



ARCHDIOCESE OF PONDICHERRY & CUDDALORE
NEWSLETTER

SEPTEMBER 2016

VOL. 33 NO. 9

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CONTENTS

ARCHBISHOP'S MESSAGE

FROM PROCURATOR'S DESK

ENGAGEMENTS

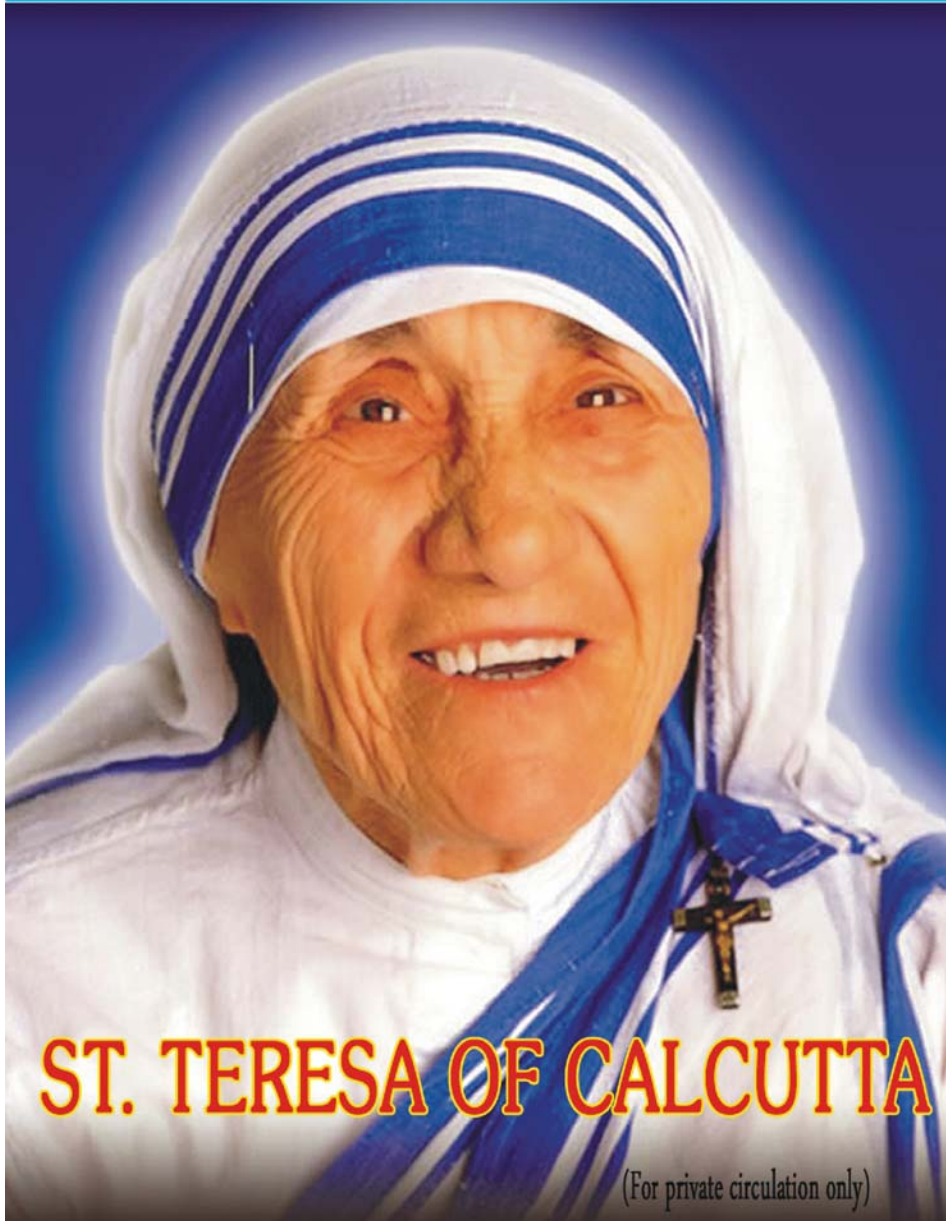
TRIBUNAL

EDUCATION FUND

COMMISSIONS AND REPORTS

NECROLOGY

DOCTOR'S MESSAGE



ST. TERESA OF CALCUTTA

(For private circulation only)

Blessing of the New Church of Our Lady of Good Health, Muthanankuppam, Veerareddikuppam



The Holy Father's Prayer Intentions for September 2016

General: That each may contribute to the common good and to the building of a society that places the human person at the center.

Mission: That by participating in the Sacraments and meditating on Scripture, Christians may become more aware of their mission to evangelize.



ARCHBISHOP'S MESSAGE



ST. TERESA OF CALCUTTA

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

1. St. Teresa of Calcutta

We are very happy that Blessed Mother Teresa of Calcutta is going to be canonized on 4th September 2016. She is God's beautiful gift and marvellous grace to the church and to the world. Let us thank God for the precious gift of St. Teresa of Calcutta.

Sr. Teresa

Gonxha Agnes Bojaxhiu, the future Mother Teresa of Calcutta was born on 26.08.1910 in Albania.

