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April 2021



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NEWS

April 2021

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The Scheme offers the Benefactors/Well-wishers an opportunity to share in the noble work of bringing up over 600 poor children sheltered in our Homes (Balbhavan) at different parts of the country (BANDRA, VASHI, PUNE, GOA & GREATER NOIDA) People have the option to choose Full Sponsorship or Mini Sponsorship. The sponsorship amount may be paid lump sum or on installment basis at their convenience.

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- NB :- Apart from this, people have the facility to sponsor Lunch/Dinner/ Snacks/Groceries/Stationery etc. please contact the Ashram Office for further details.

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Of all the activities, initiated by Agnel Ashram Fathers, Balbhavan a Home for the destitute children stands apart with great pride. It runs on donations received from kind-hearted people. Through our dedicated service, rendered for the last 61 years, thousands of poor children, who could have been, otherwise, a burden on the society or even anti-social elements, have become respectable citizens of the country and are well settled down in their life.

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Jesus is Risen! Alleluia!

-Leon Bent

The Christian Faith stands or falls with the truth of the testimony that, Christ is risen from the dead (cf. 1 Cor. 15:14-15).

The miracle of a resuscitated corpse would indicate that Jesus' Resurrection was equivalent to the raising of the son of the widow of Nain (Lk. 7:11-17), the daughter of Jairus (Mk. 5:22-24; 35-43ff) and Lazarus (Jn. 11:1-44). These people returned to their former lives and ultimately died definitively.

Jesus' Resurrection was about breaking out into a new form of life that was no longer subject to the law of dying and becoming – a life that opens up a new dimension of human existence. In Jesus' Resurrection a new possibility of human existence is attained that, affects everyone and opens up a new kind of future for mankind. Jesus has entered the vast realm of God himself, and it is from there that he reveals himself to his followers.

With an initial hesitation and astonishment, the apostles could no longer ignore the reality that it is truly Jesus. He is alive; he has spoken to us; he has allowed us to touch him, even if he no longer belongs to the realm of the tangible in the normal way. Jesus now lives anew and forever, in the power of God. This explains the unique character of the Resurrection accounts: they speak of something paradoxical, that surpasses all experience, and, yet, is utterly real and present.

The Resurrection accounts certainly speak of something outside our world of experience – a new dimension of reality is revealed. Is not creation actually waiting for this last and highest “evolutionary leap,” for the union of the finite with the infinite, for the union of man and God,

for the conquest of death? In terms of world history, Jesus' Resurrection is almost unbelievable, improbable; it is filled with mystery.

Paul attempts to enter this world of sheer silence: 3 “For I handed on to you as of first importance what I in turn had received: that Christ died for our sins in accordance with the scriptures, 4 and that he was buried, and that he was raised on the third day in accordance with the scriptures, 5 and that he appeared to Cephas, then to the twelve. 6 Then he appeared to more than five hundred brothers and sisters[a] at one time, most of whom are still alive, though some have died.[b] 7 Then he appeared to James, then to all the apostles. 8 Last of all, as to one untimely born, he appeared also to me.”



Jesus' death is of another kind: it is occasioned, not by the presumption of men, but by the humility of God. Jesus' death is rooted, not in the sentence of expulsion from Paradise, but in Isaiah's “Suffering Servant Songs.” Jesus' death achieves reconciliation and expiation – his death becomes a light for the nations.

The empty tomb does not prove the Resurrection. Mary Magdalene, in John's account, found an empty tomb and assumed that someone must have taken Jesus' body away. Hence, it is undeniable that the empty tomb is no proof of the Resurrection. In

Paul's confessional statement, it is not explicitly stated that the tomb was empty, but this is clearly presupposed. All four Gospels speak of it extensively in their Resurrection accounts.

For a theological understanding of the empty tomb, a passage from St. Peter's Pentecost sermon strikes one as important, when Peter, for the first

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Easter Joy: A Call For A New Beginning In Life

- Fr R Antony Jerald MMI

‘The message that Christ has risen is the contagion of hope. For many, this is an Easter of solitude lived amid the sorrow and hardship that the pandemic is causing, from physical suffering to economic difficulties.’ These are the words of Pope Francis last year during Covid-19 curfew but we are not far from the same situation even today around the world due to the second wave. The physical and economic difficulties that are faced by humanity affected the normality of the society to the core but it is hope which pushes people forward towards a new beginning at every unforgettable damage. Hence, this celebration of Easter joy is a call for a new beginning for all of us. We try this, being inspired by the words of Pope Francis which he expressed in the Easter homily – **“The Lord is alive. He is living and he wants to rise again in all those faces that have buried hope, buried dreams, and buried dignity.”**

New beginnings in the Bible

Humanity that is facing the toughest challenge at any given moment should remember that everything is temporary and everything will change with a new beginning for renewed spirit and life. We could notice few important new beginnings in the Sacred Scripture which enumerates the new life that the chosen people experienced. First and foremost we look into the life of Noah and the flood. Noah survived the universal deluge of the earth that wiped out all life. Noah became a forerunner for those who would be given new life. Secondly, we see Moses and the people of Israel where God helped the Israelites as they left Egypt to pass through the Red sea. Israelites were set free from the slavery of Egypt and were given a new beginning. They travelled towards the Promised Land. Finally, we focus on apostles who had a new beginning after experiencing the risen Lord. Being strengthened by the power of the Holy Spirit the apostles who were behind the closed doors, came out and

proclaimed effectively about Christ. They became the tool for the growth of the new way and it was the outcome of their first Easter celebration. Hence, Easter represents a new beginning and the most important new beginning in the life of apostles and the early Christians.

