



ARCHDIOCESE OF PONDICHERRY & CUDDALORE

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SAINT THERESE OF LISIEUX



PATRONESS OF MISSIONS

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CONTENTS

ARCHBISHOP'S MESSAGE
ENGAGEMENTS
EDUCATION FUND
NECROLOGY

PROCURATOR'S DESK
TRIBUNAL
COMMISSIONS AND REPORTS



MASS, SLR CAMP KIZPUTHUPATTU

FEAST MASS TINDIVANAM



FEAST MASS,
KIRUMAMPAKKAM



The Holy Father's Prayer Intentions for October 2017

Mission: Workers and the Unemployed: That all workers may receive respect and protection of their rights, and that the unemployed may receive the opportunity to contribute to the common good.



ARCHBISHOP'S MESSAGE



The Mission of the Church

1. The Church is Missionary

“The pilgrim church is missionary by her very nature”. (A.G. No.2), the four gospels end with the command of the Lord Jesus to the apostles to go to the whole world and to proclaim the gospel. “Go into all the world and preach the gospel to the whole creation” (Mk. 15:16), On the day of the Pentecost the apostles were filled with the Holy Spirit and they proclaimed the gospel to all the people and bore witness to Christ.

The Church, through her ministries and services, continues the mission of Christ. The Church exists in order to evangelize. Evangelization is the proper vocation of the church (E.N. 14). The Church in India has the important mission of proclaiming the gospel to all the Indians. Through presence, dialogue and witness, through services in the field of education,

health care and development, the church proclaims the gospel of Christ to all the people in India.

On 22nd October 2017 we celebrate the **Mission Sunday**. “**Rediscovering Mission at the Heart of Christian Faith**” is the special theme of this World Mission Sunday. The celebration of the World Mission Sunday should be a grace-filled occasion for us to grow in our faith and to become deeply aware of our missionary vocation.

It is quite significant that on 1st October we celebrate the feast of St. Therese of Lisieux, the patroness of the missions. She realized that the cry of Christ on the Cross, “I thirst” (Jn.19:28) was a cry of **thirst for souls** and that Christ shed his blood on the cross for the salvation of souls. She came to the Carmel to save souls and to pray for priests who dedicate their whole lives for the salvation of the souls. Through silence and solitude, prayer and contemplation, sufferings and sacrifices she was saving many souls.

On the World Mission Sunday let us all pray in a special way for the most holy work of evangelization in the world and especially in our country India. Let us contribute generously for the spread of the gospel. The Mission Sunday collections for the year 2016 from our Archdiocese are: Rs.41, 63,199/-. We greatly appreciate and thank our faithful for this generous contribution. We greatly exhort our faithful to continue to contribute generously for the noble cause of the spread of the message of salvation.

- * With Mary and like Mary, let us carry the Lord Jesus to the hearts of the people and bring the people to the feet of Christ, the unique Savior of humankind.
- * O, St. Therese of Lisieux, pray for us and for the success of our missionary efforts.

2. On Study Leave

Rev. Fr. Y. Paulraj, on his request, had been relieved from the office of the Parish Priest of Alagappasamutiram and has been granted Study Leave with effect from 01-10-2017. We thank him for his devoted services to the parish of Alagappasamutiram.

3. New Parish Priest

Rev. Fr. N. Belevendiran has been appointed as the New Parish Priest of Alagappasamutiram with effect from 05-10-2017. We wish him success in his new office.

4. Spiritual Father

Rev. Fr. A. Ratchagar has been appointed a Spiritual Father at Emmaus Spirituality Centre, Sithanangur. We wish him success in his new ministry.

ARCHBISHOP'S ENGAGEMENTS FOR OCTOBER - 2017

01	SUN	07.30 a.m	Feast Mass, Muthialpet.
03	TUE	10.00 a.m.	Meeting, Emmaus Spirituality Centre, Sithanagur.
04	FRI	07.00 a.m.	Feast Mass, Kurusukuppam.

		06.30 p.m.	Feast Mass, Sacred Heart Convent, Chinnakalpet.
08	SUN	10.00 a.m	Science Exhibition, Petit Seminaire Nursery-Primary Campus.
13	FRI	07.30 a.m.	Feast Mass, Thattanchavady.
22	SUN	10.30 a.m	Mass and Blessing of Sacred Heart College of Arts and Scinece (CSST), Perani.
24	TUE	10.30 a.m	Meeting of the Vicars Forane at Archbishop's House.
26	THU	10.00 a.m	Mass and Blessing of the New HSS Building (Servites), Kottucherry.
28	SAT	11.30 a.m	Feast Mass, SDDM Convent, Pondicherry.
29	SUN	06.00 p.m	Feast Mass, Thiyagadrugam.
30	MON	10.00 a.m	Mass and blessing of the New HSS Building, (FSAG), Ulagangathan.