On 26.09.1928 she joined the Institute of the Blessed Virgin Mary (the Loretto Sisters), a non-cloistered congregation of

women religious, primarily dedicated to education of the youth. From childhood she had a great love for Jesus and for the souls. She wanted to be a missionary. Inspired by St. Therese of Lisieux (1873-1897), the patroness of the missions and who had a great love for Jesus and for souls, she took the name of Teresa as a Loretto nun.

A Missionary

Love for Jesus, love for the souls and love for the poor brought Sr. Teresa to Calcutta on 06.01.1929. Having completed her formation, she made her First Religious Profession on 25.05.1931. She devoted herself in a special way for the formation and education of the youth. On 24.05.1937 she made her Final Profession. From 1937 to 1948 she was a teacher at St. Mary's Bengali Medium school for girls.

Mother Teresa

Sr. Teresa was an exemplary religious and dedicated teacher. By deep personal and ardent prayer she was intimately united with the Lord Jesus. Lovingly and willingly, cheerfully and faithfully she fulfilled all the duties of her life as a religious and as a teacher. **She used to visit the slums on Sundays and this apostolate left a deep impression on her.**

In April 1942 she made an exceptional **private vow: To give God anything He may ask, Not to refuse Him anything.** She totally surrendered herself to God's will. She did all things, even the little things, with extraordinary spirit of service, sacrifice and dedication.

The Call Within a Call

On Thursday, 10th September 1946, Mother Teresa was travelling by train from Calcutta to Darjeeling. During this journey she had a decisive **mystical encounter with Jesus-she felt a call within a call, a vocation within her vocation. It**

was a vocation to give up everything, to give up even Loretto, and to go into the streets, to go into the slums to serve the poorest of the poor. Mother Teresa considered this day as “**the Day of days in her life**” as “**the inspiration Day**” to be **the real beginning of the Missionaries of Charity.**

“**I thirst**” – these words of Jesus hanging on the cross, pierced the heart of Mother Teresa. Jesus is thirsting for souls. Mother Teresa felt that her **new vocation is to quench the thirst of Jesus by loving Him and serving Him in the poorest of the poor.** She united herself more and more with Mary, our Mother, standing at the foot of the Cross, and tried to satiate the thirst of Jesus by prayers, services, sacrifices and self-sacrifice.

The Missionary of Charity

Following the due procedures, Mother Teresa obtained the required permissions from the competent ecclesiastical authorities to leave the Loretto Congregation and to start her own Congregation. On 21st December 1948 Mother Teresa went into the slums of Calcutta for the first time as a **Missionary of Charity.** With absolute trust in divine providence, clad in a white sari with a blue border, with a Rosary in her hand, Mother Teresa with the poorest of the poor in the slums of Calcutta became the living Gospel, making Jesus present among the poor, the unwanted the unloved, the uncared for and the marginalized.

The New Society: On 7th October 1950 the Society of the Missionaries of Charity was officially erected as a Diocesan Congregation in Calcutta. Its patroness is: The Immaculate Heart of the Blessed Virgin Mary. Its purpose is: To quench the thirst of Christ by loving and serving the poorest of the poor. On 22nd August 1952 (at that time feast of the Immaculate Heart of Mary) “**NIRMAL HRIDAY**” (Pure Heart) was started. Mother Teresa regarded the Nirmal Hriday as the “**treasure house**” of the

Congregation-she brought in there the neglected, the rejected, the unwanted and took care of them.

Marvellous Growth: Inspired by the praying, loving, serving and sacrificing life of Mother Teresa many women joined the Congregation. In 1953 the community of the Missionaries of Charity started living in a house on Lower Circular Road in Calcutta which is still today the Mother House of the Congregation. Thus the **inspiration of 1946** became a **living reality** – a flourishing community, loving and serving the poorest of the poor in Calcutta. In 1959 new foundations in Ranchi and Delhi were started.

Superior General: In October 1961, the First General Chapter of the Congregation was held. Mother Teresa was elected as the **First Superior General** of the Congregation and she continued in the office till March 1997. In 1965 the Congregation became a **Pontifical** one.

God’s Work: The Congregation of the Missionaries of Charity is **God’s Work.** God abundantly blessed the prayers, services and sacrifices of Mother Teresa and her Sisters. The Missionaries of Charity are doing something beautiful for God. Today thousands of the Missionaries of Charity from many countries are satiating the thirst of Jesus in many countries by loving and serving the poorest of the poor.

Deep Prayer Life: The secret of the success of the apostolate of Mother Teresa and her sisters consists in their intimate union with God through deep prayer life. The Eucharist remains the centre of the life and apostolate of the Missionaries of Charity. Daily they participate in the Mass, receive Holy Communion and pray long hours at the feet of the Eucharistic Lord. From the Eucharist they get the necessary inspiration and energy, courage and perseverance for their daily hard works.

Testimony of Life: The greatest apostolate of the religious is the testimony of their life. By a life of simplicity and poverty, and solidarity, they bear powerful witness to Christ; they make Christ present among the poor and the marginalised. They are **with** the poor and share the life of the poor.

