





Mav

2018

The Holy Father's Prayer Intention for May 2018

Mission: Evangelization: The Mission of the Laity: That the lay faithful may fulfil their specific mission, by responding with creativity to the challenges that face the world today.



ARCHBISHOP'S MESSAGE



Mary, Mother of the Church

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

1. Mary, Mother of the Church:

Pope Francis has decreed that the ancient devotion to the **Blessed Virgin Mary** under the title of **Mother of the Church**, be inserted into the Roman Calendar. The **obligatory Memorial of Mary, Mother of the Church** will be celebrated every year, starting from this year, on Monday after the Pentecost Sunday.

With a decree dated 11th February 2018, the 160th anniversary of the first apparition of Blessed Virgin Mary at Lourdes, the congregation for Divine Worship and the Discipline of the Sacraments implements the decision of Pope Francis, requiring that the **obligatory Memorial of the Blessed Virgin Mary, Mother of the Church,** be inserted in the General Roman Calendar.

Mary's mission as the Mother of the Church begins at the foot of the cross when she accepts John as her son and all the believers as her children (cf. Jn 19: 25-27). Lumen Gentium (ch.7) clearly explains about Mary's presence "in the mystery of Christ and of the Church" Mary plays a significant role in the history of salvation. In promulgating Lumen Gentium on 21^{st} November, 1964, blessed Pope Paul VI wished to confer the title "Mother of the Church" upon Mary.

The faithful, for the past two thousand years have cultivated a filial affection and tender devotion to Mary. The fathers of the church, the saints have reflected a lot on the presence and role of Mary in the mystery of Christ and of the church. St. Therese of Lisieux says that Mary is more a Mother than a queen.

The liturgical commemoration of the ecclesial Motherhood of Mary found a place among the votive masses of the editio altera of the Missale Romanum of 1975. During the pontificate of St. John Paul II, (1980) the title of **Mary**, **Mother of the Church** was added in the litany of Loreto.

In Nazareth Mary conceived Jesus in her womb by the power of the Holy Spirit. And she went with haste carrying the Lord to Elizabeth and John the Baptist (cf. Lk 1:39). Thus Mary is the first one to receive the gospel. And she is the first one to proclaim the gospel. On the day of Pentecost the Apostles, the disciples, the women, with Mary and like Mary devoted themselves to prayer. They were all filled with the Holy Spirit and they began to proclaim the gospel.

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The mission of the church starts on the day of Pentecost. Evangelization is the vocation proper to the Church. The Church exists in order to evangelize (Evangelii Nuntiandi, 14). It is highly significant that the obligatory Memorial of Mary, Mother of the Church is celebrated on Monday after the Pentecost Sunday.

- With Mary and like Mary, we are called to carry on the noble work of evangelization.
- ➤ With Mary and like Mary, the Church in India is called to carry the Lord Jesus to the heart of India and bring India to the feet of Jesus.
- ➤ With Mary and like Mary, Our Mother we need to be kind and compassionate towards all and to concretely express our love and affection, care and concern for all, especially the poor and the marginalized.

O Mary, Mother of the Church pray for us.

2. "Gaudete et Exsultate"

Pope Francis has signed his new Apostolic Exhortation, "Gaudete et Exsultate" (Rejoice and be glad) on 19th March 2018, the fifth anniversary of his pontificate, and made public on 9th April 2018.

"You shall be holy; for I the Lord your God am holy" (Lev. 19:2). "You must be perfect as your heavenly father is perfect" (Mt.5:48). "For this is the will of God, your sanctification" (I Thess 4:3). The Lord has chosen us "to be holy and blameless before him" (Eph.1:4).

This document reproposes the call to holiness, in a practical way for our time, with all its risks, challenges and opportunities.

May 2018

Engagements

3. Silver Jubilarians

Rev. Fr. S. Maria Antony (02.05.93), Rev.Fr. J.V.C. Arokiasamy (03.05.93), Rev. Fr. V. Albert Thambidurai (04.05.93), Rev.Fr. K.A. Jesu Nazarene (11.05.93) and Rev. Fr. M. Abraham (25.05.93) complete 25 years of their priesthood. We offer them our hearty felicitations and wish them AD MULTOS ANNOS!

