



FR

March 2020

# AGNEL

## SHRAM NEWS

ASH WEDNESDAY



PALM SUNDAY



MAUNDY  
THURSDAY



GOOD FRIDAY



EASTER

## 40 DAYS OF LENT

GUIDE TO PRAYER,  
FASTING & RENEWAL

FR. AGNEL  
ASHRAM

# NEWS

March 2020

## Contents

Editorial	3
The Power of The Powerless One	5
Lent	7
Feast of St. Joesch	8
Agnel Happenings	9
Where are the Dead?	15
The Fourteen Station Plus One	16
Fr. Agnel's Blessing	17
Out of their Bounty	18

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## Fr. Agnel Ashram

P.B. No. 6656, Bandstand, Bandra (W), Mumbai - 400050.

Ph: 022-6711 4000 Fax: 6711 4001 e-mail: agnelashramnews@gmail.com

## Happy Easter To You. Christ Has Truly Risen, And Destroyed Death ! Alleluia

Dear Friends and Benefactors,

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

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

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

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

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

With a grateful heart

Yours sincerely in the Lord

**Fr. Peter D'Souza**

Superior



1. Donations to Society of St. Francis Xavier, Pilar, are exempted from Income Tax.
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## MY EASTER GIFT

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Dear Fr. Superior,

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# The Challenge of Change

*-Fr. Jose Alarico Carvalho*

Change is the stuff of life, without it we cannot survive, with it life is a continuous opportunity to make it better. Every living organism exists because it changes, birth and growth is change, survival itself is change, and what does not change is doomed, rather does not exist.

We stand, we move, we are steady because of change. It is not only the earth's rotation around its axis that gives us stability, it is also because of the moon's rotation that we have stability, if either or both falter or cease to rotate everything will go topsy turvy.

The evolutionary process from simple to more complex, from adaptation to resilience is all change, and had it not been there, our world would not have survived the way it is today. Change is the essence of life, and when the world's best known creatures, the dinosaurs, could not change or did not adapt fast enough, they became extinct, while their contemporaries like the infamous croc survived.

Change truly understood is not a random turn of events, but a series of events that are inherent to its identity. Cells reproduce and thus life perpetuates itself, but when the cells go berserk the result is a monster or a cell that is pernicious, instead of building or healing. Change that generates, perpetuates or enhances life is a change that is due to it!

The spiritual realm too is governed by the same principles that guide nature. Change must happen and must happen rightly and when it does not happen the way it must, the need arises to induce change, to make a course correction. Our understanding of the intervention of God in human history, much like many other traditions is also about course correction.

The Season of Lent is a holy season of opportunity, to respond to the call to renewal, "Metanoia" (Greek for renewal), to change. It is an

invitation to look inwards, deeper into ourselves, so that we can arrest deviation or departure from our right path, the path of our Destination, God, and make a course correction, seek reconciliation with the God of our life.

The 40 days of Lent that the Christians observe, called "Quadragesima" or 40 days is a significant part of the Christian tradition. The Bible, has always projected 40 as an ideal period, that conveys the a perfect period, a kind of fullness, required for the purpose. There are several important instances of the number 40 in the Bible: Noah spent forty days in the Ark during the Flood, followed by a wait of forty days more before he could return to dry land. Moses spent forty days on Mount Sinai to collect the Commandments. The Jewish People spent forty years wandering in the desert, followed by forty years of peace under the government of the Judges. The inhabitants of Niniveh fasted and made penance for forty days to obtain God's forgiveness. The reigns of Saul, David and Solomon, the first kings of Israel, lasted forty years each. In the New Testament, Jesus spent forty days praying in the wilderness before beginning His public life and, following the resurrection, He spent forty days instructing His disciples before ascending to heaven.

The practice of self-denial and penance is common to most religious traditions of the world. The hindu tradition is replete with the practice of fasting and abstinence, which in many regions and groups is rigorous and lasts the entire lifetime. Most Hindus, particularly women folk deprive themselves of a series of choice foods for one or two days each week, throughout the year. Sometimes this giving up, is very arduous as they cannot even swallow a liquid. The Jains too are very sparse about their food habits and shun most foods, that for westerners and most Christians form part of their regular staple. Followers of the Muslim faith too follow very rigid fasting norms during the Ramadan although the aftermath of



the 12 hours fasting is different.