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

ARCHBISHOP'S EDUCATION FUND

S.No.	Date	Particulars	Amount
1	04.09.17	Sacred Heart Basilica, Pondicherry	20000
2	"	PMSSS, Pondicherry	20000
3	"	Kolping Mat. School, Periyakalpet	20000
4	"	Fr.DMJ Bernard Dore	10000
5	"	Rock, Bahour	5000
6	"	SMSSS, Pondicherry	5000
7	"	Fr.Melques CSJ, Manikollai	4000
8	"	Immaculate Convent, Manikollai	2000
9	"	DHM Sisters, Parangipettai	1000
10	"	People of Kopalapuram, Periapet	1000
11	"	Holy Spirit Sisters, Periapet	1000
12	"	People of Manikollai, Periapet	1000
13	"	People of Thatchanpalayam, Periapet	500
14	"	Parishioners, Periapet	500
15	11.09.17	Faithful, Srilankan Camp, Keezputhupet	3000
16	"	Fr. Lourdu samy, Arulambadi	2000
17	"	Peter Arokia Amalraj, Thirupapuliur	2000
18	"	S.Rabindranath, Uluthur	500
19	"	St.Joseph's High School, Muthialpet	25000
20	"	Ariyankuppam parish	20000
21	"	Well wisher, Ariyankuppam	2000
22	15.09.17	Bahour Parish	5000
23	"	Tindivanam Parish	5000

Total as on 30.09.2017 155500
Received up to 31.08.2017 26739000
Grand Total 26894500

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

NECROLOGY

Please pray for the repose of the souls of:

01-10-1974	Ambrose Samy
05-10-1968	Auffret. F., MEP
05-10-2009	Olivier. Y, MEP
06-10-1964	Geyres. P., MEP
07-10-1958	Anandu. R.M.
09-10-1963	Gaston. J.B., MEP
10-10-1952	Gayet. P., MEP
10-10-1974	Chinnappan. A
11-10-1971	Albert Lazare
14-10-1993	Mgr. Selvanather, V. S.
18-10-1986	Joseph Ethakuzhy
21-10-1959	Mezin. J., MEP
24-10-1968	Mgr. Colas. A.S., MEP
24-10-1985	Philip Tremaud. MEP
25-10-1955	Leblanc. A., MEP
27-10-1991	Vallabhanather

**Surplus Mass Intentions received for the month
of September - 2017**

Date	Name of the Parish	No. of Masses
31.08.2017	Vinoba Nagar parish	135 mass intentions

Binated / Trinated Mass Intentions received

Date	Name of the Priest	No. of Masses
31.08.2017	Fr.A.J.Lawrence	7 mass intentions
26.09.2017	Fr.S.Appolin	35 mass intentions

Rev. Fr. J.M. Gregory Louis
Joseph

From the Desk of Vicars

We have a healthy tradition of praying the Rosary daily and especially on Saturdays and Feast days of our Blessed Mother, all the more so in the month of May and October. Let us overcome a repetitive method of praying the Rosary without the awareness of our Blessed Virgin Mary and Jesus. Let us use our creativity and imagination for making the spiritual exercise more meaningful and fruitful. Instead of getting into the rut of routine what matters is not what we say, move, act but everything with the religious attitude and awareness of our Mother and the Risen Lord who are ever present hundred percent at every movement of our pilgrimage.

The individual or the family or the community can make the rosary – prayer an experiential one every time.

- ❖ The traditional way of praying the Rosary according to the mysteries allotted for the day, consciously listening to what one says, moves and acts.
- ❖ Sometimes focus on the mystery with a biblical attitude with the word of God
- ❖ Sometimes one can just repeat as namjab “Hail Mary full of grace, the Lord is with you”.
- ❖ Sometimes focus on the feelings of the body, mind and spirit externally and internally.
- ❖ Sometimes focus on our flock, healthy, sick and in pains as one gathers awareness through our visits to the families.

- ❖ Sometimes focus on our priests, bishops, brothers and sisters who need our prayer and remembrance.

What matters is the thirst for prayer and due preparation, everyday for everything. This is how we become persons of prayer, meaningful to our flock and people of other faiths.

Retreat Experience

- * Around fifty priests were there for the September retreat 2017. We thank and appreciate the retreatants, the Preacher, persons who served all of us cleaning, catering, cooking, especially the staff of Petit Seminaire.
- * For the year 2018 the retreat days are approved by our Archbishop as January 8 to 12 and September 24 to 28, we could take note of it and accordingly enjoy the retreat.
- * All of us especially those who are in offices could share some news through our News Letter. It will build up together and then it will become a vibrant local church.

Msgr. A. Arulanandam
Vicar General

Msgr. A. Louis
Episcopal Vicar

Voice from Metropolitan Matrimonial Tribunal – 84 **Families as our Priority!**

Priestly Identity: We priests are what we are because of our families. We would be nothing without them. Our families have given their best to us. Not only members of our own families but also the numerous families that we have come to contact with during the course of our pastoral ministry have in so many ways inspired and supported us. They have shaped our vision and strengthened our vocation. The trust that the families place in us is obvious from their request to participate in almost all their family functions. From birth to death, we are affectionately invited to be with them.

“Father, when would be your next visit? When will you be visiting us again?” are the final questions asked after every visit to the families. People always wish that their priests visit them frequently. No one resists a visit from the priest. Everyone welcomes as warmly when we visit them. The usual complaint against the priest is that they do not visit their families. Any priest who visits the families regularly is considered good. Success in parish ministry depends on the frequency of our family visits.