4. Accounts

All the Parish Priests and the Heads of the Educational Institutions are kindly requested to keep the accounts of the year 2017-2018 **up to date** and **accurate** and to submit to the Procurator as per the direction, given by the Procure Office.

5. Regency

NameParishSeminaryRegencyBro. DevapushparajReddiyarpalayamGSSChinnasalem

ARCHBISHOP'S ENGAGEMENTS FOR MAY - 2018

01 TUE 07.30 a.m. Feast Mass, Vinobha Nagar.

10.30 a.m Jubilee Mass, M.E Convent, St. Antony's Church, Attupatti.

02 WED 06.15 a.m. Final Profession, FIHM, Cathedral.

03 THU 06.30 a.m Jubilee Mass, FIHM, St. Anne's Hr. Sec. School, Cuddalore.

05.30 p.m. Ordinations, Cathedral.

04 FRI 10.30 a.m. Meeting of the College of Consultors

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E M		2018	144 Engagements
		06.00 p.m	Ordination, Memalur.
06	SUN	08.00 a.m.	Confirmations, Thurinjicollai.
07	MON	08.00 a.m.	Confirmations, Gingee.
		11.00 a.m	Jubilee Mass, FSAG Provincialate Tindivanam.
08	TUE	08.00 a.m.	Confirmations, Kannankadu.
		06.00 p.m	Ordination, Manalurpet.
10	THU	08.00 a.m.	Confirmations, Melvizhi,
		06.00 p.m	Ordinations, Irudayampattu.
12	SAT	07.00 a.m	Confirmations, Thattanchavady.
		05.30 p.m	Confirmations, Nellithope.
13	SUN	08.30 a.m.	Confirmations, Neyveli-1.
15	TUE	08.30 a.m.	Feast Mass, Perianolambai.
17	THU	07.00 a.m.	Confirmations, Reddiarpalayam.
18	FRI	06.00 a.m.	Confirmations, S.H. Basilica.
20	SUN	08.00 a.m.	Confirmations, Cathedral.
21	MON	07.30 a.m.	Mass, Blessing of the New Church of Punitha Sagaya Annai, Siluvaipalayam, Krishnankuppam.
23	WED	07.00 a.m.	Confirmations, Eraiyur.
25	FRI	08.00 a.m.	Confirmations, Kallery.
26	SAT	10.30 a.m.	Final Profession, SJC, N.D. des Anges
		05.30 p.m	Confirmations, Ariyankuppam.
27	SUN	07.00 a.m.	Confirmations, Uppalam.
~_	Newsl	etter 🖔 —	Archdiocese of Pondicheny and Cuddalore

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28 MON 10.30 a.m. Golden Jubilee Mass, Memalur.

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

	ARCHBISHOP'S EDUCATION FUND				
No.	Date	Name	Amount		
1 2 3 4 5 6 7 8 9		St. Joseph's College, Cuddalore Muthialpet Parish Confirmation Studetns, Muthialpet Parish Well wishers, Muthialpet Parish John Paul Tondy, Pondy Packiam Textiles, Pondy St. Anne's Convent, Anguchettipalayam Iruppukurichy and Kottery parishioners CSST Provincialate, Salamedu Our Lady of Lourdes Shrine, Villianu	5000 1000 2000 2000 20000 50000 10000		
11 12 13 14	" 26.04.18	Well wisher, Villianur Aby constructions, Madurai Sisters of St. Joseph, Salamedu SAMSSS, Vikravandi Total as on 30.04.2017 Received up to 31.03.2018	200 20000 10000 5000 238400 29358362 29596762		
		[sd]+Most Rev. Dr. A. Anan Archbishop of Pondicherry and C	· 1		