The Apostolate

From the Lord to the people: Mother Teresa and her sisters begin their day at the feet of the Eucharistic Lord – Holy Mass, Holy Communion, prayers. By their prayers and services, by their holy and exemplary life, they take Jesus to the hearts of the poor. The presence of Jesus is grace, joy and peace for the poor, for the people.

From the People to the Lord: Mother Teresa and her sisters end their day at the feet of the Eucharistic Lord in deep adoration. They bring the poor, the marginalized, the unloved, the unwanted with all their needs and place them at the feet of the Lord.

- The life of Mother Teresa and her sisters is a constant moving from the Lord to the people and from the people to the Lord. They carry the Lord Jesus, to the hearts of the people and they bring the people to the feet of Christ. This is evangelization par excellence.
- The presence of Mother Teresa and her sisters is a **grace-filled** presence. They are beautiful channels of God's graces for the people.

St. Teresa of Calcutta

Mother Teresa died on 5th September 1997. She was beatified on 19th October 2003 by Pope St. John Paul II. On Sunday, 4th September 2016, she is canonized. She is not simply one of the Saints of the Catholic Church. She is a **special saint** for the life and mission of the Church.

- St. Teresa of Calcutta **loved** the crucified Jesus with the maximum love a human heart can have.
 - St. Teresa of Calcutta **quenched the thirst of Jesus, the crucified by loving** the poorest of poor, by **living with** the poorest of the poor and by **serving** the poorest of the poor.
- O St. Teresa of Calcutta, Pray for us.

2. Congratulations

On the happy occasion of the canonization of St. Teresa of Calcutta, we offer our hearty felicitations to very Rev. Mother Prema, the Superior General, all the Missionary Sisters of Charity, the Missionary Brothers of Charity and the Lay Missionaries of Charity.

3. Sabbatic Leave

On request Fr. J. Paul and Fr. A. Zacharias have been granted sabbatic leave.

4. Appointments

- ◆ Very Rev. Msgr. A. Arulanandam is appointed the secretary of Pope John Paul II College of Education (additional charge)
- ◆ Rev. Fr. L. Peter Paul is appointed the secretary of St. Ann's College of Arts and Science, Tindivanam.

5. 130 Years of Graces

First September 2016 marks the 130th anniversary (1886 – 2016) of the canonical erection of our Archdiocese. On that day let us pray in a special way for our Archdiocese.

ARCHBISHOP'S ENGAGEMENTS FOR SEPTEMBER - 2016

02	FRI	06.00 p.m.	Mass, Sacred Heart Basilica.
07	WED	10.30 a.m.	Mass, Blessed Mother Theresa Model School, Pondicherry.
08	THU	06.00 p.m.	Feast Mass, Kirumampakkam.
10	SAT	05.30 p.m.	St. Teresa Feast Mass, Cathedral.
		06.45 p.m.	Public Function, Cathedral Campus.
11	SUN	08.00 a.m.	Feast Mass, Ariyankuppam.
14	WED	03.00 p.m.	Madha TV meeting, Chennai.
15	THU	06.15 a.m.	Feast Mass, Tindivanam.
17	SAT	10.30 a.m.	Meeting of the College of Consultors.
20-22			CCBI Executive committee meeting and CBCI Standing Committee meeting, St. John's Bangalore.
25	SUN	11.00 a.m.	Mass, DOS Teachers, St. Joseph's Cuddalore-1
26-30			Annual Retreat.

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

ARCHBISHOP'S EDUCATION FUND

No.	Date	Name	Amount
1	02.08.16	St. Anne's Church, Korukumedu	10000
2	"	Brinda Maria Theresa, Coonoor	5000
3	"	Kirubalaya, Korukaimedu	1000
4	"	Well wisher, Pondy	5000
5	"	L.Arokiaraja, Govindasalai	10000
6	"	PMSSS, Pondicherry	20000
7	"	Well wisher, Pondy	5100
8	09.08.16	Fr.S.Napoleon, Pondy	11100
9	"	Kirsten, Pondy	8500
10	"	Maria, Pondy	8500
11	"	Hildebert, Pondy	8500
12	"	A.Irudayaraj, Karaikal	1500
13	12.08.16	Rainbow Nagar Parish	20000
14	"	Kalpet Parish	10000
15	"	Well wisher, Pondy	5000
16	"	Richard Isidore, Pondy	500
17	18.08.16	Santa Clara Convent, K.Manaveli	1500
18	"	Well wisher, Pondy	5000
19	"	Well wisher, Cuddalore	5000
20	"	Confirmation Childrens, N.D.Des Anges, Pondy	25000
21	"	Assumption Church, Pondicherry	25000
22	"	Well wisher, Nellithope	1000
23	23.08.16	Sri Velaayutham Constructions, Pondy	10000
24	"	People of Muthanankuppam, Veerareddikuppam	1000
25	"	Parishioners, Veerareddikuppam parish	500
26	"	Anbiyangal, Muthanankuppam, Veerareddikuppam	500
27	"	Legion of Mary, Muthanankuppam, Veerareddikuppam	500
28	"	Madha sabai, Muthanankuppam, Veerareddikuppam	500
29	"	Well wisher, Pondy	5000
30	"	Well wisher, Kallakurichy	5000
31	26.08.16	Eraiur Parish	10000
32	"	Confirmation Children (Girls), Eraiur	5000
33	"	Confirmation Children (Boys), Eraiur	5000
34	"	V.S.Devadoss, Eraiur	6000
35	"	Amaladoss, Eraiur	5000