No one but a priest alone can walk into any house in the parish at any time of the day or night. Such is the freedom enjoyed by a priest! Priesthood alone provides this blessed privilege. Hence, it becomes a sacred duty as well. If family visits are used well, lot of good can be done and if neglected, sure enough, our ministry becomes ineffective. Whatever excellent work a priest might engage himself in, if he fails to meet the families in their homes, hardly is his ministry considered priestly! Success of parish ministry is measured in terms of the visits undertaken. Hence, the type of our family provides the much needed priestly identity.

Visiting as an Art: Most often our visits are formal. They are done out of compulsion. Take for instance, the Easter Blessings or the House blessing to be undertaken before the annual parish feast. They are performed in a hurry. Entering through the front door and getting out of the back door, together with the parish catechist, cannot be counted as a family visit. Hardly can the ritual of sprinkling the Holy Water through the walls and rooms even when the members of the family are away can be considered as a family visit.

Meeting families means spending quality time with them, which means that the priest fixes a time convenient to them. Getting to know the family is an art. It involves time and patience. As Jesus patiently entered into the inner self of the Samaritan woman (John 4), the priest gradually builds confidence and vibrates with the family. He feels one with his people, strikes an affectionate chord with the rhythm running in their hearts. Consequently, the encounter leaves a lasting impact both on the persons in the family and in the priest himself. As in the Gospel of St. John, when the initial apprehensions were overcome, self discovery happened.

When the Samaritan Woman fearlessly disclosed her real self, quite spontaneously Jesus too revealed himself. While Jesus unfolded the status of the Samaritan woman, she, in turn, recognized Jesus as the Prophet, the long awaited Messiah (John 4:29). Much the same disclosure and enlightenment happens during a well-organized family visit.

Rewards Here and Now: Any priest visiting the homes of his parishioners is not considered as an outsider but a member of their own family. No wonder, therefore, that people call their priest as “Our Father!” This, then is the

reward, the hundredfold, promised to those who follow Jesus (Matthew 19:29)? It is granted here and now. And, precisely because of this emotional bonding some of the priests find it hard to quit their parish ministry even if it offers higher position, brings monetary benefits and provides material comforts. Genuine love experienced in the family visits is held far more fulfilling than any position in the ecclesiastical ladder.

Any priest who desires to make his ministry meaningful has to set families as the first in the list of his priorities. Being with them and accompanying them is indispensable today. Visiting them is only the first step towards realizing this priority. Lot more is to be done to accompany them in a meaningful way. Setting the priority and visiting them systematically would unfold plans to be crafted together with them. A meaningful action plan can be outlined in consultation with them alone. Taking the teachings of Pope Francis on families to the families in our parishes needs wider consultation within the parish itself. Every teaching, however radically new, relevant or useful cannot be actualized unless decisions are made in common. Personally meeting the families at their own residence would bring to light their day-to-day struggles and hopes, anxieties and aspirations, which are essential to promote an enriched family living. (cf. V Maria Alphonse, Editorial, *Prophetic Voice*, CPCI Bulletin, Sept. 2017, Vol.09, no.09, pp.1-3).

Points to Ponder:

- Meditation is the secret of all growth in spiritual life and knowledge. – James Allen.
- Be the master OF mind rather than mastered BY mind. – Japanese Proverb.

- Meditation is being in tune with our inner energy source.
- Meditation teaches us to cure what need not be endured and endure what cannot be cured.
- Mind can be your best friend or your worst enemy. - Kabira
- The secret of change is to focus all of your energy, not on fighting the old, but on building the new. – Socrates.
- There was never a night or a problem that could defeat sunrise or hope. –Bernard Williams.
- Spread love everywhere you go. Let no one ever come to you without leaving happier.

– Mother Teresa

Information: The XXXI Annual Canon Law Conference of India is to be held at PILLAR – Pallotti Institute of Lay Leadership Animation and Research, Madurai from Monday 16 to Friday 20, October, 2017. Four of our canonists will participate in the conference. I will be away from the tribunal office. This is for your kind information. Thanking you.

Rev.Fr.S.PascalRaj
JudicialVicar

St. Xavier's Pastoral Centre

National Catechetical Conference

We had the National Catechetical Conference from 12th to 14th September 2017 at the Pastoral Centre, Nadiad, Ahemadabad, on the theme "Family Catechesis for the Church in India". After so many deliberations we have to an Action Plan for the Church of India. I am giving the exact text of the Action Plan which was approved by the Executive Committee of the CCBI. You can go through and implement it according to the convenience and the need in your parishes.

Action Plan Introduction

The National Catechetical Conference on Training for Regional and Diocesan Secretaries of the Commission for Catechetics on Family Catechesis in India was held from 12- 14 September 2017 in the Pastoral Centre, Nadiad. 127 participants from 93 diocese of India actively participated in the National Conference on Family Catechesis.

The following topics were highlighted during the Conference... Family Catechesis in *Amoris Laetitia*, A demo/ presentation of family catechesis (Success story), Different types of family catechesis (couples for Christ? BCC?. Parents role in sacramental preparation?), Challenges of Family Catechesis in India, Perspectives of Family Faith Formation, Some challenges of Family Prayer and some guidelines, Tools and techniques for Family Catechesis.

Every year a draft is prepared during the conference and circulated to the bishops, regional and diocesan secretaries and directors.

