



ARCHDIOCESE OF PONDICHERRY & CUDDALORE NEWSLETTER

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St. Agnes' Seminary, Cuddalore



The Holy Father's Prayer Intention for February 2017

Comfort for the Afflicted: That all those who are afflicted, especially the poor, refugees and marginalized, may find welcome and comfort in our communities.



ARCHBISHOP'S MESSAGE



MERCY CONCRETELY EXPRESSED

Reverend and dear Fathers, Brothers and Sisters, prayerful greetings to you in the Holy Name of our Lord Jesus Christ.

1. Mercy in Action

In the discourse of Jesus about the last judgement (Mt 25:31-46), we clearly understand what mercy concretely means. Those who were rewarded with eternal life, were **attentive and sensitive to the concrete needs** of the people around them and did good to the needy persons. They did not do anything extraordinary; but they did ordinary things with extraordinary love, care and concern for their brothers and sisters in need. They were merciful. Those who were condemned, did not commit sins such as murder, theft, adultery; they did not violate God's commandments. But they were not attentive, not sensitive to the concrete needs of their neighbours. They failed to do good to their needy brothers and sisters. They were not merciful.

The parable of the rich man and poor Lazarus teaches that the rich man was condemned not because he violated God's

commandment but because he was not attentive, not sensitive to the concrete needs of the poor Lazarus, full of sores, lying at his gate (Lk. 16:19-31). He thought of himself only; he lived for himself; he did not care for those in need. He was not merciful.

Taking inspiration from the biblical texts on mercy, the Christian tradition has distinguished and enumerated **seven corporal and seven spiritual works of mercy**: "The works of mercy are charitable actions by which we come to the aid of our neighbour in his spiritual and bodily necessities. Instructing, advising, consoling, comforting are spiritual works of mercy, as are forgiving and bearing wrongs patiently. The corporal works of mercy consist especially in feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned, and burying the dead. Among all these, giving alms to the poor is one of the chief witnesses to fraternal charity: it is also a work of justice pleasing to God", (Catechism of the catholic church, no. 2447.)

If we carefully look at these works of mercy, we see clearly, that they correspond to **four-fold poverty conditions** of our life:

i. Physical Poverty: Physical or material poverty is easily understandable. Certain basic human needs should be fulfilled so that a human person can live with human dignity. When we feed the hungry, give water to the thirsty, cloth to the naked, shelter the homeless, we concretely show our mercy to our brothers and sisters who are suffering from conditions of physical poverty. Illness, disabilities, lack of medical care could be also put in this list.

ii. Cultural Poverty: Cultural or intellectual poverty means **illiteracy**, no chance or reduced chances for education. Illiteracy leads to unemployment and material poverty. Thus, illiteracy, unemployment and poverty are inter-related realities of life. Exclusion from participation in social and cultural life are results of illiteracy. When we instruct the ignorant, when we educate

the poor and the needy, when we give better chances of education to the Dalits, the tribals, the marginalized and the down-trodden, we concretely show our mercy to them.

iii. Social Poverty: It means **lack of relationships**. Man is a **social being**; he needs to live and grow in close relationship with the human persons. Loneliness, exclusion from social gatherings, discriminations, marginalization, communication difficulties, isolation, imprisonment, exile etc. are various forms of social poverty. When we visit the sick, the lonely, the imprisoned, when we avoid discriminations, when we build up unity among the people and promote social justice and social communications among them, when we care in a special way for the marginalized, we concretely show our mercy to our brothers and sisters in conditions of social poverty.

iv. Spiritual Poverty: Lack of orientation, disorientation, inner emptiness, hopelessness, desolation, despair, moral aberration, spiritual degradation, loss of the sense of sin etc. are forms of spiritual poverty. When we instruct and counsel the doubtful, when we console the afflicted and sorrowful, when we guide the people in the right path, when we bear wrongs patiently when we admonish the sinners and pray for them, we concretely show our mercy to our brethren in conditions of spiritual poverty.

In Jesus we see three things: **perception, compassion and action**. Jesus was sensitive, attentive to the needs of the people in conditions of poverty and misery. He has compassion on the people. He concretely showed his mercy, compassion by satisfying the needs of the people (cf. Mt. 14:13-21). The Blessed Virgin Mary perceived the need of the wedding party. She had compassion for them. She concretely showed her mercy for them by beseeching her son to do the first miracle of changing water into wine. (Jn 2: 1-11).