36	"	St. Anne's Girls Middle School, Eraiyur	5000
37	"	Immaculate Heart of Mary Convent, Eraiyur	5000
38	"	Assisi Hospital, Eraiyur	5000
39	"	Lourdu madha presidium, Eraiyur	2200
40	"	Anthuvan Sagayaraj, Eraiyur	2000
41	"	Kariakarargal, Eraiyur	2000
42	"	K.S.Irudayaraj, Eraiyur	1000
43	"	Irudaya Annai presidium, Eraiyur	1000
44	"	People of Vada Kurumbur, Eraiyur	1000
45	"	Jabamalai Madha presidium, Eraiyur	500
46	30.08.16	SAMSS, Vikravandi	5000
47	"	Well wisher, Pandy	5000
48	"	Well wisher, Cuddalore	5000

Total as on 31.08.2016 **285900**
Received up to 31.07.2016 **21796661**
Grand Total **22082561**

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

BLESSINGS

1. Blessing of the New Church of Our Lady of Good Health, Muthanankuppam, Veerareddikuppam

The newly built church of Our Lady of Good Health at Muthanankuppam in Veerareddikuppam was blessed and opened by His Grace Most Rev. Dr. A. Anandarayar, Our Archbishop, on 18th August 2016. We greatly appreciate the efforts of Rev. Fr. A. Berchmans Peter, the parish priest and we thank all the donors and parishioners for their generous contributions.

LIST OF SEMINARIANS IN THE YEAR 2016-2017

Major Seminarians

Sl. No.	Name	Parish	Seminary
<u>IV Year Theology</u>			
01.	J. John Paul	Kanakkankuppam	St. Peter's
02.	A. Amala Madhavan	Thely	Good Shepherd
03.	Irudayaraj	Panikankuppam	Good Shepherd
<u>III Year Theology</u>			
04.	R. Alex	Fathimapalayam	St. Peter's
05.	D. Arokia Sagayaraj	Viriyur	St. Peter's
06.	S. Jayaseelan	Kommedu	Good Shepherd
07.	L. Jeeva Edward Edison	Alagappasamuthiram	Good Shepherd

II Year Theology

08.	S. Alex Oli Kumar	Veerareddikuppam	Good Shepherd
09.	A. Arul Pushparaj	Sengadu	Good Shepherd
10.	A. Mariya Susai	Eraiyur	Good Shepherd

I year Theology

11.	P. Chinnappan	Cathedral, Pandy	St. Peter's
12.	S. Johnson	Kovilanur	St. Peter's
13.	A. Jayabalan	Irundai	Good Shepherd

Regency

14.	M. Bart Augustine	Nellithope	St. Peter's
15.	V. Johnson Mariya Joseph	Velanthangal	St. Peter's
16.	A. Aron	Kommedu	Good Shepherd
17.	M. Prem Kumar	Manampoondi, Thirukoilur	Good Shepherd

III Year Philosophy

18.	P. M. S. Jeeva	Keezhvayalamur, Anilady	St. Peter's
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II year Philosophy

Nil

I year Philosophy

- | | | |
|----------------------------|-------------------------|---------------|
| 19. Deva Pushparaj | Reddiarpalayam | Good Shepherd |
| 20. C. Auxilium Selvakumar | Arcadu | St. Peter's |
| 21. A. Geo Francis Xavier | Seedeve – Saveriarpuram | St. Peter's |

Propaedeutic Course

- | | |
|-------------------|--------------------------|
| 22. J. Gilbertraj | Azhagapuram, Sozhampattu |
|-------------------|--------------------------|

College Seminarians and Latinists in St. Agnes' Seminary**III Year College**

- | | |
|---------------------|-----------------------|
| 23. N. Alpha Venis | Neyveli Township |
| 24. V. John Britto | Arumpattu, Madampattu |
| 25. A. Thomas Berna | Nellitope |
| 26. S. Vincent | Sathiamangalam |

II Year College

- | | |
|-------------------|---------------|
| 27. I. Paul Rouso | Iruppukurichy |
|-------------------|---------------|

I year College

- | | |
|---------------------------------|--------------------|
| 28. Bro. R. Albert raj | Iruppukurichy |
| 29. Bro. A. Anthony Prabakaran | Alagappasamuthiram |
| 30. Bro. A. Donald Robin | Sathipattu |
| 31. Bro. B. Vivek Chandru Menan | Adhanur |

Latinists

- | | |
|-------------------------|---------------------------|
| 32. B. Antonyraj | Viriyur |
| 33. D. Joyson | Mugaiyur |
| 34. R. Lourdu Sagayaraj | Thely |
| 35. D. Tony Clinton | Elemangalam, Mel-Sithamur |