New life in the world

The biblical new beginning gives us hope that things will change in life and we will experience joy and happiness of life again. Noah, Moses and apostles had hope that things will change in life and they experienced the same but the problem with the world today is, we lose hope at the face of the challenges we face in our life. We are choked by the issues which continue to pose hurdles in the progress of our life. We are called to rise above the social, political and economic struggles because Easter reminds us that we have a living saviour who can heal our brokenness and despair and replace it with hope. God made a way for us to restart by freeing ourselves of the burdens that weigh us down. Resurrection of Jesus gave new hope and new life to the disciples of Jesus and it will be true to us also as we celebrate this joy of Easter this year.

Life before and after Resurrection

‘Jesus is risen,’ is a message of joy and confidence in the life of the believers. Before the announcement of Jesus’ resurrection by Mary Magdalene the believers shut themselves in darkness and lost hope of their freedom and above all worried about the danger to their life from the rulers and officials of the Jewish religion. Fear overwhelmed their life. They tried to save their life by closing themselves behind the doors. But, everything turned opposite when they heard that the Lord is risen. Their experience of resurrection of Jesus moved them from darkness to light, despair to hope and worry of danger of death to sacrifice of life for their faith in Christ. Subsequently, the light of risen Christ which

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Easter through different lens

- Donna D'souza

As a child, Easter meant 2 things, death and resurrection of Jesus Christ and Easter Eggs! And one really doesn't have to think much about which one was on our mind the entirety of Lent. However, as age passes one by, the years of hearing about what Jesus went through for us and our sins begins to play more importance.

"Father, forgive them; for they do not know what they do" (Luke 23:34), resounds in Church every year, but the meaning of those words change as time goes by. As a child, the thought was always that those words referred to the 'mean and bad' men who tortured and harassed Jesus; from the Jewish leaders who demanded him to be crucified, to the Roman soldiers who beat him up, to even Pontius Pilot who succumbed to the pressures put on him and stayed silent and let everything happen. As a young adult, the realization

that it's not merely those 'mean and bad' men who those words refer to, but to us as well, right from us misusing God gifts, to us not showing one another the compassion that we expect in return. When younger, the Maundy Thursday must have been the hot cross buns, Good Friday had the boiled gontvaals and Easter had the best of all, the Easter Eggs! However, growing up has brought into light the meaning behind some of these foods, like for example the buns depicted the door of the tomb Jesus was laid to rest in, the cross on the buns showed the cross he was crucified on and the spices represent the spices put on his body to preserve it after he died. The gontvaals reference scriptures which says beans can sprout unless they fall to the floor and die, which shows us how God sent his son to earth to die for our sins because he couldn't bear to

repeat what he had done to his people during the time of Noah. Easter Eggs, on the other hand, represents Jesus' emergence from the tomb and resurrection.

While we learn from the suffering of Jesus, we should also focus on his compassion and forgiveness towards people. The gospels read during Easter show us the true selflessness of Jesus, beginning with his first miracle of the transformation of water into wine at the wedding

feast at Cana, right to the end where he doesn't think about his suffering on the cross but rather sees that his mother still has a son in the disciple John and last but more importantly, he asks his Father to forgive us. Jesus not only taught us through life, but through his death as well. With a few but hard-hitting words Jesus 'walks the path he preaches of', showing us before asking

us to follow, how to be loving, forgiving, selfless and compassionate. He showed us how to love our neighbours as we loved ourselves, how to forgive without being asked for forgiveness, how to share the little we have and have it multiplied and how to love those suffering and help them. Easter and lent are yearly reminders of how to better ourselves. It shows us that we may sometimes falter in our ways, but like the resurrection of Christ, we too should rise up from it to better versions of ourselves.

Lent was always a fast of compulsion, Jesus died on the cross for you so you should give up something you love for him. Now, lent is a fast of choice, Jesus suffered so much to save us, can we do something to show him how much we love him?

Jesus not only taught us through life, but through his death as well. With a few but hard-hitting words Jesus 'walks the path he preaches of', showing us before asking us to follow, how to be loving, forgiving, selfless and compassionate.

Earth Day 2021

- Marcus Lobo

2nd April is celebrated as 'Earth Day' the world over and is a time for people everywhere to unite to save our planet. No matter our race, creed, station in life, or country of origin, one thing that unites humanity is our dependence on our planet for our sustenance. Be it the food we eat, the air we breathe or the water we drink, we are dependent on our planet. However, since the past 100 years or so as humanity has made great leaps and strides in the field of engineering and technology, it has had to face grave issues such as growing pollution, climate change etc. The industrial and plastic revolution which made it possible to manufacture and transport cheaply and in vast amounts, almost any product imaginable has led to a crisis of waste management with landfills and dumps the world over choked with plastic waste. In light of such dire issues, it is imperative for the world to unite together to pressurize governments and industries to seek solutions to the current issues and to promote more environmentally friendly alternatives.

The first Earth Day was celebrated in 1970 in America and was mainly promoted by Senator Gaylord Nelson from Wisconsin who was inspired to create Earth Day upon seeing the Santa Barbara oil spill from an airplane. The first Earth Day organized on April 22nd 1970, was a huge success inspiring around 20 million Americans to demonstrate against the harmful impacts of 150 years of industrialization. It led to the creation of the United States Environmental Protection Agency and the passage of laws like the National Environmental Education Act, the Clean Air Act etc.

1990 marked a turning point in the history of Earth Day when it was taken to the global stage and became a global platform for rallying pro-environment causes. It was waged with stronger marketing tools, greater access to television and radio, and multimillion-dollar budgets. It was successful in mobilizing 200 million people in 141

countries and lifting environmental issues onto the world stage, giving a huge boost to recycling efforts worldwide and paving the way for the 1992 United Nations Earth Summit in Rio de Janeiro. The Earth Day movement continued to gain momentum in its push for environmental causes with Earth Day 2000 focusing on global warming and a push for clean energy. It involved the participation of about 5,000 environmental groups in a record 184 countries reaching out to hundreds of millions of people.