This year it was decided that an action plan and guideline be prepared for implementation in all the dioceses.

The following action plan and guidelines have been derived from the proceedings of the National Conference on Family Catechesis. These are not pious declarations but concrete action plans towards faith renewal of Catholic families in the Church in India. Therefore the regional secretaries and the Diocesan Commission secretaries/directors have the sacred responsibility to implement this action plan and guidelines in their respective dioceses with utmost commitment. The evaluation report of the action plan and guidelines will be submitted in the forthcoming National Conference 2018.

1. Family Prayer:

To set aside a few moments as a family to pray together. This is a sacred time for the family. If any member of the family is out of station, let he/she be united to the family in prayer wherever he/she is (by using social media). "The family that prays together stays together... Moments of family prayer and acts of devotion can be powerful means for evangelization than any catechism class or sermon. (*Amoris laetitia* 227-228)". The Rosary can be said slowly meaningfully and meditatively and each decade of the Rosary could to be offered for the good health of body and mind of the father, mother, children, old parents and the parish priest etc. At the end, they can have a short Scripture reading and a hymn to Our Lady. Besides the printed and memorized prayers, the spontaneous prayers are to be encouraged.

Guidelines to the Regional Secretary and Diocesan Secretary:

To motivate and encourage parish priests to organize family meetings at the parish level or through sermons during

holy Mass focus at least a 100 Catholic families in the coming year.

2. Moral Formation:

Parents have to observe, accompany and educate their children concerning their moral life. Parents need to educate them on the responsible use of media, especially social media. “Parents must be aware of what they want their children to be exposed to, and this necessarily means being concerned about who is providing them entertainment, who is entering their rooms through television and electronic devices, and with whom they are spending their free time. Only if we devote time to our children, speak to them of important things with simplicity and concern, and find healthy ways to help them to spend their time will be able to shield them from harm” (*Amoris laetitia* 260).

Guidelines to the Regional Secretary and Diocesan Secretary:

Organizing awareness programmes on social media at the regional /diocesan/vicariate levels or at the parish level and teaching Catholic parents to understand the positive and negative sides of social media by helping them to monitor, supervise, and accompany their children towards a responsible use of social media. The clergy, religious and laity who are trained in mass media can be the animators of media awareness programmes.

3. Sacred Space:

Assign a space in the home for sacred articles like sacred images, the Altar, the Bible, and Rosary and so on. This space is to be revered with the utmost devotion and sacredness. This space should invite members of the family to raise their hearts to God at various moments of the day. “A family’s living space could turn into a Domestic Church, a

setting for the Eucharist, the presence of Christ seated at its table” (*Amoris laetitia* 15).

Guidelines to the Regional Secretary and Diocesan Secretary:

Recommending, encouraging and motivating the setting up of a small Altar with the Bible in the family is a good Catholic practice. We need to explain to them the following important questions- Why Altar? Why Bible? Why Crucifix? This could be explained during house visit or homily during the Mass or in the family meeting at the parish level.

4. Domestic Church:

A family is a mini Church where there is the celebration of sacraments, life, love and prayer. Let the family participate together in the Sunday mass at the parish church. Let the whole family regularly participate in the sacrament of reconciliation and be actively involved in catechesis and other ministries of the parish. The church is a family of families, constantly enriched by the lives of all those domestic Churches. (*Amoris laetitia* 87).

Guidelines to the Regional Secretary and Diocesan Secretary:

Parents, clergy and religious to give witness of life by frequenting the sacraments, encouraging and motivating Catholic families to be faithful in attending church services especially celebrating the Holy Eucharist and confession as a family at least once a month. Qualitative family visits are the best means to actualize this action plan.

5. Family Saint:

Choose a saint as a patron of the family. Read and learn about the saint from books and the internet. Let the family imitate him/her in some of his/her words and deeds. Place an image/ statue of that saint in the sacred space. Make

that saint a protector/patron of that family. Let the family be united in prayer with that saint during various moments of their life. "Some saints, before dying, consoled their loved ones by promising them that they would be near to help them. Saint Therese of Lisieux wished to continue doing good from heaven" (*Amoris laetitia* 257).

Guidelines to the Regional Secretary and Diocesan Secretary:

The list of the saints can be given to the families through the parish. The families then research the history and background of these saints and choose one they like and make them celebrate the feast of that saint in the family.

6. Family faith traditions:

Have specific family faith traditions. Go on a pilgrimage/outing together once a year to visit a shrine near or far, in order to pray. Have specific prayer/ gesture for grace before and after meals. Initiate family members to wearing or carrying sacred images/articles (*Amoris laetitia* 29). Make the sign of the cross and say a short prayer before leaving the house. Exchange peace after family prayer eg "Jai Yesu" (Praise the Lord).

Guidelines to the Regional Secretary and Diocesan Secretary:

A format for Annual Catechetical Plan for each family has to be designed in the family card itself. The following spiritual factors in the Family Card can be added: A pilgrimage they like to go, the wearing of the sacred images/articles and a time for family confessions and so on.

7. Family Visits:

The priestly contentment is basically achieved through the pastoral family visit of the parish priests. It is only through family visits that he/she realizes the bruised, wounded,

abandoned, and marginalized faithful in the parish. Therefore utmost care needs to be invested in designing pastoral guidelines for better family visits. The guidelines are to be scientific and contextualized. Pastoral experts put their hearts and souls to prepare practical guidelines for an effective and fruitful family visit.

