groups were credit rated and received a revolving assistance of Rs. 16,50,000/-.

7) Health:

Eye camp was conducted with the help of PIMS, Puducherry in Sangeetham Mangalam, Villupuram District. 262 persons were referred outpatients and 12 were admitted.

On 7.2.2009, TNVHA and PMSSS conducted a programme on campaign against Social Exclusion. The Hon'ble Social Welfare Minister inaugurated the campaign in the presence of TNVHA Executive Director, PMSSS Executive Director and Orleanpet Constituency MLA. More than 100 people including HIV affected, Transgender, Differently abled, Destitutes and scheduled tribes participated and took resolution on right to be treated equally.

8) Secours Catholique Caritas France, Project**a) Sanitation Programme**

P Awareness on "Improved Sanitation System" was conducted in Pattinacherry and Keezhakasakudimedu on 24th, 27th & 28th January 2009. Mr. S. Rajkumar, Sanitary Inspector, Karaikal disseminated the concepts. 321 beneficiaries participated and acquired knowledge on improved sanitation system.

- ⇒ On 11th & 12th February 2009, Training on Solid Waste management was conducted in Pattinachery and Keezhakasakudimedu. 142 beneficiaries participated.
- ⇒ Self hygiene and health care program was also conducted on 30th & 31st January 2009. Dr. Balaji, Asst. Professor, Vinayaka Mission Medical College. 211 people participated and benefitted.
- ⇒ School Sanitary Programme was conducted in Keezhakasakudimedu on 29th January 2009. various competitions conducted and prizes distributed to school children.

b) Activity Based Learning Centre (ABL Centre):

ABL centers were established in Pattinacherry and Keezhakasakudimedu. Around 40 students are enrolled and classes are going on.

The ABL center teachers underwent a three days residential training in Isaiambalam School, Auroville. The training covered about the introduction of Phonics, reading methods, Writing Alphabets and Applying Phonics Method for Reading in the Classroom etc.

9) International Fund for Agriculture Development (IFAD):

A one day consultation Workshop was conducted on 17th February 2009 at IFAD assisted PTSLP implementation office, Cuddalore. The Project Implementation Officer inaugurated the workshop. Mr. Rudrappa, Project Director and Mr. Illayaraja, Training Officer, MYRADA acted as resource persons. The program was summarized and concluded by Mr. Sridhar, Nodal Officer, FNGO-PMSSS.

9) UNDP – Community Based Disaster Risk Management (CBDRM) program:

Awareness generation, formation of Village Disaster Committee, Village Disaster Management teams, Disaster Management plan for 71 villages and 79 wards is in process.

10) Fraternal Life Service Home (FLSH), Ousteri:

- ⇒ At present there are 30 inmates residing in the home as on 22nd February 2009.
- ⇒ Selected inmates of the home were given training on various skills like preparation of Vermicelli, drawing, poetry etc.,
- ⇒ The 42 inmates were taken to an excursion to Mahabalipuram, Vandalur Zoological park and Hogenakkal.

Rev.Fr. R. Ratchagar

Executive Director

MESSAGE OF HIS HOLINESS BENEDICT XVI FOR LENT 2009

***"He fasted for forty days and forty nights,
and afterwards he was hungry" (Mt 4,1-2)***

Dear Brothers and Sisters!



At the beginning of Lent, which constitutes an itinerary of more intense spiritual training, the Liturgy sets before us again three penitential practices that are very dear to the biblical and Christian tradition – prayer, almsgiving, fasting – to prepare us to better celebrate Easter and thus experience God’s power that, as we shall hear in the Paschal Vigil, “dispels all evil, washes guilt away, restores lost innocence, brings mourners joy, casts out hatred, brings us peace and humbles earthly pride” (*Paschal Præconium*). For this year’s Lenten Message, I wish to focus my reflections especially on the value and meaning of fasting. Indeed, Lent recalls the forty days of our Lord’s fasting in the desert, which He undertook before entering into His public ministry. We read in the Gospel: “Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry” (*Mt 4,1-2*). Like Moses, who fasted before receiving the tablets of the Law (cf. *Ex 34,28*) and Elijah’s fast before meeting the Lord on Mount Horeb (cf. *1 Kings 19,8*), Jesus, too, through prayer and fasting, prepared Himself for the mission that lay before Him, marked at the start by a serious battle with the tempter. We might wonder what value and meaning there is for us Christians in depriving ourselves of something that in itself is good and useful