The fasting regime of the catholic is in comparison, only a light imitation of what the faithful of the Hindu and Jain faith observe. The entire Gospel message pivots on the spirit, “I do not want holocausts and sacrifices...instead here I am”. Jesus focused on personal and collective commitment, rather than observances and often dares the existing dispensation. In the Gospels, Jesus gives little or no importance to external observances, but all acts of worship must reflect the new reality of the Kingdom of God that elevates ordinary human experiences to a mystic level. That is how the practice of penance during the Season of Lent is less a negative statement of giving up and more a positive attitude of the kingdom reality.

Pope Benedict XVI in one of his Lenten addresses, drawing a parallel with the forty days spent by Jesus in the desert, spoke about the season of Lent as a experience of wilderness, “This wilderness is made up of the aridity and poverty of words, life and values, of secularism and the culture of materialism which enclose people within a worldly horizon and detach them from any reference to transcendence. In such an atmosphere the sky above us is dark, because it is veiled with clouds of selfishness, misunderstanding and deceit. Nonetheless, even for the Church today, the wilderness can become a period of grace, because we have the certainty

that even from the hardest rock God can cause the living water to gush forth, water which quenches thirst and restores strength”.

A season of Lent, practised and enjoyed in the Spirit is an invitation to experience and live the reality of the Kingdom, even as we live right here. Lent invites us to fast and abstain, particularly in the matter of personal and collective indulgence and reaching out to others. In our country where our fasting and abstinence are a far cry of how most of our countrymen fast and abstain from, this season is an opportunity to proclaim the identity of a Christian understanding of self-denial as our desire and effort to leave our ways and come back to God, and be grounded in the reality that as God’s children we need to renew and consolidate our relationship with the Lord.

It would be an excellent practice if as individuals and institutions we could be more pro-active in reaching out to the poor during this season of Lent, and through this re-iterate the Gospel idea, which is unique, that the sign of God’s kingdom among us, is when the poor become part of our life plan, both through material sharing or proclamation of the Jesus’ message of love and our adoption as God’s children. This would necessarily prompt us to act further in promoting solidarity with the poor, as a primary Christian objective, during the Lenten season.

### **Fr. Agnel Ashram - Bandra** **MASSES and NOVENAS ON SUNDAYS**

MORNING			
TIME	MASS	TIME	NOVENA
07:00 a.m.	English	07:45 a.m.	English
08:00 a.m.	Konkani	08:45 a.m.	Konkani
09:30 a.m.	English	10:15 a.m.	English
TIME	NOVENA	TIME	MASS
10.30 a.m.	Tamil	11.00 a.m.	Tamil
EVENING			
TIME	NOVENA	TIME	MASS
03.00 p.m.	Gujarati & Marathi	03.30 p.m.	Marathi
06:15 p.m.	English	06:30 p.m.	English
07:15 p.m.	English	07:30 p.m.	English

#### **Weekdays Mass in English at 6.00 p.m.**

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

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

Rev. Fr. Superior

Fr. Agnel Ashram

P.O. Box – 6656, Bandstand,  
Bandra (W), Mumbai – 400 050.

Tel : 67114000.

Fax : 67114100.

Email : [agnelashramnews@gmail.com](mailto:agnelashramnews@gmail.com)

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

# The Power of The Powerless One

- Leon Bent

This piece of writing is a prayer; its message is simple and direct. Read it with your heart, as well as with your mind, and allow your soul to search its source, God, who calls you to a desert place. There you will journey more deeply into God's own heart, which is your true home. This is a Reflection to rest with, to ruminate, to read and reread, to relish, and to allow it to reorient you to Jesus!

I have put pen to paper also because, with the rise of the web and its quick despatches, people are hungry for profound thought, for depth, for insight, for sustained description, and the touch of the Divine.

Every year in Lent, the Church directs our thoughts to Jesus on the Cross. This is the sacred centre of everything we believe and celebrate, as Christians. Take away the Cross, and you take

away our salvation. Take away our salvation and everything "good" about the Good News of the Gospel evaporates.

Lent is a time that the Universal Church reflects on Christ's Passion and Death in an intensely focused way. After Jesus was nailed to the Cross, He spoke seven short expressions. These statements are now commonly referred to as the "The Seven Last Words." These Words are recounted in Sacred Scripture and are found in all the four Gospels, from the time of His agony, Crucifixion and death they reveal His divinity as well as His humanity.

