

FR

May-June 2019



# AGNEL

SHRAM NEWS



*By the sweat of your brow,  
you shall eat bread*

*-Genesis 3:19*

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Fr. Agnel Ashram News

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### **PRINTED & PUBLISHED BY:**

Fr. Peter D'Souza sfx  
on behalf of  
Agnel Publications

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### **PRINTED AT:**

S.B.M Printers  
C- 130, Ansa Industrial  
Estate, Andheri East,  
Mumbai - 400072

### **PLACE OF PUBLICATION:**

Fr. Agnel Ashram,  
Bandstand, Bandra,  
Mumbai - 400050.

*Single Copy Price:* Rs. 15

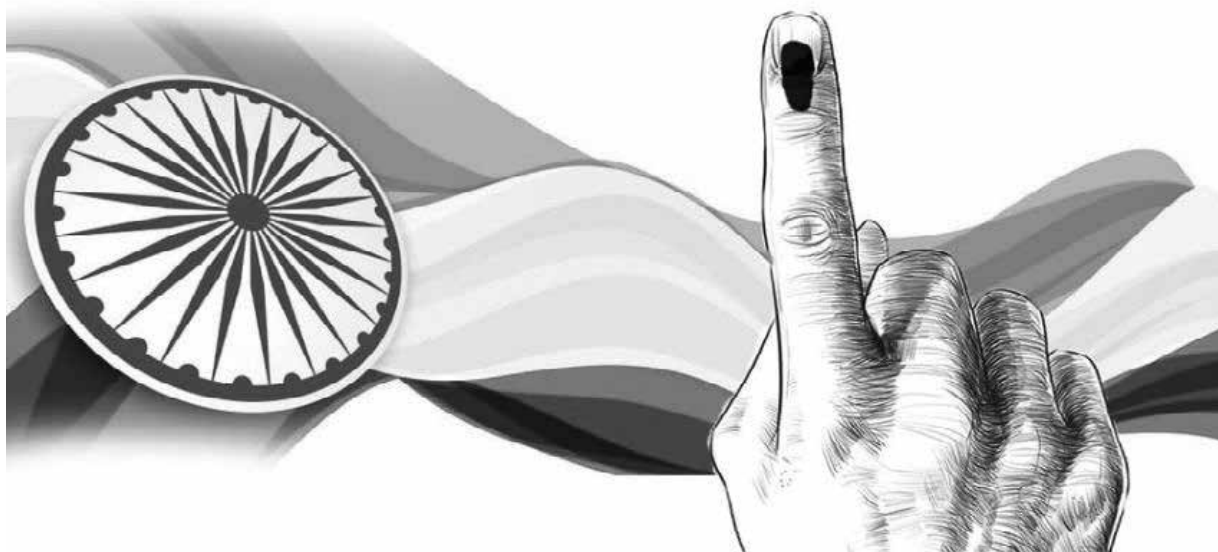
*Annual Subscription:* Rs. 150

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# Dance of Democracy



**D**ance of Democracy is a popular metaphor used to describe the electioneering held over the last two months in India. Dance is in itself an art form that originated 9000 years ago. Ironically, cave paintings found in India, were the first evidence of dance as part of human evolution. Its close association with ritualistic religion and its prominence as a cultural expression give it its halo.

But, what has transpired over the past few weeks in India is nowhere close to the pristine art form called dance. A more apt metaphor would arguably be “orgy”! Never was such a vituperative campaign ever witnessed since the first general election in 1951! Political rivalry has always existed. The famous debates between Pandit Nehru and leaders of the opposition are now an integral part of political folklore. But, the level of political debate in 2019 is probably the lowest we have ever seen or heard!

The political establishment is a reflection

of the voters who vote them to power. We elect people like ourselves. That is why politicians go to any length to be seen, heard and perceived as clones of the common man. Crumpled khadi kurtas, starched cotton sarees, kolhapuri leather chappals and khadi jackets – all designed to appeal to the common eye. What was never reflected in earlier political

campaigns was street talk.

The 2019 election will be remembered for both the uncouth behavior of the contenders and the abusive muck they flung at each other.

There is divided opinion about the tone and tenor of the campaign.

While some might deride it as crude, crass and uncivilized, others revel in the spectacle with the same voyeuristic delight displayed by audiences at an akhada (wrestling pit)!

Now that the dust has settled, let us examine the issues at stake. Unlike earlier electoral face-offs, ideological battle lines were absent. What we saw instead was a slew of promises

**The political establishment is a reflection of the voters who vote them to power. We elect people like ourselves.**

of doles and handouts that defied imagination. It was almost like an auction, with the vote going to the highest bidder ! And then, there was the rhetoric ! Charges of corruption, attacks on lineage, chest thumping, aggression and posturing; stole the headlines !

But of all the sins of commission and omission, the one that stood out was the sinister role played by the media – especially the electronic media! Even a child can by now distinguish between “paid news” channels and unbiased news channels. The histrionics displayed by news anchors, like trained screeching macaws, was indeed the most sorry spectacle. The electronic media seems to have sired a new breed of journalists of questionable morals and saleable integrity.

The press and media is known as the fourth estate. After the legislature, executive and the judiciary, it is this pillar of democracy that keeps the checks and balances. If the fourth

estate too is compromised, then democracy has no hope for survival. The paid agenda of some channels was quite obvious. They parroted identical messages day in and day out, wrote obituaries for some parties and predicted thumping victories for others. With no self-regulation and no norms to govern them, the

media has transgressed all limits by a mile.

The outcome of this macabre “dance of democracy” will be known on May 23. Once the last vote is marked and counted, India will hopefully return to normal for the next five years. The

heat and dust of battle would have settled and sworn enemies will share the spoils of war. The common man will return to eke out a living. The media will hunt for a new story and the poor tax payer will pick up the tab estimated to be US \$ 10 billion – that’s what this dance of democracy costs !