Today, Earth Day is one of the largest secular observances in the world, as a day of action to change human behavior and create global, national and local policy changes. Despite the global pandemic, we can contribute to the noble cause of Earth Day through the savvy use of social media as well as through the donation of our time, talents and economic resources to organizations and causes that support environmental issues. In our own lives we can begin contributing to a positive change by adopting green habits, such as reducing water usage through taking shorter showers, fixing leaking faucets, reducing usage of air conditioners, maintaining vehicles and conducting regular PUC checks to ensure reduced pollution, refusing plastic bags from local vendors etc. At a societal level too, there are many initiatives we can promote that can reduce our environmental impact at a local level without needing to join protests and rallies. For e.g., we can promote rain water harvesting initiatives in our building societies, we can help with wet waste management through the setup of small biogas plants in our building societies, we can support the installation and maintenance of solar panels to reduce electricity consumption from the grid during peak demand hours etc. We can also approach local municipal corporators and legislators to help set up drop off points for electronic waste, plastic wastes etc. to enable their efficient and appropriate disposal or recycling by relevant recycling organizations. Local municipal bodies can also be encouraged to set up to

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Stumbling upon some Easter Lessons

- Priya Sugathan

It's the age of the internet, so much so the world has not only shrunk in distance, but you can also carry it in your smartphone around with you. Every aspect of our lives today has been touched by this mode of technology - right from entertainment to shopping and marketing for groceries. The pandemic and subsequent lockdown in 2020 has also hastened the process by a seven-fold and made even the personal moments shared with our family, friends and loved ones virtual - be it birthday celebration, reunion and even, a wedding celebration. Prayer services, too, had to go virtual since last year in a bid to contain the pandemic. In such a scenario when everything is so visual and virtual, the internet or any of its technological

avatars is the last thing to be associated with spiritualism. That privilege is only associated with any activity that internalises an experience, like it does in meditation, and silence. But is it not possible that an activity that externalizes an internal reflection or thought can open the door to a deeper understanding of an experience or phenomenon? This thought crossed my mind, when I found myself transfixed to my computer screen as a young handsome man

in a monochrome picture moved, his familiar big black eyes looked around in a hesitating manner, before looking straight into the camera and smiling warmly. And with it the seven-year-wall of separation from my father who passed over to another realm in 2013, seemed to blur, infusing in me a burst of new energy. This was made

possible through a new artificial intelligence-driven app called the DeepFake technology that lets users create life-like animated images out of old photographs. It's not surprising that the tech has caught on in a big way around the world, including India, and is seen as an app of renewal and resurrection. I was also struck by the timing of it - which is during the season of Lent. Looking back, I realised that some of my life lessons and revelations came through 'external' moments like these around the Easter season. I didn't have to go to a quiet corner and get myself to focus on anything specific or chant, I literally stumbled upon them. Take for instance, the time I was chosen to play Jesus Christ, albeit for a shadow play.



Let's rewind to the late 80s to a boarding in a hill station called Matheran: It was the Holy Week and Sr. Josepha, a feisty Anglo-Indian nun, put together a shadow play that captured the last journey of Christ till his Ascension. And she, for some reason, picked me out from among the numerous boarders - boys and girls - to play Christ. I was clearly all 'wrong' for the role - not only was I of the wrong gender as a teenage girl, but also the wrong

body type, but the nun seemed convinced with her choice, and I dared not ask, "Why me?" Somewhere between the tomfoolery during the rehearsals, something caught my eyes while enacting the Garden of Gethsemane sequence. I'd invariably stumble, every time at the same spot, the same way, when I had to utter the lines, "Father, if it's possible take this cup away

from me... (pause) Yet not as I will, but thy will be done.” It would take me some time to come out of that moment and join the humorous banter around me. It dawned on me that perhaps, it is in this moment in the Garden of Gethsemane that we get to see Jesus Christ in all his glory and weakness - as an evolved being he let himself go through the entire gamut of fear, pain, acceptance and the pulling together of will and courage, like any human being, to go through the journey chalked out for him. This ‘moment’, for me, has become (and may feature in my future narrations), the most important event while reflecting on Christ’s life as it really sets the tone for how things turn out eventually. It’s a different thing that I also have the Garden of Gethsemane topping my wish-list of places to visit - just to be in the place that once allowed this evolved being in its space and helped him through a crucial moment in his life. Now, this is a revelation that I stumbled across from a very physical medium of theatre; perhaps, I may have also entered a form of meditation without realizing it.

I may be among the few faithful who has never undertaken fasting during the Lent season, however that did not stop me from being in the forefront of the many church activities as a child - be it through prayer services, choir and readings. Years later, I realized that I connected better with the Creator, when I was in a hill station than in cities like Mumbai. What’s more, the Stations of the Cross were a more immersive experience when it was conducted there. It makes me wonder if the rugged landscape of the hill station helped me transport to the Biblical times and made the journey seem real, if not the real thing. Today, you don’t need to go in search of a rugged landscape, it’s after all also the age of holograms, where the deceased can be brought back to life virtually. And since

this technology is often used by celebrities in the world of entertainment, it’s not surprising to hear them quip: “I could always come back as a hologram.” However, can you imagine the impact it would have when you are reflecting on the Stations of the Cross that have actually been recreated around you? The monastic nuns of the Parthenon of Sts. Konstantinos and Helen on the Aegean island of Chios had a brush with holograms, but for a different reason - it was to exhibit their hand-crafted Chios Crucifixion at the Massachusetts Institute of Technology Museum. The artifact is sought-after for its hand-painting of Jesus on the cross and crafting of metal flowers, the embroidery and hand-weaving of satin fabric stitched with pearl-headed pins. There are also talks of a hologram Bible in the future. As it stands today it’s an expensive technology, but when it does become an integral part of our lives, I’d think it would add to the spiritual experience.