The Seven Words are the Christian approach to the construction of a Gospel harmony in which the Seven Words from the four Gospels have been combined producing an account that goes beyond each Gospel.

1. Luke 23:34	"Father, forgive them, for they know not what they do"	Forgiveness
2. Luke 23:43	"Truly, I say to you, today you will be with me in paradise."	Salvation
3. John 19:26-27	"Woman, behold you son....Son, behold your mother."	Relationship
4. Mt.27:46/ Mk.15:34	"My God, My God, why have you forsaken me?"	Abandonment
5. John 19:28	"I am thirsty."	Distress
6. John 19:30	"It is finished."	Triumph
7. Luke 23:46	"Father, into thy hands I commend my spirit."	Reunion

In these seven brief utterances, Jesus proclaims the most profound sermon that has ever been preached. In these Words, we have a summary of the extraordinary character of Jesus, and of God's plan for humankind.

Jesus' trial and death were public events. The Gospels were composed 35 to 70 years after the Crucifixion. The Gospels are Proclamations generated by the early Church. They were based on memories and traditions kept alive through the oral traditions of preaching and teaching.

In Raymond Brown's view, each Evangelist was a master of composition, arranging his material to sustain each passion story line revealing how, "in

Jesus, God's plan for his Kingdom was achieved."

Most versions of the Passion begin with the events in the Garden of Gethsemane. Some also include the Last Supper, while some writers begin the story as early as Palm Sunday, when Jesus entered Jerusalem to the applause of the crowds.

In Pope Benedict XVI's "Jesus of Nazareth": The term 'Passion' completely coincides with the Crucifixion and Death of Jesus; it doesn't include earlier events and specifically excludes the Burial and Resurrection. Others take a broader approach and consider the triumphal entry, the Last Supper, the Trial before Pilate, the

Crucifixion, the Burial, and the Resurrection as jointly constituting the so-called 'Passion Week'.

As we contemplate Jesus' Passion and Death this season, remember that the Seven Last Words, although spoken a little over 2,000 years ago at Calvary, were meant for every generation. Jesus was led away at the conclusion of six trials during the night. Like a lamb being led away for slaughter we see Jesus as "they bound Him, and led Him away, and delivered Him up to Pilate the Governor" (Matt. 27:2).

*Matthew's and Mark's Gospels do not hesitate to show Jesus in the utter agony of feeling forsaken as he faces a terrible death. In these Gospels also, Jesus began the journey of the Passion with an anguished prayer, in the Garden of Gethsemane: "Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want but what you want" (Mark 14:35-36; Matthew 26:39). "Jesus cried out in a loud voice, 'Eloi, Eloi, lema sabachthani?' which is translated, 'My God, My God, why have you forsaken me?'" (Mark 15:34; Matthew 27:46) is a direct quotation from Psalm 22:1.*

*Both these expressions of utter helplessness appear to be the throbbing heart of the Passion Narratives. One is an expression of anguish in the Garden; the other, is a desperate cry of abandonment from the Cross. Both capture the human spirit of Jesus at its lowest ebb: Longing!*

*At the very centre of the Seven Last Words, the Fourth Word is probably both Jesus' lowest point, coupled with his apprehensive prayer to the Father in Gethsemane, as well as a theological high point of the Crucifixion. We'll spend a bit longer seeking to understand its implications.*

Jesus suffers physically, mentally and spiritually. Both are eloquent presentations of the suffering of an innocent one who suffers precisely because of his faithfulness to God's will, who is ultimately vindicated by God. Nothing happened by chance or misfortune. All was according to God's plan and God's will, as revealed in the Jewish Scriptures. The Book of Wisdom (2:12-18) presents an innocent one attacked because of His faith in God, while Isaiah (52:13-53:12) presents God's servant who suffers innocently for the sake of others.

Though God could remove the suffering, He lets the suffering be. He makes it the medium to love, the medium of friendship, to make it the process of a desert passage, whereby we come

home at last not just to who God is, but even to the truth of who we are. Home at last to the deepest truth within us and the highest truth in Heaven. The temptations, the suffering, the trials and the heartaches, these are the fires of purification and sanctification that prepares us for that heavenly country, that lets us turn our suffering into prayer!"