Conclusion

Let us make our catholic families vibrant with this action plan that we have prepared. Let this not be a dream alone but let us make this dream come true by making every effort to reach out to all our families and forming them in the faith. May the guidance and assistance of Our Lady lead us to be authentic shepherds who are committed and responsible in ministering to our catholic families.

World Sight Day

Inspired by Rev. Fr. George Kannandhanam, Director, Project Vision India. Some of the NGOs and Voluntary Organizations came together and the Pastoral Centre coordinated the associations such as PMSSS, HOPE, BLESS, SHARON SOCIETY, SATHYA SPECIAL SCHOOL, JALLY HOME, LYONS CLUB, ROTARY CLUB, JAS FAMILY and Pastoral Centre Prayer Group. And we have planned to have a "BLIND WALK RALLY" on 12th October 2017 on the World Sight Day. Around 500 youth from the social work self help groups and youth from our parishes and some students from our schools are going to participate in the Rally. This will give them an experience of what it is to be without sight in life. And its turn they will also conzientize their kith and kin. The Rally starts from Anna Thidal by 10.30 A.M. on October 12th and goes to Gandhi Thidal by 11.30. Our Hon'ble Chief Minister gives the Benedictory speech. The Rally is lead by 100 blind people. Our Parish Priests and the Principals of the schools and Colleges of Pondicherry Vicariate are

requested to cooperate. I request the Parish Priests to encourage your youth association members to come and participate.

Monthly Prayer Meeting

This month's Prayer Meeting will be held on 21st October Saturday. Rev. Fr. Antony Raj, Chetpet, one of the famous Charismatic Preacher will animate the prayer meeting. Kindly announce to the people and encourage them to participate and profit by it. It starts at 09.30 A.M. and ends by 04.30 p.m. We have healing prayer, mass and Proclamation of the Word of God. Tea and lunch are provided free of cost.

Vicars Forain: For Diocesan Pastoral Council

This year, since we are going to renew the Diocesan Pastoral Council, we need 3 representatives from each vicariate. In your vicariate meeting kindly select, One Priest (One of the Parish Priests not Asst. Parish Priest since he may be transferred) and two lay persons (one Male and one female). Next month we will be having our New Diocesan Pastoral Council.

Senate Points

We shall be having also the Third meeting of the Senate of this year at the end of next month. Kindly collect suggestions for the Senate and send them to me. The suggestions given in the last two senate meetings of this year will not be included in the Agenda.

Commission Secretaries

Dear Secretaries of the Commissions, Kindly prepare a Report and the Plan of Action of your commission. We shall have a commission Secretaries meeting soon.

CDPI (Conference of the Diocesan Priests of India)

We had the National Executive meeting of the CDPI on 15th September 2017 to plan for the forth coming National Executive Council Meeting of the CDPI which is going to be held in Chennai in the month of January 2018, on the theme "The Pastoral Responses of the Diocesan Priests to the Draconian Danger of Rising Hindutua and communalism in India". The date,venue and the programme will be informed once they are finalized.

Fr. A. J. Philomindoss

Director

SC/ST Commission Report

Activities

1. National Dalit Christians Women Leadership Meet

A two day National Meeting of Dalit Christian Women was held in Dhyana Ashram, Chennai on 16th and 17th September 2017. Delegates from different states of India participated in the program. There are four delegates participated from our Archdiocese .

Ms. Brinda Adige shared with them the need for the Dalit Christian Women to involve in the church and society. Fr. Thisai Gerry gave a motivational talk to asst their gifts and talents keeping in mind the uniqueness of every person to be the leader. Fr. Devasagararaj exhorted them to

actively participate in the process of implementing the CBCI Dalit Policy. Each member shared her achievements and dreams with the members.

2. The Movement of “Dalit Christian Women for Change” (DC WC)

Exploitation and oppression of Dalits continue in our country. This discrimination also continues within the churches and women in the churches suffer doubly because of their caste and gender. On 14th February 2017, Dalit Women representatives from different states of India, initiated and formed the “Dalit Christian Women for Charge” office bearers were elected. Dr. Isabella Xavier is the President. The key decisions taken are the need to increase awareness and build DCWC movement across India, demand spaces within the churches for Dalit Women in positions of decision making.

3. Introducing CBCI Dalit Policy in Vellakulam Parish

The policy was introduced on 24th September 2017 in Vellakulam parish by Fr. P. A. Aruldass, Director, SAMSSS. Fr. A. Arputharaj has explained the policy to the people on the public meeting. Thanks to Fr. A. Arokia John Robert for his arrangements.

Information

1. SC/ST Scholarship

The SC/ST Scholarship forms for the year 2017-2018 are available in the Archdiocesan Office and SC/ST

Commission Office. Kindly inform the people to get the forms the eligible courses are B.Ed., Nursing, B. Pharm, BPT, TTC, D.T.Ed., Polytechnic, I.T.I., DMLT, MPHW, Preschool Trg. D. Cater. The cost of the one form is Rs.20/- and only 2 forms given to each parish. So the candidate must bring the recommendation letter from the Parish Priest.