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e e	May 2018	146	Fd.	u. Fund		€ Ma	ny 2018	(147)	e v	Edu. Fund
6				u. rund			`		66	
	<u>PARISH WISE LI</u>	ST OF FIN	ANCIAL HELP				NARASINGANUR	5000.00		5000.00
	TO THE POOR STUDENTS	FROM 01	.01.2017 TO 31.	03.2017			NELLITHOPE	8050.00		8050.00
١,							NEYVELI	18200.00		18200.00
	S.No Name of the Parish	Amt	Others source	Total			NOLLAMBAI	14325.00		14325.00
							ODIYATHUR	2000.00		2000.00
1	_	6000.00		6000.00			OTHERS	79200.00	21000.00	100200.00
2		10100.00		10100.00			PANICKANKUPPAM	2000.00		2000.00
3		5000.00		5000.00			PERIAPET	3500.00		3500.00
4		3000.00		3000.00			REDDIARPALAYAM	12000.00		12000.00
5	_	1000.00		1000.00			SACRED HEART BASILIO			6000.00
6		1500.00		1500.00			SATHIAMANGALAM	5100.00		5100.00
7	BAHOUR	1500.00		1500.00			SATHIPATTU	13000.00		13000.00
8		5000.00		5000.00			SEEDEVI	7500.00		7500.00
9		18000.00		18000.00			SENGADU	7500.00		7500.00
ı	0 CHARITY	3100.00		3100.00			SEPAKKAM	3000.00		3000.00
1	1 ERAIYUR	99775.00		99775.00		48	TAGORE NAGAR	1200.00		1200.00
1	2 FATIMAPALAYAM	5000.00		5000.00		49	THATTANCHAVADY	2000.00		2000.00
1	3 GINGEE	3000.00		3000.00		50	THANANGUDY	2000.00		2000.00
1	4 GEDDILAM MARONODAI	1800.00		1800.00		51	THERKUNAM	5000.00		5000.00
1	5 IRUDAYAMPATTU	3000.00		3000.00		52	THIRUKOILUR	7500.00		7500.00
1	6 IRUNDAI	4600.00		4600.00		53	THIRUNJICOLLAI	17800.00		17800.00
1	7 IRUPPUKURICHY	40600.00		40600.00		54	TINDIVANAM	6000.00		6000.00
1	8 KANAKKANKUPPAM	2000.00		2000.00		55 l	JLUNDURPET	6000.00		6000.00
1	9 KAKKANUR	2700.00		2700.00		56 l	JPPALAM	3000.00		3000.00
2	0 KEEZHPUTHUPATTU	59450.00		59450.00		57 \	VADALUR	8500.00		8500.00
2	1 KODUNGAL	3000.00		3000.00		58 \	VEERAREDDIKUPPAM	8700.00		8700.00
2	2 KOVILANUR	3000.00		3000.00		59 \	/ELANTHANGAL	9200.00		9200.00
2	3 KRISHNANKUPPAM	25400.00		25400.00		60 \	VELLAKULAM	39600.00		39600.00
2	4 MADAMPATTU	11500.00		11500.00		61 \	VILLIANUR	2700.00		2700.00
2	5 MAIYANUR	3000.00		3000.00		62 \	VIRIYUR	16100.00		16100.00
2	6 MELPAZHANGUR	16000.00		16000.00						
2	7 MELSITHAMUR	1000.00		1000.00						
ı	8 MELVAZHI	18000.00		18000.00			Total	690750.00	21000.00	711750.00
ı	9 MICHAELPURAM	6000.00		6000.00						
ı	0 MUGAIYUR	1000.00		1000.00						
ı	1 MUTHIALPET	4000.00		4000.00						
ı	2 NANGATHUR	1050.00		1050.00						
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May 2018	48 Edu. Fund					
	O THE POOR STUDENTS					
Disbursed Rs.3000 and Above from						
	to 31-03-2018					
Anilady Jaya surya - B.E.	5000					
Arcadu Vimalda Selvajayakumari- B.Ed.,	3000					
Adanur Suguna.V - B.Sc Nursing	6000					
Alagappasamuthiram Menaga - B.Ed.,	5600					
Cathedral Helan Saral - B.E. Vinnarasi - M.Sc. Maria Valerine - B.Pharm	10000 5000 3000					
Cuddalore Induja - B.Sc.Nursing	5000					
Eraiyur Anushiya Jannet - B.Sc. Arockia mary - B.A. Arockia Mary - B.Com Celine Cynthia - B.Ed., Elizabeth Rani - B.Sc. Isabella Rani - B.Ed., Jesu Vinola Mary - B.Ed., Julie prema - B.Ed., Margrate priyadarshini - B.Sc. Mary Bernadine - B.Ed., Nambikkai Mary - B.Ed., Rexy priyadarshini - B.Sc. Ruby juliana mary - B.Sc. Vinoliya - B.Sc.	4500 6000 10275 7500 6000 7500 7500 6000 7500 7500 6000 60					
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f	May 2018	(149)		Edu. Fund	3
	Fathimapalayam Lourdu Kiruba -B.Ed.,	5000			
	Gingee Auxilia Mary - M.E.	3000			
	Irudayampattu Joe Steffy leena - B.Sc.B.Ed.,	3000			
	Iruppukurichy Delphine elizabeth - B.Ed., Jacintha Mary - MA. Merline philominal - B.Ed., Jenifer - B.Ed., Jesi Mary - B.Ed., Rufina Priya - B.Sc.B.Ed.,	7500 8800 7500 3000 3000 4800			
	Krishnankuppam Angeline celcia - B.Sc. Anushiya gladia mary - B.C.A. Maria filby - B.Ed.,	6000 6000 7500			
	Keezputhupet Andranita Culas - BCA Christina - B.Sc. Dilaiksini - XI Dishanthini - B.B.M Nixon - B.E. Reshma - B.Sc.Nursing S. Sureka - B.Sc.Nursing Uma Gandhi - B.A.	6800 3000 5000 5050 7500 8600 15,000 5900			
	Kovilanur Suja- B.Ed	3000			
	Madhampattu				
	Jaculine Mary - B.Ed.,	7500			
	Maiyanur Magdhal Smith - B.Sc.	3000			
-	Newsletter)	Archdic	ocese of Pon	dicherry and Cuddalo	ne J