The story of the Crucifixion of Christ is central to Christianity. The symbol of the Cross is so etched in our minds that we immediately tend to associate it with that event. Apart from the story of the ultimate sacrifice that Jesus Christ made for the sake of humanity, and to show the world that there is a God who is watching over all of us, the Cross also has a symbolic spiritual message that goes beyond the limitations of whether you believe in Christianity or not.

It means crossing the 'I', which symbolically represents the 'ego'. The Cross represents that when we cross our ego, we rise above the level of humanity and enter the realm of divinity. Just look at the structure of the Cross in this way. The perpendicular part is like the English letter 'I', which represents the ego; while the horizontal part is the cutting or crossing of that "I". Isn't it a beautiful symbol, which, if we adopt in our daily lives, we can easily sanctify our lives and move towards divinity?

The most iconic image of the Passion is the Cross. Christ in His last agony on the Cross - found in statues and paintings, in glass, stone and wooden images in Churches, and in jewellery. The Passion appears in many forms of art. It is set to music, used as a drama and is the subject of innumerable paintings.

Spiritually, the Passion is the perfect example of suffering, which is one of the pervasive themes of the Christian religion. Suffering is not the only theme of the Passion, although some Christians believe that Christ's suffering and the wounds that He suffered, play a great part in redeeming humanity from sin.

But the final theme is victory - the victory of Christ over death - and this is why the Passion story is inseparable from the story of the Resurrection.■

# Lent

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- Christine D'Sylva

*Psalm-As the deer longs for streams of water, so my soul longs for you, O God.*

- Christine D'Sylva

## What is Lent?

The word Lent denotes a rather somber image. It brings to mind a time of fasting, penance and reflection.

We have the period of Lent in the year, which precedes the most momentous Feast of Christianity other than Christmas, which is Easter.

Easter brings to mind positivity and it is celebrated throughout the world with Easter eggs, Easter bunnies and denotes peace and happiness. However, Lent that precedes it, is a time for reflection on the Passion and Death of Christ.

Jesus Christ came into the world as a gift from our Heavenly Father. He is the Son of God, who laid down His life on the Cross for our salvation.

Jesus Christ walked on the earth doing good and preaching the Good News to the common people. His disciples, who were ordinary fishermen, were instrumental in aiding Him to travel and spread the Good News.

He not only preached but he performed several noteworthy miracles.

The blind could see, the lame could walk, the sick got well. He also removed evil demons from possessed people. His astounding miracles of raising His beloved friend Lazarus, and a young girl, from their death was truly wondrous. This enabled many people to believe He was the Messiah, God's Chosen One.

It was difficult for the common people, however, to accept that indeed He was the Son of God. They knew He was holy and could perform miracles. When He walked on water, changed water into wine, it amazed them. However, few really believed that He was God's chosen Son. This would lead to His death eventually. His kindness, the effort He took only led to people hating Him and many wished for His death. They forgot all about the good He had done for them. They only focused on the fact that he called Himself the Son of God and thought that

He was a King.

Lent is a solemn observance in the Christian liturgical year that begins on Ash Wednesday and ends six weeks later before Easter Sunday. This period is marked by fasting, prayer, repentance, self-denial, and alms giving. The last week of Lent is very important because it begins with Palm Sunday, and follows with Ash Wednesday, Maundy Thursday, and Good Friday. Let us examine each of these important days of Lent.

Palm Sunday denotes the return of Jesus to Jerusalem. Palms are distributed to the Christians attending the Mass to celebrate this day.

Ash Wednesday known as Rhea Day of Ashes is when Christians receive dark ash marks on their forehead with the sign of the Cross. The ashes are meant to symbolize both death and repentance important to begin Lent in a solemn manner.

Maundy Thursday comes from the Latin word "man datum" which means commandment. It refers to when Jesus in the Upper Room during the last Supper said to His disciples, "A new commandment I give to you, that you love one another as I have loved you."

It is also called Holy Thursday and comes a day before Good Friday.

Good Friday commemorates the Crucifixion and the Death at Calvary of our Lord Jesus Christ.

Holy Saturday is a day after Good Friday. This day celebrates the vigil that Christ's followers held for him outside His tomb waiting for his resurrection. This is followed by the joyful feast of Easter Sunday which celebrates the Resurrection of Jesus Christ on the third day after His Crucifixion by the Romans at Calvary.