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faithful who has never
undertaken fasting during the
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activities as a child**

Last, but not the least, can we leave film’s behind? One of the biggest sources of entertainment and information, it is also the most derided and the last thing to be associated with spirituality. And yet, Mel Gibson’s 2004-film, *The Passion of the Christ* gives us one of the most cathartic experiences based on the life of Jesus Christ. Today, it is considered a must-watch, especially during Lent and Easter as it captures the last 12 hours of Christ. While the intensity of the film and the graphic portrayal of Christ’s sufferings hit you in the gut, it also made you reflect on his life. The unusual trope that Gibson employs in his film, like the use of androgynous character to symbolize Satan’s seductive appeal also opens your mind to interpretations that go beyond what we’ve known till now. It makes you think and when a medium of visuals is able to do that, wouldn’t our spiritual lives be enriched by it?

Heart & Sole Run 4 on Virtual platform By the Rotaract Club of Fr. CRCE, Bandra

A lump sum of 450+ participants nationwide along with Rotaract Club of Fr. CRCE contributed and made a much needed difference in the society.

Despite the limitations and extreme hardships caused by the global pandemic, Rotaract Club of Fr. CRCE has still managed to organize yet another edition of its flagship event The Heart and Sole Run 4, which took place on the 13th and 14th of March, 2021 going Pan-India this year.

The run was organized in association with two NGO's Community Outreach Program and Fr Agnel Ashram. Community Outreach Programme has worked to provide a platform for the holistic development of women, children, and the communities in which they live. They provide residents with critical services, focused on supporting at-risk children and empowering women. These services include access to quality education, shelter, nutritious meals, health services, and the means to better lives through vocational training. Fr. Agnel Ashram has been working constantly towards providing for the under privileged children over decades and we are proud to support them in this noble endeavour of theirs.

The Heart and Sole Run 4 consisted of 4 run categories namely:

- Grit Run(15 Km),
- Heat Run (10 Km),
- Dream Run (5 Km),
- Citizen Credit Run (1.5Km).

The runs happened virtually by online registrations while keeping in mind the ingenuousness of the run, all of which was hosted by our official ticketing partner you too can run.

The runners had the freedom to run from anywhere and at anytime between the 13th and 14th of March, 2021. Further on, they had to upload the screenshot of the run details to finally get done with their part of donating towards

charity and enhancing their mood and health. A virtual leader board was created after the run on our website displaying the positions of all the runners. All the participants & winners were couriered their individual prizes, finisher medals & their personalised official HSR4 running t-shirts.

An Expo Day was also organised at Fr. Conceicao Rodrigues College of Engineering for the runners where they could come to collect their t-shirts before the run on 12th, March 2021 with all the government rules and restrictions in mind along with routine temperature check, sanitisation and social distancing for everyone present at that time.

Being a great success over the years and looking at the colossal impact of The Heart and Sole Run 4, many reputed brands came forward to be the sponsors of this event such as Citizen Credit Co-operative Bank, Mumbai Wellness Centre, IELTS Magic Score, Case Khazanaa, Coding Ninjas, Gold's Gym and Manori Koli Gramastha Mandal. The Heart and Sole Run 4 became a great success with participants not just from Maharashtra but from all over India. A few states including Karnataka, Kerala, West Bengal, Gujarat, Chhattisgarh, Andhra Pradesh, Uttar Pradesh, Tamil-Nadu, Himachal Pradesh, Haryana & Delhi. In spite of the pandemic situation and stressful factor a massive figure of over 450+ runners was achieved. The persistent support of Ms Gloria Moraes by being there for us over the years and her constant help and guidance, Mr. Abbas Shahiwala for his ceaseless support from Rotary Club of Bombay, Bandra and his pleasant and wise suggestions, Dr. Sujata Deshmukh our faculty in charge & Dr. Deepak Bhoir our Dean of student Affairs for bridging the gap between us students and the college management and their constant support, encouragement and guidance & lastly our principal madam Dr. Srijia Unnikrishnan and our Director Rev. Fr Valerian D'souza without whom this event would be impossible; all in all helped

Agnel Happenings

us turn The Heart & Sole Run 4 into the great success it is. We are grateful to all of them and everyone else who helped and supported us in

this endeavour of ours and thank everyone for being a part of our journey.



Achievers of Fr. Agnel School, Vashi

Swimmers from **Fr. Agnel School, Vashi** have won many accolades at the National and the International level over the past 15 years. The Talent Search Program in swimming endeavours to spot budding swimmers at an early stage so that they can be groomed to be the stars of the future.

Neel Shekatkar and Mantra Kurhe are two swimmers born out of the Talent Search program, a brainchild of Agnel's Head Coach Gokul Kamath. Gokul, an ex Agnelite and a Chhatrapati awardee in coaching has to his credit over 700 medals at the National level and over a dozen international medals. He and his team of coaching have been working for several years at the Agnel's swimming pool to find talented swimmers like Neel and Mantra.

At age 11, both swimmers have won several medals at the district and the state level. Mantra

has to her credit several medals in open sea races at the National level too.

Neel and Mantra both marked their debut in solo open sea swimming by successfully crossing the Arabian Sea off Mumbai Coast this week. Starting from Elephanta Island, they made their way towards the Gateway of India, a distance of approximately 14 km. Neel completed his attempt in 2 hrs and 45 minutes on 5th March while Mantra swam the same distance on 21st March in a time of 2 hrs and 51 minutes.