for our bodily sustenance. The Sacred Scriptures and the entire Christian tradition teach that fasting is a great help to avoid sin and all that leads to it. For this reason, the history of salvation is replete with occasions that invite fasting. In the very first pages of Sacred Scripture, the Lord commands man to abstain from partaking of the prohibited fruit: “You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die” (*Gn 2, 16-17*). Commenting on the divine injunction, Saint Basil observes that “fasting was ordained in Paradise,” and “the first commandment in this sense was delivered to Adam.” He thus concludes: “You shall not eat’ is a law of fasting and abstinence” (cf. *Sermo de jejunio*: PG 31, 163, 98). Since all of us are weighed down by sin and its consequences, fasting is proposed to us as an instrument to restore friendship with God. Such was the case with Ezra, who, in preparation for the journey from exile back to the Promised Land, calls upon the assembled people to fast so that “we might humble ourselves before our God” (8,21). The Almighty heard their prayer and assured them of His favor and protection. In the same way, the people of Nineveh, responding to Jonah’s call to repentance, proclaimed a fast, as a sign of their sincerity, saying: “Who knows, God may yet repent and turn from his fierce anger, so that we perish not?” (3,9). In this instance, too, God saw their works and spared them. In the New Testament, Jesus brings to light the profound motive for fasting, condemning the attitude of the Pharisees, who scrupulously observed the prescriptions of the law, but whose hearts were far from God. True fasting, as the divine Master repeats elsewhere, is rather to do the will of the Heavenly Father, who “sees in secret, and will reward you” (*Mt 6,18*). He Himself sets the example, answering Satan, at the end of the forty days spent in the desert that “man shall not live by bread alone, but by every word that proceeds from the mouth of God” (*Mt 4,4*). The true fast is thus directed to eating the “true food,” which is to do the Father’s will (cf. *Jn 4,34*). If, therefore, Adam disobeyed the Lord’s command “of the tree of the knowledge of good and evil you shall not eat,” the believer, through fasting, intends to submit himself humbly to God, trusting in His goodness and mercy. The practice of fasting is very present in the first Christian



community (cf. *Acts* 13,3; 14,22; 27,21; 2 *Cor* 6,5). The Church Fathers, too, speak of the force of fasting to bridle sin, especially the lusts of the “old Adam,” and open in the heart of the believer a path to God. Moreover, fasting is a practice that is encountered frequently and recommended by the saints of every age. Saint Peter Chrysologus writes: “Fasting is the soul of prayer, mercy is the lifeblood of fasting. So if you

pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petition of others. If you do not close your ear to others, you open God’s ear to yourself” (*Sermo* 43: PL 52, 320. 322). In our own day, fasting seems to have lost something of its spiritual meaning, and has taken on, in a culture characterized by the search for material well-being, a therapeutic value for the care of one’s body. Fasting certainly bring benefits to physical well-being, but for believers, it is, in the first place, a “therapy” to heal all that prevents them from conformity to the will of God. In the Apostolic Constitution *Pœnitentini* of 1966, the Servant of God Paul VI saw the need to present fasting within the call of every Christian to “no longer live for himself, but for Him who loves him and gave himself for him ... he will also have to live for his brethren” (cf. Ch. I). Lent could be a propitious time to present again the norms contained in the Apostolic Constitution, so that the authentic and perennial significance of this long held practice may be rediscovered, and thus assist us to mortify our egoism and open our heart to love of God and neighbor, the first and greatest Commandment of the new Law and compendium of the entire Gospel (cf. *Mt* 22, 34-40). The faithful practice of fasting contributes, moreover, to conferring unity to the whole person, body and soul, helping to avoid sin and grow in intimacy with the Lord. Saint Augustine, who knew all too well his own negative impulses, defining them as “twisted and tangled