May 2018	150 Edu. Fund	May 2018	(151) Edu. Fund
Mel-pazhangur		Therkunnam	
Arockia mary - BBM	6000	John Louis - B.Sc.B.Ed.,	5000
Elizabeth Preethi - B.D.S.	10000	Com Lodio B.Co.B.La.,	0000
2.2.2.5 1.100 2.2.0.	10000	Thirukovilur	
Melvazhi		Anitha Periyanayagi - B.Sc.	7500
Arokia Kowsalya - B.Ed	18000	7 milita i Griyanayagi B.Go.	7000
Tiona Nonealya Biza	10000	Thurinjicollai	
Michaelpuram		Elakkiya - B.Ed.,	7500
Edvya sherly - B.Sc.	6000	Victoria rani - B.Ed.,	8100
Lavya onony B.Co.	5555	Violona ram B.Ea.,	0100
Narasinganur		Tindivanam	
Veronica Mary - B.Sc.,	6000	John Rachel - M.A.	3000
10.0.1104 Mary 10.00.,		Committee in the control of the cont	
Neyveli		Ulundurpet	
Joshy Alphonsa - B.Sc.Nursing	17000	Divya - B.Sc.	6000
zzz, Apriorioa Bioditatoling		, = 2.00.	
Periyanolambai		Uppalam	
Priya - B.Com	8325	Dhershine - French Course	3000
Rajesh - B.E.	3000	2.10.0	
Yuvarani - GNM Nursing	3000	Vadalur	
. a.		Arul Mary - B.A.	3000
Reddiarpalayam		Periyanayagam - M.Sc.	4000
Jenifer - B.Sc.	5000	. Silyanayagam Wi.co.	
Princy - B.Com	5000	Velanthangal	
		Anthoniammal - B.Ed.,	5000
		Jaya Pradeepa - B.Sc.Nursing	3000
Sacred Heart Basilica		Jayar radoopa B.oo.ridising	
Jenifer - B.E	5000	Vellakulam	
555i		Adiruban - B.C.A.	3000
Sathipattu		Prasanth - B.C.A.	3000
Mary - CA	3000	Vasantha Mary - B.Sc.Nursing	30,600
Jacquiline mary - B.Ed.,	7500	Vasaritia wary B.So. Narsing	00,000
Jacquille mary - D.La.,	1000	Viriyur	
Seedevi		Anjamma - B.Ed.,	5000
Marial - B.Ed.,	7500	Gayathri - B.Ed.,	8100
manar - D.Lu.,	7500	Joshuva - B.Sc.B.Ed.,	3000
Sengadu		00311uva - D.00.D.Lu.,	5000
Arockia jency - B.Sc.	7500		
Seepakkam	7500		
Salomi -B.A.	3000	Fr. A. Kulandai Yesu Raja	Rev. Fr. J.M. Gregory Louis Joseph
Saiuiii -D.A.	3000	Secretary to the Archbishop	Procurator
		y	
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BLESSINGS

