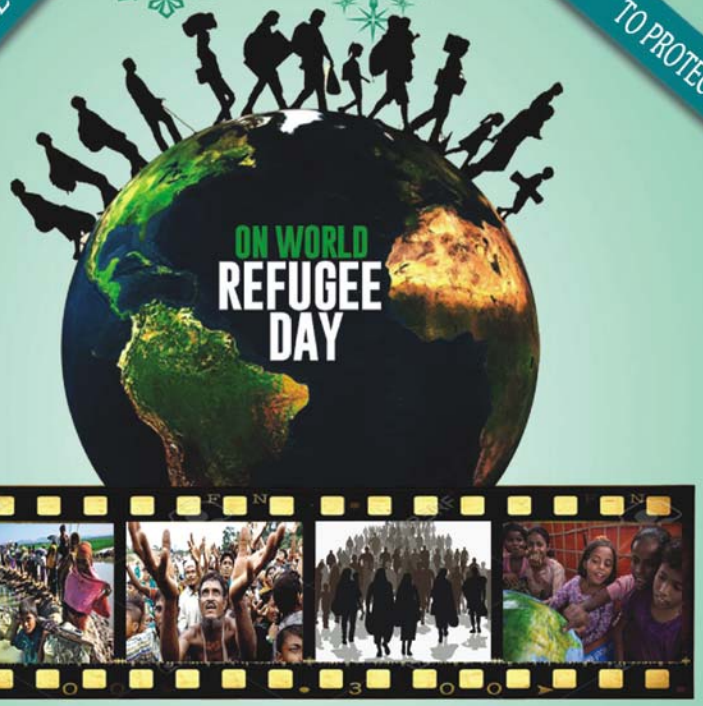
ARCHDIOCESE OF PONDICHERRY & CUDDALORE

NEWSLETTER

JULY 2019
VOL. 36 NO. 7

TO WELCOME

TO PROTECT



CONCERN FOR THE MIGRANTS AND THE REFUGEES

TO PROMOTE

TO INTEGRATE

(For private circulation only)

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The Holy Father's Prayer Intention for July 2019

Evangelization: That those who administer justice may work with integrity, and that the injustice which prevails in the world may not have the last word.

ARCHBISHOP'S MESSAGE

Concern for the Migrants and the Refugees

01. Concern for the Migrants and the Refugees

This year the **World Day of the Migrants and of the Refugees** is observed on 29th September. In his message for the World Day of the Migrants and the Refugees, Pope Francis insists that the Migrants and the Refugees are to be welcomed, protected, promoted and helped so that they could live in their new places with safety, joy, peace and human dignity. The Pope warns that the marginalization and exclusion of the Migrants and the Refugees is an "alarm bell warning of the moral decline we will face if we continue to give ground of the **throw away culture".**

A) Migrants: Migration seems to be the living reality in the history of humankind. The children of Jacob went to Egypt as migrants, searching for food and better living conditions. There they became strangers and slaves and were oppressed very much by the local people. People migrate from one country to another country, from one place to another place in the same country for better educational facilities, employment opportunities, living conditions, for safety and security etc. Accordingly, there are migrant students, migrant workers,

migrant business people etc. In the recent years we witness in our own country a big wave of migration taking place. People move from the rural areas to the urban areas, from the villages to the towns and cities for education, employment and better living conditions.

The **migrant students** should be provided with good, educational facilities. They should be helped acquire knowledge and wisdom, develop their skills and pick up the right value system. The **migrant workers** should be paid just wages and should be provided with safe working conditions. They should enjoy social security and legal protection. The **Catholic migrant students** and the **catholic migrant workers** should be given adequate **pastoral care.**

B) Refugees: The refugees form a special group among the migrants. Due to civil wars, violent attacks, conflicts, socio-political conditions, those who feel that there is no safety and security for their life and that there is a real threat to their life, flee from their own country and take shelter in another country. They are called **refugees,** because they seek refuge in another country. When there was a threat to the life of Jesus, St. Joseph was instructed to take the child with the mother and flee into Egypt. The Holy Family experienced the life of refugees in Egypt (cf. Mt. 2:13-15).

In the world scenario there are many instances where people flee from their own country and seek asylum in another country. Our country India has given asylum to the Refugees from Tibet, Burma and Srilanka. The refugees need to be welcomed as human persons, to be given protection and to be helped to lead a life with peace, joy, security and dignity. The children should be given educational facilities. The refugees should be considered for employment. The Catholic refugees should be given due pastoral care.

C) The **Tamil Srilankan Refugees** have been living in our country for about 35 years. At present there are about one lakh of them living in many camps in different parts of Tamilnadu. Each family is given a small house of 10X15 feet. Each person gets some amount as subsidy from the government. The living conditions and sanitary facilities are not quite satisfactory. The refugees struggle a lot to educate the children, to get good medical treatment and to find suitable jobs.

In our Archdiocese the Tamil Srilankan Refugees are living in camps in Chinnasalem, Vridhachalam, Kurinjipadi, Mudaliarkuppam and Anichenkuppam etc. We concentrate in a special way on the education of the Tamil Srilankan Refugees children. In our educational institutions, they are given 50% and even 100% fees concessions. Hostel fees, half or full amounts, are paid by us to many of these children. These students are talented and hardworking. Some of the qualified persons are employed in our schools as teachers.

A good many of these families are catholics. A good pastoral care is given to them. They are made to feel one with the local parochial communities. Vocation to the priesthood and religious life have been promoted among them. Every year I regularly celebrate mass for them at Mudaliarkuppam camp and at Anichenkuppam camp. They have deep faith in God and tender devotion to the Blessed Virgin Mary. They are known for their hardwork and sense of discipline.

D) Our attitudes, our dispositions and our responsibilities towards the migrants and the Refugees could be summed up in four verbs: **welcome, protect, promote** and **integrate.**

- We should **welcome** the Migrants and the Refugees as human persons, as members of the one human family. We should love them and respect them.

- We should **protect** them from threat to their life and provide them with safety and security. Indifference and

intolerance towards them, all kinds of injustice, discrimination, marginalization and exclusion against them should be avoided.

- We should **promote** their personal, family and social welfare. The students should be provided with good education facilities. People should be given employment opportunities.

- We should take efforts **to integrate** them into the main stream of life. They should not feel themselves as strangers and helpless anywhere and at anytime. They should be helped feel at home and live in peace and joy, with safety and security and with human dignity.

- The Catholic Migrants and the Catholic Refugees should be provided with **good pastoral care.** They should be helped integrate themselves into the local parish communities.

When we welcome the migrants and the refugees, we welcome Christ himself. Whatever good we do to them, we do to Christ himself. "I was a stranger and you welcomed me" (Mt. 25:55). "As you did it to one of the least of these my brethren, you did it to me" (Mt. 25:40). We should look at the Migrants and the Refugees with the eyes of Christ and love them with the heart of Christ.

Jesus, Mary and Joseph, you who fled into Egypt and experienced the life of Refugee, bless all the Migrants and Refugees in the world!

02. Fr. M. Jaya Prakash

As per the judicial sentence of the collegiate tribunal which I constituted to probe into the **attempted civil marriage** of Fr. M. Jaya Prakash (Can. 1394) I revoked the Decree, given on 14-11-2012, declaring the Latae Sententiae suspension. Thus, with effect from 10th June 2019. Fr. M. Jaya Prakash enjoys all our diocesan Faculties to exercise sacred ministries as per the 1983 code of Canon Law.

03. New Appointment

Rev. Fr. P. Simon Antony Raj has been appointed the Vice Principal, St. Paul's Mat. Hr. Sec. School, Neyveli Township.

04. Petit Seminaire CBSE School

Responding to the repeated requests of the people, we are starting a CBSE school under the name of **"Petit Seminaire CBSE School"** at M.G.R. Nagar, Moolakulam, Pondicherry. On Friday, 5th July 2019 I will be blessing this new school building.

ARCHBISHOP'S ENGAGEMENTS FOR JULY - 2019

04	THU	10.00 a.m.	Mass, Neyveli T.S.
05	FRI	09.15 a.m.	Blessing of Petit Seminaire CBSE school building, Moolakulam.
07- 11			TNBC Meeting, Coimbatore.
14	SUN	07.30 a.m.	Mass, Kovilanur
15	MON	10.30 a.m.	Finance Committee Meeting, Archbishop's House.
16	TUE	06.30 a.m.	Feast Mass, Carmel Convent, Muthialpet.
18	THU	06.30 a.m.	Mass, FSAG Generalate.
21	SUN	07.30 a.m.	Feast Mass, St. Mary's Church Cuddalore, N.T. Parish.
25	THU	07.30 a.m.	Feast Mass, SLR Camp Kizhputhupattu.
26	FRI	07.00 a.m.	Feast Mass, St. Ann's Boarding, Tindivanam.