*-Hansel D’Souza*

**But of all the sins of commission and omission, the one that stood out was the sinister role played by the media – especially the electronic media!**

**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

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*Voting is the only way to make  
change in a democracy.*

*-Christine Todd Whitman*

# The Wonder and Holiness of Leisure

-Leon Bent

We tend to equate leisure with idleness. In contrast, the classical world thought of 'rest' as something active. For the ancients, leisure was the pursuit of uniquely human endeavour, indulgence that went beyond merely acquiring material goods and serving worldly desires. But, for those who are caught in an endless cycle of production and consumption . . . what can 'breathing space' possibly mean?

When our lives get very busy, we often look for a sense of comfort to counteract all of our stress. However, we must be careful not to remove God, who is the source of all comfort, from the centre of our lives.

The Fathers of the Church often spoke of the concept of "otium sanctum," or "holy leisure." In the later works of St. Augustine, he would use this term to refer to the monastic life, in which the monk is free of everyday obligations and can devote his time to study and prayer.

However, it is not only the cloistered religious who are called to live this "otium sanctum": all are beckoned to holy leisure. We all recognize the need to set aside time for important things. How often do we tell ourselves we are too busy to do something? When anything is important, we make the time

Sacred leisure is not about doing what we want. It's taking time to do the important things we let ourselves put off for the rest of the week. It is about spending time with family — quality time, prime time, face time, truly giving ourselves over — and giving our lives to God.

Part of the importance of resting in God comes from the Third Commandment, which decreed an observation of a Sabbath Day each week. For Christians, this day of rest is Sunday.

Contrary to popular understanding, Sunday has not supplanted Saturday as the Sabbath. The Sabbath was, and remains, the seventh day of the week: Saturday. But Christians commemorate Sunday as their holy day, the memorial of the

resurrection of Jesus, as the work of Christ fulfilled, what the Sabbath was pointing to.

What Christians mark on Sundays is not strictly the "Sabbath," but something the Sabbath prefigured: The Lord's day! The Catechism of the Catholic Church states, "For Christians, (Sunday's) ceremonial observance replaces that of the Sabbath. In Christ's Passover, Sunday fulfils the spiritual truth of the Jewish Sabbath and announces man's eternal rest in God" (CCC No. 2175).

Furthermore, the Catechism goes on to say that "the institution of the Lord's day helps everyone enjoy adequate rest and leisure to cultivate their familial, cultural, social and religious lives" (CCC No. 2184).

Pope Benedict XVI provided a wise insight on this matter in his encyclical "Charity in Truth," advising us of the importance of keeping eternal life at the forefront of our minds, and living, so that, we strive for more than material accomplishments: "Without the perspective of eternal life, human progress in this world is denied breathing space. Enclosed within history, it runs the risk of being reduced to the mere accumulation of wealth; humanity, thus, loses the courage to be at the service of higher goods."

We must diligently and conscientiously set aside time for the Lord, time for our families, time for ourselves. How are we to understand where the line is when trying to discern what amount of work is appropriate and how to let ourselves observe this holy leisure? The Catechism (CCC) once again gives us guidance here: "On Sundays and other holy days of obligation, the faithful are to refrain from engaging in work or activities that, hinder the worship owed to God, the joy proper to the Lord's day, the performance of the works of mercy and the appropriate relaxation of mind and body."

The one thing needed was chosen by Mary when, much to Martha's chagrin (Lk.10:38-42), she refused to do what was useful. Instead,

she demonstrated the premier aspect of human nature: our capacity to contemplate being. Mary chose to be with Jesus instead of helping her sister with the housework. While it is good to examine the times we, like Martha, have failed to put Christ first, we can take consolation in what Jesus says about Mary. He says: “Mary has chosen the better part and it will not be taken away from her.” Just as Christians are called to do today, Mary valued the comfort of spending time with Jesus more than the comfort of seeing her work finished. She realized that spending time with Jesus was just as necessary as the housework. She chose what is best, and Jesus promises that “it will not be taken away from her.” This is leisure at its core, and the true meaning of Sunday or the Sabbath!

This is a uniquely human—a uniquely personal—ability. This essentially contemplative capacity is summed up in a single word: wonder! Of all creation that shares a material nature, man and man alone, is capable of a sense of wonder.

Josef Pieper points out that wonder is the basis of the philosophical act, the essential stance which enables us to ask why rather than how. Wonder is that profound mixture of astonishment and gratitude by which we immediately connect with God. As such, it lies at the heart of man’s ability to relate properly to himself, to others and to God. Children possess this sense of wonder naturally, but it tends to be driven out by the need to exist and be useful. Our culture pressures us to view reality as a mechanism, to be harnessed for a wide array of useful purposes, lest we be guilty of idleness, or a failure to produce. But, the capacity for wonder is so critical to human development that, we must learn how to preserve and nourish it. In a culture like ours, this means learning to “do leisure”.

Leisure is the first and most natural antidote for the contemporary blight of utility; it is our first step in learning to recognize the giftedness pervading all that is. For this reason, it is one of the highest of human goods. Its sense of wonder led the ancients out of materialism and into philosophy. Combined with Faith, true leisure will help the Christian to rise higher still.

Many people are able to catch a glimpse of this in

their family celebration of religious feasts, rooted in love and gathered around the table at the feast day meal. Similarly, the highest form of leisure is prayer—communion in which we succeed, at least, partially, in putting ourselves in the presence of God, love speaking to Love. At its apex, then, the essence of leisure is to be found in the Eucharist, an epiphany of redemption, love and gratitude.

As human persons, we are intrinsically drawn to a wide variety of persons, places, activities, and objects. In these things which we naturally enjoy (whatever they may be for each one of us), we find opportunities to live in the moment, enriched by our reflective participation in some small portion of reality, and, therefore, learning to open ourselves to wholesomeness. In the pursuit of these small joys, we find that even effort itself takes on a new character. It ceases to be drudgery and becomes, in a word, fun. Our receptivity to any special object of delight—our wonder—transforms everything. It is in such pursuits, then, that we rightly spend our “leisure time”.