2. National Level Pilgrimage Exposure and Training (PET)

The Pilgrimage Exposure and Training (PET) programme for Dalit Priests and Religious will take place from 28th to 30th November 2017 in Kandhamal, Odisha. It will be organized by CBCI Office for SC/BC. For those who want to participate can register their names with us by E-mail cbciscst@gmail.com



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

Youth Commission Report

Activities

1. Visiting the Youth in the Parishes

- I have visited the Parish Youth Association of Kurusukuppam parish in the morning on 24th September 2017. And the YCS Association also newly formed in the parish. Thanks to Fr. J. Arul Pragasam for his invitation and interest.
- In the evening I have also met the new members of Youth Association in Vellakulam parish, the Youth celebrated Bible Sunday with the theme “The Word of God and Youth”. At the end of the mass there were cultural events presented by the Youth and Children of the parish. Thanks to Fr. A. Arokia John Robert for his invitation and initiative.

Requests

I request all the Principals and Correspondents to renew and update the YCS/YCM in your respective schools. Kindly send the present details about the YCS Association in your schools before the end of October. The Diocesan Youth Association is always ready to help you to form and motivate the YCS/YSM in your schools.

What is YCS / YSM

- ⇒ The Young Catholic Students Movement is composed of Young Catholic Students Groups and is indicated by the abbreviation YCS and Young Students of any faiths and indicated by the abbreviation YSM in those statutes and

- Internal regulations it is referred to as “The Movement”,
- ⇒ It is a public Charitable Trust registered under the government of Tamilnadu in 24th April 1997.

Vision

The vision of the Movement is to enable the personal growth of Young Catholic Students in the Catholic Faith and Students of other faiths in their own faith or the faith they profess in taking up responsibilities in the Church, in the student world and in society towards building God’s kingdom a New Society, i.e. a community of Justice, equality, freedom and love, with the specific methodology of “Review of Life”.

AIM

The Aim of the movement is “Building a New Society” i.e. “God’s Kingdom”.

Objective

The main objective of the movement is “Change Self – Change Others”, understood as change of attitudes towards transformation of self and transformation of the society.



Rev. Fr. A. Arputharaj
Secretary Youth Commission

**பொதுநிலையினர் பணிக்குழு
புதுவை-கடலூர் உயர் மறைமாவட்டம்.**

➤ **பொதுநிலையினர் பேரவை செயற்குழுக் கூட்டம்-
உப்பளம், புதுச்சேரி.**

புதுவை-கடலூர் உயர் மறைமாவட்ட பொதுநிலையினர் பேரவையின் செயற்குழு மற்றும் நிர்வாகக் குழு கூட்டமானது கடந்த 10-09-2017 (ஞாயிற்றுக்கிழமை) அன்று காலை 10.00 மணியளவில் உப்பளம், புனித சவேரியார் அருள்பணி மையத்தில் நடைபெற்றது. மறைமாவட்ட பொது நிலையினர் பணிக்குழு செயலர் அருள்பணி ஆரோக்கியதாஸ் அவர்கள் பேரவையின் செயற்குழு மற்றும் நிர்வாகக் குழு உறுப்பினர்களை வரவேற்று பேரவையின் நோக்கத்தை விளக்கி சிறப்புடன் அறைகூவல் விடுத்தார். பின்னர் செயற்குழு உறுப்பினர்கள் தங்களின் குடும்ப விவரம், பங்கு, செயல்பாடுகள் ஆகியவற்றை எடுத்துக்கூறி அறிமுகம் செய்து கொண்டனர். பேரவையின் தலைவர் திரு. சார்லஸ்ராஜ் அவர்கள் பேரவை சிறப்புடன் செயல்பட வேண்டும் என்ற சிந்தனையை வலிமையாக கூறி அதற்கான திட்ட ஆலோசனைகளை வழங்க கூறினார். PMD தொண்டு நிறுவனத்தின் தலைவரும், நியமன உறுப்பினருமான திரு ஆரோக்கியசாமி அவர்கள் பொதுநிலையினர் செயல்பட வேண்டிய தளங்களை விளக்கிச் சில பரிந்துரைகளையும் வைத்தார். சட்ட ஆலோசகர் அன்னா தயாவதி அவர்கள் சமுதாயத் தளத்திலும் பேரவை கால்பதிக்க வேண்டும் என்று வலியுறுத்தினார். பொதுநிலையினர் பணிக்குழுவின் இணைச்செயலர் திரு. S. லூர்துசாமி அவர்கள் பொதுநிலையினர் பேரவை என்றால் என்ன, அதன் அமைப்புமுறை மற்றும் செயல்படும்விதம் ஆகியவற்றை உறுப்பினர்களுக்கு தெளிவுபடுத்தினார். மறைமாவட்ட பொதுநிலையினர் பேரவையின் செயலர் திரு. M. திவ்வியநாதன் அவர்கள்

திருச்சியில் நடைபெற்ற தமிழ்நாடு-புதுவை கத்தோலிக்க பொதுநிலையினர் பேரவை கூட்டத்தில் திட்டமிடப்பட்ட முன்னெடுப்புக்களை விளக்கினார்.

