


FR

March 2019



AGNEL

SHRAM NEWS

A large, dark silhouette of Jesus Christ on the cross, set against a dramatic sky with scattered clouds and a bright sun low on the horizon, creating a golden glow. The cross is made of dark wood.

**From the
Cross to
Resurrection**

*- A Triumphant
Journey*

FR. AGNEL
ASHRAM

NEWS

March 2019

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Happy Easter Christ has Truly Risen! Alleluia!

Dear Friends and Benefactors,

We, the Agnel Ashram Community, together with the poor children of our Balbhuvan, wish you all a Happy Easter.

Resurrection of Jesus Christ from the dead, gives us hope for a new life. In a similar way, your contribution on the occasion of Easter gives hope for a new life to more than 600 destitute children, sheltered in our 5 orphanages at different parts of the country with a secured future.

Many poor children, who would have been otherwise a burden to society, are given the right direction and imparted technical training according to their flair and skill in our Institutes, and thus they are enabled to earn an honest livelihood and become respectable citizens of the country.

Your donation definitely, will go a long way in achieving our goal to provide them with a bright future.

May the Risen Lord, Jesus Christ shower his choicest blessings upon you and your beloved family.

With a grateful heart

Yours sincerely in the Lord

Fr. Peter D'Souza

Superior

1. Donations to Society of St. Francis Xavier, Pilar, are exempted from Income Tax.
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4. For donation through NEFT, please see the details given below and email us details of donation, your name & address & Pan No.



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IFSC Code: CORP0000120		

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MY EASTER GIFT

To,
Fr. Superior,
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Bandstand, Bandra (W), Mumbai - 400 050.

Dear Fr. Superior,

I am sending my Cheque/Draft/M.O. for ₹ _____ as
my EASTER GIFT for the underprivileged under your care.

Name & Address: _____

_____ Ph: _____

Email I.D. _____ Signature _____

PAN No. _____ Our Ref. No. _____

The Art of WAR



The nation has been in the grip of a war frenzy over the last few weeks. Ever since terrorists from across the border launched a dastardly attack on the CRPF in Pulwama, the nation has been seething with rage, and justifiably so. While the families and friends of the 40 deceased are undoubtedly in a trauma, the psyche of the nation is grievously wounded.

This attack was the third major attack by terrorists on the Indian state. It was preceded first by an attack on the Indian Parliament and then the cowardly attack on Mumbai city. There is indeed a deep sense of hurt and a feeling of being violated for victims of terror. Terror has been raising its ugly head all over the world and global terror is now a phenomenon that needs to be tackled with an iron fist.

The question however is, what is the appropriate weapon for this fight against terror. A warlike situation prevails on the Indo Pak border. Daily firing from across the LOC is met with equally potent firing from our side. The bombarding of Balakot and other terror camps in Pakistan were met by a virulent response by the Pak armed

forces. While the “optics of war” served as a morale booster for the forces and people on both sides of the border, the terrorists lay cosy in their beds, unaffected by the vitiated relations between the two countries.

According to Sun Tzu, “The supreme art of war is to subdue the enemy without fighting”.

There is no denying that Pakistan’s complicity in providing shelter, support and logistics to terror groups has been established. This proxy war seems to be a standard formula adopted by Pakistan in dealing with Iran and Afghanistan along with India. As long as Pakistan profits from this deadly liaison with terror groups, the threat of global terror will persist in our backyard. So what should India’s response be?

Experts from across the spectrum proffer a wide range of solutions. We witness on television

channels how spokespersons from the different political parties fly at each other. Experts too pitch in making their own arguments. On one end of the spectrum lie the pacifists who speak of initiating talks and relations with Pakistan, while on the other end of the spectrum we have extreme thinkers who advocate an all out attack to teach Pakistan and their terror groups a lesson.

Sun Tzu was a Chinese military strategist and general who was born in 544 BC. He is credited with many brilliant military strategies and has written extensively on the subject. He is best known for the work “Art of War” which is considered a guidebook by military strategists in East Asia and is now even accepted in the

it’s time for India to now look outwards and establish alliances with neighboring countries. This will strengthen their economies and in turn widen.

western world. According to Sun Tzu, “The supreme art of war is to subdue the enemy without fighting”. This might seem ludicrous at first. However, if one were to examine the philosophy behind this thought it would indeed sound credible. It might be pertinent to note that Sun Tzu was born around the time of the Buddha, half a millennium before Jesus Christ and two and a half millennia before Mahatma Gandhi. Yet, there is a common thread running through the philosophies espoused by all these great thinkers. They all spoke of non-violence in some form or the other.

By now, we are all aware that war is no more the ideal option to settle conflicts. With nations

armed with nuclear weapons, there can be no end to a conflict without total destruction on both sides. Hence, the only option available is to pursue the Sun Tzu philosophy by leveraging on economic strength.

Recent news items indicate that Pakistan is a collapsing economy that is on the verge of going broke. They have approached the IMF and other funding institutions for financial aid to keep the wolf from the door. Like Pakistan, neighboring countries like Afghanistan are also in dire straits. India on the other hand is an economic giant that will soon be the third largest economy in the world after China and USA.