Leisure itself is actually rooted in something very much like religious festivity, the enjoyment of things we know are God’s, not ours. Without understanding and participating in true leisure, we will take rather than receive. Our relationships will wither; we will have nothing to give.

For most of us, however, prayer often involves burdensome toil. Fortunately, God understands our nature and gives us a sort of introduction to spirituality, in the wholesome delight we take in each other, and in so many of his more tangible gifts.

Now, this gold nugget! Leisure time is filled with reverential grandeur. We are able to feel in the rush of the passing, the stillness of the eternal. What we cannot comprehend by analysis, we become aware of, in awe! Silence is filled with profound listening to the voice of the Spirit, which transforms us.

And, this final flourish! Leisure, in its fullness, is walking with God in the cool of the morning, (before Adam and Eve sinned and were ashamed). For, this must have been the Creator’s routine fellowship (Gen.3:10).

# Rest and Relaxation- a Must for Every Human Being

- Christine D'Sylva

Learn to relax, your body is precious as it houses your mind and spirit. Inner peace begins with a relaxed body- Norman Vincent Peale.

Tension is who you think you should be. Relaxation is who you are- Chinese proverb.

Life is all about balance. It is said that there has to be a balance between work and play.

All work and no play makes Jack a dull boy. Truly this saying holds a gem of wisdom.

When we rest, our energy is restored. We feel refreshed and oddly enough the most productive thing we can do at times is to rest and relax.

We as human beings are geared from young to believe in the importance and necessity of hard work. It is drummed enough into our heads that hard work will take us far in life.

We are oft enough told that we owe society to become productive members and thus do our best to contribute to societal and economic progress. Work has become a very dominating factor in our lives.

Mahatma Gandhi himself sagely said, "Work is prayer."

People who lose their balance soon find themselves becoming workaholics. At first work is given importance but gradually it seems to take over their lives. They are so immersed in work, they spare little time for their families and for any kind of recreation. Work becomes their mantra, their sole reason for existence. They feel unduly proud of their attitude, not realising that gradually anything in excess becomes detrimental. Society does not condemn workaholics, at times it even encourages such behaviour.

Heart attacks, anxiety attacks, depression, are just some of the physical and emotional backlashes of this disease of workaholism. There is no time to

chill, no time to relax. We have important things to achieve and prove our worth to the world. To be idle for a few minutes, reeks of laziness and sloth. Or so we often are led to believe.

This evokes the amusing caricature of a mad scientist so often portrayed in movies and novels. He is so engrossed in work, that his appearance is frazzled, he neglects his family and friends and seems forever to be in his laboratory working and working ceaselessly. At times, he even forgets to eat!

Sadly, while this might be a slight exaggeration, yet many individuals in today's competitive times are well on their way to becoming workaholics, not interested in rest and relaxation.

Sometimes, we just have to take a deep breath and enjoy life.

There are 1440 minutes in a day so taking time off to rest, relax and enjoy life is not the end of the world.

Take time to smell the roses is another saying. This holds true.

When God made man, he made him to be the master of creation. Though God said, "By the sweat of your brow, you will eat your bread until you return to the ground." It does not mean that God frowns upon rest and relaxation.

Jesus, in the Bible too, needed rest from the great work he was doing. Once when he was on the boat with his disciples, he was asleep and a great storm broke out. Yet he slept peacefully through it all.

Later, he performed the miracle of commanding the wind to be still. We see how Jesus realises the importance of rest and relaxation despite the stormy weather outside. He is cool and calm. This is a lesson for each one of us who feels life at times can leave us feeling frazzled and

*Contd. to pg 14*

# The Visitation of The Blessed Virgin Mary

-Leon Bent

After the Annunciation, Mary is confused - Surely you would be perplexed, if you were Mary. Who can she talk to about this strange happening? Her mother? Her rabbi? The only person she knows who would understand her is her cousin Elizabeth. The Angel had told Mary: "Even Elizabeth your relative is going to have a child in her old age, and she who was said to be barren, is in her sixth month. For, nothing is impossible with God!" (1:36-37).

Further, Pope Pius VI said: "The liturgy (of the Visitation) recalls the Blessed Virgin carrying her Son within her and visiting Elizabeth, to offer charitable assistance and to proclaim the mercy of God."

Perhaps, you are a new Christian, struggling hard to understand and make your way. I encourage you to pray that God enables you to find an 'Elizabeth', to help you during this incredible period of your spiritual journey. Both, Mary and Elizabeth are Spirit-filled! They glorify God and rejoice! The Greek word *agalliao* means "rejoice, exuberant, exalt." The focus of Mary's joy is "God my Saviour!" Mary is caught up in joy in the Lord!

The Feast of the Visitation on May 31st, recalls the following great truths and events: The visit of the Blessed Virgin Mary to her cousin Elizabeth shortly after the Annunciation; the cleansing of John the Baptist from Original Sin in the womb of his mother at the words of Our Lady's greeting; Elizabeth's proclaiming of Mary—under the inspiration of the Holy Spirit—as Mother of God and "blessed among women"; Mary's singing of the sublime hymn, The Magnificat ("My soul doth magnify the Lord") which, has become a part of the daily official prayer of the Church. The Visitation is frequently depicted in art, and was the central mystery of St. Francis de Sales' devotions.

And, Mary rising up in those days, went into the hill country with haste, into a city of Judah [Lk. 1:39].

How lyrical is the opening sentence of St. Luke's description of the Visitation. We can feel the rush of warmth and kindness, the sudden urgency of love that sent the ecstatic, puzzled girl hurrying passionately over the hills. "Those days" in which she rose, on impulse, were the days in which Christ was being formed in her - the impulse was that of the Boy Child.

