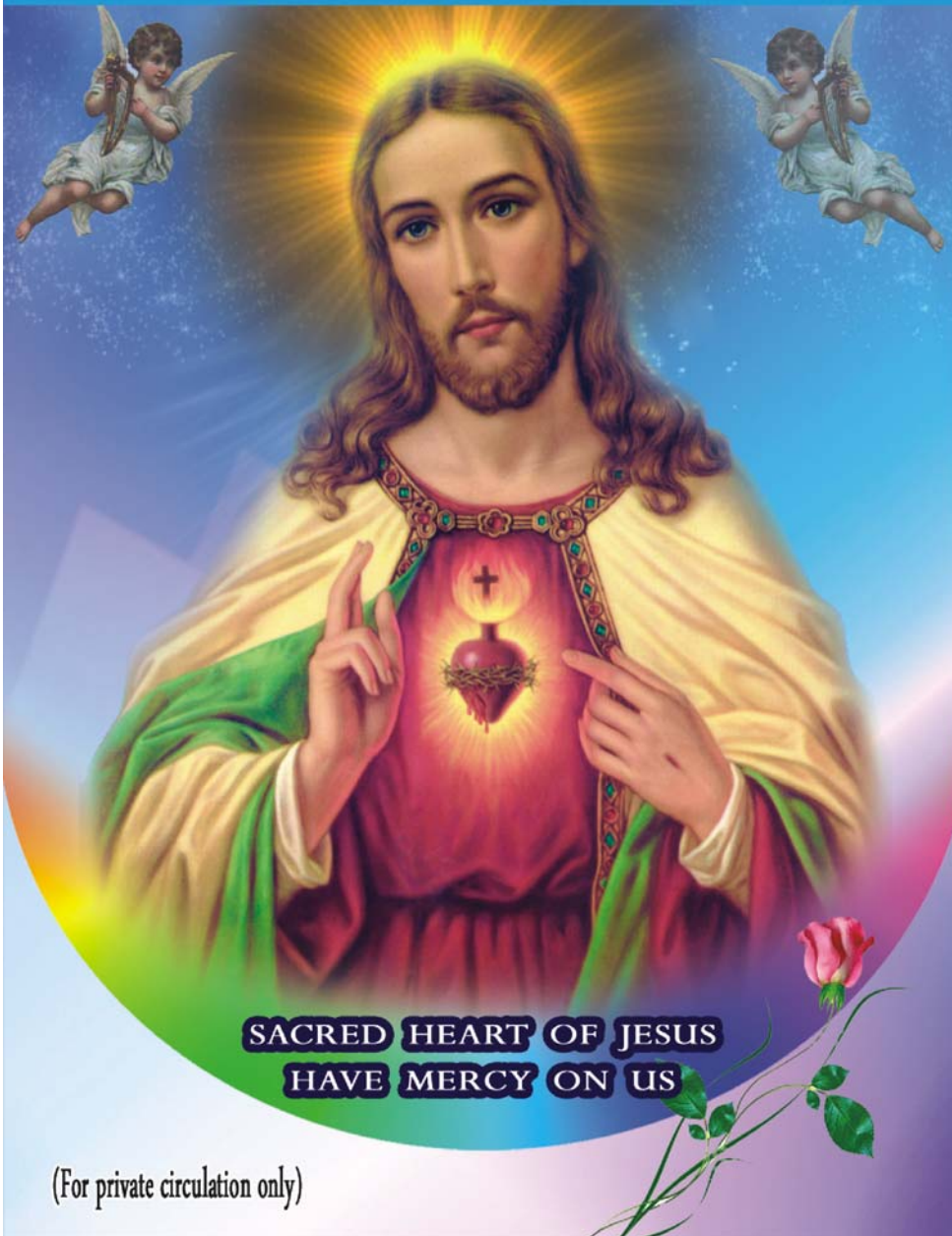




# ARCHDIOCESE OF PONDICHERRY & CUDDALORE NEWSLETTER

JUNE 2017

VOL. 34 NO. 6



**SACRED HEART OF JESUS  
HAVE MERCY ON US**

(For private circulation only)

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**Mission: National Leaders:** That national leaders may firmly commit themselves to ending the arms trade, which victimizes so many innocent people.



### ARCHBISHOP'S MESSAGE



### Sacred Heart of Jesus

#### 01. Compassionate Heart of Jesus

On Friday, 23<sup>rd</sup> June 2017, we celebrate the solemnity of the Sacred Heart of Jesus. The celebration of the Sacred Heart of Jesus is indeed, the celebration of God's love and mercy, poured on the humanity in and through Jesus. The heart of Jesus is filled with compassion when he sees the people in suffering, in need and in pitiable conditions. He feeds the hungry; he heals every disease and infirmity; he forgives the sinners, he comforts the afflicted.

All the four evangelist speaks about the multiplication of the five loaves (Mt. 14:13-21; Mk. 6:30-44; Lk. 9:10-17; Jn. 6:1-13). Two evangelists speak about the multiplication of the seven loaves (Mt. 15:32-39; Mk. 8:1-10).

Jesus **looks at** people in their concrete life-situations. He **Perceives** the concrete need of the people. "They (people)

have been with me now three days, and have nothing to eat . . . and some of them have come a long way" (Mk. 8:2-3).

This **perception** of Jesus leads him to **compassion**. "I have compassion on the crowd" (Mk. 8:2). Jesus does not want to send away the people hungry to their homes; they may faint on the way. Jesus has not only sympathy for the people but also empathy for them. Jesus suffers not only **with** the people but also **in** the people.

The **compassion** of Jesus leads him to **action**. Jesus wants to feed the hungry people. He wants to involve his disciples in the service of feeding the hungry. The people are in big numbers; the place in a desert. The disciples hesitate, object and protest. "This is a lonely place, and the day is now over; send the crowds away into the villages and buy food for themselves" (Mt. 14:15). "How can one feed these men with bread here in the desert?" (Mk. 8:4). And Jesus said, "they need not go away, you give them something to eat" (Mt. 14:16).

**Five loaves of bread** and **two pieces of fish** are placed **in the hands of Jesus**. Jesus praises God, blesses the bread and the fish and gives them to the disciples to be distributed to the people. Five thousand men, besides women and children, ate and were satisfied (Mt. 14:20-21). Little things are not little in the hands of Jesus; small things are not small in the hands of Jesus. In the presence Jesus and by the presence of Jesus, miracles take place and wonders happen. The compassionate heart of Jesus feeds the hungry.

We need to have in us the heart and mind of Christ, the dispositions and attitudes of Christ, in order to venerate the Sacred Heart of Jesus in a worthy manner. We should look at all the persons **with the eyes of Christ** and try to understand the concrete needs, desires, problems and difficulties of our people.

We should love all the persons **with the heart of Christ**. We should express our concern for and solidarity with our people especially with the poor and the suffering. "The joy and hope, the grief and anguish of the men of our time, especially of those who are poor or afflicted in any way, are the joy and hope, the grief and anguish of the followers of Christ as well" (G.S. no. 1). There is so much of disease, poverty and hunger around us. Many children daily die due to hunger and malnutrition. Our farmers are suffering a lot. Despair leads many to suicide. Water scarcity is a big problem. Medical facilities and educational opportunities are not easily available to the poor.

Our care, concern and compassion for the people, especially the poor and the afflicted, should lead us into action. We should do something concretely, here and now to help the poor and the sufferings. We should generously share our resources with the poor and the needy.