இதனடிப்படையில் நமது மறைமாவட்டத்திற்கு தேவையான செயல்திட்டத்தின் கலந்தாலோசனை நடைபெற்றது. எதிர்வருகின்ற உள்ளாட்சி தேர்தலில் கணிசமான கிறிஸ்தவ கிராமங்கள் மற்றும் பங்குகளில் விழிப்புணர்வை உருவாக்கிட மாவட்ட தலைநகர்களான கடலூர் மற்றும் விழுப்புரம் ஆகிய இடங்களில் அரசியல் விழிப்புணர்வு பொதுக்குழு கூட்டங்களை நடத்த வேண்டும் என தீர்மானிக்கப்பட்டது. இறுதி செபத்துடன் பொதுநிலையினர் பேரவைக் கூட்டம் நிறைவடைந்தது. பேரவை உறுப்பினர்கள் 22 நபர்கள் பங்கேற்றனர்.

➤ **பயிற்சி பெற்றோருக்கான கலந்தாய்வு கூட்டம்-
உப்பளம், புதுச்சேரி.**

திருச்சி பிராட்டியூரில் உள்ள தமிழ்நாடு பொது நிலையினர் உருவாக்க மையத்தில் நடத்தப்படுகின்ற பல்வேறு பயிற்சிகளில், நமது உயர் மறைமாவட்டத்திலிருந்து கடந்த பல ஆண்டுகளாக, பல பொதுநிலையினர்பங்கேற்று பயிற்சிகளை சிறப்பாக நிறைவு செய்துள்ளனர். அத்தகையோரை ஒன்றுகூட்டி, எவ்வாறு அவர்களை மறைமாவட்டத்தில் பயனுறு வகையில் செயல்பட வைக்க இயலும் என்பதற்காக ஒரு கலந்தாலோசனைக்கூட்டத்திற்கு பொதுநிலையினர் பணிக்குழுவானது உப்பளம், தூய சவேரியார் அருள்பணி மையத்தில் கடந்த 17-09-2017 (ஞாயிறு) அன்று காலை 10.00 மணியளவில் ஏற்பாடு செய்தது.

திரு. சார்லஸ் கோலன் அவர்களின் இறைவேண்டலுடனும் தூய ஆவியானவரின் அருள் வேண்டி பாடலுடனும் கூட்டம்

துவங்கப்பட்டது. பங்கேற்ற பயிற்சியாளர்கள் அனைவரும், தங்களது பயிற்சி, பங்கில் ஆற்றும் பணி ஆகியவற்றைக் கூறி அறிமுகம் செய்து கொண்டனர்.

துவக்க உரையாற்றிய மைய இயக்குனரும், பணிக்குழுக்களின் ஒருங்கிணைப்பாளருமான அருட்பணி A.J. பிலோமின்தாஸ் அவர்கள் குருக்கள், துறவியர் மற்றும் பொதுநிலையினரும் இணந்து ஒற்றை இலக்கான இறையாட்சியை உருவாக்க பாடுபடவேண்டும் என்றும், கிறித்தவ வாழ்வுரிமை இயக்கத்தின் நோக்கம், செயல்பாடுகள் பற்றியும் தெளிவாக விளக்கினார். பணிக்குழு செயலர் அருள்பணி D. ஆரோக்கியதாஸ் அவர்கள் திருக்குழு பெற்ற அனைவரும் இறையாட்சியை நிறுவிட கடமைப்பட்டவர்கள் என்று கூறி நம்முடைய பணியின் தன்மைக்கேற்ப நாம் ஒன்றுகூடி செயல்பட வேண்டும் என்று அழைத்தார்.

பின்னர் சிறப்பு பயிற்சி பெற்ற பொதுநிலையினர் பங்கிலும், மறைவட்டத்திலும், மறைமாவட்டத்திலும் எவ்வாறு பணியாற்ற இயலும் என்று கலந்தாலோசனை செய்து சில பரிந்துரைகளை வழங்கினார். பணிக்குழு இணைச் செயலர் திரு. S. லூர்துசாமி அவர்கள் நன்றி கூற திருமதி. ஜெயசீலி அவர்களின் இறுதி செபத்துடன் கூட்டம் நிறைவடைந்தது. கலந்தாய்வு கூட்டத்தில் 25 பயிற்சி பெற்ற பொதுநிலையினர் கலந்து கொண்டனர்.

இவண்
அருட்பணி D. ஆரோக்கியதாஸ்
செயலர்
பொதுநிலையினர் பணிக்குழு

Doctor's Message - Obesity!

What is obesity?

Obesity is defined as a condition of excess bodyweight and fat. The size and number of fat cells increase in obese people. A person is said to be obese when the body weight is 20% or more above ideal body weight, which can be calculated by comparing his height and sex.

What are the causes?

Dietary and life style practices are directly related to obesity. The most important cause is the imbalance between the energy intake and output. Energy is obtained from the food one eats and is required to carry out the daily activities, and the body functions, which are going on even when one is sleeping. The extra energy which is not used by the body is stored as fat. Eating more than one need causes obesity because the excess energy supplied to the body gets converted into fat. On the expenditure side, if a person is physically less active then less energy is utilised and more is converted to fat.