It is not enough that we feel pity for the people in misery and poverty. Our mercy should be **concretely expressed in deeds**. Jesus has identified himself in a special way with the poor. Whatever good we do to the poor, we do to Jesus himself. Whatever good we do not do to the poor, we do not do to Jesus himself (Mt. 25:31-46). The poor embody Christ.

- ◆ Our **eyes** should be merciful so that we could see the sufferings and the needs of the poor.
- ◆ Our **ears** should be merciful so that we could hear the cry of the poor.
- ◆ Our **minds** should be merciful so that we could understand the misery of the poor.
- ◆ Our **hearts** should be merciful so that we could sympathize with and empathize in the poor.
- ◆ Our **tongues** should be merciful so that we could speak words of kindness and comfort.
- ◆ Our **hands** should be merciful so that we could do good and merciful deeds.
- ◆ Our **feet** should be merciful so that we could hurry towards the poor in order to do loving service to them.
- ◆ **Being merciful** towards the poor should be our permanent attitude and inner disposition.
- ◆ **Doing acts of mercy** for the poor should be our life-style.
- ◆ May Mary, the Mother of Mercy, help us to be always merciful towards the poor and to do acts of mercy for the poor.

2. New Apostolic Nuncio

His Holiness Pope Francis has appointed His Grace Most Rev. Dr. Giambattista DIQUATTRO as the new Apostolic Nuncio to India and Nepal. We offer our hearty felicitations to the new Apostolic Nuncio and wish him success in his office.



3. New Bishop of Mysore

Very Rev. Fr. K.A. William, a priest of the Diocese of Mysore, has been appointed the new Bishop of Mysore. We offer him our hearty congratulations and wish him success in his Episcopal office. (In 1845 the Apostolic Vicariate of Pondicherry was divided into three units: the Apostolic Vicariate of Pondicherry, the Apostolic Vicariate of Mysore and the Apostolic Vicariate of Coimbatore).

4. New President of St. Peter's, Bangalore

Rev. Fr. Joseph Titus of our Archdiocese has been appointed as the new President of St. Peter's Pontifical Institute, Bangalore with effect from 30.01.2017. We offer him our hearty felicitations and wish him success in his new office.

5. Very Rev. Fr. C. Cornu, MEP (1935-2017)

He was ordained priest on 27th December 1964 and came to India in 1965. He learnt Kannada and Telugu and did pastoral ministries in the Diocese of Mysore and Kurnool. He was a zealous pastor of souls. From 1990 he was the Regional Superior of the MEP in India. From 1990-2016 he was spiritual director at St. Peter's Pontifical Seminary, Bangalore. Through him we received a lot of financial help for our Archdiocese. He died on 7th January 2017. We thank him for his devoted services and generous helps and pray for the repose of his soul.

6. Rev. Fr. C. David (1956-2017)

Rev. Fr. C. David was God's precious gift to our Archdiocese. He is known for his life of simplicity and availability. He was a zealous pastor of souls. He was a great musician. He cheerfully accepted God's will and suffered a lot due to cancer. We thank God for the gift of Fr. C. David to our Archdiocese and pray for the repose of his soul.

7. Holy Childhood Sunday

Sunday 12th February is observed as Holy Childhood Sunday. The theme is '**I WAS HUNGRY, YOU GAVE ME TO EAT**' (Mt. 25:35). Parish priests are greatly exhorted to make efforts to create **missionary awareness** among the children and to help the children to pray for the missions, to participate in the missions and to contribute for the missions.

ARCHBISHOP'S ENGAGEMENTS FOR FEBRUARY - 2017

02	THU	06.15 a.m.	Mass, Cathedral
05	SUN	10.30 a.m.	Mass, Blessing of the new Church, Peria Nolambai
06	MON	09.00 a.m.	Science Exhibition, Petit Seminaire HSS, Uppalam
08	WED	09.30 a.m.	Blessing of the new school Building, Irudayampattu
09	THU	10.30 a.m.	Finance Committee Meeting
11	SAT	05.30 p.m.	Mass, Consecration of the new Church, Villianur
12	SUN	06.00 p.m.	Mass, Blessing of the new Church, Bramadesam, Narasinganur
15	WED		Board Meeting, Good Shepherd Seminary, Coimbatore

19	SUN	08.30 a.m.	Confirmations, Kallakurichi
		04.00 p.m.	Blessing of the renovated Principal House, SJC, Pondicherry
22-23			Board Meeting, St. Peter's Seminary, Bangalore
25	SAT	10.30 a.m.	Senate Meeting.