Those who have received, should learn to give; those who have received much, should learn to give much. We have received much from the Sacred Heart of Jesus let us learn to give much to our brothers and sisters in need.

◆ **Let us look at all persons with the eyes of Christ**

◆ **Let us love all persons with the heart of Christ**

## 02. New Bishop of Kottar

**Very Rev. Fr. Nazarene Soosai** has been appointed as the New Bishop of Kottar. We offer our Hearty Felicitations to His Excellency Nazarene Soosai and wish him success in his Episcopal ministry.

## 03. 104<sup>th</sup> Parish – Seppakkam

On 24<sup>th</sup> May 2017, Seppakkam mission has been canonically created into a parish and Rev. Fr. L. Vincent has been appointed as the new Parish Priest of the newly created Seppakkam parish. We our hearty Felicitations to the pastor and the faithful of Seppakkam parish.

## 04. Laity Sunday

Sunday, 20<sup>th</sup> June 2017 is celebrated as the Laity Sunday. The theme is “இறையாட்சிப் பணியும் சான்று வாழ்வுமே பொதுநிலையினரின் அழைப்பு” The laity play a vital role in the life and mission of the church. By their life of witness and dedicated services they build of the kingdom of God. On this day let us all pray in a special way for our lay faithful.

## 05. Happy Birthday

Our Blessed Archbishop Most Rev. Dr. S. Michael Augustine is having his 84<sup>th</sup> Birth Anniversay on 9<sup>th</sup> June 2017. We wish His Grace a very Happy Birthday and pray for him in a special way on that day.

## 06. Hearty Thanks

I greatly appreciate and thank **Rev. Fr. Maria Vianney**, for his devoted services as my secretary and wish him every success in his new office.

## 07. Hearty Welcome

I extend a cordial welcome to Fr. A. Kulandai Yesu Raja, my new secretary and wish him success in his responsibilities.

**ARCHBISHOP'S ENGAGEMENTS FOR JUNE -2017**

| Date  | Day | Time       | Event   |
|-------|-----|------------|---|
| 04    | SUN | 08.00 a. m | Confirmation, T. Athipakkam.                      |
| 11    | SUN | 07.30 a.m. | Confirmation, Karaikal.                           |
| 13    | TUE | 08.30 a.m  | Feast Mass, Mel- Nariappanur.                     |
|       |     | 06.30 p.m  | Feast Mass, Attupatti.                            |
| 16    | FRI | 10.30 a.m  | Mass, Lumen Institute,<br>Tindivanam.             |
| 18    | SUN | 08.00 a.m  | Confirmation, Cathedral.                          |
| 20    | TUE | 06.00 p.m  | Board meeting,<br>TNBLC, Tindivanam.              |
| 23    | FRI | 08.00 a.m  | Feast Mass, Confirmation,<br>Anilady.             |
| 24    | SAT | 11.00 a.m  | Fesat, Mass,<br>FIHM, Generalate,<br>Pondicherry. |
| 25    | SUN | 07.00 a.m  | Feast Mass, Tagore Nagar.                         |
|       |     | 12.00 p.m  | Feast Mass, Sacred Heart<br>Basilica.             |
| 26-28 |     |            | TNBC Labour commission<br>meeting, Ooty.          |

[sd/]Most Rev. Dr. A. Anandarayar  
Archbishop of Pondicherry-Cuddalore

**ARCHBISHOP'S EDUCATION FUND**

| S.No. | Date     | Particulars  | Amount |
|-------|----------|--|--------|
| 1     | 06.05.17 | Adaikala Annai Hr.Sec.School, Viriyur                  | 50000  |
| 2     | "        | Viriyur Parish   | 8000   |
| 3     |          | "First communion and confirmation<br>children, Viriyur | 7000   |

|    |          |   |       |
|----|----------|---|-------|
| 4  | "        | Parishioners, Viriyur                               | 2000  |
| 5  | "        | People of Vadasiruvallur, Viriyur                   | 1000  |
| 6  | "        | Adaikala Annai Komisiyam, Viriyur                   | 1000  |
| 7  | "        | Antoniammal, Viriyur                                | 1000  |
| 8  | "        | L.Jayaraj, Viriyur                                  | 500   |
| 9  | "        | S.Paulraj, Viriyur                                  | 500   |
| 10 | "        | FIHM Generalate, Pondicherry                        | 10001 |
| 11 | 08.05.17 | St.Joseph Church, Vinoba Nagar                      | 3000  |
| 12 | "        | St.Joseph Church, Vinoba Nagar                      | 2000  |
| 13 | "        | Dr.Jude Ernest Dileep, JIPMER                       | 2000  |
| 14 | "        | Vernose Anthone, Vinoba Nagar                       | 1000  |
| 15 | "        | Sacred Heart Basilica, Pondicherry                  | 20000 |
| 16 | 09.05.17 | Thely Parish  | 5000  |
| 17 | "        | Confirmation Children, Thely                        | 5000  |
| 18 | "        | P.Vanathiyan, Thely                                 | 5000  |
| 19 | "        | L.Lourdunathan, Thely                               | 5000  |
| 20 | "        | S.Marianathan, Kanai                                | 2000  |
| 21 | "        | "SFS Matriculation School,<br>Perumbakkam           | 2000  |
| 22 | "        | Louis, Kanai  | 1000  |
| 23 | "        | St.Peter Anbiyam, Kanai                             | 1000  |
| 24 | "        | A.Sagayanathan, Thely                               | 1000  |
| 25 | "        | Parishioners, Thely                                 | 1000  |
| 26 | "        | People of Kanai, Thely Parish                       | 1000  |
| 27 | "        | Legion of Mary, Kanai, Thely                        | 500   |
| 28 | "        | A.Kanickairaj, Kanai                                | 500   |
| 29 | "        | People of Lakshmipuram                              | 310   |
| 30 | "        | S.Rosario, Catechists                               | 200   |
| 31 | "        | St.Antony Anbiyam, Thely                            | 200   |
| 32 | "        | Legion of Mary, Thely                               | 200   |
| 33 | "        | St.Xavier Anbiyam, Thely                            | 200   |
| 34 | "        | St.Arokia Madha Anbiyam, Thely                      | 200   |
| 35 | "        | St.Arulanandar Anbiyam, Thely                       | 200   |
| 36 | "        | A.Maria John, Lakshmipuram                          | 200   |
| 37 | "        | P.Selvaraj, Thely                                   | 200   |
| 38 | "        | T.John Bosco Matriculation School,<br>Kandachipuram | 200   |
| 39 | "        | Joseph, Karungalipattu                              | 100   |