Having built its own economic base, it’s time for India to now look outwards and establish alliances with neighboring countries. This will strengthen their economies and in turn widen India’s reach to international markets. It is only by leveraging our strengths can we help build a strong economy in South Asia. When Pakistan stands economically isolated and impoverished in contrast with prosperity in the region, their systems will collapse under the weight of their own anomalies.

The war against global terror must be reinforced. India must strike alliances with other victims of terror like Iran, Afghanistan, Israel and economies of the western world that have all suffered the brunt of terror. When nations realize that supporting terror only invites economic collapse and political isolation in the international arena, this tribal mode of conflict resolution will lose its sheen. Then, the words of Sun Tzu will ring true. The enemy would be permanently subdued without fighting !

-Hansel D’Souza

Peace is not absence of conflict,
it is the ability to handle conflict
by peaceful means.

-Ronald Reagan

Lent

-Christine D'Sylva

There is something about Lent that makes sense. You give something up and everything is more joyful.

Pope Francis said, "Lent comes providentially to reawaken us, to shake us from our lethargy."

Lent is a period of fasting, moderation and self-denial that is traditionally observed by Catholics mainly. It begins with Ash Wednesday and ends with Easter Sunday.

Lent began as a way for Catholics to remind themselves of the value of repentance.

Many Catholics believe that one must sacrifice something for God in order to attain God's blessing. But the Bible teaches us that grace cannot be earned and grace is the gift of righteousness.

Jesus taught us that fasting should be done discreetly.

Fasting is a good thing yet we must heed the words of Jesus, "When you fast, do not look sombre as the hypocrites do, for they disfigure their faces to show men that they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father who is unseen." This means that while we may fast as a way of some sacrifice, we must not make a big show of it, but do it rather discreetly so that only God is aware that we are making some sacrifice, not our neighbour.

It must be said, however, that while Lent is a period of repentance, a true Christian will be diligent in always being repentant throughout the year for his sins. It should not be confined to just Lent. All commitment to God is definitely an ongoing process and our love for God should last the whole of our lives. There should not just be a few days when we feel repentant or sorry for our sins and transgressions.

Lent is just a formal reminder to us to observe the practice of repentance, sacrifice and our

continual love of God. Sometimes we humans can be forgetful and Lent is a quiet reminder to turn back to God in a more serious formal manner.

Lent is a forty- day period chosen because Jesus Christ spent a forty- day period in the desert, fasting at the age of about thirty. It was also a period when he was weak and fatigued and the devil tempted him three times when he was at his lowest ebb. Yet, he did not give into temptation but withstood the temptations that were pretty strong. The devil sensing he could not be made weak, fled away. Thus, Lent signifies a kind of a triumph too against evil for after his Crucifixion, Christ was buried and rose from the dead. This was a victory and it is precisely because of this resurrection that Christianity continues to be spread all around the world and has gained so much popularity. Lent signifies a period of despair and Easter Sunday that follows it marks the triumph not just of Christ but our victory too over death. Death, as we Christians believe, is not just burial but it means if we have led a good worthy life with our faith in God, we will be assured of Eternal life in Heaven which remains the ultimate goal of every Christian. Life is transient and for a short period, but Eternal life in Heaven is forever.

Lent is a very significant part of our lives as Christians as it brings into focus all these important truths that enable us to grow in leaps and bounds as better people, firm as a rock in our faith to God and an eternal hope springing in our hearts of the promise of a joyful triumphant entry into Heaven if we are deemed worthy of it by God.

Therefore, this Lent let us sacrifice not just by fasting alone but perhaps give up some vice or addiction that mars our relationship with Jesus Christ. It demands a lot from us but let us set our goal on the main prize which is a strong relationship with Jesus, and Eternal life in Heaven when at last we shall come face to face with God, our Father.

“Man, you are dust, and to dust you shall return”

-E.F. Joseph

The title is truly the word of God, inscribed in the first book of the Holy Bible, Genesis (3.19) It is a warning, rather a reminder to all, irrespective of faiths, especially to those who are leading sinful lives and engrossed in worldly passions and luxuries. It is implied that death is definite; therefore repent, shun sin and its ways, turn to God and lead a virtuous life benevolent to others. That is what the message the Church gives us on **Ash Wednesday** with the imposition of ash on our forehead.

Apart from a divine assertion, it is the last word said by the Priest in a funeral at the cemetery, and thereafter, the body is put to rest forever. A terrifying word, not meant for the departed soul but for the people who have come to bid adieu. And yet, man continues to be engrossed in a sinful life, pre-occupied with worldly activities, ignoring the fact that second by second, he moves closer to the grave. Man who has challenged nature, man who has conquered the world with great inventions and high technology, man who terrified the world and suppressed fellow-beings with mighty hands is no more now, he is just a skeleton under earth, the body which he had beautified with costumes is now food for worms. Alaswhat a pitiable condition !

Death is a painful reality in life, a terrible moment which one has to face all alone, where man and science stand helpless and mute. It is an uncalled guest and may come at any time, at any place, in any form, regardless of age and status. No option, no way to escape but accept it. The question is: Are we ready to accept it in a graceful manner? It is our mentality that gives death a different dimension.