27	SAT	10.30 a.m.	Diocesan Pastoral Council Meeting, Uppalam.
28	SUN	09.30 a.m.	Confirmations, Thennenkudy.

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

ARCHBISHOP'S EDUCATION FUND

No.	Date	Name	Amount
1	03.06.19	Our Lady of Lourdes Shrine, Chetpet	50000
2	"	P.Fathima, Adichanur	1000
3	"	Sri Velayutham Constructions, Pondy	10000
4	"	Muthialpet Parish	10000
5	"	Packiam Textiles, Pondy	500
6	"	John, Muthialpet	100
7	"	Well wishers, Muthialpet	2700
8	07.06.19	People of Sathiamanagalam Parish	10000
9	"	Confirmation Children, Sathiamangalam Parish	5000
10	"	St.Antony's Educational development group, Sathiamangalam	5000
11	"	Mary Theresa, Sathiamangalam	2000
12	"	Alex, Mary Jayarani, Maria elizabeth, Sathiamanglaam	250
13	"	Well wisher, Sathiamanglaam	300
14	"	Msgr.A.Arulanandam	6000
15	"	Petit Seminaire Hr.Sec.School, Pondicherry	150000
16	12.06.19	Confirmation Children, Cathedral Parish	9450
17	"	Cathedral Parish	5000
18	"	Albert, Pondy	4000
19	"	M.Felicia Janvier, Pondy	2000
20	"	Fr.Edison, Pondy	20000
21	"	Immaculate Provincialate, Cuddalore	20001
22	"	Immaculate Generalate, Pondicherry	10001
23	"	Immaculate Girls HSS, Pondicherry	10001
24	"	Blumen House, FSAG, Pondicherry	500
25	15.06.19	Nellithope Parish	10000
26	"	Mel-nariappanur parish	10000

27	"	Cluny Provincialate, Pondicherry	10000
28	"	Santa Clara Convent Girls HSS, K.Manaveli	2000
29	"	Sacred Heart FC Convent, Chinnakalapet	1500
30	"	Santa Clara Convent, K.Manaveli	1000
31	"	St.Joseph's Hr.Sec.School, Manjakuppam	100000
32	"	Petit Seminaire Hr.Sec.School, Pondicherry	100000
33	22.06.19	Karaikal Parish	20000
34	"	St.Mary's Hr.Sec.School, Karaikal	15000
35	"	St.Rocks Hosptial, Karaikal	10000
36	"	St.Joseph's Convent, Karaikal	10000
37	"	Confirmation Children, Karaikal	8000
38	"	Cluny Convent, Karaikal	5000
39	"	CMA Lourdraj, Karaikal	5000
40	"	V.Amalor Santhi, Karaikal	1500
41	"	St.Bentilla Anbiyam, Karaikal	1350
42	"	St.Philip's Anbiyam, Karaikal	1000
43	"	S.Periyanayagasamy, Karaikal	1000
44	"	A.Arokiadoss, Karaikal	1000
45	"	Jude Anbiyam, Karaikal	500
46	"	Well wihsers, Karaikal	9200
47	24.06.19	Anilady Parish	20000
48	"	Anilady Parishioners	5000
49	"	Cluny Convent, Anilady	5000
50	"	A.Lawrence, Anilady	5000
51	"	People of Keezhvaiyamur, Anilady	2000
52	"	People of Kalladikuppam, Anilady	1000
53	"	People of V.Panjalam, Anilady	1000
54	"	People of Pedaripattu, Anilady	1000
55	"	People of Marur, Anilady	1000
56	"	People of V.Nallam, Anilady	1000
57	"	Sacred Heart Sabbai, Anilady	500
58	"	Immaculate Girls HSS, Pondicherry	100000
		Total as on 30.06.2019	**799353**
		Received up to 31.05.2019	**35275528**
		Grand Total	**36074881**

[sd]+Most Rev. Dr. A. Anandarayar

Archbishop of Pondicherry and Cuddalore

LIST OF SEMINARIANS IN THE YEAR 2019-2020

Major Seminarians

Sl. No. Name	Parish	Seminary
IV Year Theology		
01. Bro. P. Chinnappan	Cathedral, Pondy	St. Peter's
02. Bro. S. Johnson	Kovilanur	St. Peter's
03. Bro. A. Jayabalan	Irundai	Good Shepherd
III Year Theology		
04. Bro. M. Bart Augustine	Nellithope	St. Peter's
05. Bro. V. Johnson Mariya Joseph	Velanthangal	St. Peter's
06. Bro. A. Aron	Kommedu	Good Shepherd
07. Bro. M. Prem Kumar	Thirukoilur	Good Shepherd
II Year Theology		
08. Bro P. M. S. Jeeva Keezhvayalamur, Anilady		St. Peter's
Regency		
09 Bro. C. Auxiliam Selva Kumar	Arcadu	St. Peter's
10.Bro.A.Geo Francis Xavier	Seedevi–Saveriarpuram	St. Peter's
11. Bro. J. Gilbertraj	Azhagapuram,Sozhampattu	GoodShepherd
III Year Philosophy		
12. Bro. N. Alpha Venis	Neyveli Township	St. Peter's
13. Bro. V. John Britto	Arumpattu, Madampattu	St. Peter's
14. Bro. A. Thomas Berna	Nellitope	St. Peter's
II Year Philosophy		
15. Bro. S. Vincent	Sathiamangalam	Good Shepherd
Propaedeutic Course		
16. Bro. R. Albert Raj	Iruppukurichy	Good Shepherd
17.Bro.A.AntonyPrabakaran	Alagappasamutiram	GoodShepherd
18. Bro. I. Antony Richardson	Krishnankuppam	Good Shepherd
19. Bro. A. Donald Robin	Sathipattu	Good Shepherd
20. Bro. I. Paul Ruso	Iruppukurichi	Good Shepherd

College Seminarians and Latinists in St. Agnes'Seminary

III Year College

21. Bro. B. Antony Raj	Viriyur
22. Bro. D. Joyson	Mugaiyur
23. Bro. R. Lourdu Sagayaraj	Thely
24. Bro. D. Tony Clinton	Elemangalam, Mel-Sithamur

II Year College

25. Bro. J. Alwin	Palayanur, Viriyur
26. Bro. L. Anthuvan Joseph	Eraiyur
27. Bro. J. Arun Prakash	Kunankurichy
28. Bro. V. Jerome Selvaraj	Velanthangal
29. Bro. P. Vijayakumar	Alagappasamutiram

I Year College

30. Bro. S. Clinton	Seedevi-Saveriarpuram

Latinists

31. Bro. F. Abiyouth	Anilady
32. Bro. A. Denish	Thurinjicollai
33. Bro. H. Gnana Anishek	Mel-Sithamur
34. Bro. A. Idayath Ragavan	Alagappasamutiram
35. Bro. A. Lucas	Arulambadi

Rev. Fr. P. Rozario
Rector, St. Agnes' Seminary

NECROLOGY

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

01-07-1955	Bertho. J.M, MEP
09-07-1990	Arputham. S. J
10-07-2002	Mahimainather. R
10-07-2013	Jacob. P
11-07-1994	Susai. S
11-07-2018	Peter. S
14-07-1996	Augustine. K
15-07-1867	Mgr. GODELLE Joseph Isidore

15-07-1992	Arokiasamy. D. A
15-07-2007	Joseph John Peter. A
16-07-1990	Joseph. T. J
26-07-1994	Pentecoste. G. M

FROM THE DESK OF FR. PROCURATOR

Mass Intentions received in June - 2019

28.06.2019 Cuddalore OT Parish 71 mass intentions

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

VOICE FROM METROPOLITAN MATRIMONIAL TRIBUNAL - 105

Relationship: Three Important Aspects

The most common human experience is learning to relate with one's parents, siblings and others. That relationship is unique, personal and complex is a great realization. Often we are not in control of a relationship, for it is a dyadic process. The most complex and compelling experience is the relationship with the opposite sex. I would like to share three important aspects connected to relationship: how does it start, the importance of the mindset, and the ways to evaluate the relationship.

A relationship starts with a need for someone in life. As social beings everyone needs to be with, to belong, love and be loved, share and care, be comfortable and relax, feel supported and sustained, enjoy and rejoice, feel the oneness with and journey with, and so on. It is for this need, people often spend an awful lot of time in choosing the right person, and to know and to evaluate whether the chosen person is the right one.

Most relationships begin in five ways, and the most common is the one-sided or mutual **attraction**, which may be a physical attraction, the way the other person appears and appeals, sexual attraction, which is ingrained in almost all relationships. Most relationships begin with a combination of both physical and sexual attraction. There is an element of sexuality in every normal relationship, and that would be a compelling

factor in the process of carrying on the relationship. There could also be attractions based on skills and talents found in someone. There may also be attractions based on the emotional closeness or emotional dependency. There is the emotional need to relate to a particular person and to depend on that person. But very rarely there is spiritual attraction. Another way for a relationship to begin is when one is **available**. It is difficult to carry on when the person is not available for relationship. It also begins, when the relationship is **acceptable** to both of them. It also begins when there is a **possibility** to carry on for a sufficient period of time. Sometimes the relationship begins when one finds an **interest** in the other. The interest continues to increase and it leads to a mutual relationship. When two people have had any of these five different experiences, they would be sustained by a **fif** or a **funny internal feeling** towards each other. The starting of a relationship is an experience giving a powerful, personal, affective, stressful, transformative and wonderful event having most of the time this funny internal feeling.