| June | 2017     |  | Edu. fund |
|------|----------|--|-----------|
| 40   | "        | J.Glarent, Thely   | 100       |
| 41   | "        | Infant Jesus Anbiyam, Thely                                | 100       |
| 42   | "        | Lourdu Madha Anbiyam, Thely                                | 100       |
| 43   | "        | Gnanapradass, Karungalipattu                               | 100       |
| 44   | "        | Palthazar, Karungalipattu                                  | 100       |
| 45   | "        | Makgoss, Karungalipattu                                    | 100       |
| 46   | "        | Raji, Karungalipattu                                       | 100       |
| 47   | "        | Maridoss, Karungalipattu                                   | 100       |
| 48   | "        | S.Arumugam, Karungalipattu                                 | 100       |
| 49   | 11.05.17 | Shalom Province FSAG, Tindivanam                           | 10000     |
| 50   | "        | Gonzaga Generalate, Pondicherry                            | 25000     |
| 51   | 16.05.17 | St.Pauls Mat. Hr.Sec.School, Neyveli                       | 25000     |
| 52   | "        | St.Antony's Matric School, Neyveli                         | 25000     |
| 53   | "        | Presentation Church, Neyveli                               | 25000     |
| 54   | "        | Cluny Convent, Neyveli                                     | 20000     |
| 55   | "        | Ajith Peter Vianney, Neyveli                               | 2000      |
| 56   | "        | A.Jude, Neyveli  | 1000      |
| 57   | "        | S.Amalorpavanathan, Neyveli                                | 500       |
| 58   | "        | Legion of Mary, Neyveli                                    | 500       |
| 59   | 17.05.17 | Fatima Matric HSS, Vriddhachalam                           | 10000     |
| 60   | "        | Parishioners, Vriddhachalam                                | 6000      |
| 61   | "        | Legion of Mary, Vriddhachalam                              | 4000      |
| 62   | "        | S.Moses, Vriddhachalam                                     | 2100      |
| 63   | "        | P.Anthonisamy, Vriddhachalam                               | 2000      |
| 64   | "        | "Father Olivier Educational Association,<br>Vriddachalam   | 1000      |
| 65   | "        | "Emmaus Prayer Group. Vriddachalam                         | 1000      |
| 66   | "        | Legion of Mary, Velangathur,<br>Vriddachalam               | 1000      |
| 67   | "        | A.Jaganathan, Vriddachalam                                 | 500       |
| 68   | "        | T.Amaladoss, Vriddachalam                                  | 500       |
| 69   | "        | Selvaraj, Vriddachalam                                     | 500       |
| 70   | "        | "People of Anthoniyar Nagar, Vriddachalam                  | 500       |
| 71   | "        | People of Thoravanur, Vriddachalam                         | 501       |
| 72   | "        | Reginamary, Vriddachalam                                   | 500       |
| 73   | "        | Legion of Mary, Kavanur and<br>Keeramangalam, Vriddachalam | 500       |

| June | 2017     |   | Edu. fund |
|------|----------|---|-----------|
| 74   | "        | P.Jeevaraj, Vriddachalam                        | 500       |
| 75   | "        | A.Arputharaj, Kavanur                           | 300       |
| 76   | "        | Legion of Mary, Thoravanur, Vriddachalam        | 300       |
| 77   | 18.05.17 | Idhaya EnggCollege for Women ,<br>Chinnasalem   | 10000     |
| 78   | "        | "Little Flower Hr.Sec.School, Chinnasalem       | 5000      |
| 79   | "        | "Immaculate Convent, Chinnasalem                | 1000      |
| 80   | "        | Chinnasalem Parish                              | 2500      |
| 81   | 20.05.17 | Fatithful, Mel-nariappanur                      | 5000      |
| 82   | "        | Confirmation Children, Mel-nariappanur          | 3000      |
| 83   | "        | St.Louis Convent, Mel-nariappanur               | 500       |
| 84   | "        | Eraiyur Parish                                  | 10000     |
| 85   | "        | Confirmation Children, Eraiyur                  | 10000     |
| 86   | "        | S.Amaladoss, Eraiyur                            | 2000      |
| 87   | "        | People of Vadakurumbur, Eraiyur                 | 1000      |
| 88   | "        | Kariyakarargal, Eraiyur                         | 1000      |
| 89   | "        | Legion of Mary, Eraiyur                         | 500       |
| 90   | "        | Well wisher, Eraiyur                            | 3000      |
| 91   | 23.05.17 | Sathipattu Parish                               | 10000     |
| 92   | "        | Confirmation Girls, Sathipattu                  | 7000      |
| 93   | "        | Confirmation Boys, Sathipattu                   | 6000      |
| 94   | "        | "Teachers, St.Peters High School,<br>Sathipattu | 2000      |
| 95   | "        | Immaculate Convent, Sathipattu                  | 1000      |
| 96   | "        | R.C.Primary School, Sathipattu                  | 1000      |
| 97   | "        | Choir group, Sathipattu                         | 1000      |
| 98   | "        | Legion of Mary, Sathipattu                      | 700       |
| 99   | "        | Alter Boys, Sathipattu                          | 660       |
| 100  | "        | Students, Viragalur, Sathipattu                 | 500       |
| 101  | "        | St.Vincent D Paul, Sathipattu                   | 500       |
| 102  | "        | Kangan family, Sathipattu                       | 1500      |
| 103  | "        | V.Victor, Sathipattu                            | 1500      |
| 104  | "        | A.Munnapparaj, Sathipattu                       | 1500      |
| 105  | "        | R.Periyamayagam, Sathipattu                     | 1500      |
| 106  | "        | "R.Martin Louis, Sathipattu                     | 1500      |
| 107  | "        | "A.Chinnapparaj, Sathipattu                     | 1500      |
| 108  | "        | PArokiadoss, Sathipattu                         | 1500      |

| June | 2017     | 165  | Edu. Fund |
|------|----------|--|-----------|
| 109  | "        | S.R.Lourdusamy, Sathipattu                                 | 1000      |
| 110  | "        | K.A.Selvaraj, Sathipattu                                   | 1000      |
| 111  | "        | R.Anthoni, Sathipattu                                      | 500       |
| 112  | "        | M.Arokiadoss, Sathipattu                                   | 500       |
| 113  | "        | P.Susairaj, Sathipattu                                     | 500       |
| 114  | "        | V.Savari Franklin, Sathipattu                              | 500       |
| 115  | "        | A.Pravin Raj, Sathipattu                                   | 500       |
| 116  | "        | R.Melchior, Sathipattu                                     | 500       |
| 117  | "        | A.James, Sathipattu  | 300       |
| 118  | "        | S.Alexander, Sathipattu                                    | 200       |
| 119  | "        | A.Muddiyappan, Sathipattu                                  | 200       |
| 120  | "        | M.C.Stanislaus, Sathipattu                                 | 100       |
| 121  | "        | V.Jecy Christina, Sathipattu                               | 100       |
| 122  | "        | S.Christuraj, Sathipattu                                   | 100       |
| 123  | "        | A.John Michael, Sathipattu                                 | 100       |
| 124  | "        | A.Selvarayar, Sathipattu                                   | 100       |
| 125  | "        | Doni Princy, Sathipattu                                    | 100       |
| 126  | "        | Chinnapparaj, Sathipattu                                   | 100       |
| 127  | "        | Euangaline Lydia, Sathipattu                               | 100       |
| 128  | "        | Well wisher, Sathipattu                                    | 3400      |
| 129  | "        | Reddiayarpalayam Parish                                    | 5000      |
| 130  |          | Confirmation Children, Reddiayarpalayam                    | 10000     |
| 131  | "        | Nellithope Parish  | 20000     |
| 132  | "        | Confirmation Children, Nellithope                          | 5000      |
| 133  |          | "First communion and confirmation children,<br>Konankuppam | 7500      |
| 134  | "        | St.Franics Xavier Parish, Villupuram                       | 5000      |
| 135  | "        | St.Teresa's Provincialate, Salamedu                        | 2000      |
| 136  | "        | P.Francis Christraj, Villupuram                            | 100       |
| 137  | "        | S.John, Villupuram   | 100       |
| 138  | "        | Well wisher, Villupuram                                    | 110       |
| 139  | 25.05.17 | Muthialpet Parish  | 17237     |
| 140  | "        | R.Arulsusai, Muthialpet                                    | 1000      |
| 141  | "        | C.Joseph Juvenal, Muthialpet                               | 500       |
| 142  | "        | Packiam Textiles, Pondicherry                              | 200       |
| 143  | "        | Irin Priyadharshini, Muthialpet                            | 600       |
| 144  | "        | A.Sandra Talma, Muthialpet                                 | 300       |