1. Blessing of the New Church of Arokianathar Church, Kotteri, Iruppukurichi Parish

The **Newly built Church of Punitha Arokianathar Church at** Kotteri, in Iruppukurichi Parish was blessed and opened by **His Grace the Most Rev. Dr. A. Anandarayar**, our Archbishop, in the gracious occasion of the Holy Mass on **14**th **April 2018**. We appreciate **Rev. Fr. P. Susairaj**, the Parish Priest, for his labourious work and we thank the donors and the Parishioners for their generous contributions.

2. Blessing of the New Building at SAMSSS, Vikravandi

The **New Building at SAMSSS Vikravandai** was blessed and opened by **His Grace the Most Rev. Dr. A. Anandarayar**, our Archbishop, in the gracious occasion of the Holy Mass on **19th April 2018**. We greatly appreciate **Rev. Fr. P. A. Aruldoss**, the Director, for his timely work and enthusiastic ministry and we thank the donors and the Parishioners for their generous contributions.

NECROLOGY

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

1 2	.
03-05-1992	Mariasusai A
05-05-1954	Pinel J., MEP
09-05-2009	Simon.A
10-05-1957	Marie Dominique
10-05-1999	L.Masilamani
11-05-1990	Yeruva A
12-05-1954	Lapouge R., MEP
16-05-2002	Joseph. F
17-05-1985	Lafrenez J., MEP
19-05-1966	Maria Savery. E
20-05-2013	Jacob. G

4	May 2018	(153)———— Tribunal
	21-05-1988	Peyroutet L., MEP
	25-05-1990	Amalorpavadass D.S.
	26-05-2000	Raja. R. C
	28-05-1988	De Gruiter Jean Antoine, MEP
	30-05-2005	Carof. A, MEP
		•
	1	

FROM THE DESK OF FR. PROCURATOR

Mass Intentions received in April - 2017

Date	Name of the Parish	No. of Masses
31.03.2018	Villianur parish	1,200 mass intentions
02.04.2018	Vinoba Nagar parish	150 mass intentions
25.04.2018	Villianur parish	1150 mass intentions

Binated / Trinated Mass Intentions received Date Name of the Priest No. of Masses02.04.2018 Fr.A.J.Lawrence 6 mass intentions

Rev. Fr. J.M. Gregory Louis Joseph

Procurator

VOICE FROM METROPOLITAN MATRIMONIAL TRIBUNAL - 91

1. Dear Beloved Parish Priests,

Please do not recommend any petition to the Matrimonial Tribunal when the marriage is valid. Even if the parties have obtained Civil Divorce in the District Court or not living together for some reason and for long time, after a valid church marriage; are in no way it affects the Bond of Marriage and the sacramentality of their union. Any disorder is due to the influence of the culture or fault of the one or the other is not considered. I have repeatedly reminding you. Kindly do not send

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them to the tribunal. You may refer Our Archdiocesan News Letter for more details in February 2014, pp.49-50.

2. Marriage Preparation is insisted at all times and continuous process

Today, looking at the situation that our young couples go through immediately after marriage prompts us to ask this question: "How well are our engaged couples prepared for their marriage?" Many marry without knowing each other. They do not know how to face and deal with life challenges. They will succeed in married life if they are well prepared. Pope John Paul II felt the need of adequate preparation for marriage. In his Apostolic Exhortation on the Christian Family in the Modern World (Familiaris Consortio) he wrote, "Marriage preparation has to be seen and put into practice as a gradual and continuous process. It includes three main stages: remote, proximate and immediate preparation." (FC66)

This idea is reiterated in the Apostolic Exhortation of Pope Francis, the Joy of Love (*Amoris Laetitia*, no.208). Pope Francis proposes various ways to do the remote preparation. We read: "For every couple, marriage preparation begins at birth. What they received from their family should prepare them to know themselves and to make a full and definitive commitment. Apart from families, the parish community should also assist them to recognize eventual problems and risks." It is good to note what the Holy Father has to say: "The decision to marry should never be encouraged unless the couple has discerned deeper reasons that will ensure a genuine and stable commitment."