Every relationship begins in a wonderful way, but after some time there is a drastic change. If a relationship has to continue, then a decision must be made, that is, a reason for having this person in a relationship. The reason is called the 'mindset' that is, with this person I would like to have this type of relationship. When the mindset is fixed, then the person begins the process of the relationship according to and depending on that mindset. The mindset determines, directs, guides, plans, programs, conditions, controls, proceeds towards the type of relationship one wants to have in the long run. We have many friends and certainly we relate with each of them differently, because the process of building a relationship depends on the mindset. Therefore, it is important to know the mindset of a person when one decides to build a relationship. This mindset may be a healthy one or an unhealthy one. With one, the mindset may be to 'care', with another to 'share', to 'protect', to relate as a 'friend' or as a brother or sister, with another as a 'guide'. We may also have the mindset to use, abuse, molest, hurt, harm, to have physical or sexual closeness, emotional manipulation for selfish reason or for unselfish reasons, to be possessive or to belong, to have a cheerful relationship or to have a sad relationship, or a spiritual relationship and so on. The 'mindset' is the underlying factor for proceeding with the relationship in a particular way for better or for worse.

All of us enter into various types of relationships, but is there a way of evaluating our relationship? Yes. There is a 'ten way test' to evaluate every relationship, whether it is between couples, parents and children,

teachers and students, among friends, lovers, teammates, classmates, etc. The following is the ten way test.

1. Trust is the fundamental virtue: The foundation for any type of relationship is trust. If there is no trust it is better to end it or to rectify it. Most people would tend to ask three questions based on trust: Can I trust this person? Is this person trustworthy? Can I trust myself with this person? To trust is easy, to break the trust is easier, but to live the responsibility of trust is most difficult. To trust is a natural gift given to every person.

2. Love is the bonding virtue: Love brings two people close to each other with a unique bond. Human love is a combination of divine benevolence and the animal instinct of lust. Individuals experience, enjoy and express the bond depending on the love-lust proportion. Our self-analysis is to find out what is the level or percentage or proportion of this combination of love-lust in our interaction with the other. Is love more than lust or lust more than love? Ordinarily, when love is more than lust then the interaction is loving and caring; but if lust is more than love then it would be physical or sexual in nature. Both are needed in our life and relationship, particularly for married couples both are essential for their relationship.

3. Respect is the mutual virtue: It is a difficult virtue to practice because when we come close to another the level of respect would tend to change. There are some important areas one must learn to respect: to respect the physical person; to respect the emotion of the other; to respect the thinking of the other; to respect the social background of your friend; and to respect the family of your friend. 'A friend is an extended member of the family'.

4. Honesty is the expected virtue: One is naturally expected to be honest in a relationship. Though it may be difficult, it is important to be honest about your personal life, your history, important events of your life. We cannot change our past, but it is possible to begin a new life with honesty. A dishonest relationship slowly breaks the bond of love and cracks the foundation of trust.

5. Security is the comforting virtue: The indication that one is deeply comfortable with another, is because of the feeling of security. The strength of a relationship depends on the personal experience of security in the presence and company of the other. The feeling of being protected is a sign of enjoying personal security.

6. Belonging is an experiential virtue: As the relationship deepens, there is a personal experience of belonging to the other. There are different types and levels of belongingness. There is a serious difference between belonging and possessing. In a relationship one never possesses the other. There is sufficient room for freedom to be, to grow, to develop and to mature as a person, leading to a dependent or independent belonging.

7. Communication is the virtue to intimacy: The closeness, intimacy, sharing depends on the level and the type of communication. Communication is an everyday need in a relationship. Even the minimum of communication would help in saving troubled relationships. Part of evaluation is to find out what is the level of intimacy. There is a significant correlation between communication, intimacy and trust.

8. Commitment is the sustaining virtue: Commitment to each other would sustain a relationship. Commitment leads to knowing and supporting each other, and in fact to carry on any relationship they must experience, live and enjoy commitment to each other.

9. Humour is the renewing virtue: Whenever there is tension or disinterestedness or irritation or anything which makes the relationship uncomfortable, that is the time humour is needed to renew the relationship. Friends or couples who laugh, joke, are humorous and have fun together, certainly are more relaxed and would enjoy the presence and the company of the other.

10. Forgiveness is the divine or noble virtue: Human beings are weak and fail in one way or the another whenever we make mistakes, betray or experience unpleasant incidents in our life, we need to cement, rectify, rejuvenate, renew, or restart the relationship. To do so forgiveness is needed. Forgiveness is not a natural quality of human beings, but whenever we forgive it manifests the divine quality within us.

All these virtues are interconnected, interdependent, interrelated and inter-supportive of one another. All of them are necessary to have a good and a healthy relationship. The ten way test is one of the best ways to know clearly, analyze realistically and evaluate systematically our relationship, whether we are friends, companions or a couple. The relationship begins, the mindset controls, but the ten way test helps to evaluate it. (- Fr. Dr. Amritraj, op, the writer is a member of the Order of Preachers. He is involved in preaching and teaching ministry; *(Fr. Agnel's Call magazine, Vol.54/No.2, Feb. 2019,pp.5-7).*

Points to Ponder:

- "Where the Bishop is, there let the multitude of believers be; even as where Jesus is, there is the Catholic Church'' - Ignatius of Antioch, 1st c. A.D
- Innocent and nice people get hurt in life easily because they trust the wrong people… Be careful of your company.
- Sometimes when you are in a dark place you think you have been buried, but actually you have been planted. - Chrisine Caine
- God changes caterpillars into butterflies, sand into pearls and coals into diamonds using time and pressure. He is working on you too. - Rick Warren
- Don't limit your challenges, but challenge your limits.

Rev.Fr. S. Pascal Raj
Judicial Vicar

COMMISSIONS AND REPORTS

SC/ST COMMISSION REPORT

Activities:

1. Self Employment Training Program :

One day Self Employment training program for Dalit Christians People Cell was organised in AR Hall, SAMSSS, Vikravandi on 15th June 2019. Totally Eighty members from different parishes participated in the training.

2. Dalit Christians Women for Change (DCWC):

DCWC TamilNadu Chapter was formed in 22nd June 2019 in Udaya Deepam, Trichy. There were 52 Dalit Christian Women participated from 14 Dioceses of Tamil Nadu. Sr. Robancy was the resource person. The topic was Dalit Christian Women Leadership. The office bearers

and the diocesan representatives were elected. Selvi Julius from Pondicherry Archdiocese was elected as TamiNadu regional President of DCWC.

Upcoming Events:

1. Free Skill Training Program for Women:

In collaboration with Kirubalaya Trust, Villupuram, our commission is organizing one month Free Skill Training program in our Commission Office, Vikravandi. The courses will start on 1st July 2019. At present the following courses will be offered to the participants

- Artificial Jewel making
- Beautician
- Tailoring

I kindly request the Parish Priests to inform your parishners to participate and benefit out of this free training.

Fr. A. Arputharaj
Secretary, SC/ST Commission.

Youth Commission Report

Activities:

Youth Directors meet:

Tamil Nadu Youth Commission secretaries meeting was held on 24th June 2019 in Archbishop's house, Madurai to finalize the plan for Youth Year 2020.

Upcoming Events

Personality Development Program for Youth Girls:

One day Personality Development Program for Youth girls will be held on 13th July 2019 in Sacred Heart Arts & Science College, Perani. I kindly request the Parish Priests to send 2 girls from each parish for this program.

Fr. A. Arputharaj, Secretary

St. Xavier's Pastoral Centre

Commission for Evangelization

Last month on 15th June Saturday Rev. Fr. T. Albert, Director, Trichy Diocesan Charismatic Illam has excellently conducted the third Saturday prayer meeting. Around 400 people attended and profited spiritually. This month Rev. Fr. Bernard Shaw, OFM. Cap. Project Director of the Congregation and the Assistant Parish Priest Our lady of Fatima Church, Gandhipuram, Coimbatore will conduct this prayer meeting. He is a very good counsellor and preacher. This month's prayer meeting will be held in our centre on 20th Saturday July from 09.30 a.m.to 04.30 p.m. Kindly announce about this in your church during the masses if it is possible.

Commission for Social Communication and Mass Media

I have already sent the necessary liturgical materials i.e. Posters and Sunday special liturgy for the celebration of the 53rd World Communication Day to be celebrated on 14th July Sunday 2019. I have sent also the Tamil Translation of the Pope's message, which I am also giving here for your personal enrichment so that you can preach solidly on that day. You know how important the "communication" is today because ¾ of the younger generation of today has become "Social Hermits" as the Pope terms it. So kindly read the message attentively and give a deep animation to your youth. Following is the Tamil Translation of the Message.