| June | 2017 | 166                               | Edu. Fund |
|------|------|-----------------------------------|-----------|
| 145  | "    | Anjalin Talma, Muthialpet         | 300       |
| 146  | "    | C.Velanganni, Muthialpet          | 230       |
| 147  | "    | T.Joe Sylvisha, Muthialpet        | 100       |
| 148  | "    | Cathreine, Muthialpet             | 100       |
| 149  | "    | Renitha Flavia, Muthialpet        | 100       |
| 150  | "    | Marie Catherine, Muthialpet       | 100       |
| 151  |      | "O.Nadine Antoniammal, Muthialpet | 100       |
| 152  |      | A.Angelin Mary Remy, Muthialpet   | 100       |
| 153  | "    | S.Silviya, Muthialpet             | 100       |
| 154  | "    | Brinna, Muthialpet                | 100       |
| 155  | "    | Jacqueline Bernard, Muthialpet    | 100       |
| 156  | "    | Thabithamarie, Muthialpet         | 100       |
| 157  | "    | S.Angela Vinnarasi, Muthialpet    | 100       |
| 158  | "    | A.Gracy, Muthialpet               | 100       |
| 159  | "    | Martial Jency, Muthialpet         | 100       |
| 160  | "    | S.Jeraldine Nithya, Muthialpet    | 100       |
| 161  | "    | Annie Mary, Muthialpet            | 100       |
| 162  | "    | Jothi, Muthialpet                 | 100       |
| 163  | "    | Geraldine Veronica, Muthialpet    | 100       |
| 164  | "    | Angeline Mary, Muthialpet         | 100       |
| 165  | "    | K.Pramila, Muthialpet             | 100       |
| 166  | "    | Jesintha, Muthialpet              | 100       |
| 167  | "    | Sona Mary, Muthialpet             | 100       |
| 168  | "    | Angeline, Muthialpet              | 100       |
| 169  | "    | Genilia Andre, Muthialpet         | 100       |
| 170  | "    | A.Mercy Anges, Muthialpet         | 100       |
| 171  | "    | Shine Lincy, Muthialpet           | 100       |
| 172  | "    | Faustina, Muthialpet              | 100       |
| 173  | "    | Aroul Shearin, Muthialpet         | 100       |
| 174  | "    | Philex, Muthialpet                | 100       |
| 175  | "    | Joel, Muthialpet                  | 100       |
| 176  | "    | Sharun Joseph, Muthialpet         | 100       |
| 177  | "    | Rushani, Muthialpet               | 100       |
| 178  | "    | Ambrose, Muthialpet               | 100       |
| 179  | "    | Alwin, Muthialpet                 | 100       |
| 180  | "    | Frederick Clement, Muthialpet     | 100       |
| 181  | "    | Peter George, Muthialpet          | 100       |

|     |          |  |       |
|-----|----------|--|-------|
| 182 | "        | John Kishore, Muthialpet                     | 100   |
| 183 | "        | Nirmal Raj, Muthialpet                       | 100   |
| 184 | "        | Lebinraj, Muthialpet                         | 100   |
| 185 | "        | Rubane, Muthialpet                           | 100   |
| 186 | "        | Danielraj, Muthialpet                        | 100   |
| 187 | "        | Charles, Muthialpet                          | 100   |
| 188 | "        | Justin, Muthialpet                           | 100   |
| 189 | "        | Yogisan, Muthialpet                          | 100   |
| 190 | "        | Derrinson, Muthialpet                        | 100   |
| 191 | "        | A.Noella, Muthialpet                         | 100   |
| 192 | "        | Monica, Muthialpet                           | 100   |
| 193 | "        | Siobhan Mary, Muthialpet                     | 100   |
| 194 | "        | F.Joseline, Muthialpet                       | 100   |
| 195 | "        | Clbiyha Florance, Muthialpet                 | 100   |
| 196 | "        | Sheryl Nanette, Muthialpet                   | 100   |
| 197 | "        | Jenifer Witteric, Muthialpet                 | 100   |
| 198 | "        | Roseline Marie, Muthialpet                   | 100   |
| 199 | "        | Seppakkam mission                            | 2000  |
| 200 | "        | Tindivanam Parish                            | 5000  |
| 201 | "        | A.Lawrence, Tindivanam                       | 1000  |
| 202 | "        | A.Mary, Tindivanam                           | 1000  |
| 203 | 29.05.17 | Velanthalangal Parish                        | 10000 |
| 204 | "        | Lily Rose, Velanthalangal                    | 3000  |
| 205 | "        | Immacualte High School, Velanthalangal       | 2000  |
| 206 | "        | People of Mettupalayam, Velanthalangal       | 1000  |
| 207 | "        | People of Puthur, Velanthalangal             | 1000  |
| 208 | "        | People of Narsampattu, Velanthalangal        | 1000  |
| 209 | "        | People of Odanthalangal, Velanthalangal      | 1000  |
| 210 | "        | Legion of Mary, Mettupalayam, Velanthalangal | 500   |

**Total as on 31.05.2017** 521949  
**Received up to 30.04.2017** 24922029  
**Grand Total** 25443978

[sd/]Most Rev. Dr. A. Anandarayar  
**Archbishop of Pondicherry-Cuddalore**

**NECROLOGY****Please pray for the Repose of the Souls of Rev. Frs**

|            |  |
|------------|--|
| 02-06-2014 | His Eminence Simon Cardinal Lourdusamy |
| 03-06-1951 | Amaladassou. J. M                      |
| 05-06-1999 | Anthonisamy. V. S                      |
| 07-06-1973 | Divianader. S                          |
| 10-06-1998 | Auguste Mahe, MEP                      |
| 14-06-1984 | James Perianayagam                     |
| 15-06-1948 | Mgr. MOREL Elie Jean Joseph            |
| 27-06-1970 | Savainather. R                         |
| 30-06-2009 | John Bosco. A                          |

**FROM THE DESK OF FR. PROCURATOR****Surplus Mass Intentions received for the month of MAY - 2017**

| <b>Date</b> | <b>Name of the Parish</b> | <b>No. of Masses</b> |
|-------------|---------------------------|----------------------|
| 02.05.2017  | Vinoba Nagar parish       | 198 mass intentions  |
| 08.05.2017  | Villianur Parish          | 1072 mass intentions |
| 29.05.2017  | Villianur Parish          | 300 mass intentions  |

**Binated / Trinated Mass Intentions received**

| <b>Date</b> | <b>Name of the Priest</b> | <b>No. of Masses</b> |
|-------------|---------------------------|----------------------|
| 02.05.2017  | Fr.A.J.Lawrence           | 5 mass intentions    |

**Rev. Fr. J.M. Gregory Louis Joseph**  
 Procurator

**List of Transfers and Appointments – 2017****Reverend and dear Fathers,**

Prayerful Greetings to You!