[sd]+Most Rev. Dr. A. Anandarayar
Archbishop of Pondicherry and Cuddalore

ARCHBISHOP'S EDUCATION FUND

No.	Date	Name	Amount
1	02.01.17	Staff, Immaculate Girls HSS, Pondicherry	25000
2	"	Cathedral Parish	10000
3	"	Jayarani High School, Pondicherry	5000
4	"	J.Marie Anna Dayavady, Pondy	2001
5	"	Anush and Joy, Reddiarpalayam	1000
6	"	Clodia John, Pondy	100
7	"	Well wisher, Cathedral	1900
8	"	V.Irudayamary, Vadalur	1000
9	05.01.17	A.Nedumaran, Cauvery silks	50000
10	"	Office Staff, Archbishop's House	2000
11	"	Society of St.Vincent De Paul, Cathedral	1000
12	"	LMC Members, Pondicherry	1000
13	"	St.Antony's Church, Attupatty	10000
14	"	St.Antony's Convent, Pondy	4000
15	"	Elavarsi Elizabeth, Nellithope	200
16	"	Well wisher, Nellithope	220
17	11.01.17	Sacred Heart Basilica, Pondicherry	20000
18	"	J.Francis Mary, Reddiarpalayam	2000
19	"	Marie, Pondicherry	2000
20	12.01.17	Sanjose Estate, Yercaud	10000
21	17.01.17	Amalorpavam Hr.Sec.School, Pondicherry	15000
22	"	Samsun's Shoes, Pondicherry	25000

23	"	Petit Seminaire Hr.Sec.School, Pondicherry	100000
24	"	I.Dominick Savier, Reddiarpalayam	5000
25	"	J.Midhun Albert, Pondy	1000
26	"	S.Rigobert, Kurusukuppam	500
27	"	Infant Jesus Church, Krishna Nagar	10000
28	"	Djegaradj Moncher, Pondy	2000
29	"	Cecilia Precilla, Rainbow Nagar	2000
30	25.01.17	Beski Family, Ulundurpet	15001
31	"	Parishioners, Ulundurpet Parish	2000
32	"	Y.Lawrence, Ulundruept	1000
33	"	Parishio council, Ulundurpet	1000
34	"	Legion of Mary, Ulundurpet	1000
35	"	People of Mathiyanur, Ulundurpet Parish	1000
36	"	Infant Jesus Anbiyam, Ulundurept	1000
37	"	M.Hepzeeba, Ulundurpet	200
38	"	Konankuppam Parish	15000

Total as on 31.01.2017 **346122**
Received up to 31.12.2016 **23568294**
Grand Total **23914416**

[sd]+Most Rev. Dr. A. Anandarayar
Archbishop of Pondicherry and Cuddalore

PARISH WISE LIST OF FINANCIAL HELP

TO THE POOR STUDENTS FROM 01.10.2016 TO 31.12.2016

No.	Name of the Parish	Amount
1	Adanur	6000
2	Alagappasamuthiram	10200
3	Anaiyeri	8500
4	Anilady	40000
5	Arasakuzhy	9000
6	Arcadu	15500
7	Ariancoupam	3000
8	Athipakkam	4000
9	Ayandur	11500
10	Basilica	11900
11	Cathedral	47500
12	Chinnasalem	3000
13	Cuddalore OT	1000
14	Cuddalore-1	500
15	Eraiur	160000
16	Fathimapalayam	20000
17	Gedilam-Maranodai	2000
18	Irundai	5500
19	Iruppurichy	74200
20	Kakkanur	3700

21 Kallakurichy	20000	51 Periyakurichy	15000
22 Kallery	500	52 Reddiarpalayam	13000
23 Kalpet	3000	53 Sathiamangalam	18000
24 Kanakkankuppam	11500	54 Sathipattu	54400
25 Kizhpathupet	105500	55 Seedeve	30000
26 Kodungal	8000	56 Sengadu	2000
27 Konankuppam	1000	57 Sepakkam Mission	2000
28 Kovilanur	10000	58 Vridhachalam	2000
29 Krishnankuppam	46650	59 St. Xavier's VPM	1000
30 Kunankurichy	2500	60 Tagore Nagar	3500
31 Madampattu	72600	61 Thely	2700
32 Maiyanur	10500	62 Therkunam	13500
33 Mel-pazhangur	23200	63 Thirukoilur	63000
34 Mel-sithamur	9100	64 Thirupapuliur	1000
35 Mel-vazhy	37000	65 Thurinjiollai	51500
36 Memalur	7000	66 Thurinjiipoondi	500
37 Michaelpuram	25400	67 Tindivanam	18600
38 Mugaiyur	50500	68 Ulundurpet	5000
39 Munnur	16500	69 Uluthur	3000
40 Muthialpet	100	70 Uppalam	5200
41 Nangathur	2000	71 Vadalur	12700
42 Narasinganur	10000	72 Veerareddikuppam	52600
43 Nedungampattu	5000	73 Velanthangal	16500
44 Nellikuppam	32000	74 Vellakulam	37500
45 Nellithope	20000	75 Vikravandi	10000
46 Neyveli	200	76 Villianur	64000
47 Nolambai Mission	6700	77 Viriyur	5400
48 Odiathur	5000	78 Charity and Medical	3250
49 Others	142150		
50 Periapet	3000		
		TOTAL	1630450