Pope Francis tells us: "those best prepared for marriage are probable those who learned what Christian marriage is from their own parents"

(AL 208). The national survey conducted in India in preparation for the General Assembly of Bishops in 2015 revealed that a vast majority of respondents wanted the Marriage Preparation Programs to be revamped so that there be greater lay participation in the planning, execution and periodic evaluation of these programs. As members of the Church community we are challenged to live and assist the engaged couples to strengthen their vocation.

3. Short Report about the Marriage Preparation Course at Marakanam Parish

Rev. Fr. A. Wilson George, the parish priest of Marakanam have meticulously worked out and arranged Marriage preparation course at Marakanam (7 & 8, April, 2018). The students were 90. The resources persons were well planned and other facilities made for all participants. At the end of the course, certificates were distributed to the participants. It was a success and fruitful course for the youngsters to challenge the present scenario. No one can approach the parish priest for writing bans without the certificate of the Marriage Preparation Course is well accepted among the parishioners. Such courses are encouraged to conduct in your vicariates periodically.

4. Pope Francis' Vision of Priesthood:

- 1. Relationship with Christ
- 2. Be Close to people as a Merciful Shepherd
- 3. Live a Modest Life-style
- 4. Be Available
- Admit Limitations
- 6. Be a Source of Blessing
- 7. Deliver Good Homilies

- 8. Heal One's Own Diseases
- 9. Be Sensitive to those on the "Fringes" and "Margins"
- 10. Be a Genuine Missionary

Points to Ponder

- To be holy does not require being a bishop, a priest or a religious.
 We are frequently tempted to think that holiness is only for those who can withdraw from ordinary affairs to spend much time in prayer.
 Pope Francis
- "When the shoe fits the foot is forgotten, when the belt fits the belly is forgotten, when the heart is right 'FOR' and 'AGAINST' are forgotten."
 Chuang Tzu
- "It's really important to maintain a healthy body weight, a waistline that is less than half your body weight and be active whether it's running, swimming or even walking. The other most important thing for a healthy lifestyle is to sleep well" Michael Mosley
- Hindutva ideology is a drug. The victims may remain anaesthetized for a short while. Then they wake up, open their eyes, and see clearly how they have been deceived by self-interested Titans. Archbishop Thomas Menamparampil

For your kind information: Tribunal office on holidays during the month of May, 2018.

May the summer holidays for the students and children bring freshness and new experience in motivating their future life. Let the children be taught to attend the daily Holy Mass and to practice the Marian devotion and reciting rosary daily at home. Thanking you

Rev.Fr. S. Pascal Raj

Judicial Vicar

May 2018 Commissions

COMMISSIONS AND REPORTS St. Xavier's Pastoral Centre.

Synod: We had a Synodal preparatory steering Committee meeting on 07-04-2018. All the members were present except a few. They contributed very much for the re-arrangements and change of Topics. We have corrected them. We have created a WhatsApp group "Synod 3 pondy 2019" for the circulation of the news about the synod also we have created a E-mail **3synodpdy@gmail.com** for fast commination of the synodal activities. Kindly go through the Questions and if you want to propose any change or any addition kindly let me know, we shall finalise the topics and prepare an introductory input paper along with Questions and send it to all the parishes, religious, pious associations and movements. And you will give us your clarifications for each topic and we will prepare the "Lineamenta" of our Diocesan Synod. Please act actively.

Anbiyam: We had the General Body meeting of Anbiyam on 21st April at Jeevan Jothi Pastoral Centre, Coimbatore. Five members team attended it. We are encouraged to renew the activities of Anbiyam in our parishes.