I am glad to inform you that following are the transfers and appointments taking place in our Archdiocese. I wish the Reverend Fathers God's abundant blessings and every success in the new assignments.

|     | <b>Name</b>                    | <b>From</b>                           | <b>To</b>  |
|-----|--------------------------------|---------------------------------------|--|
| 01. | Rev. Fr. P. Antonysamy         | PP., Reddiarpalayam                   | Emmaus House                                     |
| 02. | Rev. Fr. A. Ratchagar          | PP., Muthialpet                       | Spiritual Father, St. Ann's Boarding, Tindivanam |
| 03. | Rev. Fr. M. Swaminathan        | Secretary, Archdiocesan Edu, Board    | Secretary, Pope johnpaul II College of Education |
| 04. | Rev. Fr. R. Joseph Raj         | Deputy Secretary, TNBC                | Secretary Archdiocesan Edu, Board                |
| 05. | Rev. Fr. P. Arokianathan       | PP., Uppalam                          | PP., Reddiarpalayam                              |
| 06. | Rev. Fr. A. Pushparaj          | Leave                                 | Extended Leave                                   |
| 07. | Rev. Fr. D. Peter Henry Joshua | Priest-in-Charge, Kizhpathupattu      | PP., Memalur                                     |
| 08. | Rev. Fr. E. S. Paul Segar      | PP., Thurinjipoondy                   | PP, Sengadu                                      |
| 09. | Rev. Fr. S. Pitchaimuthu       | PP., Gingee                           | PP., Villianur                                   |
| 10. | Rev. Fr. S. Maria Antony       | PP., Memalur                          | PP., IndiraNagar                                 |
| 11. | Rev. Fr. J.V.C. Arokiasamy     | Spiritual Father, St. Agnes' Seminary | Emmaus House                                     |
| 12. | Rev. Fr. K.A. Jesu Nazarane    | PP., Bahour                           | Director, AvilaTheresa SpiritualCentre, Usteri   |
| 13. | Rev. Fr. L.A. Arul Pushpam     | Higher Studies                        | PP., Uppalam                                     |

14. Rev. Fr. A. Berchmans Peter PP, Veerareddikuppam PP, Bahour
15. Rev. Fr. A.S.P. Auguste PP, Indira Nagar PP, Muthialpet
16. Rev. Fr. A. Zacharias Leave Socius, Tiruppapuliur
17. Rev. Fr. Joseph sagayaraj PP, odiathur, MedicalLeave
18. Rev. Fr. Amalor Pushparaj PP, Sengadu Spiritual Father, St. Agnes' Seminary
19. Rev. Fr. S. Richard PP, Villianur Principal, St. Ann's Primary (English Medium) School, Tindivanam
20. Rev. Fr. A. Velanganni Savaridoss PP, Tindivanam PP&VF, Gingee
21. Rev. Fr. Roy Arokiadoss PP, Mugaiyur PP & VF, Tindivanam
22. Rev. Fr. S. Edward Anand Studies HM & Correspondent, Sacred Heart Hr. Sec. School, Anilady
23. Rev. Fr. F. Henry Ezhil Maran Higher Studies PP, Mugaiyur
24. Rev. Fr. A. Cyril Preist-in-Charge, Sengadu Parochial Administrator, Kizhpathupattu
25. Rev. Fr. A. Arputharaj PP, Anaiyeri SC/ST Commission, Pastoral Centre, Uppalam
26. Rev. Fr. R. Lourdu Jerard Leave Socius, Athipakkam
27. Rev. Fr. P. Eugene Arun Kumar PP, Vellakulam PP, Anaiyeri
28. Rev. Fr. A. Rayappan PP, Peria Nolambai MCL., St. Peter's Bangalore
29. Rev. Fr. P. Simon Antonyraj BT Asst., St. Joseph's Higher Studies



- Hr. Sec.School. Cuddalore-1 Loyola College,  
Chennai
30. Rev. Fr. J. Allwin Anbarasu Vice-Principal, Principal  
St. Paul's Mat. Hr. Sec. school, Kolping Mat. Hr.  
Sec. school. pondy
31. Rev. Fr. T. Praveen Kumar Asst. PP., Reddiarpalayam PP., Peria  
Nolambai
32. Rev. Fr. T. Michael Durairaj Asst. PP., SH Basilica PP.,  
Veerareddikuppam
33. Rev. Fr. G. John Paulraj Asst. PP., Neyveli TS PP., Thurinjipoondi
34. Rev. Fr. A. Arockia John Robert Asst. PP., Mugaiyur PP., Vellakulam
35. Rev. Fr. M. Maria Vianney Secretary to the BT Asst.,  
Archbishop St. Joseph's Hr. Sec.  
School. Cuddalore-1
36. Rev. Fr. I. James Victor Higher Studies Professor, St. Peter's  
Bangalore
37. Rev. Fr. A. Sathish Kumar Asst. PP., Villianur Asst. PP.,  
Reddiarpalayam
38. Rev. Fr. V.S. Dominic Savio Vice-Principal, Vice-Principal,  
Petit Seminaire Pondicherry St. paul's  
Hr. Sec.School,Neyveli
39. Rev. Fr. P. Lourdu Jeyaraj Asst. PP., Eraiyur Vice-Principal,  
Petit Seminaire  
Hr. Sec. School, Pondicherry
40. Rev. Fr. J. Lenin Andrews Asst. PP., Cathedral Asst. PP.,  
Villianur
41. Rev. Fr. Z. John Cyril Asst. PP., Karaikal Asst.PP.,

- Sacred Heart Basilica
42. Rev. Fr. G. Sagayanathan Asst. PP., Anilady Asst. PP.,  
Neyveli TS
43. Rev. Fr. A. Deivanayagam Asst. PP., Athipakkam Acting,PP.,  
Odiyathur
44. Rev. Fr. L. Arokiadoss Asst. PP., Konankuppam Asst.PP.,  
Cathedral
45. Rev. Fr. A. Kulandai Yesu Raja Prefect, Secretary to the  
St. Joseph's Hostel, Archbishop  
Cuddalore -1
46. Rev. Fr. J. Irudayaraj Asst. PP., Karaikal
47. Rev. Fr. J. John Paul Asst. PP., Eraiyur
48. Rev. Fr. A. Amala Madhvan Asst. PP., Athipakkam

**NB:** A. Fathers are kindly requested to handover the present charge and assume their new assignments in the presence of Vicar Forane or any other Priest delegated by me and they must:

- i) Keep ready all the registers and accounts pertaining to the parish and the Institution.
- ii) Give details of any project incomplete together with accounts.
- iii) Submit a copy of the inventory to the concerned Vicar Forane or Priest delegated by me.

**B. i)** Rev. Fathers appointed in educational institutions will take charge on 1<sup>st</sup> of June, 2017.

**ii)** Rev. Fathers appointed in parishes will take charge in the first week of June, 2017 as specified in their letter of appointment.

With cordial wishes,

Yours in Christ,

**Most Rev. Dr. A. Anandarayar**  
Archbishop of Pondicherry & Cuddalore

## **BLESSING**

### **Blessing of the renovated Church of Good Shepherd Church, Tirukovilur**

The renovated Church of Good Shepherd Church, Tirukovilur was blessed and opened by his grace the Most Rev. Dr .A. Anandarayar Our Archbishop, in the gracious occasion of the holy mass on 29th May 2017. We greatly appreciate Rev. Fr. J. Arockia Raj PP for his timely work and enthusiastic ministry and we thank the donors and the parishioners for their generous contribution.