53–வது உலக சமூகட் தொட நாளுஞிகான றீருட்தகிதைரீம் செஜிறீ

க்நாரி யாவருரி ஒருடஸ் உறு களாஜி ருஞிலிம்றோரி (எபே 4:25)

வலைதளஞி குழுமதீகள்ஸ்ருகிது மானுடசீ சமூகமாக...

வலைதளரி உருவான நாஞ் முதலேஇ அது ம த கள்டையே ளிஜமான சகிறீ பை ரிஇ ஒபிறுமையை ரி ஏபிபடுட்துரி ஒரு கரு யாக செய பட வேணீடுரி என றீருஅவை அஷி றுட்றீ வகிதுஞ்ளது. 53– வது உலக சமூகட் தொட றீனட்தை நாரி கொணீடாடுரி கித வேளைரீ இ ம்றைய ம த உற கள்ம் ளிலைஇ அதம் புது ணையரி செலுட்துரி ஆறீஞிகரி வபிறை

புணீடுரி ஒரு முறை ஙகிறீஞிக உதீகளை அழைஞிலிறேம். க்உற ரு பது ((Being in relationship) எம்பது ம த வாஷி ம் ஒ ஆதார அரிசரி. அதை வள ட்தெடு பதுதாம் சமூக தொட சாதனதீகள்ம் பல். ஆனா அகித சாதனதீகளேஇ பல வேளைகள் உற ஙதைவதபிகுரிஇ ம த கஞ் த மை படுட்த படுவதபிகுரிகாரணமாலி டுலிம்றன.

ம்றைய சூழஸ் இ ஊடகரி லாத டமே லை எம்று சொ லலாரி. சமூகட்தை ரிஇ சமூகட்தொட சாதனதீகளை ரி னீ/ட்து பா ஞிக முடியாத அள பிகு அவை எதீகுரி ளிறைகிதுஞ்ளன. ணையரி ஒ அஷி ஞி கள ஙயமாக உருவெடுட்துஞ்ளது. நரி அம்றாட தகவ கள் பெருரிபாலானவபிறை ணையட்றீஸ்ருகிதே பெறுலிம்றோரி. ஆனா இ அ படி பெற படுரி தகவ கள் எட்தனை சதயீதரி உணீமையானவை? ச/யான செஜிறீகளை தருரி அதே ணைய ஊடகரிதாம்இ பல நேரதீகள் வதகிறீகளுஞிகுரிஇ பொஜிகளுஞிகுரி ஊபிறுஞிகணீணாக உஞ்ளது. மபிறவ களோடு தொட கொஞ்ள இ உதவ வவ் செஜிரி அதே ணைய ஊடகரிதாம் இ பல நேரதீகள் னீற/ம் தகவ களை களவாடி அவபிறை சுயலாபட்றீபிகாக பயம்படுட்துவதபிகுரி களரி அமைட்து கொடுஞிலிறது. ளையோ/ நாம்லி ஒருவ து போம்ற ணைய அடாவடிட்தனட்றீ ஈடுபடுவதாக ஞ்ள் வரதீகஞ் சொ லிம்றன.

ணைய பயம்பாட்டை முறை படுட்றீஇ அதை ஒரு சுதகிறீரமான பாதுகா பான தகவ ப/மாபிறஞி களமாக வைட்றீருஞிக உலக அரசாதீகதீகஞ் சட்ட நடவடிஞிகைகளை எடுட்து வருரி சூழஸ் இ ணையட்றீம் பயம்பாடுகஞ் பயிஷிய வ் ண தருரி பொறு றீருஅவைஞிகுரி உணீடு.

க்வலை (Net Work) எம்ற உருவகட்தை பயிஷி ஙகிறீஞிக உதீகளை அழைஞிலிறேம். ணையட்றீம் ந ல அரிசதீகளை /கிதுஞி கொஞ்ள து உத ரி. வலை எம்பது பல ழைகளா ஆனது. எணீல்றைகித ழைகள்ம் ணை களுரிஇ சகிறீ களுரி தாரி ஒரு வலையை உருவாஞிகுலிம்றன. வலைஞிகெம்று ஒரு மைய அறீகார அமை லை. வலைறீம் வெபிஷிஇ அதம் எ லா ழைகளுரி சமமாக பொறு பை ஏபிறுஞி கொஞ்வறீலேயே ருஞிலிறது. ணையமுரி தை போம்றே ருஞிக வேணீடுரி.

கித க் வலை உருவகரி மபிறொரு உருவகட்தை நமஞிகு ஞாபக படுட்துலிறது. சமூகமுரி பல ழைகளா ஆனது. பல ம த கள்ம் சகிறீ களுரிஇ உற களுரி தாம் ஒரு சமூகட்தை உருவாஞிகுலிம்றது. ஒரு சமூகரி வெபிஷி அடையவேணீடுமானா இ அதம் அதீகட்றீன களுஞிகுஞ் பர பர நரினீஞிகை வேணீடுரி. ஒருவ மபிறவரோடு உரையாட வேணீடுரி. ஒருவ மபிறவ/ம் கருட்துஞிகளை கேட்டு மறீ கொடுஞிக வேணீடுரி.

ம்று நாரி ளிறைய வலைதளஞி குழுமதீகளை (Social network communities) பா ஞிலிம்றோரி. ஆனா இ அவை ஒரு போதுரி மானுடசீ சமூகட்றீம் டட்தை பெற முடியாது. நம்றாக கவ ட்து பாருதீகஞ் . வலைதளஞி குழுஞிகஞ் பெருரிபாலுரி இ ஏதாவது ஒரு வெறு னீம் அடி படைறீலேயே கட்டமைஞிக படுலிம்றன. ஒரு நபரை னீடிஞிகாதவ கஞ்இ அ லது ஒரு கோட்பாட்டை னீடிஞிகாதவ கஞ் அ லது ஒரு சமூகட்தை னீடிஞிகாதவ கஞ்.... வ கஞ் சே கிது ஒரு குழு அமைஞிலிம்றா கஞ். னீறகுஇ

அகித குழு பிகு வெள்யே உஞ்ள அனைவரை ரி வச படுட்துலிறா கஞ். கித குழுமதீகள் வ களை ணை பது எம்ன? யாரோ ஒருவ புதுஞ்ள வெறு ... எதம் புதோ உஞ்ள வம்மரி... அன்வள தாம். மபிறபடிஇ அவ களுஞிகுஞ் எகித பர பர ஒட்டுதலுரி லிடையாது . கித குழுஞிகள்ம் ஆதாரரி வெறு ரி இ னீ/ னை மே. அது னரிஇ பா இ சமயரி.. என எதை சா கிதுரி ருஞிகலாரி. து போம்ற குழுஞிகஞ் சமூகட்றீம் பம்முகட் தம்மையை எறீ ஞிலிம்றன. வெறு பை தைஞிலிம்றன. உலகட்றீம் சாளரமாக ருஞிக வேணீடிய ணையட்தைஇ கித குழுஞிகள்ம் கைறீ இ ஒரு சுயதரிபட்ட மேடையாக மாஷி டுலிம்றது. அதே போலஇ ணையரி போது த ம த த படுட்தலுஞிகுரி ஒரு காரணமாக உஞ்ளது. ளைஞ கள்ம் பல இ வலைதள நட் கஞ் மட்டுமே போதுரி எம்று எணீணூலிம்றா கஞ். சமூகட்றீஸ்ருகிதுரிஇ ளிஜமான உற கள்ஸ்ருகிதுரி லலிஇக்சமூக மு வ கஞ் க் Social Hermits போல பல வாஷிலிம்றா கஞ்.

கித சூழஸ் இ நாரிஎ படி நமது சமூக அடையாளட்தை (Communitarian identity) தஞிக வைட்துஞி கொஞ்வது?

தபிகான டை ம்னொரு முஞிலிய ஸ்ய உருவகட்றீ ருஞிலிம்றது: க்உடலுரி உறு களுரி த ப லடியா தனைஇ சமூக உறு னீன கஞ் மட்றீறீ ருஞிக வேணீடிய பர பர உற ஞிகு உதாரணமாக கையாஞ்லிறா . க்ஆகவே பொஜியை லஞிலி ஒருவரோடு ஒருவ உணீமை பேசுதீகஞ். ஏனெ நாரி யாவருரி ஒருடஸ் உறு களாஜி ருஞிலிறோரி. (எபே 4:25) கித உருவகரிஇ நமது ஆதார சமூக அடையாளட்தை பயிஷி ஙகிறீஞிக அழைஞிலிறது. லிஷி தவ களாகஇ நாரி அனைவருரிஇ ஒரே உடஸ்ம் உறு களாக ருஞிலிறோரி. லிஷி து நரி தலையாக ருஞிலிறா . கித உணீமையை உண கிதா போதுரி. மபிற ம த கஞ் போட்டியாள களாக தெ/ய மாட்டா கஞ். ஒரே உடஸ்ம் சக அதீகட்றீன களாக தெ/வா கஞ். நமஞிகான அடையாளட்தை உருவாஞிலிஞி கொஞ்ள நமஞிகு ஒ எறீ/ தேவை லை. உற தாம் நரி அடையாளரி.