Rev. Fr. P. Rozario

Rector, St. Agnes' Seminary

NECROLOGY**Please pray for the repose of the souls of Rev. Frs.:**

- | | |
|------------|---------------------|
| 03-09-1971 | Lamathe J.M., MEP |
| 08-09-1975 | Cussac A., MEP |
| 08-09-1998 | Irudayaraj M. |
| 10-09-1980 | Raja G. |
| 10-09-1993 | Vanchipura J. |
| 14-09-1976 | Chauvet R., MEP |
| 15-09-1970 | Gandy S.J. |
| 16-09-1976 | Gnanapragasam A.M. |
| 22-09-1969 | Paul S. |
| 22-09-1986 | Lazar Chinnappa C. |
| 26-09-1982 | Amalorpavanather A. |
| 27-09-1983 | Antonisamy K.P. |
| 29-09-1981 | Anthony G.M. |
| 29-09-1991 | Yagappa P. |
| 30-09-1982 | Hougard A., MEP |

FROM THE DESK OF VICARS**01. Come September**

26th to 30th Monday to Friday days of withdrawal from active service to passive prayer in the Archbishop's House for the Second batch of Diocesan Priests during the annual retreat experience to be guided by the Vicar General of Madras-Mylapore, an experienced Scripture Professor Rev. Fr. S. J. Antonisamy, come and enjoy and grow in Christ-consciousness without any distraction and other commitments. Let people pray for us.

02. A Good News for the Local Church

The priestly senate was happy to receive the good news of "The Archdiocesan Synod" by our Beloved Archbishop on the 20th of August 2016 in remembrance of the First Synod in 1844. Further

Binated / Trinated Mass Intentions received

Date	Name of the Priest	No. of Masses
05.08.2016	Fr.A.J.Lawrence	4 mass intentions

Rev. Fr. J.M. Gregory Louis Joseph
Procurator

**ARCHDIOCESAN SCHOLARSHIP FOR THE
DESERVING POOR STUDENTS**

The application forms for the Archdiocesan Scholarship for 2016 will be available in the Archbishop's House from 01-09-2016 till 10-10-2016. The last date for submitting the application is 20th October 2016. The cost of the application is Rs. 15/-

The Parish Priests are requested to take note of the following while applying for the Archdiocesan Scholarship for the poor:

1. Only those applicants whose parents' income is below Rs. 60,000/- per annum will be considered.
2. Only those applicants who study the following courses in recognized government institutions will be considered Nursing, B.Ed., B.F.A., Isai Kalai, Phy. Education, D.G.M.N., Polytechnic, D.T.Ed., DSE-HI, B.Pharm, D.Pharm, B.P.E.S., B.P.T., C.M.L.T., I.T.I., Health Asst. Printing Technology, D.M.L.T., E.C.G., Tailoring – 3 Years Only, B.Sc.(Catering) – 3 Years, Diploma in Physiotherapy, Catering Technology, Hotel Management – 1 Year and Community College (1 Year).
3. Only those applications, completely filled-in with certificates from the college or institution, with Parish Priest's Seal and Signature, with signature of the parent and the applicant will be considered.

N.B. Applicants who **have already received any help from ARCHBISHOP'S EDUCATION FUND or SC/ST COMMISSION SCHOLARSHIP FUND are not given**

scholarship forms. Parish priests are kindly requested not to recommend those applications. Only one member in a family is accepted to issue an application. Please do make an announcement in the parish and help the poor.

Very Rev. Msgr. A. Arulanandam

Vicar General

VOICE FROM METROPOLITAN MATRIMONIAL TRIBUNAL - 71

Acts with a Juridic effect in the Canons on Marriage

The 111 canons on marriage in Title VII of Book IV of the Code of Canon Law (cc.1055-1165) are the best known canons of the Code, not only to canonists but also to parish ministers who prepare couples for marriage, apply for permissions and dispensations, celebrate weddings and record them, and give initial assistance and follow up to parties seeking a declaration of invalidity of marriage, dissolution, convalidation, etc. Because of this fairly wide familiarity with and the canonical and pastoral significance of these canons on marriage, they usefully serve the purpose of this study, which is to promote a greater understanding of the variety of acts in canon law that have juridic effects.

The minister of a sacrament must have the intention of celebrating it, namely, the intention to do what the church does (*intentio faciendi quod facit Ecclesia*). Also, like juridic acts, certain sacraments and sacramentals, in addition to their spiritual effects, also have juridic effects. With respect to sacraments, the *spiritual* effects for rightly disposed recipients come from the grace of the sacrament itself (cf.c.840) and, in the case of sacramentals, through the intercession of the Church (c.1166). The *juridic* effects are attributed to these liturgical acts by canon law, and they come about simply by the valid celebration of these rites. Several liturgical rites have juridic

effects pertinent to the canon law of marriage, namely, baptism, the rite of reception into the Catholic Church, confirmation, and holy orders.