### **Voice from Metropolitan Matrimonial Tribunal – 80**

#### **Can the parents teach daughters/ Girls Acceptance and Tolerance with in laws?**

The article presents how the parents are to train their daughters and daughters in law. This also matters of struggle and challenging issues how the young couples are not able to cope up with the marital and family life causing great damage in breaking up the marriage.

Today's situation where the woman is sometimes earning more than the man or is equally or even more educated than him, it requires a very special girl to bring harmony to the marriage by choosing an understanding relationship over thinly veiled flaunting of her superiority. This saner attitude is as important between her in-laws and her as with her husband and herself.

Marriage and family life are the prime targets of the devil and his minions and some parents bring up their daughters so badly that they help Satan in achieving his aim of breaking up families and marriages.

#### **PARENTS BRING UP DAUGHTERS AS PEACEMAKERS.**

One of the most lovable examples of a daughter-in-law in the Holy Bible is that of RUTH towards her mother-in-law Naomi. One of the best options for a woman to choose in her marriage is that of Ruth who said to Naomi "YOUR PEOPLE SHALL BE MY PEOPLE." She could have been the ideal homemaker with a happy husband and children. And Ruth would never have told Naomi to stop speaking to her (Ruth's) husband!

So parents and adults, bringing up girls, do give them all the advantages as they surely deserve them. They are not meant to be door mats but respected and loved persons. To that end, their behavior has to be worthy of being

women who bring unity and harmony to the family into which they marry. When Eve was formed, God did not take a bone from Adam's foot, for Adam to stamp upon her. Neither did God take a bone from Adam's head so that Eve will boss over Adam, with head weight as it were. God, in His wisdom, chose Adam's rib, close to his heart, and fashioned Eve that they may love and respect each other and form a harmonious whole.

On the visit of Egypt 28-29, April, 2017 exhorted that **our world needs peacemakers**. Peace makers do not rise in isolation; **it is possible only through families, especially through woman at every home**. Our world is torn by blind violence, a violence that has also struck the heart of our beloved land. Our world needs peace, love and mercy. It needs peacemakers, people who are free and who set others free, men and women of courage who can learn from the past in order to build the future, free of every form of prejudice. Our world needs people who can build bridges of peace, dialogue, fraternity, justice and humanity...

On Divine Mercy Sunday the Pope recalls Saint John Paul II, Pope Francis emphasized during the Regina Caeli on 23 April 2017, to the faithful present in St. Peter's Squire. "... This is the first task: to announce forgiveness. This visible sign of his mercy brings with it peace of heart and joy of the renewed encounter with the Lord. Mercy in the light of Easter enables us to perceive it as a true form of awareness... Mercy enables us to understand that violence, rancour, vengefulness have no meaning, and first victim is whoever feels these sentiments, because he deprives himself of his own dignity. Mercy also opens the door of the heart and follows one to express closeness especially to those who are lonely and marginalized, because it makes them feel as brothers and sisters, and as children of one Father. It favours recognition of those who need consolation and helps one find the appropriate words so as to give comfort.

... Mercy requires everyone to be instruments of justice, reconciliation and peace. Let us never forget that mercy is the keystone in the life of faith, and the concrete form by which we make Jesus' Resurrection visible. May Mary, Mother of Mercy, help us to believe and joyfully experience all this." (Ref. L'Osservatore Romano, Friday, 28 April 2017, pp.1, 12). A life of great faithfulness: Life's journey has many bend. After having spent an entire life together it is difficult to let go, by embracing Jesus forsaken it became easy to accept difficulties with great love. Suffering and sorrow turned to joy at home.

May parents of daughters bring up peacemakers for they can make Heaven on earth as happy families are domestic churches.

A LIGHT HEARTED MOMENT. Did you hear what a jealous Eve did once in Paradise? When Adam was fast asleep, she carefully counted his ribs. She did not want any competition!!

Thank you,

**Rev.Fr. S. Pascal Raj**

Judicial Vicar

### **COMMISSIONS AND REPORTS**

#### **ST. XAVIER'S PASTORAL CENTRE**

##### **01. CDPI Meeting**

On 7<sup>th</sup> June, we are having the Regional Executive Council Meeting of the CDPI at TMSSS, Trichy to discuss about the Report and our suggestions of our Diocesan Priests to the TNBC meeting to be held in the month of July. Our Diocesan Executive Committee members Fr. Antony Lourduraj, Fr. A. Devadoss (President), Fr. A. Wilson George, Fr. S. Anandraj and myself will attend this meeting.

##### **02. Madha T.V.**

On the 8<sup>th</sup> June, there is a meeting for the Executive Committee members and the Secretaries of the diocesan commissions for social communication in Santhome communication centre. We will be discussing about the possible increase of the number of monthly subscribers for Madha T.V. Kindly I request you once again all the Parish Priests and the Heads of the Institutions to encourage people to become the subscribers of Madha T.V. by paying Rs.100/- per month.

##### **03. Christuvar Vazhurimai Iyakkam (CVI)**

On 19<sup>th</sup> June, we have a Consultation meeting and a Training Programme in the laity centre, Pritaiyur, Trichy for all the Secretaries of the commission of Christuvar Vazhurimai Iyakkam. The B.J.P. which has Hindhuthuva as their basic ideology is getting strengthened and has started their attacks more vigorously on minorities. So we have to get organized and manifest our protest in the political areas. So dear Fathers kindly start a branch of Christuvar Vazhurimai Iyakkam as early as possible. Get atleast 100 members in your parish and invite me to train them.

#### **04. Catholic Charismatic Convention**

Charismatic prayer seems to be one of the effective means to impede our Catholics from going to the Pentecostal / Individual Churches. So this year in Pondicherry we organized a three days Catholic Charismatic Convention from 19<sup>th</sup> to 21<sup>st</sup> in Petit Seminaire Primary School ground during the evening hrs every day and with Personal / Family counseling during the day time. Rev. Fr. K. A. Jesu Nazarene, Rev. Fr. Irudayaraj of Tanjore diocese and Rev. Fr. A. Arputharaj conducted the prayer meetings. Our Archbishop gave permission and blessings to conduct this meeting. Petit Seminaire Principal Rev. Fr. R. Pascal Raj prepared the Venue with nice stage, sound and light system and seating arrangements. And the center's prayer group organized the publicity and other preparations for the convention along with the Youth, Legion of Mary and volunteers from St. Xavier's parish Uppalam. It was a good success. Around 3000 people attended it and appreciated the prayer meeting and got healed from various illness. I thank all the people involved in this venture.

#### **05. Prayer Meeting in June**

As usual we shall have our monthly prayer meeting on the 17<sup>th</sup> June Saturday from 09.30 a.m. to 04.30 p.m. Rev. Fr. Gandhi, the Secretary for the TNBC Commission for Anbiyam, a well known Charismatic preacher will be animating the prayer with the Word of God, adoration, Healing prayer and Eucharistic celebration. Kindly encourage the people to come and participate.

#### **06. Welcome**

Rev. Fr. A. Arputharaj, will be residing in the Pastoral Centre from June as the full time Commission Secretary for SC/ST commission. Welcome him whole heartedly.