Home, work and school are barriers to opportunities for active lifestyle. Children of obese parents are 10 times likely to be obese than those of non-obese parents. This is mostly environmental since the children and parents share the same dietary habits. Genes influence how the body burns calories or stores fat. In some rare cases, hormonal imbalance, such as over activity of the adrenal glands or underactivity of the thyroid gland, can also cause obesity. Injury or inflammation of the hypothalamus can interfere with the appetite centre and thereby cause obesity.

What are the symptoms?

The signs of obesity include body fat and weight more than the ideal body weight.

What are the risks of obesity?

Obesity is a serious condition as it increases the risk of heart diseases, diabetes, joint pains, high blood pressure and some types of cancers such as colon, breast and uterine cancers. Obese people are also more prone to diseases and problems such as stroke, gall bladder disease, breathing problems (sleep apnoea syndrome), low back pain, swelling of the feet and ankles, imbalances and accidents. Obese people have a low self-esteem and they avoid company, which makes them insular and insecure.

How is it diagnosed?

Obesity is determined by measuring body weight and fat. There are different ways of calculating body fat. Body mass index (BMI) is one of the best methods used to measure body fat. BMI is calculated as the ratio of the weight in Kg and height in square metre. Guidelines define overweight as a BMI between 25 and 29.9 kg/square meter and obesity as a BMI greater than 30. The doctor may also suggest blood test for sugar, cholesterol, and triglycerides. In case insufficient thyroid functioning (hypothyroidism) is suspected, the doctor will ask for a thyroid stimulating hormone test.

What is the treatment?

The simplest and the most basic principle is to reduce food intake, especially the fat content, and increasing physical activity.

Increasing physical activity alone is not an easy way to lose weight unless one combines it with a reduction of fat intake. Physical activity includes walking, jogging, swimming, cycling,

aerobics or any other household activity such as cleaning, washing, climbing stairs etc. The sense of well-being and weight loss motivates an individual to make changes in his or her diet as well. The best way of keeping a good control on ones dietary intake is to keep a daily diary, and writing down whatever one eats as one eats. Avoid high oil content in the curries and do not use butter on chappatis, which may be tasty without the fat. The doctor or health care provider evaluates the daily diet and plans a diet providing calories enough to maintain the weight below the ideal body weight.

Increase your physical; activity and reduce the intake of food. Your initial goal of weight loss therapy should be to reduce the bodyweight by 10% from baseline. With success, further weight loss can be attempted. Weight loss should be 1-2 kg for 6 months. Reducing dietary fat alone without reducing calories is not sufficient for weight loss. Reducing dietary fat along with dietary carbohydrates can help reduce calories. Weight maintenance program should be priory after 6 months.

In order to maintain one's weight, calories consumed should be equal to calories used. Energy balance is like a scale. When calories consumed are more than calories used, it results in weight gain. Let physical activity tip the scale in your favour. You can perform aerobic exercises 30 minutes a day thrice week. Avoid a sedentary lifestyle.

Certain medicines are also available for weight reduction. There are two main types of weight reducing drugs: one class decreases appetite while the other prevents dietary fat from being absorbed by the body. These drugs should be taken only with doctor's advice, as there are a lot of side effects related with their use.

Few tips to bring about weight loss as well as ensuring good health:

Eat plenty of vegetables, fruits, and grain products like wheat. Increase the consumption of complex carbohydrates like whole wheat, millet (jowar) and barley (bajra), Restrict refined products such as flour (maida) and its products such as bread, noodles, macaronis and pastas in regular diet Restrict fat and cholesterol rich foods. Only non-vegetarian foods (like eggs and dairy products) are good sources of cholesterol, however saturated fatty acids present in butter, ghee, vanaspati and coconut get metabolised to cholesterol in our body, Reduce the amount of sugars consumed, Consume raw fruits and vegetables in form of salads and raitas in every meal. These provide adequate vitamins, minerals and fibre. Fibre is essential as it aids in digestion, has an effective role in managing obesity and cardiovascular problems.

Limit salt intake

Have small portions of food at a time.
Do not skip meals
Have regular meal timings
Do not eat while cooking and watching television
Drink plenty of water (6-8 glasses) in a day

Exercise regularly. Do brisk walking at least for 20-40 minutes in a day

The best exercises that are sustainable and safe to lose weight are aerobic exercises. Aerobic exercises usually involve vigorous exercises sustained over a period of several minutes and their effect is to increase the efficiency of the lungs, heart and blood circulation, which are collectively known as the aerobic system. Short and sharp bursts of activity which rely on the body's reserves of oxygen do not produce a similar improvement. Exercises should increase strength and mobility and also aid relaxation. You can choose walking, swimming, bicycling as per your fitness level and increase gradually. You should plan on 20-minute sessions at least 3 times per week. Gradual changes in eating habits will help encourage a permanent lifestyle change. A slow weight loss of 1 or 2 pounds a week, until the desirable body weight is reached, is best.

Follow the above mentioned tips to lead a healthy and a happy life.

DR. J. IRUDAYARAJ
MEDICAL CONSULTANT



Feast Mass, M.C. Convent, Pondy



International seminar, FIHM



Foundation Blessing, Petit HSS



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Thanking Retreat preacher
Rev.Fr. Packia Raj



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'the Rosary is the prayer of my heart'
- Pope Francis

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