Krithuvar Vazhvurimai Iyakkam: We had a one day training programme of the Iyakkam on 14th April in Laity Centre, Trichy. We were discussing about the fundamentalistic attitude of the central government and how we have to face them during the forthcoming elections in 2019.

Charismatic Congress: Like last year, we shall have an Evangelization Charismatic Congress this year too. It will be on 18th, 19th and 20th of May, everyday from 9.30 a.m. to 4.30 p.m.

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Our Madha TV Team will conduct this programme. Kindly announce about it in your churches. We will send the notices to you later.

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SIP Meeting (Secular institute of Priests): We had two days Regional conference of SIP in our centre on 24th and 25th of April. Around 80 people- Priests, lay people and religious (Holy Spirit Sisters) attended the conference. Many of our priests gave temporary/life time dedication.

Fr. A. J. Philomindoss

Director, Pastoral Centre

SC/ST COMMISSION REPORT

Activities:

1. Dr. B.R. Ambedkar's Birthday as Festival of Equality:

The Diocesan Commission celebrated Dr.B.R.Ambedkar's Birthday as "Festival of Equality" on $14^{\rm th}$ April, 2018, in SAMSSS, Vikravandi. Around 50 people were participated from various parishes.

2. TNBC SC/ ST Scholarship for Poor Students:

The TNBC SC/ST Scholarship for this Academic year had distributed by Most Rev. Antony Anandarayar, Archbisop, on 19th April 2018 in SAMSSS, Vikravandi. There were 43 students gained a benefit out this scholarship programme. For this year The TNBC contributed Rs. 33,000. Heartfelt thanks to the Tamil Nadu Bishop's Conference for their concern on poor Dalit students. Our Archbishop generously contributed Rs. 20,000 to the rejected students Rs.1000 each. Thanks to Our Archbishop for the continuous help every year. I also thank all the Parish Priests for your cooperation.

3. Students Training Program:

The Leadership and Career Guidance Training program for Students is held on 29th April, 2018 in Our Lady of Angels Church Campus, Karaikal. I thank Fr. Antony Lourduraj V.F for all the arrangements and valuable support.

Upcoming Events:

1. Summer Camp for Dalit Christians Students:

The Summer Camp for Dalit Christians students those who have completed 6th-8th std this year will be conducted on 13th 4pm -15th 1pm May 2018 in St. Xavier's Pastoral Centre, Uppalam, Pondicherry. I request the Parish Priests to send three boys and three girls from each parish. Kindly register the names of the participants in the office on or before 8th May 2018.

2. Admission on the basis of G.O 92:

We need to aware of G.O 92 in receiving scholarship for higher studies. It is very helpful for the SC/ST Christians in receiving scholarship including the hostel fees, except the books, exam fees and personal needs. For any further clarification please approach our commission co-ordinator Mr. Babu. Cell 9486221021.

Fr. A. Arputharaj

Secretary, SC/ST Commission.

Youth Commission Report for May-2018

Activities:

1. Regional Level Annual Planning Meeting:

We had Youth Commission Regional level Annual Planning Meeting at Madurai, Pastoral Centre on 21st April ,2018. Most Rev.

Newsletter

Archdiocese of Pondicherry and Cuddalore

Newsletter

Nasarene Soosai, the Regional Chairperson addressed the gathering and evaluated the last year commission's activities in different levels. We were also discussing about upcoming events for the forthcoming year. At the end with chairman Bishop we prayed and supported Justice for Asifa 8 year old girl who was raped and killed by Hindu fanatics.

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2. Vicariate Level Seminar for Youth:

One day Seminar for youth at Neyveli Vicariate Level is held on 28th April, 2018 in Presentation Church campus (Block-24) Neyveli. It was conducted by Fr. M. Ubald, Secretary, Regional Bible Commission. The main theme of the Seminar is "Jesus and Youth". I thank Fr. R. Ratchagar, V.F and all the parish priests of Neyveli Vicariate for their valuable support. Special thanks to Fr. G. Sagayanathan, Vicariate Youth Co-ordinator for all the arrangements.