Many women, if they were expecting a child, would refuse to hurry over the hills on a visit of pure kindness. They would say they had a duty to themselves, and to their unborn child, which came before anything or anyone else. The Mother of God considered no such thing. Elizabeth was going to have a child, too, and although Mary's own child was God, she could not forget Elizabeth's need – almost incredible to us, but characteristic of her. She greeted her cousin Elizabeth, and, at the sound of her voice, John quickened in his mother's womb and leapt for joy. How did Elizabeth herself know what had happened to Our Lady? What made her realize that her little cousin, who was so familiar to her, was the mother of her God?

She knew it by the child within herself, by the quickening into life which was a leap of joy, at the prompting of the Holy Spirit. If we practice this contemplation taught and shown to us by Our Lady, we will find that our experience is like hers!

If Christ is growing in us, if we are at peace, recollected, because we know that, however insignificant our life seems to be, from it He is forming Himself; if we go with eager wills, "in haste," to wherever our circumstances compel us, because we believe that He desires to be in that place, we shall find that we are driven, more and more, to act on the impulse of Jesus' love.

*Contd. on pg 16*

*May - June 2019*

# Fr. C. Rodrigues Institute of Technology, Vashi

## Smart India Hackathon - 2019

Smart India Hackathon-2019 (SIH-2019), a nationwide 36-hour nonstop digital programming competition which is an initiative by AICTE & MHRD conducted the Grand Finale on 2nd and 3rd of March, 2019. It has two sub-editions : Software and Hardware editions. Around 335 - Problem statements were

defined and 1,400 - teams competed in the Grand Finale for the software edition which was conducted across 48 different centers in India. Seven-Teams from our Institute qualified for the Grand Finale. Three Teams stood as winners in their respective Problem Statements category.

### TEAM NAME : GRANULAR BITS



(From Left) Mr. Akshay Bhosale, Ms. K V Sreenidhi, Ms. Nikita Jayakar, Mr. Gyandip Mallhi, Ms. Gloria Benny, Fr. S. Almeida (Managing Director), Mr. Robin Jaison, Dr. S. M. Khot (Principal), Mrs. Sandhya Pati (SIH-SPOC). The Team “Granular Bits” participated in Smart India Hackathon-2019 Grand Finale - Software Edition, held at National Institute of Technology, Warangal, on 2nd & 3rd March, 2019. They competed for the Problem Statement “Chromatography” stated by Sun Pharmaceutical Industries Ltd., under the Complex category. The team won in the competition with a Cash Prize of Rs.1,00,000/- and Certificates.

# Tech-Wizards at



Team Abadha



Team Avia



Team CFR



Team Robocon



# Fr. CRCE, Bandra



Shrota



Team Project Cell



Team Mavericks



Team Vayushashtra



# Agnel Happenings

## TEAM NAME : PHANTOM TROUPE



(From Left) Mr. Shantanu Shinde, Ms. Shruti Kanatt, Ms. Edelquinn Mendes, Ms. Nimmy Augustine, Mr. Freddy Poly, Fr. S. Almeida (Managing Director), Mr. Naeem Patel, Dr. S. M. Khot ( Principal), Mrs. Sandhya Pati (SIH-SPOC) The Team “Phantom Troupe” participated in Smart India Hackathon-2019 Grand Finale - Software Edition, held at National Institute of Technology, Jamshedpur, on 2nd & 3rd March, 2019. They competed for the Problem Statement “Operational Maintenance of Vehicles using AR/VR” stated by Ericsson under the Complex category. The team won in the competition with a Cash Prize of Rs.1,00,000/- and Certificates.

## TEAM NAME : ACCIDENTAL ENGINEERS



(From Left) Mr. Shantanu Shinde, Ms. Shruti Kanatt, Ms. Edelquinn Mendes, Ms. Nimmy Augustine, Mr. Freddy Poly, Fr. S. Almeida (Managing Director), Mr. Naeem Patel, Dr. S. M. Khot ( Principal), Mrs. Sandhya Pati (SIH-SPOC) The Team “Accidental Engineers” participated in Smart India Hackathon-2019 Grand Finale - Software Edition, held at Raj Kumar Goel Institute of Technology, Ghaziabad, U.P, on 2nd & 3rd March, 2019. They competed for the Problem Statement “Optimum inventory control of machine spares and consumables” stated by Everest Industries Ltd. under the Complicated category. The team won in the competition with a Cash Prize of Rs.75,000/- and Certificates.

# Saints Peter and Paul

- P. A. D'Mello

The Church celebrates the Feast of Saint Peter and Saint Paul on 29th June. As early as the year 258, evidence has been recorded of an already lengthy tradition of celebrating the Solemnities of both Saint Peter and Saint Paul on the same day. Together these two great Saints are the Founders of the See of Rome, all through their preaching, ministry and martyrdom there.

Peter, who was named Simon, was a fisherman of Galilee and was introduced to the Lord Jesus by his brother Andrew, also a fisherman. Jesus gave him the name Cephas (Petrus in Latin), which means 'Rock,' because he was to become the rock upon which Christ would build His Church.

Peter was a bold follower of the Lord. He was the first to recognize that Jesus was "the Messiah, the son of the living God," and eagerly pledged his fidelity until death. In his boldness, he also made many mistakes, such as losing faith when walking on the water with Christ and betraying the Lord on the night of His passion.

Despite his human weaknesses, Peter was chosen to shepherd God's flock. The Acts of the Apostles illustrates his role as Head of the Church after the Resurrection and Ascension of Christ. As we all know, Peter led the Apostles as the first Pope and ensured that the disciples kept the true faith.

St. Peter spent his last years in Rome, leading the Church through persecution and eventually being martyred in the year 64. He was crucified upside down at his own request, because he claimed that he was not worthy to die as his Lord. He was buried on Vatican hill, and St.

Peter's Basilica is built over his tomb.