கித பாடட்தை நாரி மூவொரு கட ள்ட ருகிதே கபிறுஞி கொஞ்லிறோரி. நரி கட ஞ் த யாஞ் அ ல. த மை அவ அடையாளரி அ ல. அவ சமூகமாக ருஞிலிறா . அம்பே அவ அடையாளரி. அம் த ட்து ரு பறீ லை. அது எ போதுரி னீறரை நாடி ருஞிலிம்றது. சமூகமாக உஞ்ள மூவொரு கட ள்ம் சாயஸ் நாரி படைஞிக பட்டிரு பதா இ நாமுரி நரி உஞ்ளட்றீ இ அகித சமூகட்றீபிகான தாகட்தை சுமகிது வாஷிலிம்றோரி. து ஒ அடி படை ம த ய . அதனா தாம் த பேங அவ கஞ்இ க்மபிறவ களுடம் உற பாராட்டுவதுஇ மபிறவ களை சா கிறீரு பது போம்று ம த ய ஞிகு உககித பணீ வேறு ஒம்றுரி லை எம்று சொ லிறா . ஆகவே நாரி உற கள் முதஞீடு செஜிய அழைஞிக படுலிறோரி. நரினீஞிகை எம்பதே ஒ உற தாம். அது ஒரு சகிறீ . கட ளுஞிகுரி நமஞிகுமான சகிறீ . அகித கட ஞ் தருரி அம்னீம் ஊட்டட்றீ இ னீற ம த களை சகிறீஞிக ரிஇ உரையாட ரி. அவ களை நரி வாஷி ஞிகுஞ் அழைஞிக ரி நமஞிகு தெரி லிடைஞிலிறது.

உட உறு கஞ் உருவகரி சொ லுரி ம்னொரு செஜிறீஇ ஒ உணீமையான பகிதரி நேரடி தொட னீ மட்டுமே சாட்றீயரி. சகிறீ முகரி

முகமாக ளிகழ வேணீடுரி. உட இ தயரி இ கணீஇ மூசீசு இ பா வை... ஆலிய அவயதீகள்ம் மூலரிதாம் ஒ உணீமை னீணை சாட்றீய படுரி. அதனா தாம்இ வலைதளஞி குழுஞிகஞ் போம்ற மெஜிளிக உலலி உணீமையான உற களுஞிகு சாட்றீய லை. ணைய சகிறீ கஞ்இ நேரடி சகிறீ களுஞிகு ஒரு தயா/ பாக ரிஇ மும்னோட்டமாக ரி மட்டுமே ருஞிக யலுரி. குடுரிப உறு னீன கஞ்இ ணையரி மூலரிஇ செஜிறீகளை அன்வ போது பஷிமாஷிஞி கொஞ்ளலாரி. ஆனா இ ஒன்வொரு நாளுரிஇ யீட்டி உண மேசைரீ அம கிதுஇ ஒருவ கணீணை மபிறவ உபிறு நோஞிலி நேரடியாக உரையாட வேணீடுரி. பதீகு உறு னீன கஞ்இ ணையதளரி மூலரிஇ ளிகஷிசீஙகளை றீட்ட டலாரி. ஆனா இஒன்வொரு நாளுரிஇ கோரீலுஞிகு வகிது நபிகருணை பகிறீரீ சே கிது அமர வேணீடுரி. நரினீஞிகை அனுபவதீகளுரிஇ துயரளிகஷி களுரி ணையட்றீ பலிர படலாரி. ஆனா இ அதைஞிகுஷிட்து வாறீஞிகஇ செனீஞிகஇ நடவடிஞிகை எடுஞிக உறு னீன கஞ் ஒம்று கூட வேணீடுரி. து நடஞிகுரி போதுதாம்இ வலைகுழுஞிகளுரிஇ ணையமுரி சமூக வாஷிஞிகையை வள தெடுஞிகுரி கரு களாக மாற முடி ரி.

எனவே ம்று நமஞிகு தேவை படுரி சமூக வலைதளரி (Social Network) மஞிகளை அடிமை படுட்தாது. த மை படுட்தாது. மாறாக டு ஞிகுரி. மபிறவ களோடு ணைட்து வைஞிகுரி வலைதளமாக ருஞிக வேணீடுரி. நரி றீருஅவை நபிகருணை எம்னுரி வலைதளட்தா னீம் னீணைஞிக பட்ட தளமாக ருஞிலிம்றது. எனவே தீகு ஒம்ஷி வெறுரி "Likes"ஆ உருவாஞிக பபட்ட த ல. மாறாக க்உணீமைரீ லுரி இ க்ஆமெம் எம்ற அ பல் னீலுரி உருவாஞிக பட்டு லிஷி து ம் உடலோடு ணைஞிக பட்டு எ லாரை ரி அரவணைஞிலிம்றது.

So Dear Fathers, during the Masses please make the people to take an oath to make use of the Social Network carefully and responsibly.

Synod 2019

Dear Fathers, Really people seem to be very much interested in this Synod. Many people are sending messages and making phone calls appreciating this venture. So kindly accelerate the work of collecting the opinions, comments, suggestions and proposals of the different sections of the society and under your leadership, with the help of the parish Synodal member form a team to go through the details of the answers and make them to give you a single report of your parish before 15th July and send it to your Vicars Forane. And dear Vicars Forane, kindly collect the parish reports and ask the Synodal members of your Vicariate to prepare a Vicariate report before 15th August 2019 and send it to the Synodal Secratariate before 15th of August 2019. Then only the Core Committee can prepare the diocesan consolidated report of the whole diocese and will give it to the resource persons. And they will prepare the working

document based on the datas collected and consolidated at parish, vicariate and diocesan levels and with the Teachings of the Church and the values of the Kingdom of God preached and founded by our Lord Jesus Christ.

So dear Fathers, kindly feel the seriousness of this historical activity and try to co-ordinate the human resources of the Laity to do this work easily and fruitfully. Surely this Synodal celebration will make us realize how we have come to this stage of Christian life and by introspection we may appreciate ourselves for the successes we have achieved and we may also realize our failures and discover new means and methods to go forward in the path of the vision of our Lord.

Senate Meeting

Dear Vicars Forane kindly conduct your vicariate meeting and collect the suggestions of your vicariate priests for the Second meeting of the Senate of this year 2019 which will be held on 17th of August. Kindly reflect more on our Synod 2019. Which is going to be held from October 27th to 30th, 2019. The Core group is on the process of selecting the resource persons, forming different committees, the time table of the three days programme of the Synod and the inauguration ceremony of the Synod. If you have some suggestions you can mail me and send your proposals through Whatsapp messages (the e-mail address 3synod2019@gmail.com or fr_phiilo@yahoo.com, you can contact me over the phone if you have enough time).

Tamil Nadu Pondicherry Pastoral Council Meeting (TPPC)

This meeting is going to be held at Jeeva Jothi Pastoral Centre, Coimbatore on 7th July 2019. The theme of the meeting is **"ஊடகங்களும் இளைஞர்களும் – ஆன்மீக மறுமலர்ச்சிக்கான வழிகள் –"கிறிஸ்து வாழ்கிறார்"என்னும் திருத்தந்தை பிரான்சிஸின் திருத்தூதுரை மடல் காட்டும் வழிநெறிகள்".** This meeting is followed by the annual meeting of our Tamil Nadu Catholic Bishops Conference. From our diocese along with our Archbishop 8 members will be participating in this meeting.

Diocesan Pastoral Council Meeting

Based on the suggestion of TPPC, we will discuss in our DPC how we can implement the proposals and decision taken in Tamil Nadu Pondicherry Pastoral Council Meeting. We shall have our Diocesan Pastoran Council (DPC) meeting on 27th July 2019,

Saturday in our St. Xavier's Pastoral Centre, Uppalam. We will send the circular to the members in course of time. The members if the DPC are requested to note this date so that you will be able to attend this meeting without fail.

Christuvar Vazhurimai Iyakkam

We had an evaluation meeting of CVI regarding the Parliamentary elections on 29th at Laity Centre, Piratiyur, Trichy. Archbishop Most Rev. Dr. Antony Pappusamy Presided the meeting and the Chairman Bishop Most Rev. Dr. Neethinathan animated the session. All the Diocesan co-ordinators of CVI were present and shared how they worked during the election campaign and appreciated each other. Then they resolved to revive and renew CVI at the parish, vicariate, diocese and state levels. They decided to concentrate on this during the forthcoming annual meeting of the Tamil Nadu Catholic Bishops Conference that is going to be held at Coimbatore from 8th to 13th of July 2019. We hope that our Bishops may give some practical guidelines as early as possible.