LIST OF THE POOR STUDENTS WHO RECEIVED**RS. 3000 AND ABOVE FROM 01.10.2016 TO 31.12.2016****Adanur**

Suguna, B.Sc N 6000

Alagappasamuthiram

Menaga, MA II 6200

Anilady

Qurisuki, B.Ed II	3000
Shoba, B. Ed II	22500
Jayasuriya, Diploma	10000

Arcadu

Vimalda Selva Jeyakumari, B.Ed	14000
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Avandur

Alciya, B.Ed	5000
Kumari, B.Ed	5000

Basilica

Jenifer, B.Tech	5000
Lourdumary, B.Ed II	3000

Cathedral

Helen Saral, B.Tech	20000
Priscilla Ethaline Visita, B.Ed.,	22500

Chinnasalem

Arokiamary, B.Ed	3000
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Eraiyyur

Arokia Mary J., B.Com II	7400
Elizabeth Rani, B.Sc II	4500
Julie Prema, B.Ed I	50000
M. Arokia Mary II B.Sc.	4000
Margaret Priyadarshini, II B.Sc.	7500
Nambikkai Mary, II B.Sc	7500
Nirmala, GNM	5000
Rexy Priyadarshini, B.Sc I	6000
Ruby Juliana Mary, II B.Sc	5400
Isabella Rani, B.Ed.,	22500
Jacintha Mary, B.Ed.,	22500
Amala Jayathi, B.Ed.,	10000

Fathimapalayam

Justin, B. Com I	3000
Selvi, B.Ed II	17500

Irundai

Jhansi Rani, Dip in Nursing	5500
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Iruppukurichy

Jacintha, MA I,	5400
Merline Philomina, B.Ed I	7500
Moni Joy Priya, MBA	5500
Monica Angel, B.Ed.	30000
Rufina Priya, B.Sc. B.Ed.	20800
Sherly BA III	5000

Kallakurichy

G.Jaya, B.Ed.	20000
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Kalpet

Sagaya Jenifer, Aviation	3000
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Kanakkankuppam

Arokia Jeoni, B.Ed	8000
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Kizhpathupet

Andranita Culas, BCA I	6900
Danuja, B.Sc N	3000
Kuyili, Computer Course	4200
Lood Thenuja, MBA	5000
Mary Paustinal, BE IV	49500
Reshma, XII Std	6000
Sharmitha, X std	6000
Uma Gandhi, II BA	5400
Sureka B.Sc. Nursing	10000
Fr.John Eric, B.A B.Ed.,	16000

Kovilanur

Lilly Pushpam, Kovilanur B.Ed.,	10000
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Krishnankuppam

Maria Filby, B.Ed I	40000
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Madampattu

Angel, D.Ted	15000
Jacqueline Mary, B.Ed I	30000
Josephine Mary, B.Ed.	24000
Savariammal, MSW	3000

Maiyanur

A. Arokia Mary, III BBM	7500
Maria Nevetha, B.Sc B.Ed	3000

Mel-pazhangur

Elizabeth Preethi, BDS	7500
Gnanapoo, III BA	5700
Helen Rubi III B.Sc.	5400
M. Arokia Mary, II BBM	5400

Mel-sithamur

Joseph Mary, III BA	7800
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Mel-vazhy

Arokia Kowsalya, B.Ed.	32500
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Memalur

Anthoniammal, MA II	5000
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Michaelpuram

Edvya Sherly, II B.Sc.	5400
I.Caroline Pushpathere, B.Ed.	10000
L.Dayana Juliat, B.Ed	10000

Mugaiyur

Antony Licia, B.Ed I	8000
Arokia Saratha, B.Ed I	8000
Francina, BA III	4500
Manushya, B.Ed I	8000
Nimina, BA I	5000