St. Paul was the Apostle of the Gentiles. His letters are included in the writings of the New Testament, and through them we learn much about his life and the faith of the early Church. Before receiving the name Paul, he was Saul, a Jewish Pharisee who zealously persecuted Christians in Jerusalem.

Saul's conversion took place as he was on his way to Damascus to persecute the Christian community there. As he was travelling along the road, he was suddenly surrounded by a great light from Heaven. He was blinded and fell off his horse. He then heard a voice saying to him, "Saul, Saul, why do you persecute me?" He answered: "Who are you, Lord?" Christ said: "I am Jesus whom you are persecuting."

Saul continued to Damascus, where he was baptized and his sight was restored. He took the name Paul and spent the remainder of his life preaching the Gospel tirelessly to the Gentiles of the Mediterranean world. Later, Paul was imprisoned and taken to Rome, where he was beheaded in the year 67. He was buried in Rome in the Basilica of St. Paul Outside the Walls.

In a sermon in the year 395, St. Augustine of Hippo said of Sts. Peter and Paul: "Both Apostles share the same feast day, for these two were one; and even though they suffered on different days, they were as one. Peter went first, and Paul followed. And so we celebrate this day made holy for us by the Apostles' blood. Let us embrace what they believed, their life, their labors, their sufferings, their preaching, and their confession of faith.

**According to the Indian Philosophy "Manav Seva is Madhav Seva", and therefore, the work, whatsoever it may be, in some way or another, we are serving the society and thus play a vital role in building a welfare state.**



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

**Deborah Thomson, Chennai**

Kindly accept my contribution of ₹.1500 towards the sponsorship of my ward Hritik for the year 2019. I hope he is doing well in his studies. May our Lord Jesus Christ bless and keep him in good health. Please pray for us. Thank you.

**Robert Fernandes, Pune**

Please accept my contribution of ₹.10,000 towards the Agnel Gift Garden for the benefit of the destitute children under your care. Kindly remember us in your daily prayers.

**M.H. Olpadwala, Mumbai**

Enclosed is a cheque of ₹.6000 to be utilized

for the welfare of the poor children in your Ashram. Please pray for us.

**Mrs. I. Santineer, Chennai**

I am sending a cheque of ₹.2400 towards the sponsorship of my ward for the period March 2019 to February 2020. Please pray for my family's good health, peace and wellbeing.

**Alwyn D'Souza, Vasai**

Enclosed is a cheque of ₹.4000 towards the maintenance and education of the destitute children in your Balbhuvan. Please request the children to pray for our family. Thanking you.

**Rest and relaxation a Must for Every Human Being - Contd. from pg 7**

overwhelmed. Just take it easy, should be a piece of advice worth taking.

The work Jesus was doing was tremendous and life- saving, yet he never begrudged himself rest when he needed it.

Let's take a leaf out of his book and aim to rest and relax. Sunday are days of rest and we must use this day to recuperate from our toil during the week.

One important way to relax is by spending a few minutes each day in prayer, thanking God for all blessings and quieting your mind. This will leave you feeling refreshed.

At least two vacations a year are important to rest rejuvenate and emerge feeling better about ourselves and life in general. When we connect with nature by going for a stroll around a park, or just relaxing listening to music, we are giving our minds and bodies the leisure that is required

for their optimal functioning.

Mahatma Gandhi said, "There is more to life than increasing its speed."

Hobbies may seem fruitless to some people, just a waste of precious time. But hobbies help us to rest and relax. They help us to connect with our inner selves and be like kids again, enjoying something just for the sake it. Thus, rest and relaxation reflect our attitudes towards life. To lead a balanced life, lets promise ourselves to rest and relax more often and most importantly not to feel guilty about it.

There is virtue in work and virtue in rest. Use both and overlook neither. Stop feeling guilty when you need time off to rest and relax. Just think of it as a stepping stone that will help you to increase your productivity later on.

We can learn from the simple butterfly. It flies, yet it never forgets to rest for a while.

# Being True To Yourself

-Ibonio D'Souza

Our revered ancestors understood instinctively that being true to one's self or to be a person of integrity means having a personal standard of morality and ethics that does not sell out to expediency and that is not related to the situation at hand. Unfortunately, integrity is in short supply today and getting scarcer. But it is the real bottom line in every area of society. And it is something we must demand of ourselves.

There is a story told about a surgical nurse's first day on the medical team at a well known hospital, for a patient's abdominal operation. The nurse said to the surgeon, "You have only removed 11 sponges, and we used 12. We need to find the last one." "I removed them all," the doctor declared. "We will close now." "You cannot do that, sir," objected the trainee nurse. "Think of the patient." Smiling, the surgeon lifted his foot and showed the nurse the 12th sponge. "You will do just fine in this or any other hospital," he told her. The lesson is when you are right, you cannot back down.

Another famous example is of Dr. Jonas Salk. As a medical scientist, he developed the vaccine for polio, which at his time was one of the most epidemic diseases in the world. Rather than sell his vaccine and make a fortune, he released it for free for the greatest public health benefit. Because of his integrity, the world is now almost free from polio.

Further, always give others credit that is rightly theirs. Do not be afraid of those who might have a better idea or who might even be smarter than you are. If we intentionally use people of smaller outlook than ours we shall become a company of dwarfs. But if each one of us aligns with people who are bigger than we are, we will become a company of giants.

Again, be honest and open about who you really are. People who lack genuine core values rely on

external factors - their looks or status - in order to feel good about themselves. Inevitably they will do everything they can to maintain this facade, but they will do very little to develop their inner value and personal growth.

Do not engage in a personal coverup of areas that are unpleasing in your life. Face reality and be adult in your responses to life's challenges. When you do things that are not genuine or a reflection of the real you, you will not be happy with yourself and will end up confused. Self-respect and a clear conscience are powerful components of integrity and are the basis for enriching your relationships with others.