For a soldier, death is a great sacrifice (kurban) to his Motherland. For a martyr, it is manifestation of his faith. For a revolutionary, it is a challenge to achieve the goal. For a scientist, it is date of expiry. For an atheist, it is the end of everything but for a believer, it is a door to eternity. For a

Christian, in the words of **St. Paul, death is a Gain** where the soul departs from the perishable human body to join God for eternal life.

Life is not a mere period from womb to tomb, and rest in dust. It is beyond the tomb and we are accountable to God for such a precious gift in every manner. Life may be compared to a **Test** and death is the last bell to submit the answer paper, and thereafter, there is no chance for reevaluation nor hope of any grace mark. Our fate is determined on where to stand, left or right side of the Lord of Justice. If we have a God-fearing and virtuous life, absolutely there is nothing to **be afraid of death where we can say like St. Francis of Assisi that “Oh death, my sister, come and embrace me”**. **Otherwise, we will continue to be obsessed with the fear of death which will ruin the very purpose of our life.**

Lenten season is a time for self retrospection, a time for self evaluation and take corrective steps. It should not end up with mere observance of routine fasting, abstinence and annual retreats. For, the axe is ready at the root of the tree; every tree which does not bear good fruits shall be cut down and thrown into the fire. (Mt. 3.10) However, the words of Psalmist give us hope that God will not despise a humble and contrite heart.

So, let us make this Lenten season more fruitful and graceful, and thus a blessed event in our life by way of charitable works, atonement and meditation. May the words of our Lord Jesus Christ resound in us always that be on your guard, because, you do not know the day or the hour (Mt.25.13). Therefore, be watchful like the five wise women who were awake to receive the bridegroom at midnight with the container full of oil, lest we regret like five foolish women. ■

Your Guide To A Catholic Lent

-Leon Bent

Lent is the forty-day liturgical season of fasting, special prayer and almsgiving in preparation for Easter. The name “Lent” is from the Middle English *Lenten*, and Anglo-Saxon *Lenten*, meaning spring; its more primitive ecclesiastical name was “forty days,” *tessaracoste* in Greek. The number “forty” is first noted in the Canons of Nicaea (A.D. 325), very likely in imitation of Jesus’ fast in the desert before His public ministry (with Old Testament precedents in Moses and Elijah). By the fourth century, in most of the West, it referred to six days’ fast per week of six weeks (Sundays were excluded); in the seventh century, the days from Ash Wednesday through the First Sunday were added to make the number forty.

Ash Wednesday is a Christian holy day of prayer, fasting and repentance. It derives its name from the imposition of repentance ashes on the foreheads of participants to either the words “Repent, and believe in the Gospel” or the dictum “Remember that you are dust, and to dust you shall return.”

During Lent, we are asked to devote ourselves to seeking the Lord in prayer and reading Scripture, to service by giving alms, and to sacrifice self-control through fasting. Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. Contemplate the meaning and origins of the Lenten fasting tradition in this reflection. In addition, the giving of alms is one way to share God’s gifts—not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: “Not to enable the poor to share in our goods, is to steal from them and deprive them of life. The goods we possess are not ours, but theirs” (Catechism of the Catholic Church, no. 2446).

Lent is a favourable season for opening the doors to all those in need and recognizing in them the face of Christ-- Pope Francis.

The key to fruitful observance of these practices is to recognize their link to baptismal renewal. We are called not just to abstain from sin during Lent, but to true conversion of our hearts and minds as followers of Christ. We recall those waters in which we were baptized into Christ’s death, died to sin and evil, and began new life in Christ.

Catholics are also encouraged to make Confession; a significant part of their spiritual lives during Lent. Lent is the Church’s primary penitential season. Most parishes offer Penance Services during the Lenten season.

We begin those 40 days on Ash Wednesday when we receive ashes on our foreheads as a sign of mourning and penitence

Why 40 days? Well, throughout the Bible there are references to events taking place over 40 days or years, such as the Israelites’ 40 years in the desert or Jesus’ 40 days of fasting and prayer in the desert. In the biblical sense, “Forty days is another way of saying ‘long enough’ or ‘enough time,’” according to *The Lent, Triduum and Easter Answer Book*, by Paul J. Niemann.

We begin those 40 days on Ash Wednesday when we receive ashes on our foreheads as a sign of mourning and penitence. The importance of this tradition is to remind us that we are entering a period of prayer and spiritual renewal, fasting and almsgiving.

Celebrating the Symbols of Lent

With its wonderful traditions and symbols, Lent provides a perfect opportunity for your family to celebrate together. Here are some suggestions for making the most of Lent:

As a family, observe the practice of not eating meat on Friday. Remember that the purpose of

this tradition is to make a sacrifice. If one of your family's favourite meals is meatless, you might consider an additional sacrifice. Meatless Fridays are now also seen as a sign of solidarity with the hungry multitudes worldwide. In addition to abstaining from meat on Fridays, do some abstaining from the television or other types of media, such as the computer or video-game system. Use the time to do activities together as a family, such as taking a walk or playing a game.