Selciya Roy, B.Sc	7000
Suganya, BA III	4500
<u>Munnur</u>	
Francisca Mary, B.Sc I	9000
Roseline, XII std	3000
<u>Narasinganur</u>	
Ammu, B.SC N	6000
Jacintha, B.Ed II	3000
<u>Nedungampattu</u>	
Vimal Roseline, B.Sc Nur	5000
<u>Nellikuppam</u>	
Jacintha, B.Ed II	30000
<u>Nellithope</u>	
Arul Jeya Srijia, IX std	3000
Maria Anand, BE	3000
Rosaline, B.Com II	8500
<u>Nolambai Mission</u>	
Priya J., B.Com I	6700
<u>Odiathur</u>	
Licy Flora, M.Sc II	4000
<u>Periapet</u>	
Monisha, B.Sc I	3000
<u>Periyakurichy</u>	
Joshi Alphonsa, B.Sc. Nurs	15000
<u>Reddiarpalayam</u>	
Bharathi, MBBS	3000
Pavendan, BDS	3000
Princy, XII std	3000

Sathiamangalam

Jenifer, BBA	3500
Kulandai Therese, B.E II	3000
Lydia, B.SC N	8000

Sathipattu

Celine Diana, B.Sc B.Ed	5500
Delphine Elizabethrani, B.Ed	7500
Jacqueline Mary, MA II	6000
Rosaline Romiyo, B.Sc III	15400
V.Antony Susannamary, B.Ed.	20000

Seedevi

Marial, B.Ed I	30000
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Therkunam

Ezhilarasi, DPA	7500
John Louis, II B.Sc B.Ed	5000

Thirukoilur

Anjugam E., GNM IV	4000
Kamali, XI std	13000
Shalini E., B.Sc N I	40000

Thurinjicollai

Arokia Celsiya, GNM I	4500
Elakkiya, B.Ed I	40000

Tindivanam

Charles Rickey, II B.SC	6000
John Rachael, BA III	5000
Vivekanandan, B.Com II	5100

Ulundurpet

Arokia Mary, B.Com II	5000
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Uppalam

Sophia Josephine Mary, BA B.Ed.	5000
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Vadalur

Arul Mary, BA II 5400

Veerareddikuppam

Arokia Lenciya, B.Sc Nur 15500

Merline, B.Ed 3000

Periyanayagimary, B.Ed II 30000

Velanthangal

Marial, B.SC Nursing 15000

Vellakulam

Jenovia, BA II 8500

Vasantha Mary, B.Sc. Nursing III 21000

Vijaya Kumar, B. Com II 6000

Vikravandi

Jenitha Rani, B.E IV 10000

Villianur

Leema Rosaline, MCA III 21000

Regina B.SC Nursing 40000

Viriyur

Gayathri, BCA III 5400

Fr. M. Maria Vianney
Secretary to the Archbishop**Rev. Fr. J.M. Gregory Louis Joseph**
Procurator**NECROLOGY****Please pray for the repose of the souls of Rev. Frs.:**

02-02-1957 Planat P., MEP

03-02-1954 Escande H., MEP

04-02-1964 Blaise L., MEP

05-02-1987 Verinaud J.B., MEP

06-02-1963 Matthew K.

14-02-1980 Joseph C.C.

15-02-1989 Henry Cailleault, MEP

25-02-2014 Elias R.

27-02-1953 Combes A., MEP

28-02-1971 Mgr.Mark Gopu G.J.

29-02-1972 Raveyre A., MEP

FROM THE DESK OF VICARS**Junior Clergy Exam:**

Young priests are enthusiastic in their call and service and God provides a golden opportunity during this year 2017 by way of a remote preparations for the forthcoming Archdiocesan Synod in 2019, with a renewed vision of the church in the modern world, which is articulated in the code of Canon Law (1983), the young priests could take up the unit in Canon law (460-468) and prepare a comprehensive study of the diocesan synod and present it in Tamil so that their fruit of study will serve all in the Archdiocese as a book approved by the Archbishop.

1. The Renewed Vision of the Church in reference to the Local Church
2. Sentire cure ecclesia: Feel with the church
3. Ecclesia Semper reformanda: Renewal of the church
4. The First Synod in Pondicherry 1846
5. The Forth coming Synod in Pondicherry 2019
6. Different types of preparations for the Synod
7. The celebration of the Synod

8. The follow up of the Synod

The Vicar General, the Judicial Vicar and the Episcopal Vicar will help the eleven of the young priests towards the preparation of the documents to be approved by our Archbishop and be circulated to all in the Archdiocese, the clergy, the religious and the laity by this year end.