When you are true to yourself, you allow your individuality and uniqueness to shine through. You respect the opinions of others but do not conform to stereotypes or their expectations of you. You do what you do because it is right and not just fashionable or politically correct. It requires you to be introspective, sincere, open-minded and fair. It does not mean that you are inconsiderate or disrespectful of others. It means that you will not let others define you or make decisions for you that you should make for yourself.

A life of principles, of not succumbing to the seductive sirens of an easy morality, will always win the day. It will take you forward into the 21st century without having to check your tracks in a rear view mirror. Our elders lived happily with these principles, and so did all those great men of achievement who made our world a better place to live in. The celebrated inspirational writer, Alan Cohen, sums it up so succinctly: "You are in integrity when the life you are living on the outside matches who you are on the inside".

*(The writer is the author of the motivational book: "Rise And Shine...the lotus way", and a social activist.)*

# Work is Worship

-E. F. JOSEPH

Every year 1st of May is observed as International Workers day. A day to honour and uphold the dignity of Labour and Labourers. But, ironically, there is not a single day to honour the Employers whose brain and wealth create employment opportunities. The same day the Catholic Church is celebrating the Feast of St. Joseph, Patron Saint of the workers all over the world, who was a humble carpenter from Nazareth, a village in Israel and the Foster Father of Jesus Christ.

As we celebrate May Day, it will be very appropriate to reflect on the relationship with work, worker and the employer. First of all, we must realize that work is some kind of worship to God, the Creator, and thus we are serving our own fellow-beings. According to the Indian Philosophy "Manav Seva is Madhav Seva", and therefore, the work, whatsoever it may be, in some way or another, we are serving the society and thus play a vital role in building a welfare state. It is so integrated in our life to serve each other irrespective of our status and position in the society, and therefore, the employees are an indispensable factor for the peaceful & successful existence of any Organisation.

There was a time when workers were treated like slaves, even worse, in certain countries. But, with the advent of several Labour Movements, Trade Unions, and also with the formation of UN Labour Commission, Labour Ministry at the

State and Central Govt. levels, a lot of reforms took place and the rights and interests of workers are protected to a large extent. However, still there are some employers who behave like Dictators instead of Directors, and deprive the employees of their legitimate rights and privileges on flimsy reasons. Those who raise their voice against injustice, disparity in remuneration are stamped out as rebels and undesirable elements. Such kind of unhealthy practice is still prevalent in some private firms.

Keeping the workers happy and satisfied is very important for the better functioning of any Organisation wherein the employer can reap gold. Dissatisfied employees may cause greater damage to the name and reputation of the Firm and become a liability to the Management. A peaceful & tension-free environment, ample remuneration and other benefits are not a charity but the fundamental rights of the employees.

The employers should consider the workers as an asset over liability to the Firm. Lack of a spirit of filial bond between employer and employees will create discord and chaos in the work place. Both entities must realize the fact that they are like two wings of a bird for smooth flying to a higher altitude to achieve greater goals.

So, work is worship and it should not be a cause for hardship. It is a Gain and should not be a cause for Pain.

**According to the Indian Philosophy "Manav Seva is Madhav Seva", and therefore, the work, whatsoever it may be, in some way or another, we are serving the society and thus play a vital role in building a welfare state.**

*"No work is insignificant. All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."*

*— Martin Luther King, Jr.*



# FR. AGNEL'S BLESSINGS

## **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 teacher on a permanent basis, in a very reputed school in the city. As a token of my profound gratitude, an offering of ₹.15,000 (Rupees fifteen thousand only) to the Ashram. Miss. Renita Richard Tuscan.

## **Long Cherished Wish Fulfilled**

**MULUND :** I am an ardent devotee of Ven. Fr. Agnel Since many years, I was fervently praying to Ven. Fr. Agnel for a particular favour. I am now very happy to inform you that through the blessing of Ven. Fr. Agnel my long cherished wish was fulfilled. With a grateful heart, an ₹.9999 (Rupees nine thousand nine hundred and ninety nine only) Miss Bhakti Vinay Asani.

## **Fruits Of Faith And Devotion of Ven. Fr. Agnel**

**NAVI MUMBAI :** With a grateful heart an

offering of ₹.9000 (Rupees nine thousand only) to Ven. Agnel for all blessings showered on me and having saved my family from all the dangers and evils. Mr. N. T. Satyanarayan.

## **Secured Good Job in 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 Ven. 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 ₹.2000 to the Ashram. Mrs. Primas Peter Dabre.

## **Fruits Of Graceful Bond With Ven. Fr. Agnel**

**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 a suitable job and I am now well settled down in the US. As a token of my sincere thanks, an offering of ₹.4000 (Rupees Four thousand only) to the Ashram. Saji Chacko Mathew.

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## **The Visitation of Blessed Virgin Mary - Contd. from pg 8**

In the Visitation narrative, we look to Mary as model of the apostolate of the Church. She brings Jesus and a blessing to the house of Zechariah. The experience of the primitive Church was that the power of the Lord was the greatest gift it had to offer. To “bring Jesus” will always be the supreme norm of any genuine apostolate. The Church’s mission is to show Jesus as wisdom and power in each situation of human need.

The Feast Mass Liturgy salutes Mary, who in her womb bore the King of heaven and earth, the Creator of the world, the Son of the Eternal Father, the Sun of Justice, the Redeemer. Hearing herself addressed by the most lofty title of “Mother of the Lord”, and realizing what grace her visit had conferred on John, Mary broke out in that sublime canticle of praise

proclaiming prophetically that, henceforth, she would be venerated down the centuries: “My soul magnifies the Lord, and my spirit rejoices in God, my Saviour. Because He who is mighty, hath done great things for me, and holy is His name” (Lk. 1:46).

Almighty ever-living God, the Blessed Virgin Mary found she was carrying your Son in her womb. Inspired by her visit to Elizabeth, grant us, we pray, that, faithful to the urging of the Spirit, we may magnify your greatness, with the Virgin Mary, at all times.