Put some extra effort into your decision as to what your Lenten sacrifice will be this year. And remember that doing something can be just as good as giving something up. Last year my focus for Lent was to contact people—by phone, mail or in person—whom I had meant to stay in contact with, but hadn't. Each week I focused on a different person.

How can Children Prepare themselves for Easter Sunday?

When I was growing up, my strongest connection with Lent was that it was the time of year that I had to give something up. As I grew older, however, I realized that, while sacrificing something you enjoy is one option, it's not the only one. For instance, one year I decided that, instead of giving something up, I would do what

my parents asked of me without complaining or arguing. Believe me that was much harder than giving up ice-cream!

This year, take some time to think about your Lenten sacrifice. Talk with your children about why we even practice this custom—as a reminder of God's great sacrifice for us.

Whatever you decide will be your Lenten sacrifice, draw a picture and paste it on the refrigerator where everyone can see—this will help you honour your commitment. For instance, if you're giving up watching a certain television program, draw a picture of one of the characters. Or, if you're going to make an effort to play more with your brother or sister, draw a picture of the two of you playing together.

Now, this gold nugget! Lent is a season of grace. The joy of the Risen Lord Jesus depends on how we live out the holy season of Lent. God's generosity has no limits, but we often fall short in giving God our whole hearts so that He can fill them with His love.

And, this final flourish! Let us always rejoice in the season of Lent, which is a gift and blessing for us every Church year. We must enter this season with true generosity of heart. Let us die to sin and rise to new life! ■

Fr. Agnel Ashram - Bandra MASSES and NOVENAS ON SUNDAYS

MORNING			
TIME	MASS	TIME	NOVENA
07:00 a.m.	English	07:45 a.m.	English
08:00 a.m.	Konkani	08:45 a.m.	Konkani
09:30 a.m.	English	10:15 a.m.	English
TIME	NOVENA	TIME	MASS
10:30 a.m.	Tamil	11:00 a.m.	Tamil
EVENING			
TIME	NOVENA	TIME	MASS
03:00 p.m.	Gujarati & Marathi	03:30 p.m.	Marathi
06:15 p.m.	English	06:30 p.m.	English
07:15 p.m.	English	07:30 p.m.	English

Weekdays Mass in English at 6.00 p.m.

Novena Prayers and Kissing of Relic are held on every Saturday after 6.00 p.m.

Mass Favours obtained, petitions and offerings may kindly be sent to :

Rev. Fr. Superior

Fr. Agnel Ashram

P.O. Box – 6656, Bandstand,

Bandra (W), Mumbai – 400 050.

Tel : 67114000.

Fax : 67114100.

Email : agnelashramnews@gmail.com

Web : <http://ash.fragnel.edu.in>

EUPHORIA - 2019

EUPHORIA is an annual function celebrated by **Fr. C.R.C.E, Bandra** every year. EUPHORIA provides a platform to CRCE, students to showcase their talents in various fields like literature, personality, gaming, performing arts etc.

This year's EUPHORIA was held from 13th February 2019 to 15th February 2019 with the theme 'Rendezvous of the Universes'. The college immersed in the fun, frolic and frenzy of Rendezvous of the Universes during these three days. The three days witnessed a variety of events ranging from literary to performing arts, and from creative to sports challenges.

The first day, 13th February, began with the inaugural ceremony of EUPHORIA. The occasion was graced by our local Superior Rev. Fr. Peter D'Souza, Director Rev. Fr. Valerian D'Souza, and Principal Dr. Srija Unnikrishnan. Various events and activities were organized in the college campus. Students from first year to the final year participated in all the events with verve and energy.

The second day, 14th February, witnessed PARIDHAN an inter-collegiate dance competition and intra college Fashion show at St. Andrews Auditorium, Bandra, where 8 teams

grooved to beat the opponents.

The finals of various performing art events such as Singing, Mr. and Ms. CRCE, Drama, College band along with the intra-college dances and Prize distribution were held on 15th February at Yashwant Natya Mandir, Matunga. The Chief Guest for the event Mr. Jayendra Kachalia, Owner and Director of Navnit Motors, and the Guest of Honour, Mr. Aniruddha Ainapure, Executive Director, JP Morgan Chase & Co., graced the occasion. Academic achievers of all the four branches were felicitated by the Chief Guest and the Guest of Honour.

Mr. Gopesh Rajderkar from B.E. Computer and Ms. Vanessa C. Rodrigues from B.E. Production bagged the BEST ALL ROUNDER awards. Mr. Alden Noronha from Second Year Electronics received a special award for securing the 1st position in 110m hurdles in the 'Khelo India Youth Games – 2019' in the under-21 age category held in Pune.