It is well known that most swimmers prefer to race in the safe confines of the swimming pool, but both these swimmers took up the challenge of open sea swimming. Both swims started off the jetty at Elephanta Island around dawn and supported by the favourable tide, they made their way across the open sea. Undaunted by the waves and grueling conditions, Neel and Mantra

showed great courage and determination to reach the Gateway of India in the fastest time possible.

The swims were authenticated by the Observers from Swimming Association of Maharashtra. In fact Mantra Kurhe's observer was none other than Rupali Repale who is no less than a legend of open water swimming. Rupali has to her credit many successful solo attempts including the English Channel, the Palk Strait, the Cool

Strait among others. She is a Shiv Chhatrapati Awardee by the Government of Maharashtra.

On completion of the swim, Neel had the fortune of being felicitated by Jt. Commissioner of Police, Mumbai, Shri Vishwas Nangre Patil who is himself a youth icon and a well known personality. Mantra was handed over her trophy and certificate by Shri Kishore Shetty, Treasurer of the Swimming Association of Maharashtra.



Shaping The Next Generation Award

Awaaz Today, a leading infotainment channel in Navi Mumbai held their Annual Programme - the Navi Mumbai Star Awards Function 2021 in Vishnudas Bhawe Auditorium



on 18th March 2021.

The programme began with the traditional ceremony of lighting the lamp by eminent personalities of Navi Mumbai and was followed by the Felicitation and Award Presentation Programme.

It was indeed a proud moment for Father Agnel Multipurpose School & Junior College, Vashi when 'Shaping The Next Generation Award' was presented to Mrs. Rupa Sudhakar- Head, Pre-Primary and Primary Section.

The citation emphasized the importance of early childhood education and recognized her immense contribution towards moulding young minds, inculcating values and facilitating holistic personality development through extra-curricular activities amongst children of an impressionable age, right from 1991.

The Award was presented by Dr Vijay Patil, an eminent educationist and Chancellor of D Y Patil University in the presence of an august gathering.

Inter-University Selection Trials for World University Games 2021

Held in Kalinga stadium, Bhubaneswar, Odisha from 07/03/2021 to 10/03/2021.

A total of 8 athletes chosen to represent Mumbai University, out of which 2 athletes- Saurabh Naitam and Rosalin Lewis, train in Agnel Gymkhana, Vashi.

Saurabh Naitam secured the 1st place (gold) in the men's category 100m run event, with a timing of 10.54 seconds.

Rosalin Lewis came in 5th in the women's category 200m run event.

The selection process of athletes for World University Games (which will be held in Chengdu, China) in August



18th National Federation Cup Junior Athletic Championship

The Event held from 25/01/2021 to 27/01/2021 in Tatyia Tope Stadium, Bhopal, Madhya Pradesh.

Saurabh Naitam secured the 1st position (gold) in the Under 20 boys age group, 100m run event, with a timing of 10.51 seconds.



Value Time, Value Life!

Ibonio D' Souza.

“Doest thou love life? Then do not squander time, for that’s the stuff life is made of.” Benjamin Franklin was spot on when he gave us this now famous quote. In fact, his life was run by this ideal, that you should live life to its fullest. Franklin did quite a lot in his lifetime, contributing many things to the advancement of science, technology, politics, and other important areas of America’s history.

Time management can be an effective anchor on which life can be built with consistency in spite of all the other variables. Time management is first an attitude and only then a skill. Time management is first an attitudinal change towards valuing time. Time management is in knowing what you want in return for the time you invest. The real challenge is not to manage time but to manage yourself.

There is more time than we can use, if we begin to use it wisely. The main secret to finding time is to identify the time stealers and get rid of them because time gets used up even if we don’t use them. Contrary to conventional time management, first compile a ‘Not To Do List’. These are all the redundant roles of your life that keep robbing you of your precious time, and vouch not to give those any more of your time.

Time management is not about tools; after all, a fool with a tool is still a fool. Time management is about self-management. It is the ability to say ‘yes’ to what is important, and more importantly, the discipline to say ‘no’ to ‘you don’t have to do’ aspects of life. If you know where you want to be tomorrow, then the only way to get there is

to invest your time today in the direction of your tomorrow.

‘That on which you invest time grows’. If your business has been doing well, it is because you have been investing time on it. If your social circle is expanding, it is because you have been investing time on it. If your family life is deteriorating, it is because you have not been investing time on your family. If your relationship with a friend is not what it used to be, it is because you have not been investing time on that relationship. So also, your health may be deteriorating if you have not given due time and attention to it. The opposite is also true: ‘That which is starved of time, shrinks’.

There is more time than we can use, if we begin to use it wisely. The main secret to finding time is to identify the time stealers and get rid of them.

Value time and you will value life. However, what you do with your time depends on what you want to achieve with your life. Life cannot be lived by the clock. It is lived through the heart. You can’t aspire to be a world champion in chess without giving enough time to chess. Life is all about focus. Give maximum time to developing your talents,

the world will applaud you for your talents. You can reach where you want to reach tomorrow, only if you invest enough of your time today in the direction of your tomorrow.

In essence, time management is not about organizing activities with reference to the clock, but about organizing yourself and your life with reference to what you want to be in life. Where your time goes, there your future comes. The greatest compliment one can give oneself is to be able to say, “I had enough time for everything that I believed was important.”

time, openly proclaims Jesus' Resurrection to the assembled crowds. He communicates it, not in his own words, but by quoting Psalm 16:8-10. See Acts 2:26-28. Jesus rose according to the Scriptures, and Psalm 16 must have been seen as key scriptural evidence for the early Church. Here they found a clear statement that Christ, will not see bodily corruption, and that he must have truly risen.