Madha T.V.

On 14th May 2019, we had the meeting of the Diocesan Secretaries, Zonal co-ordinators and Madha T.V. Core Team members at Santhome Communication Centre, Chennai. We spoke about the celebration of the 53rd World Communication Sunday, the details of which I have given above. And we have decided to start 3 new programmes:

1. Andrada Unavu (அன்றாட உணவு)
2. Irivanin Siraguhal (இறைவனின் சிறகுகள்)
3. Gospel Singers (நற்செய்தி பாடகர்கள்)

the details of these programmes and their requirements will be announced later. Then Rev. Fr. Christopher, HGN gave the report and the findings of the survey he has conducted regarding the Madha T.V. He suggested that there should be quality production and quality promotion and insisted that all the dioceses should involve in the production. And the Chairman Most Rev. Dr. Singarayan insisted that we should increase the number of the subscribers of Madha T.V. And they fixed July 25th as the date for the next meeting which will be held in Kaviri Communications, Trichy.

Fr. A. J. Philomindoss
Director

Report of the Archdiocesan Commission for Charismatic Renewal (ACCR) & St. Avila Theresa Spiritual Centre (SATSC), Ousteri, Puducherry.

Report of APRIL, MAY & JUNE -2019

After the heavy schedule of Lenten, Paschal and Pentecostal Seasons' Preaching & Prayer meetings, hereby, we give the Report of our commission activities for the last three months,

APRIL -2019 – Regular, Special Programmes and Lenten Meetings:

In order to help the people for spiritual renewal during this season of Lent, guidedby the Holy Spirit, our ACCR conducted Lenten Meetings and other Programmes in our SATSC and in the following Parishes:

1. **02.04.2019 –Lenten Message and Healing Adoration** conducted at **Peria Nolambai Parish** from 6.00pm to 9.00pm.
2. **05-04-2019- Lenten Fifth Friday Retreat: Message - Death of Jesus-Way of the Cross and Holy Mass** at our **SATSC**, Ousteri, **Puducherry** from 9.30am to 1.00pm.
3. **05.04.2019 –Lenten Preaching and Adoration** conducted at **Manikollai**, Sub-station of **Periayapet Parish** from 7.00pm to 10.00pm.
4. **06.04.2019- One day Lenten Retreat** conducted at **Periayapet Parish** From 9.00am to 5.00pm.
5. **07.04.2019** - First Sunday Regular **Healing Retreat and Healing Adoration** at our **SATSC**, Ousteri,**Puducherry** from 10.00am to 2.30pm, conducted by Fr.A.Arputharaj.
6. **12-04-2019-Lenten Sixth Friday Retreat: Message – Journey and Victory of Jesus- Way of the Cross and Holy Mass** at our **SATSC**, Ousteri,**Puducherry**, from 9.30am to 1.00pm.
7. **14.04.2019- Reparation Way of the Cross** conducted on **Palm Sunday** at **Thattanchavady parish** from 4.00pm to 7.00pm.
8. 18.04.2019 – **Special Preaching on Maundy Thursday Holy Mass** given at **Vikravandi Parish** at 6.30pm to 8.30pm.

9. **19.04.2019- Good Friday Holy Retreat** conducted at Our **Lady of Periyanayagi Shrine, Konankuppam** on the Precious Blood, Wounds and Seven Last Words of Jesus, from 10.00 to 3.00 pm. and the Good Friday Liturgical Service from 6.00 pm to 9.00 pm.

10. **20.04.2019 – Special Preaching & Assistance on Holy Saturday Easter Night Vigil** given at **Thattanchavady Parish** (from 11.00pm to 2.00am).

11. 21.04.2019 – **Easter Celebration and Third Sunday Power & Spirit of Resurrection Retreat** conducted at our **SATSC**, Ousteri, Puducherry from 10.00am to 4.00pm. **MAY -2019 - Regular, Feast Day and Paschal Programmes:**

1. **05.05.2019 – First Sunday Regular Healing & Deliverance Retreat and Adoration** conducted at our **SATSC**, Ousteri, **Puducherry** from10.00am to 2.30pm.

2. **06.05.2019- Feast day Novena Preaching, Mass and Healing Prayer** given at **Kanangadu Parish,** from 6.00pm to 9.00pm.

3. **08.05.2019** – **Feast Day Novena Healing Adoration** conducted at **Oulgaret,** sub-station **Reddiarpalayam Parish**, from 7.00pm to 9.30pm.

4. **19.05.2019**- Third Sunday **Spirit- filled Power Retreat and Anointing Adoration** conducted at our **SATSC**, Ousteri, **Puducherry,** from 10.00am to 4.00pm.

5. **21.05.2019- Feast Day Novena Charismatic Day Mass And Healing Adoration** conducted at **Vikravandi Parish** from 6.00pm to 9.00pm.

6. **26.05.2019- In view of Pentecost, Special Charism Retreat** conducted for **Prayer Groups and Charismatic Ministers SATSC**, Ousteri, **Puducherry** from 10.00am to 4.00pm.

7. **27.05.2019- Feast day Flag Hoisting Day Mass and Healing Adoration** conducted at **Sathambadi** , sub- station of **Peria Nolambai** parish, from 6.00pm to 9.30pm.

8. **30.05.2019 – Feast day Anointed Mass, Preaching and Prayer** at **Chinnanerkunam,** sub- station of **Thurinjikollai Parish,** from 6.30pm to 9.00pm.

JUNE -2019 - Regular and Pentecostal Programmes:

In order to receive the Power and Charisms of Holy Spirit, our CCR conducted Pentecostal Meetings and other Programmes in our SATSC and in the following Parishes:

1. **02.06.2019 - First Sunday Healing and Deliverance Retreat** con ducted at our SATSC, Ousteri,**Puducherry** from 10.00am to 2.00pm.

2. **07.06.2019- First Friday Adoration and Mass** conducted at **Sacred Heart Basilica, Pondicherry,** from 10.00am to 1.00pm.

3. **07.06.2019 to 09.06.2019 – 3 Days Pentecostal Charismatic Convention** conducted at our **SATSC, Ousteri, Puducherry** (friday 5.00pm to 9.00pm: Saturday and Sunday 10.00am to 5.00pm), by **Fr.A.Arputharaj, Fr.K.A. Jesu Nazarene** and the **Archdiocesan Charismatic Team.**

4. **10.06.2019 – Holy Spirit Power Adoration** conducted at **Annual SIP Meeting Celebration** at **St.Xavier Pastoral Centre, Uppalam,Pondcherry** from 11.00am to12.00pm. arranged by **Fr .Melchizedech**, the Convener of **SIP**.

5. **13.06.2019- Feast Day Mass,Preaching and Prayer** at **St,Antony Church** at **Kannandal,** sub-station of **Nangathur Parish**, from 9.00am to 11.00am.

6. **15.06.2019 – Third Saturday Healing Mass and Adoration** conducted at **Our Lady of Lourdes Shrine, Villianur,** from 6.00pm to 8.30pm.

7. **20.06.2019 - Feast day Anointed Mass, Preaching and Prayer** at St,Antony Chapel at **Parugampattu,** sub-station of **Irundai** Parish, from 6.30pm to 9.00pm.

8. **23.06.2019 – Corpus Christi Special Retreat Mass and Healing Adoration** conducted at our **SATSC,** Ousteri, **Pondicherry**, from 10.00am to 1.00pm.

9. **25.06.2019 –** We attended and given **Reports & Proposals** in the **Tamilnadu REGIONAL COMMISSION SECRETARIES' ANNUAL MEETING for Evangelization & Charismatic** held at Good News Centre, **TUTUCORIN,** Presided by most **Rev., Dr.Stephen, President, TN Commission for Evangelization & Charismatic Renewal.** In which the **Bishop** and the other Resource Persons insisted very much on the importance of the **Evangelization** and **Life in the Spirit** of the every baptized persons in the current situations. We discussed about the **EXTRAORDINARY MISSIONARY MONTH-OCTOBER-2019** given by **Pope Francis.**

10. **30-06-2019 –** For peace and joy in the families**, a Special Family Retreat** was conducted at **SATSC** from 10.00am to 1.00pm.

In the fellowship of theHolySpirit

Fr.K.A.Jesu Nazarene,
Secretary, Charismatic Renewal &
Director, St. Avila Theresa Spiritual Centre,
Ousteri, Puducherry, **Cell .No: 9486839971.**

FAMILY COMMISSION

புதுவைஉயர் மறைமாநிலகுடும்பநலப்பணிக்குழுவின் ஜீன் 2012 முதல் மே 2019 ஆம் ஆண்டுஅறிக்கை

புதுவை–கடலூர் உயர் மறைமாநிலகுடும்பநலப்பணிக்குழுவின் செயலர் பேரருட்பணி S. மரியஜோசப் அடிகளார் தலைமையில் ஜீன் 2012 முதல் மே 2019 வரைநடந்தேறியபணிகுழுவின் அறிக்கை.