The event concluded with the announcement of the winners of best Dance, best Fashion show and Cultural trophy. B.E. Electronics and B.E. Computer won the best Dance and best Fashion show trophies respectively. The cultural trophy was bagged by the B.E. Computer. ■

Robotic Inter-Class Competition

In today's technology- driven world, it's important more than ever before to prepare students for the future. Robotics is integrated into the school syllabus from class IV to VIII. Regular sessions are conducted which help to increase the students ability to be creative and gain basic knowledge of Robotics. The school organised an Inter-Class Robotic Competition on 28th February, 2019, at **Fr. Agnel's Vidyankur School** to enhance the scientific temperaments of the students. The Chief Guest, Nithyanandan Mudaliar Kothandaraman, Regional Manager



*First Prize- Working Model of Vegetable Sorter
By Std V Tulip.*

Euphoric



Director Rev. Fr. Valerian D'Souza, Chief Guest Mr. Jayendra Kachalia, Principal Dr. Srija Unnikrishnan, Guest of honour Mr. Aniruddha Ainapure and local Superior Rev. Fr. Peter D'Souza (From Left to right) at Yashwant Natya Mandir.



Our student felicitated by the Guest of Honour Mr. Aniruddha Ainapure



Mr. Gopesh Rajderkar receives the Best Student award



Students performing dance

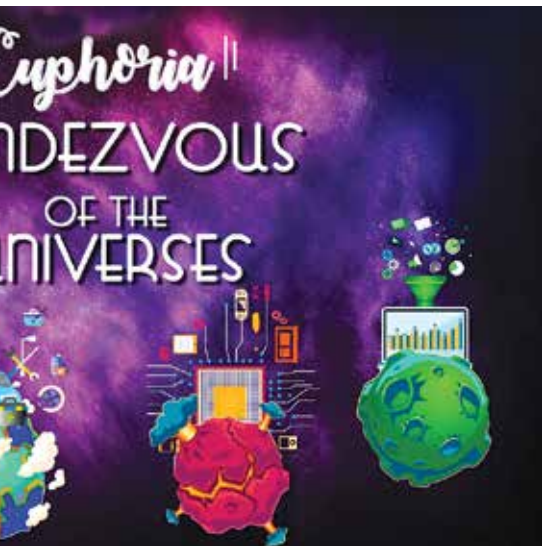
ia 2019



Guest of Honour,
Mr. Jayendra Kachalia



Ms. Vanessa C. Rodrigues receives the Best Student award



Our student felicitated by the Chief Guest Mr. Jayendra Kachalia



Dance performance at Yashwant Natya Mandir



Fashion show at St. Andrews Auditorium

Agnel Happenings

Next Education encouraged the students. In the final round, the students were judged in accordance to the models which were prepared by them. The students showcased their creativity by making robots for everyday life like a portable

library, vegetable sorter, navigator robot, food trolley, robot using light sensor, etc.

This competition helped students to understand the importance of team work and use of modern technology for a better future. ■



Students explaining the touch sensor during the inauguration ceremony of robotic competition.



The Director appreciating our creative genius of Std IV periwinkle.

Sports Day

The much awaited Annual Sports Day was conducted at **Fr. Agnel's Vidyankur School** on 11th January 2019 for Std VI to Std IX.

Rev.Fr.Reagan Fernandes (sfx) graced the occasion as Chief Guest. The program included the cultural events and fun games. The students presented performances such as the importance

of different colours and continents , tribal dances such as Thakars , Santhals and Gonds , importance of suryanamaskar, zumba and praying for world peace through the performance of Shanti Mantra. The Chief Guest gave an inspiring speech and also appreciated the hard work of the teachers and students. The program concluded with the theme song "ONE WORLD ONE FAMILY". ■



Colours of Life By Std-VI.



Finale-one world one family.

Sports Day Pre-Primary

The Annual Sports Day of the Pre-Primary was held on Saturday 12th January 2019 with great zeal and excitement. The programme began with releasing the balloons by our Director Rev. Fr. Agnelo Gomes and Principal, Mrs. Minal Kasbey.

The Director welcomed the esteemed gathering and emphasized on the importance of sports in a child's life. The event commenced by the lighting of the torch followed by a marvelous carnival parade. The students entered into the spirit of

the occasion in a grand way with the oath-taking ceremony. The event was set to rhythm with the energetic display of drill by the tiny tots of Nursery, LKG and UKG.

The air was filled with cheering for the little athletes who participated in the fun races.

The event ended with an awesome finale performance by all the students to the theme song "ONE WORLD ONE FAMILY" making the event a successful one. ■

Convocation 2019 Programme

Convocation 2019 Programme for 2014-18 passout batch students was organized at **Fr. CRIT, Vashi**. It was scheduled at 3:00 pm on 16th February 2019 at Fr CRIT New building, 7th floor, Seminar Hall.