**Rev.Fr. A. J. Philomindoss**

Director

**SC/ST Commission report for May 2017****Activities****1. Summer Camp for Dalit Christians Students**

Summer camp for the Dalit Christians students was conducted by the Commission on 10<sup>th</sup> and 11<sup>th</sup> May 2017 at Balmadies Estate, Yercaud. Totally 60 students from various parishes participated in it. The purpose of the camp was to guide the students to choose the right path in their higher studies.

The Resource Persons:

Mr.Babu, Co ordinator, Sc/St Commision about “ Minority Scholorshipa& Post Matric schlorship”

Mr.Chinaparaj Tr. Villupuram about ” Social awareness on Dalit empowerment”

Rev.Fr.D.Leo Vijaya Pushpa Raj, Manager, about “Carrier guidance And Counselling for the student”

**Rev.Fr** A.Arputharaj , Secretary, about “Achievements and goal to be attained” The camp was so lively and interesting with sharing of the resource persons, training sections, games, social awareness songs, cultural, prayers and meditations. After the camp programme the students were taken to the Children’s park, Boat house, Botanical garden for the picnic. All the students actively participated and utilized the opportunities given to them. We thank our Archbishop support and guidance. Special thanks to Fr. Leo Vijaya Pushpa Raj, Manager, Balmadies Estate, Yercaud for all the arrangements. Thanks to all the resource persons for the valuable sharing.

**1. Post -matric Scholarship and Minority Scholarships:**

Our Archdiocesan SC/ST commission is continuously helping the poor dalit Christian students every year to go for higher studies by the scheme of post- matric scholarship by government (G.O.6,16,92).The students are given full tuition fees and special fees for BE,ME,MBA,MCA,B.ED,M.ED,B.SC Nursing and diploma in polytechnic. The eligibility for this scholarship is the annual income of the parents (Dalit Christian) must be Rs.2 lacks and below. The commission also helps and guides all Christian students (SC/ST/BC/MBC) to receive the minority scholarship. The detailed and printed matter regarding this post-matric scholarship has been sent to all the parishes. I kindly request to all the parish priests and principals to

**2. The change of commission office :**

According to our Archbishop’s transfer order from 4<sup>th</sup> June 2017 onwards the Archdiocese SC/ST commission office will be working in the Pastoral centre Uppalam, Puducherry. For any communication please conduct this New Address:

**Rev. Fr. Arputharaj**

The Secretary

SC/ST commission

St.Xavier’s pastoral centre

Netagi nagar

Uppalam

Puducherry - 605002

Cell. 9751990996

## பொதுநிலையினர் பணிக்குழு

- ❖ இணையம் சரக்கு பெட்டகமாற்று துறைமுக எதிர்ப்பு மாநாடு – நாகர்கோயில்

கன்னியகுமரி மாவட்டம் இணையம் பகுதியில் அமைய இருப்பதாக உள்ள பன்னாட்டு சரக்குப் பெட்டக மாற்று முனைய துறைமுகத்திற்கு எதிர்ப்பு தெரிவித்து தமிழக ஆயர்களும், சிறுபான்மை தலைவர்களும் பங்கேற்ற மாபெரும் உண்ணாவிரத போராட்டம் கடந்த 05.04.2017 புதன்கிழமை காலை 10.00 மணிமுதல் மாலை 4 மணிவரை நாகர்கோவி புனித கார்மேல் மேல்நிலைப்பள்ளி வளாகத்தில் தமிழக ஆயர் பேரவைத் தலைவரும் மதுரை பேராயருமான மேதகு அந்தோணி பாப்புசாமி அவர்களது தலைமையில் நடைபெற்றது. தமிழக மறைமாவட்டங்களிலிருந்து பல்லாயிரக் கணக்கானோர் இந்த நிகழ்வில் பங்கேற்றனர். புதுவை – கடலூர் மறைமாவட்ட பேராயரின் அறிவுறுத்தலின் பேரின் நமது மறைமாவட்டத்திலிருந்து பொதுநிலையினர் பணிக்குழு மற்றும் பொதுநிலையினர் பேரவை சார்பாக செயலர், இணைச்செயலர் மற்றும் பொதுநிலையினர் கலந்துகொண்டனர்.

இந்த துறைமுகம் அமையுமானால் இனயம் முதல் குளச்சல் வரையிலான 10 கிலோமீட்டர் நீள கடலோர பகுதியில் உள்ள மீனவ கிராமத்தில் உள்ள சிறுபான்மையின் மக்கள் நிரந்தரமாக வெளியேற்றப்பட்டு வாழ்வாதாரத்தை இழக்கும் சூழல் உருவாகும் என்று விளக்கப்பட்டது.

தமிழக ஆயர்கள் பலரும், சிறுபான்மை தலைவர்களும் சட்டமன்ற உறுப்பினர்களும் விளக்கமாக உரையாற்றினர்.

- ❖ மறைமாவட்ட கருத்தரங்கு – உப்பளம், புதுவை
- பங்கு சமூகங்களில் பொதுநிலையினரின் பணியும், பங்கேற்பும் என்ற தலைப்பில் கடந்த 06.05.2017 சனிக்கிழமையன்று, புதுவை-கடலூர் பேராயரும், மறைமாவட்ட பொதுநிலையினர் பணிக்குழுவின்

தலைவருமான மேதகு பேராயர். ஆந்தோணி ஆனந்தராயர் அவர்களது தலைமையில் உப்பளம் புனித சவேரியார் மேய்ப்புப்பணி மையத்தில் ஒருநாள் கருத்தரங்கு நடைபெற்றது. மறைமாவட்ட பொதுநிலையினர் பணிக்குழு செயலர் அருட்பணி D.ஆரோகியதாஸ் அவர்கள் அனைவரையும் வரவேற்றார்.

பேராயர் அவர்கள் தமது துவக்க உரையில் நமது மறைமாவட்டம் எவ்வாறு பொதுநிலையினரின் மறைபணிகளுக்கு முக்கியத்துவம் அளிக்கின்றது என்று கூறி, மேலும் அதிக எண்ணிக்கையில் பொதுநிலையினர் செயல்பட முன்வரவேண்டும் என்று தமது ஆவலை வெளிப்படுத்தினார்கள்.

பேரருட்பணி A.லூயிஸ் அவர்கள் தமது அறிமுக உரையில் எவ்வாறு இயேசு தமது மீட்புப் பணிக்கு 30 ஆண்டுகள் தயாரிப்பு பணியில் ஈடுபட்டாரோ, அதே போல, நாம் நமது திருச்சபையின் பணிவாழ்வுக்காக தயாரிப்பு செய்யவேண்டும், பின்னர் அர்ப்பணம் செய்யவேண்டும் என்று வலியுறுத்தினார்.

தமிழ்நாடு பொதுநிலையினர் பணிக்குழு செயலர் அருட்பணி S.தேவராஜ் அவர்கள் “பங்கு ஒரு பங்கேற்புச் சமூகம்” என்ற தலைப்பிலும், திருச்சி தூய பவுல் குருத்துவக் கல்லூரி அதிபர் அருட்பணி எஸ். ஆரோக்கியராஜ் அவர்கள் “பங்குச் சமூகங்களில் பொதுநிலையினரின் பணிகள்” என்ற தலைப்பிலும் முக்கிய நோக்கங்களை மேற்கோள்காட்டி உரையாற்றினர்.