The Sacrament of baptism has profound and manifold juridic effects with respect to marriage. Baptism is the door to the other sacraments (*ianua sacramentorum*, c. 849), necessary for the valid reception of all the other sacraments (c.842§1), including marriage. The sacrament of marriage only exists by a valid matrimonial contract between two parties, both of whom are baptized (c.1055). The liturgical Rite of Celebrating Matrimony is, however, a sacramental, not a sacrament. There is no juridic effect of this rite. The marriage comes about as a result of the exchange of consent that takes place during the course of the rite; the juridic act of consent to the matrimonial contract occurs within the liturgical act. The sacrament is not effected by the liturgical rite, whose minister is the priest or deacon who has the faculty to assist at the marriage, Rather, it comes about by the consent of the parties who, in the tradition of the Latin Church, are the ministers of the sacrament. Baptism also has other effects in the canon law of marriage:

◆ a Catholic may validly marry a baptized non-Catholic even without the permission of the local ordinary (cc.1124-1125) but may not validly marry a non-baptized party without a dispensation (c.1086 §§ 1,2):

◆ marriage between two baptized parties, if consummated, cannot be dissolved by any human power or by any cause except death (c.1141,cf,c.1061);

◆ a person in a non-sacramental marriage who is baptized may marry again if the conditions exist for the pauline privilege (cc.1143 ff.);

◆ a person who has more than one spouse and is baptized may retain one of the spouses, if it hard for him/her to remain with the first spouse, after the others have been dismissed (c.1148 §1);

◆ a non-baptized person who, after receiving baptism in the Catholic Church, cannot restore cohabitation with a non-baptized spouse by reason of captivity or persecution can contract another marriage even if the other party has received baptism in the meantime(c.1149);

◆ a Catholic who marries another Catholic or baptized non-Catholic has the (implicit) right to be married in his/her parish church(c.1118 § 1; cf. cc. 213, 843 § 1).

Several canons in marriage law mention reception into the Catholic Church after baptism (cc.1086 § 1, 1117, 1119, 1124), an act which brings about the same juridic effects as baptism in the Catholic Church (cf.c.11). Such reception occurs when a baptized non-Catholic becomes a Catholic through the Rite of Reception into the Full communion of the Catholic Church. This rite must be used except in the case of Eastern Christians who, when being received into full communion, only make a profession of faith before the competent authority. For validity, the competent authority to preside at the liturgical rite of reception (or to receive the profession of faith of an Eastern Christian) is the diocesan bishop or other priest who by office or delegation by the bishop has the necessary faculty. The liturgical rite of reception into the Catholic Church is a constitutive sacramental. Its valid celebration brings about the reception without any juridic act on the part of the minister or the one being received. An integral part of the rite is the administration of the sacrament of confirmation. Only after the confirmation does the ritual refer to the person as the “newly received” (*noviter admissus*). Clearly, the juridic effect of admission to the full communion of the Catholic Church does not occur by a juridic act but is an effect attributed by law to the liturgical rite itself, which is an act of the whole Church.

In marriage law, confirmation is a requirement for the licit celebration of marriage, but it is not absolute: the parties should be confirmed before being admitted to marriage “if they can do so without serious inconvenience” (c.1065 § 1). One of the marriage canons establishes

a juridic effect of the sacrament of holy orders: it is an impediment to marriage (c.1087) whose dispensation is reserved to the Apostolic See (c.1078 § 1, 1°). (A juridic act is a human act, lawfully placed knowingly and freely by a capable and competent person, which has one or more juridic effects).

Finally, certain juridic facts are best classified as illicit acts to distinguish them from legitimate juridic facts. These are canonical delicts and other offenses against the divine or ecclesiastical law which have juridic effects. They are relatively numerous in the canon law of marriage. The pastor who is attentive to the nature of the manifold acts in the law will have a fuller grasp of the law's meaning and the manner in which it must be applied in practice.

Information: The XXX Annual Canon Law Conference of India is to be held at St. Joseph Vaz Spiritual Renewal Centre in Goa from Monday 17 to Friday 21, October, 2016. Five of our canonists will participate in the conference. I will be away from the tribunal office. This is for your kind information. Thanking you.

Fr. S. Pascal Raj
Judicial Vicar

COMMISSIONS AND REPORTS

ST. XAVIER'S PASTORAL CENTRE

To All the Commission Secretaries

Dear Rev. Secretaries of the Commissions. Kindly conduct your annual evaluation and planning meeting of your commission (if you have not yet conducted) and send me the report and the future proposal for this year and mention also about your situations of inabilities to bring your vision and plan into practice in our parishes. Once I get all the reports, according to the

availability of our Archbishop, we will have our annual Commission Meeting in the month of September.

Matha Television

Kindly go through the website of Matha T.V.

“Mathasocialcommunications@cameoindia.com” and learn about the 4th general body meeting that is going to be held on 14th September 2016 and kindly announce to the shareholders that they can participate electronically by on line participation and they need not physically be present, there in the venue because it is impossible to have around 30,000 shareholders in one place for the general body meeting. Kindly ask them to visit the Website and follow the instructions given there.

Kindly encourage also our people to rise the Airtel an Skysat dishes. So that they can enjoy our Matha T.V. programmes. Kindly encourage them also to become Matha T.V. subscribers by paying Rs.100/- per month for Matha T.V. productions as subscription not as donations.