knottiness” (*Confessions*, II, 10.18), writes: “I will certainly impose privation, but it is so that he will forgive me, to be pleasing in his eyes, that I may enjoy his delightfulness” (*Sermo* 400, 3, 3: PL 40, 708). Denying material food, which nourishes our body, nurtures an interior disposition to listen to Christ and be fed by His saving word. Through fasting and praying, we allow Him to come and satisfy the deepest hunger that we experience in the depths of our being: the hunger and thirst for God. At the same time, fasting is an aid to open our eyes to the situation in which so many of our brothers and sisters live. In his *First Letter*, Saint John admonishes: “If anyone has the world’s goods, and sees his brother in need, yet shuts up his bowels of compassion from him – how does the love of God abide in him?” (3,17). Voluntary fasting enables us to grow in the spirit of the Good Samaritan, who bends low and goes to the help of his suffering brother (cf. Encyclical *Deus caritas est*, 15). By freely embracing an act of self-denial for the sake of another, we make a statement that our brother or sister in need is not a stranger. It is precisely to keep alive this welcoming and attentive attitude towards our brothers and sisters that I encourage the parishes and every other community to intensify in Lent the custom of private and communal fasts, joined to the reading of the Word of God, prayer and almsgiving. From the beginning, this has been the hallmark of the Christian community, in which special collections were taken up (cf. 2 *Cor* 8-9; *Rm* 15, 25-27), the faithful being invited to give to the poor what had been set aside from their fast (*Didascalia Ap.*, V, 20,18). This practice needs to be rediscovered and encouraged again in our day, especially during the liturgical season of Lent. From what I have said thus far, it seems abundantly clear that fasting represents an important ascetical practice, a spiritual arm to do battle against every possible disordered attachment to ourselves. Freely chosen detachment from the pleasure of food and other material goods helps the disciple of Christ to control the appetites of nature, weakened by original sin, whose negative effects impact the entire human person. Quite opportunely, an ancient hymn of the Lenten liturgy exhorts: “*Utamur ergo parcius, / verbis cibis et potibus, / somno, iocis et arctius / perstemus in custodia* – Let us use sparingly words, food and drink, sleep and amusements. May we be more alert in the custody of our

senses.”Dear brothers and sisters, it is good to see how the ultimate goal of fasting is to help each one of us, as the Servant of God Pope John Paul II wrote, to make the complete gift of self to God (cf. Encyclical *Veritatis splendor*, 21). May every family and Christian community use well this time of Lent, therefore, in order to cast aside all that distracts the spirit and grow in whatever nourishes the soul, moving it to love of God and neighbor. I am thinking especially of a greater commitment to prayer, *lectio divina*, recourse to the Sacrament of Reconciliation and active participation in the Eucharist, especially the Holy Sunday Mass. With this interior disposition, let us enter the penitential spirit of Lent. May the Blessed Virgin Mary, *Causa nostrae laetitiae*, accompany and support us in the effort to free our heart from slavery to sin, making it evermore a “living tabernacle of God.” With these wishes, while assuring every believer and ecclesial community of my prayer for a fruitful Lenten journey, I cordially impart to all of you my Apostolic Blessing. *From the Vatican, 11 December 2008.*

BENEDICTUS PP. XVI

இயேசுவே! இயேசுவே!



இயேசுவே! இயேசுவே!
எனக்கு நீயே எல்லாம் இயேசுவே!

வாழ்க்கையில் உன்னை கண்டுகொண்டேன்!
கண்டதில் நாளும் மகிழ்ந்து வந்தேன்!
உறவும் வேண்டாம்; உலகம் வேண்டாம்!
இறைவா! நீயே, போதும் சரியே!
சொந்தமும் நீயே; பந்தமும் நீயே!
சோகமும் இல்லை; ஏக்கமும் இல்லை!
இறைவா! நீயே, போதும் சரியே!

உந்தன் பாடுகள் வாழ்வை மாற்றும்!
உந்தன் பாதைகள் வாழ்வைக் காட்டும்!
தவத்தைச் செய்தேன்; செபத்தைத் தொடர்ந்தேன்!
நோன்பு எடுத்தேன்; தர்மம் செய்தேன்!
உந்தன் ஒளியில், உண்மை வழியில்,
நடந்தேன் நாளும்; அடைந்தேன் மாற்றம்!
இறைவா! நீயே, போதும் சரியே!

மனதின் பாரத்தை இறக்கிவிட்டேன்!
மனதில் உன்னை நிரப்பிவிட்டேன்!
சுகமும் நீயே; சுவையும் நீயே!
உயிரும் நீயே; உறவும் நீயே!
அன்னையும் நீயே; எந்தையும் நீயே!
எதிலும் நீயே; எல்லாம் நீயே!
இறைவா! நீயே, போதும் சரியே!

அருட்திரு. அ. அலெக்ஸ், பேராயரின் செயலர்