Chief guest : Ms. Sowmya Santosh, Vice President, HR CitiusTech, Mumbai

Convenor of the Programme: Asstt Prof. Nilashree Wankhede

Dignitaries on the Dais : Chief Guest, Father, Principal, HODs, Exam Cell Convenor

Dr. Milind Shah the academic Dean, and HOD of EXTC Dept

Dr. Bindu S, the Student Dean and HOD of ELEC Dept

Dr. Nilaj Deshmukh, the Staff Dean and HOD of MECH Dept

Dr. Chavan Sir HOD of IT Dept

Dr. Lata Ragma, HOD of COMP Dept

Dr. Chirstu N, HOD of Humanities Dept

Prof. Mathewlal Sir our Exam cell Inch

Brief Schedule :

- Welcome Speech was given by Dr. S. M. Khot , Principal, FCRIT, Vashi.
- Inspiring Speech by Rev. Fr. Almeida, our Managing Director, ATEC
- Address by Chief Guest, Ms. Sowmya Santosh, Vice President HR CitiusTech
- Certification distribution was done for more than 270 students across Mechanical , Electrical, Electronics and Telecommunication., Information Technology and Computer Department students .
- Vote of Thanks was given by the Convenor Assist Prof. Nilashree Wankhede ■





There is no Joy Greater than the Joy of GIVING

R. Radha Krishnan, Tamil Nadu

I am sending my contribution of ₹.8,000 for supporting orphans in your orphanage. Kindly request the children to pray for us. Thank you.

Vissia Pais, Bangalore

We are sending you a cheque of ₹.1,000 as our thanksgiving offering for favours received through the intercession of Ven. Fr. Agnel. Kindly pray for us.

Layla Mathew, Bangalore

Enclosed is a cheque for ₹.1,000 for the benefit of the destitute children in your Balbhuvan. Please pray for us.

Sunil R.Mukwana, Gujarat

Please accept my gift of ₹.201 towards the destitute children under your care. Please remember us in your daily prayers.

Lent: A Different Approach to Fasting

Lenten fasts have a tendency to be oriented toward things like giving up food or television. But there are many other creative ways we can welcome Jesus' healing touch this Lent. Below are some suggestions you may want to consider.

1. Fast from anger and hatred. Give your family an extra dose of love each day.
2. Fast from judging others. Before making judgements, recall how Jesus overlooks our faults.
3. Fast from discouragement. Hold on to Jesus' promise that he has a perfect plan for your life (Jer. 29:11).
4. Fast from complaining. When you find yourself about to complain, close your eyes and recall some of the little moments of joy Jesus has given you.
5. Fast from resentment or bitterness. Work on forgiving those who may have hurt you.
6. Fast from spending too much money. Try to reduce your spending by ten percent and give these savings to the poor.



"When you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you."

-Matthew 6:6

When You Believe

*As we let our own light shine, we
unconsciously give others the permission
to do the same.*

-Nelson Mandela

The world is today is changing rapidly. The paradigms are shifting endlessly. We are moving from hatred to violence, from honesty to corruption, from love to lust, from community to self-centredness. It is therefore, quite natural, for our children and teenagers to feel lost, confused, lonely and disillusioned.

The new year at **Fr. Agnel Multipurpose School & Jr. College, Ambernath** was marked by a celebration called “When You Believe.....”, a musical attempt to awaken the self – belief in oneself. The students brought alive on stage, through dance – drama- song sequences, the values that are losing themselves in the world today. Recreated in the theme, “When You Believe.....”, was a world where good rightfully defeats evil, where goodness reigns supreme even after the forces of darkness use all the crooked means at their disposal to consume it. The show was directed by Mr. Anderson D’Cunha and Ms. Fiona D’ Monty.

Through the portrayal of characters from the innocent world of Walt Disney, the students of Std 1-12, showed that the need of the day is to believe in oneself and in the guiding hand of the Almighty. “When You Believe....”, the musical extravaganza, was a child’s cry for peace, a plea for a return to humanism. In a world, where it is very easy to go astray, “When You Believe....” was a call to unlock from within each one the inherent goodness that we are born with, to join hands together to make a better world.

The creed “When You Believe.....” rang out as the anthem of the event. It became the very soul of every participant and the heartbeat of every person who witnessed the event.

I believe for every drop of rain that falls
A flower grows
I believe that somewhere in the darkest night
A candle glows
I believe for everyone who goes astray
Someone will come to show the way

I believe above a storm the smallest prayer
Can still be heard
I believe that someone in the great somewhere
Hears every word

No horizon is too far
No storm too strong
No night too dark
No thunder too long
The impossible becomes possible & every
mountain can be moved
If only you believe

The puzzles fit in together
Burdens become light as a feather
Hope comes within your reach
Any miracle you can achieve
When you believe!

The Chief Guests **Mr. George Menezes (COO, Godrej Electricals & Electronics)** and Mr. Malcolm Stephens (Founder –Director, Wonder Kids) were inspired by the quality of the performances of the students saying that the little ones rivelled even high –end corporates !! They encouraged the parents in the audience to allow their children the freedom to make their own choices, dream their own dreams and set their own goals – thus reinforcing the theme of belief in the capabilities of our children.

We believe that everyone present was truly touched and went back to their homes and families feeling empowered to save the world from ruin by ushering back peace, love, joy and goodness and willing to sacrifice their personal gains so these lost values may once again govern our thoughts, words, decisions and actions.

Photos at the back cover



Fr. AGNEL'S BLESSINGS

Secured Good Job in the US

VASAI : My son who is Post graduate in Computer Engineering was trying to go abroad for a better job since a long time. But all his efforts were in vain. He was very upset . In this plight , I started a Novena to Ven. Fr. Agnel for 9 consecutive Sundays. I am now extremely happy to inform you that through the blessing of Fr. Agnel my son has secured a job in US as a soft-ware engineer with a handsome salary. With a grateful heart an offering of Rs.2000 to the Ashram.