Jesus' resurrected Presence is entirely physical in his subsequent appearance, yet, he is not bound by physical laws of space and time. In this remarkable real physicality and the freedom from the constraints of the body, we see the special mysterious nature of the risen Lord's new existence. Jesus is not as the disciples initially

feared, a "ghost" or a "spirit": He has "flesh and bones" (Lk.24:36-43). In his appearances to the apostles he asks for something to eat...has real fellowship...yet, it is only in the vanishing that he becomes truly recognizable. Jesus "appears to his disciples," in the Acts of the Apostles, "speaks to them," and sits at Table with them, in his Spirit-Body!"

The Risen Lord's Table fellowship with his followers, is the New Covenant Fellowship that we now celebrate in the Eucharist every single day, worldwide!

Now, with Thomas, let us place our hands into Jesus' pierced side and confess:"My Lord and my God!" (Jn.20:28).

Contd. from pg 6 - Earth Day

separate wet and dry waste collection services and to tie-up with compost manufacturers to ensure proper waste management at the ward level. We should also use social media to promote environmental events like tree plantation drives, paper collection drives, as well as citizen education drives that are conducted by various environmental organizations throughout our cities.

For those of us choosing an activist approach towards protecting the environment, we must first educate ourselves about or local and national level environmental issues and participate in forums and discussions on these topics. A good example of such educated activism has been the successful opposition to the proposal to cut into the Aarey forest for the Mumbai Metro project. Concerned citizen groups were able to not only put a halt to the activities, but also pressurize the state through peaceful protests and savvy use of social media to get 800 acres of land in the

Aarey Milk Colony in Mumbai declared as a reserve forest in addition to getting the location of the car shed for the metro project relocated to Kanjurmarg. While some may argue whether the results achieved were worth the delay to the project and the loss of money invested at the Aarey site, one cannot argue the value of the message delivered; that governments cannot take an irresponsible attitude towards management of forest resources when planning infrastructure projects. It made clear once and for all that educated and aware citizens will not sit idly by and accept government excuses of environmental sacrifices made for the greater good.

As we celebrate and participate in Earth Day 2021, let us remember that the actions and behaviors we implement today will not only help improve our current situation, but also help create a safer, healthier and more diverse tomorrow for our future generations.

All your losses will be made up to you in the
resurrection, provided you continue faithful. By the
vision of the Almighty I have seen it.

~Joseph Smith, Jr.



Living in the present

Each day we dream
The future seems clear
We set out like streams
Only to be stopped with fear.

Looking back on the past
Great and tragic the tales
Plans are made to last
Yet our journey fails.

Then to whom do I go
Future and past don't show
What I seek, where do I find
I need so much a clear mind.

The answer dawned on me
How foolish I have been
What I search I have found
Right here right now
- Randall D'souza

Why is it Good?!

No, death cannot be good,
No, bruises and hurts are bad!
Betrayal is even worse,
But your death is called Good!
I had only wondered why!
Bruised, broken and bloodied, when you fell
Three times when carrying the cross...
To call it good, it'd be gross!
What's good in being jeered at, spat upon and
mocked,
More so, by the ones who had, after you,
flocked!
Suffering the worst ever ordeal you finally die,
No one mourns, there's not a sigh!
But then the "good" starts after there,
The partition between God and man did tear!
What was once lost you found it again,
Through all your suffering and pain,
Love triumphed, without disdain,
You rose from the dead and forever now,
Death is defeated and thus is established,
Christ's glorious reign!
-Joanita DSouza (Santamaria)



There is no Joy Greater than the Joy of **GIVING**

Severine Saldanha, Mangalore

Please accept my kind donation of ₹.10,000 for the benefit of the orphan boys under your care. Kindly pray for my family's good health. Thanking you.

Gina Fernandes, Mumbai

Attached is a cheque of ₹.5,000 for your charitable activities, especially taking care of orphan boys. Please remember us in your daily prayers. Thank you.

M. J. Pereira, Pune

Enclosed is a cheque of ₹.3,000 towards the

sponsorship of the orphans in your Ashram. Please pray for us. Thank you.

Dr. Pilloo P. Hakim, Mumbai

I am sending herewith a cheque of ₹.1,000 towards the sponsorship Scheme. Please pray for me and my family's good health and that we may overcome all our problems.

S.N.Irani, Mumai

I enclose a cheque ₹.1,111/- as my Easter Gift for the orphan boys in your Balbhavan. Please pray for my husband to progress in his business, my sons to do well in their studies and for my mother's early recovery from illness. Thank you for your prayers.

Contd. from pg 4 - Easter Joy - A Call for a new beginning in Life

challenged the challenges of the apostles and the early Christians should guide us today as we celebrate the joy of Easter.

Easter: new beginning

Empty tomb of Jesus filled the apostles with faith and a ray of hope had shown on their faces. Apostles celebrated their new life in Jesus as they heard the message of resurrection of Jesus Christ. Hence, we celebrate Easter every time when we bring hope into a challenging situation, when we bring joy, when we forgive and when we live by the impulse of the spirit. Usually, we look for Jesus outside and satisfied with the external celebration of Easter but we are called this time to look for Jesus to rise from within. Jesus who is buried in our own lives with our entanglements of worldly desires of the flesh and sin should rise and rule our life in and through.

"The resurrection gives my life meaning and direction and the opportunity to start over no matter what my circumstances," says Robert Flatt and it is true for us too. Easter gives our life meaning and opportunity to start anew. I am influenced by the words of Philips Brooks who said that every man and woman count himself/herself immortal. Let him/her catch the revelation of Jesus in his resurrection. Let him/her say not merely, 'Christ is risen,' but 'I shall rise.' Exactly, the true joy of Easter celebration is the celebration of the resurrection of the self, not anything else because there is no new beginning without the rise of the self. Let us all enjoy the joy of our own resurrection to have a new beginning like the apostles who experienced their own self as they celebrated the resurrection of Jesus.