Monthly Recollection:

Twice the clergy gather at the headquarters for common recollection during Advent and Holy Week and nine to ten times we gather for monthly recollection in the vicariates. For the recollections we have enough and more matters from the diocesan News Letter, Sarva Viabi and our own experiences in the parishes and the institutions in addition to major events in the society to discern, dialogue in the light of the Risen Lord. Let us co-operate with all especially the vicar forane for a fruitful and meaningful vicariate meeting to build our presbyterium and mission.

Sharing among ourselves

We appreciate the Fathers in charge who regularly share their experiences and concerns in the diocesan News Letter and Sarva Viabi. But still there are so many areas and concerns in the Archdiocese entrusted to the clergy that could be periodically shared with all so that all are concerned about our apostolate, difficulties and challenges. Let us not leave any one of our priests to face the concerns alone but be interested in their health care and humble service.

Sharing is an expression of love for our brother priests and our commitment to the pastoral, administrative and mission concerns to build the local churches. Thus the resources of good

in the diocese will be shared and we become vibrant creative and imaginative.

GO BEYOND

The society learns from the Church and the Church also learns from the Society, a mutual enrichment is good for all of us. Recently the supreme court has given a guidance that during the election, we are invited to go beyond religion, caste, language and ethnicity so that we are faithful to the secular constitution. And last November there was a sudden surprise of demonetization, although all are against black money, the methodology, the strategy has been poor. The end does not justify the means.

As a diocese all of us could pay serious attention to these two issues of going beyond and keeping only the white money. We also are bound to go beyond language, caste, and other factors and at the same time to follow the preferential option for the poor both in the Church and in the society. We still do not have financial committees in our institutions, parishes, colleges etc. It is high time that we have the financial committees to be faithful to the canon law and the civil law.

Rev. Fr. Legrand, MEP 90 years

Blossomed in France in Nov. 1926, ordained in 1950, landed in India 1953 and now he is very young, energetic and exemplary for all information and in parishes. There was an International Bible Symposium on "New paradigms of Mission in the Bible: Exegesis at the Service of Mission" on the 23rd and 24th of January 2017 at st. Peter's Pontifical Seminary, Bengaluru.

“St. Joseph’s silence does not express an inner emptiness but, on the contrary, the fullness of the faith he bears in his heart and which guides his every thought and action.”

St. Joseph shows his fidelity to God in his words but through his actions as he accompanies the Blessed Virgin Mary to Bethlehem, leads his family to safety into exile and ultimately brings them home to Nazareth; as he searches with Mary for his young charge and finds him in the temple after which, Bible tells us, Jesus lived under his parent’s authority. Through his silence, St. Joseph lets his life speak volumes about the importance of God’s mercy, obedience to the Will of God and hope in our sufferings. In the footsteps of St. Joseph, Mother Mary translates the silence of her heart into pro-active and productive silence. Whenever she could not understand the divine Will for her life, as the Gospel testifies, “She pondered them in her heart” (Lk.2:19) in Silence. St. Joseph is also the guardian of the Encounter of Families Program in worldwide and patronizes every family to the Holy Family. Envisioned such a pro-active, dynamic silence may let our personal and community life grow in the direction that the Holy Spirit has shown to us through the Year of Faith, Consecrated Life and the Jubilee Year of Mercy. 2017 will be good if people do good, says Pope Francis. He advised people to “say no to hate and violence and yes to brotherhood and reconciliation.” (cf. News Letter of the Archdiocese of Madras- Mylapore, January, 2017, pp1-2).

II. Pope Francis makes a strong call for Marriage Preparation (Vatican City, Jan 21, 2017)

In his annual speech to the Holy See’s main court on Saturday, Pope Francis stressed the pressing need for effective education

and preparation for the sacrament of marriage – not only to guard against invalid marriages, but also to strengthen the faith of the couple as they prepare for the unique blessings and challenges of married life.

“The goal of this preparation consists, namely, in helping engaged couples to know and to live the reality of marriage as it is intended to be celebrated, so that it is possible to do so not only validly and lawfully, but also fruitfully, so that they are able to make this celebration a stage of their journey of faith,” Pope Francis said. “Welcoming the guidance of the Fathers of the last Ordinary Synod, it is urgent to implement effectively what has already been proposed in *Familiaris Consortio* (no. 66),” he said.