Fr. A. J. Philomindoss
Director

இளைஞர் பணிக்குழு

இ.க.மா மற்றும் இ.மா இயக்கம்

9.07.2016 மற்றும் 30.07.2016 அன்று மாநில பொதுக்குழு கூட்டமானது கோவை மறைமாவட்டம் ஜுவஜோதி அருள்பணி நிலையத்தில் நடைபெற்றது. அதில் நமது உயர்மறைமாவட்டத்தில் இருந்து 2 மாணவிகளும், அருட்தந்தை ஆல்பர்ட் இளையோர் பணிக்குழு செயலர். ஒருங்கிணைப்பாளர் அருட் சகோதரி பாக்யா SJC கலந்துக்கொண்டு நமது உயர் மாவட்டத்தின் மொத கால செயல் திட்டம் பற்றிய அறிக்கை

சமர்ப்பிக்கப்பட்டது. அதில் முக்கிய முடிவுகள் எடுக்கப்பட்டன. சிறப்பான முறையில் இ.க.மா மற்றும் இ.மா இயக்கத்தின் பொன்விழாவை எவ்வாறு சிறப்பிக்கலாம் என்று கலந்து ஆலோசிக்கப்பட்டன. பிள்ளைகளை அனுப்பி வைத்த அனைத்து தலைமை ஆசிரியர்களுக்கும் பெற்றோர்களுக்கும் இளையோர் குழுவின் சார்பாக எனது நன்றிகளும், பாராட்டுகளும்.

YCS மற்றும் YSM இயக்கத்தின் செய்திகளை உள்ளடக்கிய **துடிப்பு** என்ற மாத இதழ் வெளிவருகிறது. வருகின்ற நவம்பர் மாத படைப்புகள் அனைத்தும் நமது உயர் மறைமாவட்டத்தின் பொறுப்பில் இருப்பதால் நமது மறைமாவட்ட மாணவ மாணவிகளின் படைப்புகளை அனுப்பி வைக்குமாறு அன்புடன் கேட்டுக்கொள்கிறேன். (கவிதை, கட்டுரை, காட்டுன், வினாடி வினா)

தொடர்புக்கு. 8754805903, 9442259407, 8903007843

06.08.2016 மற்றும் 07.08.2016 அன்று தமிழக கத்தோலிக்க இளைஞர் மாநில பொதுக்குழு கூட்டமானது கும்பகோணம் மறைமாவட்டம் மாதா பேராலயத்தில்

நடைபெற்றது. இதில் நமது உயர் மறைமாவட்டத்தின் இயக்குநர் அருட்தந்தை ஆல்பர்ட். அருட் சகோ. பாக்யா SJC மற்றும் நம் இளையோர்கள் 2 பேர் பங்கு கொண்டனர். இளையோர்களை அனுப்பி வைத்த அனைத்து அருட்தந்தையர்களுக்கும், பெற்றோர்களுக்கும் இளையோர் குழுவின் சார்பாக எனது நன்றிகளும், பாராட்டுகளும்.

அருட்தந்தை ஆல்பர்ட்

இளையோர் பணிக்குழு செயலர்.

SC/ST COMMISSION REPORT

Activities

Black Day Public Meeting

The Black day was observed on 10th August. The SC/ST Diocesan Commission and Dalit Christian movements conducted PUBLIC MEETING at Villupuram to demand SC status for Dalit Christians. 700 people participated. Many Parish Priests, Religious Sisters, Leaders of Dalit Christian Movements, Dalit Muslim Leaders, lay people took part and expressed our protest against injustice done to the Dalit Christians in the basis of religion. I thank our beloved Archbishop for his concern and solidarity through supporting this protest. I also thank all the Parish Priests who created the awareness to the parishioners and encouraged them to participate in this protest.

Information

1. SC/ST Scholarship

The SC/ST Scholarship forms for the year 2016-2017 are available in the Archdiocesan Office and Anaiyeri Parish Office. Kindly inform the people to get the forms. The eligible courses are B.Ed., B.Sc. (Nursing) and any other Diploma Courses. The cost of the form is Rs.20/- and only 2 forms given to each parish. The candidate must bring the recommendation letter from the Parish Priest.

2. Students Skill Development Programme

The Students Skill Development Programme will be conducted on 10th and 11th September for 9th Standard Dalit boys and girls. I request the Parish Priests to send two boys and two girls from each parish.

Place: SAMSSS Office, Vikravandi

Date: 10th and 11th of September

Time: From 10th (Saturday) 05.00 p.m. to 11th (Sunday) 03.00 p.m.

3. Request and Future Plan

I request Parish Priests to ensure proper awareness to the parishioners regarding political Empowerment of Dalit Christians in forthcoming PANJAYAT Election. Where ever it is possible.

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

Doctor's Message

12 Signs of Vitamin D Deficiency

1. Muscle and Bone Weakness:

Vitamin D is important for bones, muscles and teeth. Weakened bones, teeth, or muscles may be a sign that you are not getting enough of it.

2. Feeling Blue Or Sad:

Researchers have found that woman with low levels of vitamin D are more likely to be depressed or struggle with deep feelings of sadness.

3. Great Pain Sensitivity:

People who struggle with chronic pains often have inadequate vitamin D levels.

4. Chronic Gum Disease:

People with lower levels of vitamin D are more vulnerable for swelling, reddening, and bleeding of gums.