FR. AGNEL'S BLESSINGS

SAFE & NORMAL DELIVERY

Canada: My pregnancy was very complicated as there was a tumor in the womb. I was very much tensed. In distress, I entrusted myself to the protection of Ven. Fr. Agnel and fervently prayed to him for my safe confinement and normal delivery. I am now very happy to inform that through the blessing of Ven. Fr. Agnel, I had a safe and normal delivery of a healthy baby boy. Today I have come to the Ashram with my little son with an offering of Rs. 500.

-Sharon D'Souza

PERMANENT VISA SECURED

Virar: My son is working in Australia but he did not have permanent visa. I came to the Ashram on Sundays and joined Novena service and prayed to Ven. Fr. Agnel for my son. I am very happy to say that through his intercession he secured a permanent visa. I am very grateful to Ven. Fr. Agnel in thanksgiving an offering of Rs. 200.

-Josephine Pereira

SECURED GOOD JOB ABROAD

Doha Qatar: I am a firm devotee of Ven. Fr. Agnel since my school days and through his blessings I had a successful career. Today I have secured a good job in Qatar and I am doing well. As a token of my sincere thanks I am sending my offering of Rs. 7500 to Ven. Fr. Agnel.

-Visha George

OPERATION AVERTED

Antop Hill: I was going to my native place. We were travelling by tempo which suddenly overturned. I hurt my head. I was taking treatment. Doctor advised an operation. I

prayed to Ven. Fr. Agnel to avoid operation. I am very happy to say that through his blessing the operation was averted. In thanksgiving an offering of Rs.500.

-Vishnu B.Satve

DEGREE COMPLETED & LUCRATIVE JOB SECURED

Andheri: My son passed 12th std. with very low percentage of marks. However, he appeared for CET exam. During his exam I was fervently praying to Ven. Fr. Agnel and through his blessing he scored very high percentage and got admission to engineering course in a reputed college in the city. But he would fall sick very often and during the 8th semester my son was admitted to hospital 6 times and lost one year. During those days I kept praying to Ven. Fr. Agnel for my son. I am now very happy to inform you that my faith in Ven. Fr. Agnel was strengthened as my son passed Degree in Computer Engineering in September with high marks and also got, very lucrative job near our house in a reputed firm. My profound gratitude and homage to Ven. Fr. Agnel with an offering of Rs. 8000.

-Gracy Mendonca

ACUTE PAIN CURED

Goa: Last one month, I was suffering from acute pain in the lower abdomen and in the pelvic area to an alarming proportion. It was a desperate situation in many ways. I could not take time off to visit a doctor due to work pressure, as my financial position was bad those days. Doctor started treatment. I prayed to Ven. Fr. Agnel with deep faith. To my great surprise within 10 days the pain disappeared. I am grateful to Ven. Fr. Agnel with an offering of Rs. 150.