“That is, as for the baptism of adults the catechumenate is part of the sacramental process, so the preparation for marriage must become an integral part of all sacramental marriage procedure, as an antidote that prevents the increase of invalid or tenuous marriage celebrations.”

The Pope delivers a speech to the members of the Rota, a court of higher instance at the Holy See, each January to inaugurate the court’s judicial year. In this year’s speech, Francis noted that the breakdown of faith, religious values, and belief in eternal truths, particularly regarding the family, has become widespread even among Christians, which can impact the awareness and consent with which people enter into the sacrament.

At the same time, the different backgrounds and experiences of faith of those seeking Christian marriage cannot be ignored, he said. “Some participate actively in parish life; others will come for the first time; some also have a life of intense prayer; others

are, however, driven by a more generic religious sentiment.” “Faced with this situation, we need to find valid remedies,” the Pope emphasized.

The first remedy he proposed is the training of young people: “through an adequate process of preparation aimed to rediscover marriage and the family according to God’s plan,” he said. The meetings between a priest and an engaged couples are, of course, a fundamental and important part of their preparation. But more than that, Francis said, the period of a couple’s engagement becomes “an extraordinary opportunity for mission” for the “whole community.”

“The Christian community to which the engaged turn is called to cordially announce the Gospel to these people, because their experience of love can become a sacrament, an effective sign of salvation. In this circumstance, the redemptive mission of Jesus reaches the men and women in the concreteness of their love life.” For many young people, the approach of marriage with all of the changes involved, can be a period of increased openness to a renewal of faith and encounter with “Jesus Christ, with the message of the Gospel and the Church’s doctrine,” the Pope said.

In this regard, teaching the truth about marriage and love becomes extremely important, Francis reminded the judges. He quoted from Benedict XVI’s last speech to the Rota on Jan. 26, 2013, in which he said that “only in being open to the truth of God [...] is it possible to understand and to achieve in the concreteness of life, even marriage and family, the truth of man...” “The rejection of the divine proposal,” Benedict said, “in fact leads to a profound imbalance in all human relationships [...], including the matrimonial one.”

Pope Francis went on to quote from *Lumen fidei*, his first encyclical, which says that “Love needs truth. Just as it is based on truth, love can last in time, overcome the ephemeral moment and stand firm to support a common path.” “If love has no relationship to the truth, it is subject to the changing feelings and does not pass the test of time,” *Lumen fidei* continues. “True love instead unifies all the elements of our person and becomes a new light towards a great and full life.”

From this perspective, another vital aspect of building up the truth of marriage is in continuing to support and strengthen couples even after the wedding, Francis said. “You need to identify with courage and creativity, a training project for young married couples, with initiatives aimed at increasing awareness of the sacrament received.”

Often, he said, a young couple is left to themselves, perhaps because they are not even seen in the parish, or the birth of children keeps them busy, “but it is in these first moments of family life they must be guaranteed greater proximity and a strong spiritual support.”

“The Christian community is called to welcome, accompany and help young couples,” by offering them opportunities and tools, aside from just Sunday Mass, he said, including programs for within the parish and within the home.

May the coming Holy Lenten Observances bring Peace at the Families and thanking you.

Fr. S. Pascal Raj

Judicial Vicar

COMMISSIONS AND REPORTS**ST. XAVIER'S PASTORAL CENTRE****Anbiyam**

In the month of December on 17th we conducted one day seminar for all the Chief Coordinators of all the parishes of our diocese. 47 coordinators from 35 parishes attended. I thank the Parish Priests who have responded positively. Now, we have completed the celebration of the month of Anbiyam (BEC). The Regional commission for Anbiyam would like to have a Diocesan Report of this celebration. So, I request all the Parish Priests to send me a small report of this celebration in your parish. Besides Sunday liturgy, if you have organized any celebration or social activities either in the parish level or in the Anbiyam level kindly mention them. You can send your report either by post or by e-mail (fr_philo@yahoo.com)

Parish Pastoral Status Information Forms

Last month I sent you a formulaire to get information regarding our parishes. Only a few Fathers have sent the filled in formulaires. Kindly the other Fathers are requested to send the forms as early as possible, so that we can coordinate the commissions to assist us according the needs of our parishes.

Madha T.V.

A few of the Fathers are taking steps to organize khjk; NjhWk; khjTf;F &. 100/- plan in there parishes. I whole heartedly thank them. Now kindly get the subscribers forms and bill books from me and give my phone number to the agents and ask them to contact me for the procedure to be followed.