1. திருமணதகவல் நடுவம்
2. திருமணதயாரிப்புப் பயிற்சிகள்
   திருமண பயிற்சிவகுப்புகள் நமது மறைமாவட்டங்களிலும், மறைவட்டங்களிலும் நடைப்பெற்ற இடங்கள்.

வ.எண்	பங்கு
1.	இதயஆண்டவர் பசிலிக்கா,புதுச்சேரி
2.	புனித விண்ணேற்பு அன்னை ஆலயம், நெல்லித்தோப்பு,புதுச்சேரி
3.	பரிசுத்த ஆவி ஆலயம், தாகூர் நகர், புதுச்சேரி
4.	எம்மாவுஸ் ஆன்மீகமையம், விழுப்புரம் மறைவட்டம்
5.	கள்ளகுறிச்சி மறைவட்டம்
6.	நல்ல ஆயன் ஆலயம், திருக்கோவிலூர்
7.	விண்ணேற்பு அன்னை ஆலயம் கிருஷ்ணகுப்பம்
8.	புனித காணிக்கை அன்னை ஆலயம், நெய்வேலி.
9.	புனிதசவேரியர் ஆலயம், விழுப்புரம்
10.	புனித செபமாலை அன்னை ஆலயம், எறையூர்
11.	புனித அடைக்கலம் அன்னை ஆலயம், விரியூர், மைக்கேல்புரம்.
12.	புனித மதுரநாயகம் ஆலயம், மரக்காணம்
13.	புனித மிக்கேல் அன்னை ஆலயம், செஞ்சி
14.	புனித ஆரோக்கிய அன்னை ஆலயம், நெடுங்கப்பட்டு
15.	கார்மேல் அன்னை ஆலயம், கடலூர்
16.	அற்புத அன்னை ஆலயம், அழகப்பாசமுத்திரம்
17.	புனித மரியமக்தல ஆலயம், ஓதியத்தூர்
18.	புனித பாத்திமா அன்னை ஆலயம், விருத்தாசலம்
19.	இதய பெண்கள் கல்லூரி, பாக்கமுடையான்பட்டு
20.	புனித விண்ணரசி அன்னை ஆலயம், பணிக்கன்குப்பம்
21.	புனித வியாகுல அன்னை ஆலயம், திண்டிவனம்
22.	புனிதவிண்ணரசிஅன்னைஆலயம், இருதயம்பட்டு

தமிழகஆயர் பேரவையின் குடும்பநலப் பணிக்குழுவின் மாநிலம்,மற்றும் தேசியஅளவிலானகலந்துகொண்டபேரவையின் கூட்டம்.

மாநில அளவில்: மாநில அளவில் நடைப்பெற்ற எல்லா கருத்தரங்கிலும் செயலர் பேரருள்திரு.S. மரிய ஜோசப், அருட்தந்தை P. அந்தோணிராஜ், மற்றும் அருட்சகோதரி ஜீலியட், செல்விசகாயமேரி, வேதியர் ஜோசப் அனைவரும் கலந்துகொண்டனர்.

- திருச்சி,அமலாசிரம் (3 முறை)
- திருச்சி,பிராட்டியூர்
- திருச்சி,அரியமங்கலம் (2 முறை)
- வேளாங்கண்ணி
- பூண்டி
- கோயம்பத்தூர்

தேசிய அளவில்:

- பாட்னாவில் தேசியஅளவில் நடைப்பெற்றகருத்தரங்கில் (29.11.16– 01.12.2016)செயலர் பேரருள்திரு. S. மரியஜோசப் கலந்துகொண்டார்)
- மும்பையில் தேசியஅளவில் நடைப்பெற்றகருத்தரங்கில் (13.10.2017 - 15.10.2017)அருட்தந்தைஅந்தோணிராஜ் மற்றும் திரு.ஸ்டிபன் கலந்துகொண்டனர்)

ஆண்டு	பதிவு செய்தவர்களின் எண்ணிக்கை	திருமணம் முடிக்கப்பட்டவர்களின் எண்ணிக்கை	திருமண தயாரிப்புப் பயிற்சி வகுப்புகள்
2012	558	262	298
2013	580	244	624
2014	585	289	666
2015	549	387	483
2016	579	225	885
2017	606	190	1466
2018	629	289	1262
2019	412	196	604
மொத்தம்	4498	2082	6288

நன்றி: கடந்த ஏழு ஆண்டுகள் இப்பணிக்குழுவின் செயலராக பணியாற்ற வாய்ப்பு கொடுத்த பணிக்குழுவின் தலைவர் பேராயர் டாக்டர் A. ஆனந்தராயர் அவர்களுக்கும். திருமண தகவல் மையம்

மற்றும் திருமணதயாரிப்புபயிற்சிவகுப்புகள் இனிதே நடைபெற ஒத்துழைப்பு கொடுத்த அனைத்து அருட்தந்தையர்களுக்கும் என் நெஞ்சம் நிறைந்த நன்றிகள்.

இப்பணிக் குழுவில் நிரந்தரமாக பணியாற்றியவர்கள்:

- அருட்சகோதரி ஜீலியட்,
- செல்வி சகாயமேரி,
- வேதியர் ஜோசப்
- திரு.பிலோமின்ராஜ்

பகுதி நேரக் கருத்தாளர்களாக பணியாற்றியவர்கள்

- அருட்தந்தை பாஸ்கல்ராஜ்
- அருட்தந்தை அந்தோணிராஜ்
- டாக்டர். இருதயராஜ்
- பொறிஞர். சார்லஸ் கோலன்
- திரு.போனிபாஸ் ஜீலியன்
- திரு.சார்லஸ்ராஜ்
- திரு. பயஸ் மிரன்டா
- திரு.புஷ்பநாதன்
- திரு. பிரேம் குமார்
- திரு. ஸ்டிபன் செல்வதுரை
- திரு. அகஸ்டின்

இப்பணிக்குழு இனிவரும் காலங்களில் இன்னும் சிறப்பாக அமையஎன் வாழ்த்துகளும் செபங்களும்.

பேரருள்திரு. S. மரிய ஜோசப்

DOCTOR'S MESSAGE

10 steps to prevent a heart attack remember saving ourselves from a heart attack

(the most common cause of death worldwide) is possible and it involves a few simple steps... almost like wearing a helmet and seatbelt and i list them below.

1. NO SMOKING- Do not smoke or use tobacco...if you do please stop today itself.

2. LOOK FOR AND CONTROL DIABETES- Check your Fasting Blood Sugar every year.. Less than 100 is normal. More than 126 is diabetes and in-between its prediabets. If you have pre or diabetes avoid sugar and sweets, decrease your carbohydrate intake by half and maintain your blood sugar to less than 200mg all values and check your blood sugar using a glucometer at least monthly once. If you have diabetes meet a physician or endocrinologist.

LOOK FOR AND CONTROL HIGH BP-Check your Blood Pressure every year. Normal is less than 120/80 for any age and more than 140/90 is hypertension and you need medicines to control it. In between it is pre hypertension. If you have pre HT or HT get an automatic BP apparatus and check BP at least a month. Keep it below 140/90 always.

3. EXERCISE- at least 30 minutes daily. Walk as fast as you can when you exercise. Avoid sitting and lying down for prolonged periods (more than 10 min) during your waking hours.(not exercising daily for 30 minutes increases risk of heart attack similar to smoking 10 cigarette per day).If you have a smartphone use Google fit/Samsung health/Apple Health apps to count the number of steps per day. It should be 10,000 steps per day ideally and never less than 5000.If you do not believe in smartphones buy an activity band or smart watch.

4. LIMIT SALT- do not add salt to cooked food. Avoid regular intake of salt added snacks like mixture murukku namkeen pickle karuvadu and pappad. Ensure every member of the family takes not more than 5gm salt per day (How to do it.. if you are a family of 4 adults 5gmx4x30days =600gm of salt to be weighed and put into a jar on 1st of every month and use only that till 30th…if you run out of salt before the last day you are eating excess salt)

5. EAT- Servings of Fresh Fruits and/or Uncooked Vegetables (salads) daily. One serving is what YOU can hold in your open palm. You can take it in any way you want. As a single shot or divided over the day. Not taking this quantity of them increase risk of heart attack. Diabetics-to keep the fruit part of the recommendation to a minimum to make sure their blood sugar is under control.

6. CHOLESTEROL- Check your fasting Lipid profile every year. Total cholesterol should be less than 200, LDL should be less than 130 (70 if diabetic or has IHD) and triglycerides less than 150.Meet a physician or cardiologist if the values are high. Plenty of confusion has been caused by messages in social media about cholesterol and its control. The truth is higher the blood cholesterol. Higher is your risk of heart attack there is no change in this fact. What has changed recently is that there is not much connection between diet and cholesterol as majority is produced within the body.