-Primas Peter Dabre

Fruits of Graceful Bond With Ven. Fr. Angel

TEXAS-USA : I am a staunch devotee of Ven. Fr. Agnel since my school days. Through his heavenly intercession I had a bright academic career, got suitable job and I am now well settled down in US . As a token of my sincere thanks an offering of Rs.4000 to the Ashram.

-Saji Chacko Mathew

Blessed with Permanent Job

MALAD- Although I am a qualified teacher I did not get a job on permanent basis. All my

efforts were in vain. In despair, but with great faith, I entreated the powerful intercession of Ven. Fr. Agnel and fervently prayed to him. I am now extremely happy to inform you that through the intercession of Ven. Fr. Agnel I am blessed with a job as a teacher on a permanent basis, in a very reputed school in the city. As a token of my profound gratitude an offering of Rs.15,000 to the Ashram.

-Renita Richard Tuscano

Long Cherished Wish Fulfilled

Mulund: I am an ardent devotee of Ven. Fr. Agnel since many years. I was fervently praying to Ven. Agnel for a particular favour. I am now very happy to inform you that through the blessing of Fr. Agnel my long cherished wish was fulfilled. With a grateful heart an offering of Rs.9999.

-Bhakti Vinay Asani

Fruits of Faith And Devotion of Fr. Agnel

Navi Mumbai: With a grateful heart an offering of Rs.9000 to Ven. Fr. Agnel for all blessings showered on me and having saved my family from all the dangers and evils.

-N. T. Satyanarayan

FORM IV (SEE RULE 8)

Statement of ownership and other particulars about the Newspaper "Agnel Ashram News".

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I, Rev. Fr. Peter D'Souza, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Dated : 1st March 2019

Fr. Peter D'Souza

No Gender Stereotypes in Ardhanarishvara

By Apsara Reddy

(The writer is National General Secretary, All India Mahila Congress)

Namaste. With this simple gesture, folded hands and head bowed towards each other's true nature, you recognise and celebrate the soul in another. And honour the place in the other that exists within us, thereby recognising value in diversity and synergy in difference.

In Hindu philosophy, the soul is interpreted as being without gender. The reason being that the soul is eternal and exists beyond the realm of human form. The soul, therefore, keeps evolving by taking either the masculine or feminine human form. And at times, it manifests as a combination of the two energies. This philosophy envelops my life, especially as a transgender woman.

In the present world, with the political climate being charged and the narrative being extremely male-oriented with little or no focus on women, sustenance of the woman's movement becomes very challenging. Far too often, we hear sexist, crude and insensitive barbs being hurled at women. Shiva, the icon of masculinity, blended his identity so seamlessly with the sensibilities of the feminine, when he reveals himself to be half-man, half-woman, as Ardhanarishvara. Here, the masculine and feminine principles are inseparable. In fact, the female form is Shakti, the active force and the male form is Purusha, passive energy.

In ancient Chinese philosophy, the concept of entwined dual energy, called Yin and Yang, reflects how seemingly contrarian forces are actually complementary, interdependent, even symbiotic, in the natural world, wherein these forces rise up to each other while sustaining each other's energies. Yin and Yang find their parallel in the coexistence of Shiva and Shakti or Parvati, Prakriti and Purusha.

With increasing number of incidents of violence against women and the girl child, it is rather disconcerting that we have scant respect for the ideology of man and woman rising above carnal instincts and serving as a symbol of hospitality and parenthood. Transgender women should be accorded the dignity of Ardhanarishvara and valued for their skills and talents. Ridicule should be replaced with respect as we endeavour to progress towards a more harmonious society.

In a pantheon of over 33 million Hindu gods, the union of Shiva and Shakti signify the tallest and mightiest of energies because of the perfect fusion of male and female energy in equal strength.

Shiva and Shakti, as Ardhanarishvara, represent the attributes of both male and female energies in such an exquisite union that it is a force to reckon with, embodying the very act of creation itself; each one wielding limitless powers while working for the benefit of the Universe.

The western world recognises this dual energy today, as 'transgender'. Since ancient times, in Indic temple art and sculpture, the Ardhanarishvara (transgender) motif makes its unique presence felt in myriad ways, its majestic image infusing the stone or wall art with its quiet strength as the confluence of male energy complemented and channelised to the maximum by the softer female energy.