*Leon Bent regularly writes for 9 Catholic Magazines, Journals and Web Portals, worldwide – occasionally, the reach is over 5 million readers.*

## Out of Their Bounty

P. Srivastava	Mumbai	50000	Hrishik R. Vatti	Hydrabad	2000	C. Fernando	Mumbai	500
Jesuraj Parker	Virar	50000	Neena J. Bhavnani	Mumbai	2000	Britto Gonsalves	Vasai	500
Sanjay Katakai	Mumbai	33601	S. Matta	Mumbai	2000	S. R. Parmar	Gujarat	500
Mark A. Nunes	Mumbai	20000	Shane Fernandes	Mumbai	2000	H. Solanki	Bhayander	500
Jatin Divecha	Mira Road	18000	Mary Varghese	Ahmedabad	2000	Martha Dias	Mumbai	500
Vipul Patel	Mumbai	14410	V.K. Pijwla	Gujart	2000	Ashok Patel	Mumbai	500
Subrmanian R.	Mumbai	10000	Nargis J. Tatna	Mumbai	2000	Smit P. Mahesh	Mumbai	500
Maria C. Vaz	Pune	10000	Nancy J. Dias	Abu Dhabi	2000	Shernaz Kaka	Mumbai	500
Valentine D'Souza	Goa	10000	Sunia Shah	Mumbai	1500	Bhavana Kotak	Rajkot	500
Dr. Gita Naik	Mumbai	10000	H. Gala	Dombivli	1500	Louise B. Clancy	Bangalore	500
Joseph Nazareth	Kerala	10000	R. Karia	Mumbai	1500	G. Veeramani	T.N.	500
Y. Randeria	Mumbai	10000	A.B. Fernandes	Mumbai	1500	Sachin Tuscano	Vasai	400
A. D'Souza	Mumbai	10000	Rani Samson	T.N.	1500	M.J. Pereira	Pune	400
N. Hendricks	Mumbai	10000	A. Mehta	Palghar	1500	V.t. Pauline	Kerala	400
Melini D'Souza	Dubai	10000	Joseph D'Souza	Vasai	1111	G.J. Parakal	Keralal	400
Janet Lopes	Vasai	9000	D.Z. Mistry	Mumbai	1001	M. a. Swamy	Thane	300
John J. D'Souza	Mumbai	7500	N. A. D'Souza	Mumbai	1000	S. thomas	Kerala	300
P. Fernandez	Mumbai	6000	K.K. Manek	Mumbai	1000	S. Joseph	T.N.	300
Thomas Chelay	Malaysia	5003	T. Pasawala	Ahmedabad	1000	A. D'Souza	Chennai	300
N.L. Hendricks	Mumbai	5000	A.J. Gaitonde	Mumbai	1000	C.K. Jose	Kerala	300
John Francis	Mumbai	5000	P. M. Thakker	Thane	1000	M. Chesson	Mumbai	300
C. D'Silva	Mumbai	5000	Ethan H. D'Mello	Vasai	1000	K.J. Takkar	Mumbai	251
Dr.Suhasini Patel	Mumbai	5000	E. Devadiga	Navi Mumbai	1000	T. Bhanushali	Mumbai	251
Sharon G. Pereira	Mumbai	5000	Francis Fernandes	Goa	1000	J. Fernandes	Kerala	250
O.C. Georgekutty	Kerala	5000	John F. D'Souza	Mumbai	1000	Alice Joseph	Kerala	250
V. Ghadially	Mumbai	5000	J. Rodrigues	Mira Road	1000	L. Thomas	Kerala	250
M.J. Menezes	Mumbai	5000	H.M. Manek	Mumbai	1000	J.M. Luiji	Bhayander	200
Y. Fernandes	Kerala	5000	Suresh Gandhi	Gujrat	1000	Nergish Dastoor	Mumbai	200
Hugh & Colleen	Mussoorie	5000	P.F. Eugene	Kerala	1000	Castal Dunga	Bhayander	200
G.P. Nazareth	Navi Mumbai	5000	Darab Foundation	Mumbai	1000	Thomas Anthony	Kerala	200
Lourdes Gracias	Goa	5000	Bulbul Dutt	Kolkata	1000	J. Lobo	Karnataka	200
Lucia Dias	U.K.	5000	R.S. Panchal	Mumbai	900	Maria s. Nathan	T.N.	200
W.J. Dabhoiwala	Mumbai	4000	A. R. Elavia	Mumbai	802	R. Victor	T.N.	200
Alwyn D'Souza	Kerala	4000	G.P. Fonseca	Mumbai	750	M. Netto	Pondicherry	200
A. Daniel	Kerala	3000	Kurian Thomas	Kerala	750	Robert Correira	Kerala	200
B. Mccarron	Mumbai	3000	Agee O. King	Mumbai	700	Alphonsa P.K.	Kerala	200
T.J. George	Kerala	3000	Lissy John	Delhi	600	Joesph Antoy	Gujarat	200
Ledia D'Souza	Mira Road	3000	M. A. Raj	Mumbai	502	S. Bhat	Mumbai	101
Alok Rakshit	Mumbai	2501	P.V. Naik	Mumbai	501	J.P. Parmar	Gujarat	101
Soma Popat	Mumbai	2500	A.N. Raykar	Mumbai	501	P. Antao	Virar	100
Bosco Tellis	Mumbai	2500	J.H. Sanghavi	Mumbai	501	P.C. Shah	Mumbai	100
B. Tellis	Mumbai	2500	Sunil Mohe	Mumbai	501	Ebin Thomas	Kerala	100
B.X. Adrianwalla	Mumbai	2500	A Vincent	Mumbai	500	Errol P. Fernandes	Kolkata	100
M. Gaikwad	Dombivli	2500	A.M. Pereira	Vasai	500	Usha David	Kerala	100
R. Jacinto	Mumbai	2000	Leora D'Souza	Vasai	500	Leena Alvares	Mumbai	100
M. Jacinto	Mumbai	2000	Lourdes D'Mello	Vasai	500	J.N. Dubash	Mumbai	100
B.S. Coutinho	Vasai	2000	N. V. Chichak	Bhayander	500	A. Tribhuvan	Alibagh	100
Suzanne D'Souza	Mumbai	2000	M. Goswami	Mumbai	500	Joseph Almeida	Kerala	100
Sharon D'Soza	Mumbai	2000	J. Desai	Valsad	500	J.M. Joseph	T.N.	100
Sennen D'Souza	Mumbai	2000	K.M. Manek	Mumbai	500	Celine Xavier	Pondicherry	100
Sailesh Katira	Mumbai	2000	A. Patel	Mumbai	500	Mary Josephine	T.N.	100
Nora D'Souza	Goa	2000	N.P. Parikh	Mumbai	500	M. Philomina	Kerala	100
R. Fernando	Mumbai	2000	Arpana Banga	Bhyander	500	A. John Baptist	Chennai	100
M. Gonsalves	Vasai	2000	S.A. Pires	Mumbai	500	James Kutty	Kerala	100
Melwyn D'Souza	Mumbai	2000	Urmesh D. Dias	Vasai	500	A. R. Ekka	Ranchi	100
Manvik R. Vtti	Hyderabad	2000	H.s. Udesb	Mumbai	500	H. Parmar	Ahmedabad	100
			Isola D'Souza	Mumbai	500			