Upcoming Events:

1. Summer Course for Youth.

 $Don\,Bosco\,Media\,is\,conducting\,Summer\,Course\,for\,Youth\\ on\,23rd\,\,April\,to\,10^{th}\,May\,2018\,at\,Trichy.\,The\,courses\,are$

- Web designing & mobile App development.
- Video & Audio Editing.
- Photography & Designing.
- Basics of Computer & Multimedia.
- Spoken English.

For more details please contact © 9786751347.

2. Master's Degree on Youth Ministry:

Rajiv Gandhi National Institute of Youth Development conducts two years master's degree Programme. Applications are available in online. For more details please visit www.rgniyd.gov.in.

3. Youth Convention

One day Diocesan level Youth Convention will be held on 29th May 2018 (Tuesday) in Emmaus Retreat Centre, Sithanangur. I request the Parish Priests to send 20 Youth members from each Priest. Kindly register the participants in Commission office on or before 20th May 2018.

Fr. A. Arputharaj,

Secretary

News form the Diocese of Kumbakonam

30-04-2018 முதல் 27-5-2018 தேதி வரை (திங்கள் - வெள்ளி) இரவு 8.30 முதல் 09.00 மணி முடிய பூண்டி தந்தையென அழைக்கப்படும் இறையடியார் லூர்து சேவியர் சவரிராயனைப் பற்றிய தொலைக்காட்சித் தொடர் நமது மாதா தொலைக்காட்சியில் ஒளிபரப்பப்படும்.

வருகிற 29-04-2018 அன்று மாலை 6.00 மணி முதல் 7.00 மணி வரை தொடரைப் பற்றிய முன்னோட்டம் மாதா தொலைக்காட்சியில் ஒளிபரப்பாகும்.

DOCTOR'S MESSAGE

The Negative Effects of Ice Water on the Body!

There's nothing quite like a glass of ice water to cool down with on a summer's day, but after reading the following information, you might want to think twice before reaching for the ice tray. When I first came across this information, it shocked me, but I thought that it was a highly relevant thing to share with you these hidden dangers of drinking ice water aren't very well-known. Here they are:

1. It can Lead to Extra Fat

The weight loss tip for drinking lots of cold water to force the body into doing more work and thus burn more calories isn't completely true. This is because cold temperatures in the body cause fats to harden and congeal, making them harder for the body to digest.

2. Constipation

Although drinking water that's at room temperature helps the digestive process, drinking ice water has the potential to cause constipation. Food solidifies and hardens as it passes through the body, while at the same time making intestines contract, which can lead to difficulty when you need to "go".

3. Hinders Hydration

As aforementioned in previous points on this list, drinking ice water actually slows down your body's rehydration process, rather than speeding it up. This is because the body needs to bring it up to temperature first before it can use it. The only exception to this rule is long distance runners, who appear to benefit from the delayed response mechanism for maintaining water levels when they're on a long run.

4. Saps Energy

While drinking ice water can make you feel refreshed and stimulate you in the short term, it actually serves to drain your energy in the long run. This is because your body has to use extra energy to warm up the water and bring it up to its average temperature.

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DR's Page

5. Upsets Digestion

Drinking ice water can lead to stomach upsets, abdominal pain, gurgling and nausea. This is because cold temperatures are antiinflammatory, therefore blood vessels retract. Another side effect of ingesting ice water is that the stomach contracts and becomes too tight to be able to process food efficiently.

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6. Slows Heart Rate

Drinking ice water can cause your heart rate to drop. This is because the vagus nerve, which runs down the back of your neck, is affected by a sudden ingestion of cold water. As an emergency measure, your heart slows down until your body temperature reaches equilibrium once again.

7. Irritates Throat

Just as a cold winter's day can give you a runny nose and block up your sinuses, ice water creates the same bodily response. In other words, your body creates mucus as a natural humidifier to warm any ingested cold air or liquid. The difference is that in the case of ice water, this bodily response is unneeded, and it results in extra mucus accumulating in your pipes, thus making your throat sore.

8. Headaches

If you're familiar with "brain-freeze", which you get as a result of eating an ice cream or lolly, then you should know that ice water can do the same thing. It chills many sensitive nerves in the spine, and they immediately relay messages to your brain, which in turn causes headaches.

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