Achieving the right to legal gender recognition is crucial to the ability of trans-people to leave behind a life of marginalisation and enjoy a life of dignity. For this, all religiously charged leaders need to hark back to our scriptures and read up on Shiva and Shakti, and the significance of their manifestation as Ardhanarishvara. ■

-Courtesy Times of India

Out of Their Bounty

Praveen Srivastava	Mumbai	5000	T. Dalmeiy	Bhayandar	1000	Shernaz Mistry	Pune	300
Sosamma Saji	U.A.E	45000	Avani D. Sheth	Mumbai	1000	P.K.Alphonsa	Kerala	300
Ashley Coelho	Hyderabad	40000	David Patrao	Mumbai	1000	Alphonsa Nirmala	Kerala	300
Thelma D'Souza	Mumbai	18000	V.S. Bilolikar	Mumbai	1000	R. Victor	T.N.	300
Arun Augustine	Kerala	18600	A. Gala	Dombivli	1000	S. Merlyn	T.N.	300
Mary D'Souza	Bangalore	10000	S.A. Stephen	T.N.	1000	S. Mistry	Pune	300
Sunil Lopes	Tamil Nadu	5000	M.M. Athanil	Karnataka	1000	Maharukh Chesson	Mumbai	351
Christina & Maria	Telanana	5000	Girly Elgin	Kerala	1000	Benaz Daver	Mumbai	501
C.Jacob	Kerela	5000	E.L. Rodrigues	Goa	1000	Bharti M Sheth	Mumbai	501
Valsa Mathewkutty	U.A.E	5000	R. Arulanandham	Mira Road	1000	Annat M Antony	Kerala	500
R.Subramaniam	Mumbai	5000	Susheela	Kerala	1000	Nisha Ekka	Jharkhand	200
Richard D'Souza	Goa	5000	A Mitathany	Kerala	1000	D.C.DAWSON	Jharkhand	100
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Dhumini Thomas	Kerala	3000	Elsy Xavier	Kerala	500	D.Desmier	Tamil Nadu	200
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Neville S.Ramon	Gujarat	3000	P.M.Lawrence	Kerala	500	George D'Souza	Karnataka	250
Jessy Pinto	Karnataka	3000	Jibu Alexander	Kerala	500	Shetal Shah	Mumbai	101
Kokilaben Paramar	Gujarat	2500	Vijay Akumari	Kerala	500	Surendra Gandhi	U.K	121
Annie Jose	Kerala	2000	George Mathew	Kerala	500	Vilia Allen	West Bengal	200
Martin Parackal	Kerala	2000	V.Sophia	Tamil Nadu	500	Joseph Parmar	Gujarat	200
Yogesh Joshipura	U.S.A.	1500	Agnel Densil Magi	Karnataka	600	B.Martub	Orissa	100
Freny Daruwalla	Pune	1001	Anosh Waghmare	Pune	500	B.Geeta	Gujarat	100
Annie D'Souza	Mumbai	1000	Khushmita Ganata	Mumbai	501	P Patwardhan	Pune	200
Rebecca Zaman	West Bengal	1000	Lucy Joseph	Kerala	500	D.Mathew	Kerala	200
Pervez J Mehta	Mumbai	1000	Priya L. Dias	Vasai	500	Shaju Paul	Kerala	200
Gee Thomas	Mumbai	1000	M.G. Coutinho	Vasai	500	Stella Thomas	Pondicherry	300
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Kiran Fernandes	Mumbai	1000	Evita A. D'Costa	Mumbai	500	Bertha D'Cruz	Kerala	300
Arokiamary Bob	Pune	1000	C. Wilson	Mumbai	500	S.S. Kajave	Mumbai	150
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Hansaben Waghela	Gujarat	1000	Steffi R. D'Mello	Virar	500	S.B. Remjie	Mumbai	111
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S. I. Agarwal	Mumbai	1100	Tyronne Barrow	Mumbai	500	Shalini Mehra	West Bengal	100
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Riju A.X.	Kerala	1000	M.J. Pereira	Pune	500	Vijay D Amolik	Ahmednagar	100
Keiky Minoo Press	Mumbai	1000	V. sophia	T.N.	500	Ramesh Magar	Nashik	100
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Mariyamma Pius	Kerala	1000	M. Antony Raj	Mumbai	454	P.K.D'Silva	Karnataka	100
Baby Joseph	Kerala	1000	Mary Antony	Kerala	400	M Mendonca	Karnataka	100
Michelle D'Mello	Vasai	1000	M.Rajathi	Tamil Nadu	300	Xavier Valdaris	Mumbai	100
P.K. Raghuvanshi	U.S.A.	1000	Lumi Savarimuthu	Tamil Nadu	300	Anil Tribhuvan	Raigad	100
N.S. Manuel	Mumbai	1000	R.Victor	Tamil Nadu	300	George Parakal	Kerala	400
M.R. Valiyaveetil	Mumbai	1000	Catherine Thomas	Kerala	300	Anna Mathew	Kerala	50

Sports Day at Fr. Agnel Vidyankur, Pune



Peace makers by Std Ninth.



Proud Marchers.



Proud Salute.



Runner-up champions of the year.



Sprint Race.



The winning stars.



Munching Bunnies



A Ponypom drill by Lkg.



Hurdle race by UKG boys.



A flower drill by nursery.



Ball drill by UKG.



Little champs.



Oath ceremony of the tiny tots.



Releasing the balloons

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Annual Day at Fr. Agnel, Ambernath



Mr. George Menezes' address



Mr. Malcolm Stephens congratulates Prize Winners



The Melodious Choir



Magic happens... when you believe



Goodness crowned, evil defeated

Wishing our Dear Benefactors a
Happy & Holy Easter.

-From our Balbhavan and Ashram community



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