5. High Blood Pressure:

Vitamin D is important for your heart too. When you don't get enough of it, you're blood pressure may rise.

6. Fatigue and Sleepiness:

People with lower levels of vitamin D lack the energy during the day and may have a constant feeling of fatigue.

7. Mood Swings:

Vitamin D plays a role in serotonin production. This "feel good hormone" has a major impact on our mood.

8. Decreased Endurance:

Studies have shown that athletes with lower vitamin D levels perform less and have lower energy levels compared to other athletes.

9. Overweight:

Vitamin D is a fat-soluble vitamin, stored in our fat cells. People who are overweight or obese therefore need more vitamin D.

10. Gut Issues:

People who struggle with fat absorption (ex. Crohn's, celiac and non-celiac gluten sensitivity, and inflammatory bowel disease), may have lower vitamin D levels as well.

11. Head Sweater:

Excessive head sweating is a common, early sign of vitamin D deficiency.

12. Allergies:

Adequate vitamin D can reduce allergies. A study done on 6000 individuals showed that people with low vitamin D levels are more susceptible to allergies.

Please Note: Dr J. Irudayaraj medical consultant will be available for. Medical consultation and examination during the retreat days from 4 Pm to 6 pm at the Petit Healthcare PSHSS.

Dr. J. Irudayaraj
Medical Consultant

SUPPLEMENT TO THE ORDO

Dear and Rev. Fathers/Superiors of the Religious communities, The Supplement to the ORDO for 2016-2017 is ready. Kindly get your copy from the office.

Fr. Vianney

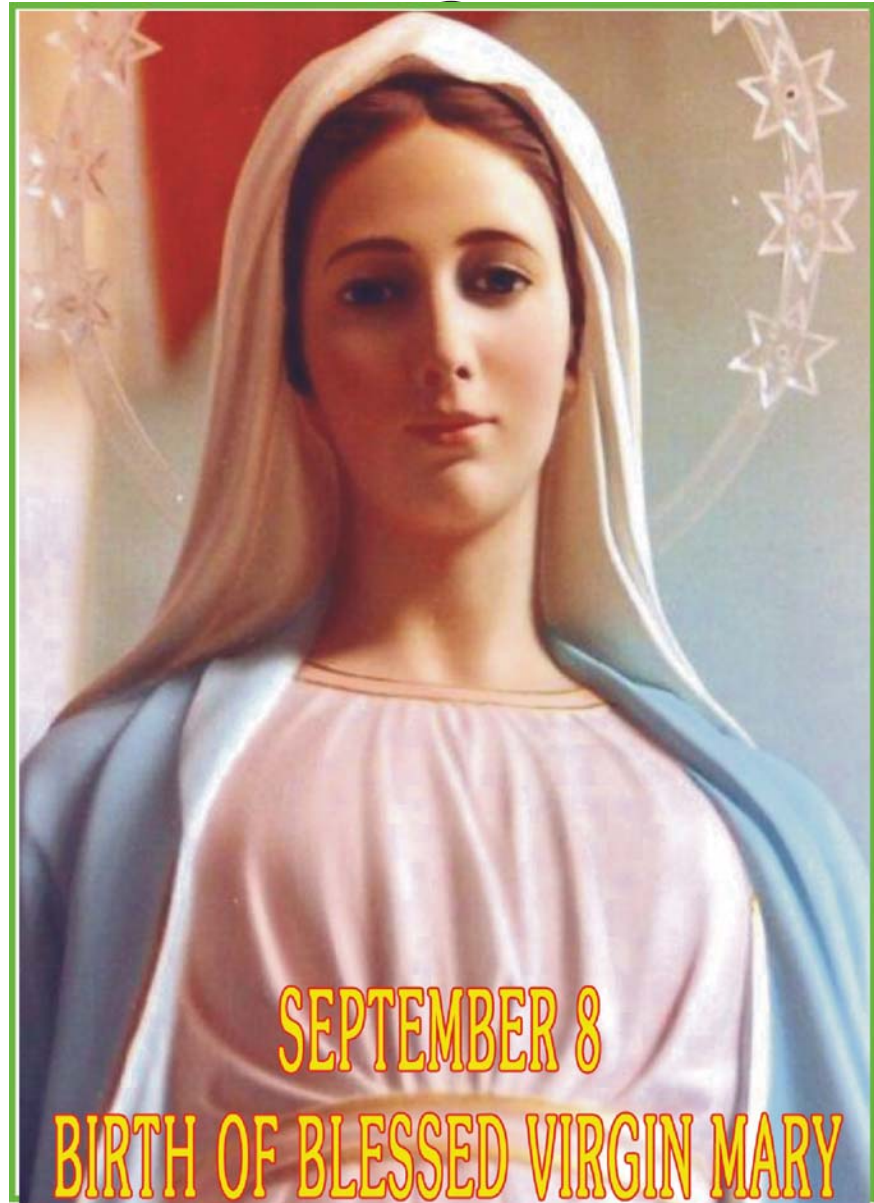
Secretary to the Archbishop



Feast Mass, Kalpet



Marine Industrial School, 10th Anniversary



SEPTEMBER 8 BIRTH OF BLESSED VIRGIN MARY

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