# What Exactly Is May Day?

Courtesy: Readers' Digest

April showers bring May flowers, as the saying goes. And with those flowers comes May Day, a holiday that most people have heard of but have no idea what it's for.

## When is May Day?

May Day is celebrated on May 1 every year.

## What is May Day?

May Day is a celebration of the seasons changing as well as a day to celebrate workers' rights.

## How did May Day start?

May Day has its roots in ancient pagan festivals marking the beginning of summer. (For that reason, it's primarily celebrated in the Northern Hemisphere.) Ancient Celts called it Beltaine, which is still celebrated today. Over the centuries, it evolved and took on a more secular nature in Europe, including the addition of maypole dances that the holiday is now associated with. Check out these 19 spectacular photos to celebrate the start of spring.

## Why is May Day also a day for labor rights?

But May Day isn't all about skipping around with ribbons in the sunshine. It has also been on the same day as International Workers' Day since the 1880s. In fact, May Day is the equivalent of America's Labor Day for certain countries.

On May 1, 1886, hundreds of thousands of U.S. industrial workers participated in a nationwide strike to demand an eight-hour workday. (At the time, it was common to work 10- to 16-hour days,

according to Industrial Workers of the World.) The protests in Chicago lasted for several days, and on May 3, a strike at McCormick Reaper



Works ended in a brawl with police officers. Several strikers were wounded or killed. These protests also changed the world for workers everywhere.

The next night, the violence became even worse. When police came to break up a crowd of protestors gathered in Haymarket Square, a bomb went off in the police ranks. The bomb killed seven policemen and wounded 60 more. Police then opened fire on the crowd, killing several men and wounding 200, TIME reported.

In commemoration of these events, now known as the Haymarket Affair, the International Socialist Conference declared May 1 as an international holiday for labor. That's why the world sees not only celebrations of warmer weather on the first day of May, but oftentimes riots and marches for labor unions as well.

So no matter why you celebrate it, Happy May Day!

Courtesy: Readers' Digest

*The best way to find yourself is to lose yourself  
in the service of others.*

*- Mahatma Gandhi*

# Dignity of Labour

-Gurudev Singh

Everyone wants to have a while-collared job. “Physical labour is meant for the less educated, lower rung of people”- that is a common thought with most of the well-educated families/people. At least, one prefers to do it indoors, so that others don’t ‘see’ him/her doing it.

‘Physical labour? Why should I do it? I am an educated person. Physical labour is meant for the servant, the labourers!’

Once a table was obstructing the passage to an officer’s room. A senior officer happened to visit him. “Why is that table in the passage?” asked the senior.

“Sir, the peon is on leave” was the pat reply.

“Don’t worry, I will do it.” said the senior as he moved the table away.

It is an actual incident which happened in front of me.

Most of us must have read the story of the American President, Abraham Lincoln, who was polishing his shoes on a morning before going to his office.

“Sir, you are polishing your shoes?” asked the assistant who happened to pass by.

“Whoes shoes do you polish?” was the president’s reply!!!

In working families living in Metros, servants are a big asset and problem both. Most difficult to find, very difficult to keep them happy and their endless demands.

All kinds of pampering has to be done so that they do not take leave, otherwise fights start in the house over who will do the work of the servant. The wife wants

the husband to help, but he will not. The children are as such on the seventh world always, and too loved to be of any use. The utensils remain unwashed and clothes pile up in the washing bag. The hell will break loose if the servant were to be absent for a few more days.

Same is the story when the person who cleans the car doesn’t come. Who will do it? “People will watch if I do it myself.....so shameful.”

Another byproduct of this hate of physical work is ill-health. We start gaining weight and become more susceptible to diseases like hypertension and heart ailments.

“Under the spreading chestnut tree,  
The village smithy stands;  
The smith a mighty man is he,  
With large and sinewy hands.  
And the muscles of his brawny arms,  
Are strong as iron bands.  
He earns what’er he can,  
His brow is wet with honest sweat,  
And looks the whole world in the face,  
For he owes not any man.”

*(H L Longfellow)*

Physical labour cleans us of our false EGO. Initially, we may feel awkward, but once we remove our outer shell of this EGO, or heart feels so light. If we can bring out sweat while engaging in some menial work sometime, we don’t become a lesser intellectual. Rather, it brings a sense of pride.

But you have to do it yourself first! You will not know it unless you experience it yourself!!!

*Courtesy: Speaking Tree*

If undelivered please return to:

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