-Rita Gonsalves

Out of Their Bounty

Sosamma Saji	U.A.E.	100000	B.G. Desai	Mumbai	1000	Pascal Fernandes	Mumbai	500
P Srivastava	Mumbai	35000	Y.M. Mistry	Navsari	1000	Justine Fernandes	Kerala	700
M. D'Souza	Kerala	25000	V.N. Heldt	Secunderabad	1000	Philomina Pinto	Chikmagalore	3000
S.P. Suman	Mumbai	25000	S. Sebastian	Tamil Nadu	1000	Roshni D'Silva	Mumbai	500
J.D. Divecha	Mira Road	12000	P. Fernandes	Chennai	1000	K.S. Rao	Mumbai	500
Nancy Swamy	Mumbai	10000	L. D'Cruz	Kerala	1000	Janina Gomes	Kalyan	500
C. Francis	Kerala	10000	J. Sebastian	Kerala	1000	G Veeramani	T.N.	500
Urve Agency	Bhayander	8000	Jansamma George	Kerala	1000	Charmaine Jonah	Kolkata	500
W.A. D'Silva	Mumbai	6056	Santosh Paul	Delhi	1000	John Baptist	T.N.	500
W.A. Draper	U.S.A.	6022	Gee Thomas	Kerala	1000	Shanu Lazar	kerala	500
Joseph & Melini	Dubai	5500	A. Mittathany	Kerala	1000	Gerty Ernest	Kerala	500
W. Sequeira	Mira Road	5000	Monthi D'Mello	Mangalore	1000	Vishal Puppal	Ahmednagar	500
V. Tauro	Mumbai	5000	Aruna Fernando	Tamil Nadu	500	Flemy Thekketh	Kerala	1000
Susan D'Souza	Dubai	5000	Sebastian D'Souza	Mumbai	1000	Ittoop Menachery	Kerala	500
A. D. Patole	Mumbai	4000	M.Rajathi	Tamil Nadu	300	G. Veeramani	Tamil Nadu	500
S. J. kiruba Valan	Chennai	3000	Philomina Pereira	Mumbai	900	Raul Aranjó	Goa	500
J. Abraham	Mumbai	3000	Rita Johnson	Kerala	800	Paul Mathai.	Banglore	4000
Abraham Daniel	Kerala	3000	Michael Jose	Mumbai	600	Hanuman Paswan	Thane	450
Betty Joseph	Kerala	3000	A.D. Kharban	Mumbai	600	Thomas Mendes	Vasai	400
Sunita Inigo	T.N.	3000	A. D'Souza	Dombivli	555	Ignatius Bandyá	Bhayander	400
Bulbul Dutt	Kolkata	2500	Sanjay V. Badhe	Mumbai	501	Dilip Parkhe	Raigad	400
G. Mampara	U.S.A.	2947	R. Aanthan	Chennai	501	Sachi Tuscano	Vasai	350
C. Jose	U.S.A.	2899	Pervez J. Mehta	Mumbai	501	M.j Harris	Madya Pradesh	50
Mani T.P.	Kerala	2658	athew F. Pinto	Mumbai	500	M.K. Chesson	Mumbai	300
T.G. George	Pune	2500	Hazel Rebello	Bhayander	500	A.V. Francis	Chennai	300
A. Coutinho	Vasai	2000	M.Irudayaraj	Tamil Nadu	750	A. Wilfred	Tamil Nadu	2000
A. Jagtiani	Mumbai	2000	Pranali Ghodake	Ahmednagar	500	Stella Thomas	Pondicherry	300
S. Jadhav	U.K.	1942	Shane Marthus	Mumbai	500	Sandeep N. Bhatt	Mumbai	201
J. Clarke	London	1732	Gregory T. Gadai	Uttan	500	S. Devadas Pillai	Mumbai	201
V. Ranali	Thane	1500	B.M. Malu	Bhayader	500	C.F.Dennis	Kerala	500
Krish Kanjani	Mumbai	2000	R.E. Machado	Vasai	500	T.M. Pinto	Mubai	200
R.N. Hazarika	Tamil Nadu	1500	P.M. Gosavi	Dhule	500	J. Mariya	Vasai	200
V Sophia	Tamil Nadu	500	K.M. Gosavi	Dhule	500	R.B. Dalko	Vasai	200
Anne Fernandes	Mumbai	2000	J. Srinivas	Mumbai	500	Precilla Pereira	Vasai	200
Juuliana Fernandes	Mumbai	2000	Noble Simon	Kerala	500	Rija Anna Francis	Kerala	2000
Anita J. Macwan	Gujarat	2000	Jatin Desai	Valsad	500	Isabel Hendricks.	Tamil Nadu	2000
Jignesh S. Macwan	Gujarat	2000	Ashok Patel	Mumbai	500	Prema Indirani	T.N.	200
P. John Joseph	T.N.	1500	Phulu Chakauri	Bhayander	500	Jacob Puther	Kerala	5000
Calistus Roche	T.N.	1500	Martha Gosalves	Bhayander	500	Edwin David	Bangalore	500
Rani C. Vanjare	Ahmednagar	1500	Sean E.Pearl B.	Bhayander	500	Sunita Inigo	Tamil Nadu	3000
Olyvin Dmello	Thane	1200	M.t.devassia.	Kerala	1000	Sheetal S. Shah	Mumbai	101
M. Jamashayed	Mumbai	1100	Devdul Amber	Bhayander	500	Dr. Vikrant Kharat	Ahmednagar	200
John Tharakan	Kerala	1020	Pritisha N. Dunga	Uttan	500	I.A. Deshbandhu	Thane	100
G.S. Rana	Thane	1000	N.L. Mathak	Vasai	500	S.A. Shetty	Kalyan	100
M.P. Joseph	Kerala	1000	R.R. Valis	Uttan	500	S.V. Shetty	Kalyan	100
Joshi D. Rai	Bhayander	1000	Parsat Jiva Baria	Gujarat	500	Jitendra Shah	Mumbai	100
S.P. kartan	Vasai	1000	Louis Palande	Ahmednagar	100	S. Jibin	Pune	500
Amit Gonsalves	Vasai	1000	C. Engles	Punjab	1000	C.k. Fernandes	Gujarat	200
Dormition Boat	Bhayander	1000	A. Shirsat	Akola	500	M.S. Dharod	Mumbai	501
Louis Palande	Ahmednagar	100	Soniya Bhatt	Mumbai	500	K. Rajpura U.S.A.	Mumbai	511
C Vinjor	Ahmednagar	2000	Nathal Coutinho	Vasai	500	B.S. Katira	Mumbai	500
P. Vinus Koli	Virar	1000	M.D. Fernandes	Delhi	500	B. Geeta	Gujarat	500
Shawn Gabriel G.	Bhayander	1000	Sunil Lopas	Kanyakumari	4000	A.G. Abraham	Kerala	500
Velakani Mala B.	Bhayander	1000	Conrad T. Soares	Mumbai	500	A. Varghese	Bangalore	500
Prayan Bood	Bhayander	1000	Gloria S. Pereira	Vasai	500	A. D'Souza	Mumbai	500
P.M. Gourabian	Mumbai	1000	P. B. Daruwalla	Mumbai	500	S. Gomes	Kolkata	500
			K.C. Wadia	Mumbai	500			

MAN FROM GALILEE

Who is this man from Galilee, for whom people have fascination?
Could he be a rabbi, to be drawing such attention?
None could deny that He is a teacher with an extraordinary message;
All who heard him with open heart and mind left with joy and leverage.

Curing the sick and giving sight to the blind, to a human mind was a marvel!
No wonder the lepers came running to him seeking for such a miracle.
Who expected that the dead could be raised and given new life, we pondered.
It all came about by the power of the man who obediently surrendered.

He did not hesitate to speak with command and authority in the name of the Lord.
People searched deep within and soon recognized the prophet of God.
He spoke of today and of tomorrow with courage and audacity.
The leaders could not challenge him, they chose to live in duplicity.

The man from Galilee was no ordinary person!
The whole creation came about for this very reason.
He was the messiah, the Son of God, come to give us salvation.
Everyone should lift his voice in praise and adoration.

He spoke of love of God and love of man. Of all commandments, none is greater.
He taught mankind the will of God, His Father, our Creator.
His love revealed, in arms outstretched on the cross, He died to set us free.
Live in His love, and you will behold the peace of the Man from Galilee.

His quest to establish the kingdom of God goes on with every generation,
How long it endures is not ours, to make such determination.
To attain a place in your life for love and serenity,
Simply put your hands in the hand of the man from Galilee.

Peter Fernandes



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