7. SLEEP - ideally 8 hrs and never less than 6 hrs per day. Sleep deprivation increases risk of heart attack

8. DE-STRESS - Stress is a part of our daily life and we need to develop our own techniques to control and manage it. Higher the stress levels higher the risk daily, exercise also will decrease stress.

9. BODY WEIGHT - Check your weight every month, and keep your Body Mass Index below 25 ugBMI of above 25 increase risk of heart attack, hypertension, diabetes.

10. ALCOHOL- avoid drinking alcohol as it can adversely affect most of the modifiable the risk factors of CVD.

Remember….

a. Indians get heart attack much earlier than other people. Risk increasing from thirties. Many of the behaviours mentioned above (no smoking and alcohol, keeping bmi less than 25, exercising 30 minutes daily, distress, 5 servings of fruits/veg etc.

b. if you follow the above. It also decreases risk of stroke, cancer, alzheimers, depression.

c. Heart Attacks are preventable and it's our responsibility to save ourselves.

d. If you have had a heart attack/stroke or has coronary artery disease/peripheral arterial disease, take your medicines daily as stopping them increases the risk of another heart attack/stroke tremendously.

Let us all turn a new leaf from today and start working towards a healthy lifestyle to live longer.

Dr J Irudayaraj
Medical consultant

2017-2018 Exam Results of High Schools and Hr.Sec. Schools in the Archdiocese

SL NO.	NAME OF THE SCHOOL	S.S.L.C					Plus 2				
		Students Appeared	Students Passed	Percentage	Catholics Appeared	Catholics Passed	Students Appeared	Students Passed	Percentage	Catholics Appeared	Catholics Passed
01	Petit Seminaire Hr.Sec.School, Pondicherry	466	466	100%	74	74	344	344	100%	64	64
02	St.Joseph's Hr.Sec School, Cuddalore	760	707	93%	43	42	710	682	96%	83	82
03	St.Joseph's Hr.Sec School, Tiruppapuliyur	259	217	84%	4	3	242	213	88%	10	10
04	St.Ann's Hr. Sec. School, Tindivanam	344	285	83%	7	5	307	234	77%	28	17
05	St.Paul's Mat. Hr. Sec. School, Neyvel	260	260	100%	35	35	203	199	98%	27	26
06	St.Antony's Hr.Sec School, Melnariappanur	140	124	89%	8	5	92	81	88%	6	4
07	Sacred Heart Hr.Sec School, Anilady	128	120	93%	38	34	106	96	91%	36	34
08	Punitha Adaikala Annai Hr. Sec. School, Viriyur	358	342	95.53%	99	97	345	339	98.26%	145	143
09	St.Xavier's Hr Sec School, Mugaiyur	44	41	93%	23	21	29	26	89%	18	16
10	St.Michael's Hr. Sec. School, Gingee	124	113	91%	23	20	140	127	91%	6	4
11	Sacred Heart Hr. Sec. School, Iruppukurichy	301	278	92%	31	23	234	230	98%	43	43
12	Fatima Hr.Sec School, Muthialpet	150	121	81.0%	14	9	106	91	86.0%	15	9
13	St.Joseph's Hr.Sec School, Eraiyur	319	259	81.19%	128	111	275	239	86.90%	112	97
14	St.Mary's Hr.Sec. School, Karaikal	122	96	78.68%	20	16	77	57	74%	13	10
15	St.Don Bosco Hr. Sec. School, Pagandai X-Road	49	43	85%	27	23	46	43	93.47%	25	25
16	Blessed Mother Teresa Model Hr. Sec. School, Pondicherry	77	74	96%	12	12	45	43	98%	7	7
17	Kolping Matric Hr. Sec. School, Kalapet	61	61	100%	2	2	40	37	93%	4	4

2017-2018 Exam Results of High Schools and Hr.Sec. Schools in the Archdiocese

SL NO.	NAME OF THE SCHOOL	S.S.L.C					Plus 2				
		Students Appeared	Students Passed	Percentage	Catholics Appeared	Catholics Passed	Students Appeared	Students Passed	Percentage	Catholics Appeared	Catholics Passed
18	St.Antony's Mat. Hr. Sec. School, Block-29, Neyveli-1	149	144	97%	9	9					
19	St.Ann's High School, Pondicherry	27	26	96.29%	8	8					
20	O.L. of Lourdes High School, Villianur	77	53	69%	9	8					
21	St.Mary's High School, Krishnankuppam	26	26	100%	14	14					
22	St.Michael's High School, Michaelpuram	96	94	98.5%	56	56					
23	St.Mary's High School, Odiathur	29	27	93%	20	18					
24	St.Vinnarasi High School, Irudayampattu	89	88	99%	39	39					
25	St.Little Flower High School, Kakkanur	50	48	96%	27	27					
26	St.Theresa's High School, Kunankurichy	37	37	100%	11	11					
27	Infant Jesus High School, Maiyanur	106	106	100%	49	49					
28	St.Mary's High School, Nangathur	35	35	100%	19	19					
29	St.Joseph's High School, Block-4, Neyveli-1	21	21	100%							
30	St.Peter's High School, Sathipattu	43	40	93%	2	2					
31	Sacred Heart High School, Thurinjipoondy	63	63	100%	1	1					
32	St.John's High School, Vadalur	48	47	98%	12	12					
33	MRIC R.C. High School, Villupuram	97	76	78%	4	4					
34	St.Arokia Annai High School, T.Atthipakkam	40	38	95%	23	22					
35	St.Antony's High School, Anaiyeri	37	35	95%	16	14					

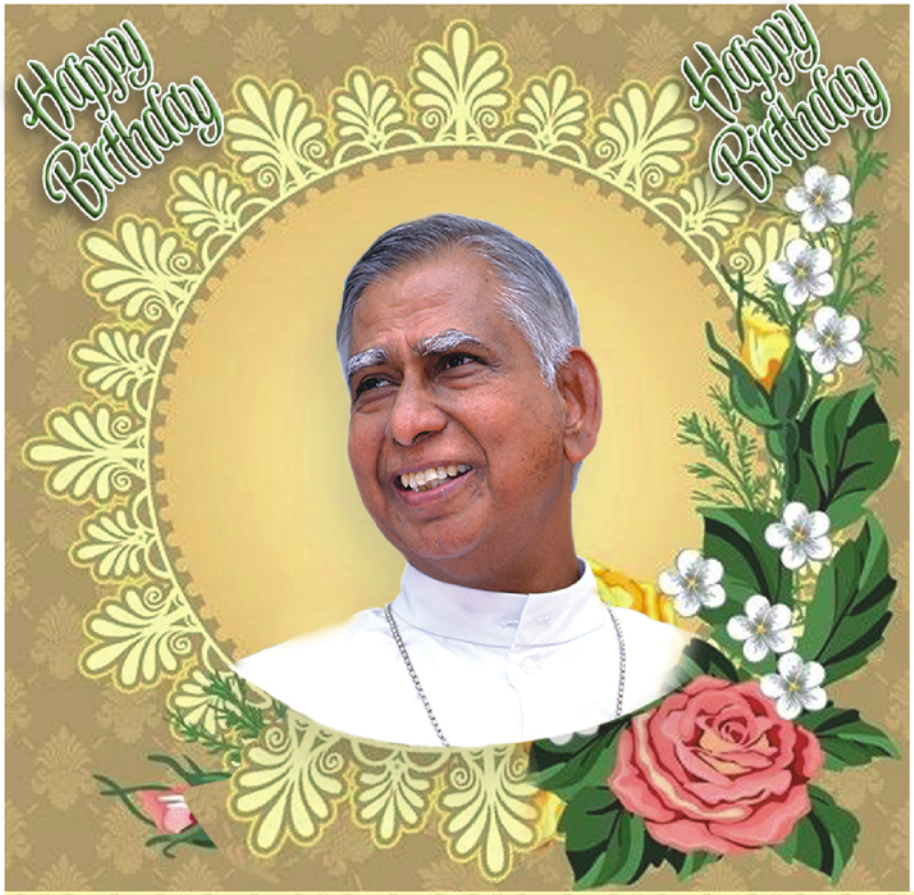
CONFIRMATIONS, KARAIKAL

MASS&FLAG HOISTING, ANILADY

FEAST MASS, ATTUPATI

CONFIRMATIONS, MUTHIALPET

OUR ARCHBISHOP WITH SRILANKAN REFUGEE CHILDREN



YOUR GRACE
YOU ARE AMAZING, LOVING AND WONDERFUL PERSON,
YOUR KIND HEART KNOWS HOW TO CARE FOR POOR AND NEEDY.
YOU ARE ALWAYS THERE WHERE THERE IS NEED.
WE, THE CLERGY, RELIGIOUS AND THE
LAITY OF THE ARCHDIOCESE
WISH YOU HAPPY BIRTHDAY (18th JULY)

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