மதிய உணவு இடைவேளைக்குப் பின்னர், தமிழ்நாடு பொதுநிலையினர் பணிக்குழு பொருளாளர் திரு.எஸ்.லூர்துசாமி அவர்கள், “பங்கேற்பு அமைப்புகளில், பொது நிலையினரின் பணியும், பங்கேற்பும்” என்ற தலைப்பில் அமர்வை வழிநடத்தினார்.

பின்னர் புதியதாக உருவாக்கப்பட்டுள்ள மறைமாவட்ட பொதுநிலையினர் பணிக்குழுவின் செயற்குழு உறுப்பினர்கள் தனியாகவும், மறைமாவட்ட கத்தோலிக்க பொதுநிலையினர் பேரவையின் செயற்குழு உறுப்பினர்கள் தனியாகவும் கூடி அறிமுகம்

செய்து கொண்டு திட்டமிடல் செய்தனர். மறைமாவட்ட பொதுநிலையினர் பேரவை உறுப்பினர்கள் தங்களுக்கான புதிய நிர்வாகக்குழு உறுப்பினர்களை தேர்வுசெய்தனர்.

பொதுநிலையினர் பணியும் பங்கேற்பும், பற்றி மறைவட்ட அளவில் பொதுநிலையினரை ஒன்றுகூட்டி விழிப்புணர்வை ஏற்படுத்த வேண்டும் என்று தீர்மானம் நிறைவேற்றப்பட்டது. இவ்வாறு வந்திருந்த செயற்குழு உறுப்பினர்கள் 40 பேர் கருத்தரங்கில் மிகுந்த ஆர்வத்தோடு கலந்துகொண்டு பயனடைந்தனர்.

இவண்

அருட்பணி D.ஆரோக்கியதாஸ்

செயலர், பொதுநிலையினர் பணிக்குழு  
புதுவை – கடலூர் உயர் மறைமாவட்டம்

## DOCTOR'S MESSAGE

### 15 Ways To Raise Your Metabolism

A good workout schedule is a great way to keep yourself fit and to maintain a healthy metabolism, but there are other things you can do to supplement your workout. Here are just some of the ways you can keep your body in top shape, and help it make the most out of your regular exercise.

#### Don't skip breakfast:

Eating a good healthy breakfast is crucial in maintaining optimal energy levels throughout the day. Skipping breakfast will send your body into "starvation mode", and slow its metabolism.

#### Eat more foods with lean protein:

Lean protein require a lot more energy to burn and digest, which increases your metabolism. Try eating more chicken and tinned fish in water, and you'll see they keep you full and satisfied for a longer time.

#### Eat lots of omega-3 rich foods:

Omega-3 are fatty acids that contain a myriad of benefits to your body and boost it metabolism. Don't let the term "fatty" scare you, these are acids that help regulate your blood sugar and your metabolism steady. Good sources for omega 3 are foods avocados, fish and walnuts.

#### Eat yogurt:

Just yogurt, not some froyo with a ton of cookies, sprinkles and gummy bears. Simple, low fat, yogurt contains nutrients which raise your bodies resting metabolic rate.

#### Eat dark chocolate:

The caffeine and the antioxidants in dark chocolate are both known to be metabolism boosters. However, make sure you eat brands with 70% cacao and above, anything lower has too much sugar and fat.

#### Take some time to breathe:

It might sound silly, but taking a few minutes every day to focus on some heavy deep breathing is very beneficial. Deep relaxed breathing brings more oxygen into your body which helps you burn more energy.

#### Eat healthy snacks:

Small healthy snacks during the day can keep your energy level consistent. This will keep your metabolism high by maintaining normal blood sugar levels at all times of the day. Remember not to overdo it so you'll still be able to eat normal sized regular meals and to only eat healthy snacks.

#### Eat nuts:

Walnuts, pecans and pistachios contain many vitamins, minerals and essential fatty acids that aid in boosting metabolism. A handful a day is more than enough and it's also a good idea for a healthy snack.

#### Spice up your food:

Spicy foods and condiments contain capsaicin, which been shown to increase metabolic rates by increasing your hormone levels.

#### Drink green tea:

Green tea contains phenols, chemical compounds that increase your body's ability to burn energy and calories.

#### Don't skip meals:

Much skipping breakfast, skipping any other meal is just as bad for your metabolism. If you're hungry, just eat and make sure it's healthy food.

#### Drink water:

Green tea, coffee and energy drinks may all have their benefits but nothing beats a cold glass of water. Drinking six cups of cold water a day can boost your metabolism by burning up an extra 50 calories a day.

**Relax:**

Taking the time to alleviate your stress will benefit your life in more ways than one. Stress causes the production of cortisol which can slow your metabolism down. So take some time to read a book, listen to some music or take a massage, whatever helps you relax.

**Eat a light snack before sleep:**

To keep your nocturnal metabolism high as well as your daily, eat a light snack before going to bed. If you just had a big meal shortly before going to sleep, then it's not needed and it's even recommended to wait a bit before you go into bed.

**Get a good night's sleep:**

Rest is essential for a healthy metabolism. Sleeping for eight hours nightly will increase your energy levels throughout the day. It will also help keep stress hormones and blood sugar levels stable, an important part of any healthy life style.

**DR. IRUDAYARAJ**  
MEDICAL CONSULTANT

**ORDINATION**

Deacons **J. Irudayaraj, J. John Paul, and A. Amala Madhavan** of our archdiocese were ordained to the order of priesthood and **Bro. Alex, Bro. Arockia Sagayaraj, Bro. Jayaseelan, Bro. Jeeva edward edison** to the order of diaconate by his grace the **Most Rev. Dr. A. Anandarayar**, Our Archbishop on 3rd May at Immaculate Conception Cathedral Pondicherry. We offer our hearty felicitation to them and wish them success in their new ministry.

**Informations****1. NEW PRIESTS CONTACT NUMBERS**

|                     |            |
|---------------------|------------|
| Rev. Fr. Irudayaraj | 9486416345 |
| Rev. Fr. John paul  | 9789624967 |

Rev. Fr. Amala madahavan 9042210538

**New Bishop's secretary contact number:**

Rev.Fr. A. Kulandai Yesu Raja 8300671986

**2. New Supplement to the ORDO**

As it is time for the preparation of the **New Supplement to the ORDO** for the year 2017-2018, it would be of great help if you could communicate to us your **suggestions, corrections and additions** to be made in the forthcoming supplement to the ordo

**3. Note:**

Correction in last month Newsletter  
Archbishop Education fund

Rev. Fr. A. Antony Sagayam Villianur 100000

Rev.Fr. A. Kulandai Yesu Raja  
Secretary



**Priestly Ordination 2017**



**Diaconate Ordination 2017**

**st. Antony pray for us**



**WE WISH HIS GRACE**

**MOST REV.DR. ANTONY ANANDARAYAR**

**HAPPY FEAST**

Archbishop's House, Post Box No. 193, 206 Cathedral Street, Pondicherry 605 001.

Tel. 0413 2334748, 2339911. Facebook: PONDICHERRY ARCHDIOCESE

E-mail: archbishop@archdiocesepondicherry.com, dioceseofpondy@gmail.com

Web: www.pondicherryarchdiocese.org, www.archdiocesepondicherry.com Price Rs. 10.00