Prayer Meeting in February

Last month there was a good response for the prayer meeting in our centre, which was conducted by Rev. Fr. Octovious. Around 450 people attended and profited by it. This month we are having the Prayer Meeting on 18th February, Saturday from 09.30 a.m. to 04.30 p.m. Rev. Fr. G.J. Antony, the Secretary of TNBC Commission for Prison Ministry will conduct the prayer meeting basing his thought on "The Eucharist". He has already conducted the first part of the session a few months back. This is the 2nd part of it. Kindly announce in your parishes, if possible and encourage the people to attend it.

Fr. A. J. Philomindoss

Director, Pastoral Centre

SC/ST COMMISSION REPORT**1. The Students Skill Development Programme**

The Students Skill Development Programme will be conducted on 4th-5th February 2017 for 9th standard boys and girls. I kindly request the parish priests to send two boys and two girls from each parish.

Place: SAMSS Office, Vikravandi

Date: 4th-5th February 2017 (Saturday & Sunday)

Time: 10Am

2. National Dalit Christians women Leadership Meet:

This meeting will take place in Bangalore on 13th and 14th February 2017. The purpose of the meet is to analyse the reality of Dalit Christian women, to discuss the way forward and to enhance the capacity of Dalit Christian women Leadership.

3. Launching of the Document "CBCI Dalit Policy":

The Historical Document "CBCI Dalit Policy" will be released on 14th February 2017 in different language at Indian Social Institute (ISI), Bangalore.

Fr. A. Arputharaj
Secretary, SC/ST Commission.

Doctor's Message

Exercises That Will Improve Your Eye Health!

Continues...

4. Half-Closing Your Eyes: This exercise, taken from traditional yoga, is meant to strengthen your eyelids, which have an important role in supporting the eye.

Duration: 1 1/2 minutes

Partially close your eyes, make sure your eyelids cover no more than half the eye. If your upper lids start shaking, concentrate until they stop. You can try focusing on a distant object. Remain in this state for 10-15 seconds, and then slowly close your eyes. Take a few deep breaths to increase your blood flow. Visualize that the clean air you're inhaling going into your eyes. Exhale, then repeat for a minute.

5. Number 8 Movement: This exercise will strengthen the eye muscles and will improve their flexibility. Repetitions: 10 per direction Sets: 3

Imagine the number 8 lying down (8). Track that shape with your eyes – do this slowly without moving your head. After completing 10 repetitions to one direction, blink for a few seconds, then perform 10 more repetitions to the other direction.

6. Massaging the Eyes, Temples, and eyebrows: This exercise relaxes the eyes and reduces strain and tension by increasing blood flow to these areas. Additionally, the mild pressure on the tear ducts will increase the moistness in the eyes, which provides relief for tired eyes. Repetitions: 3

Close your eyes. Lightly press on your upper eyelids and gently massage them in circular motions using 3 fingers. Perform 10 clockwise movements, and then 10 counter-clockwise movements. Repeat the same exercise on the lower eyelids. Use your fingertips to massage your temples in circular motions. Do this 20 times in a clockwise direction, and then 20 more times in a counter-clockwise direction. Massage the point between the eyebrows. Apply gentle pressure on the inner edges of the eyebrows (by the nose), and then release. Perform this exercise 3 times.

7. Controlled Cross-eyed Focusing: This exercise will strengthen your eye muscles, as well as train your eyes to focus on nearby objects, thus relieving stress on the eyes. Duration: 5-10 Minutes

Make a noticeable mark on a pencil. Hold the pencil vertically with your arm fully stretched, with the mark facing you. Focus on the mark, but do not proceed to step 4 until you're 100% focused on the mark. Slowly move the pencil closer to your face, while keeping total focus on the marked pencil. Try and maintain a straight line with your nose. Your eyes will have to adjust to keep the pencil in focus. Stop at the point where you start seeing double. Without moving your head or the pencil, look away and focus on something else, and then take a 5-second break from the exercise. If the change in focus bothers your eyes, close them for a few seconds. During this time, do not move your head or the pencil. Once your eyes feel rested, look back at the marked pencil, until you're fully focused on it. If it takes some time at first, don't be discouraged. If you still see the pencil twice after 2-3 tries, proceed to the next step. Slowly move the pencil away from your face while staying focused on it. Repeat for 5 minutes a day. Once this becomes easy, repeat for 10 minutes a day.

Dr. Irudayaraj
Medical Consultant



Rev. Fr. C. David, RIP



Feast Mass, Konankuppam



Annual Retreat - First Batch

325th Anniversary of the Immaculate Conception Cathedral



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