Thus, Lent is a solemn period and it makes us reflect on the life of Christ. We also have to take time to fast, to give alms, and to repent for our transgressions by going for Holy Confession.

Lent is an opportunity also to realize the immense love Christ has for each of us, so great was His love

*Contd. on pg 8*

# Feast of St. Joseph

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- P.A.D'Mello

The Feast of St. Joseph is observed on 19th March. In the new Testament Jesus' earthly father and the Virgin Mary's husband. St. Joseph is the Patron of the Universal Church of Roman Catholicism and his life is recorded in the Gospels, particularly of Matthew and Luke.

Joseph was a descendant of the House of King David. After marrying Mary, he found her already pregnant and "being a righteous man and unwilling to expose her to public disgrace" (Matthew 1:19), decided to divorce her quietly, but an Angel told him that the child was the Son of God and was conceived by the Holy Spirit. Obeying the Angel, Joseph took Mary as his wife. After Jesus' birth in Bethlehem in Judaea, where the Holy Family received the Magi, an Angel warned Joseph and Mary of the impending violence against the child by King Herod the Great of Judaea, whereupon they fled to Egypt. There the Angel again appeared to Joseph, informing him of Herod's death and instructing him to return to the Holy Land.

Avoiding Bethlehem out of fear of Herod's successor, Joseph, Mary and Jesus settled in Nazareth (Matthew 2:22-23) in Galilee, where Joseph taught his craft of carpentry to Jesus. We learn from the Gospels that Joseph and Mary found Jesus missing and were frantically

searching for Him. When they found Him in the Temple (Luke 2:41-49), Jesus told them "Why were you searching for me? Did you not know that I must be in my Father's House."

Although the veneration of St. Joseph seems to have begun in Egypt, the earliest Western devotion to him dates from the early 14th century, when Servites an Order of mendicant Friars, observed his Feast on 19th March, the traditional day of his death. Among the subsequent promoters of his devotion were Pope Sixtus IV, who introduced it in Rome about 1479, and the celebrated 16th century mystic, St. Teresa of Avila. He was already a Patron of Mexico, Canada and Belgium. Later, he was declared Patron of the Universal Church by Pope Pius IX in 1870. Pope Pius declared him to be both, the Patron and protector of the Catholic Church, in addition to his patronage of the sick and of a happy death, due to the belief that he died in the presence of Jesus and Mary. St. Joseph is regarded as a model for fathers and has also become patron of various Dioceses and places.

In 1955, Pope Pius the XII established the Feast of St. Joseph the Worker on May 1 as a counter-celebration to the Communists' May Day. ■

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## **LENT - Contd. from pg 7**

that He died for us in a most horrifying painful manner. He suffered not only physical torture but emotional torture as well by the jeers, hate, and taunts of both the people and the Roman soldiers. Before His Crucifixion, He had to bear the betrayal of His disciple, Judas, who betrayed Him to the Romans for thirty pieces of silver. So remorseful was Judas that he hanged himself in shame and guilt soon after wards.

Even His most beloved disciple, Peter, known as the Rock of the Church, betrayed Him by denying Him three times because of fear of imprisonment, Jesus had warned him that he would deny Him three times before the cock crowed. Peter adamantly told Jesus he would never do this, yet he denied Jesus. He was sorry at

his weakness and wept bitterly. Yet, Jesus forgave Peter and entrusted Peter with preaching the good news far and wide.

This Lent let us examine our relationship with God. Let us be truly sorry for our sins, be humble to accept and we need to transform ourselves into Christians worthy of being called true followers of Christ. A single step in this long road would be to repent and turn to God in prayer.

- Let us recall the words of the popular hymn' He touched me'.
- He touched me, oh He touched me
- And oh the joy that floods my soul
- Something happened and now I know
- He touched me and made me whole. ■



**EUPHORIA –2020 at Fr. CRCE Bandra**

The most awaited festival of fun, music, drama and dance, EUPHORIA, runs across three spirited and fun filled days (or more) and has drawn crowds. The Cultural festival is a great mix of events ranging from literary to performing arts, from creative to sports challenges. It is a mix of inter and intra collegiate events wherein the students of our college showcase their skills in the quest of winning the Cultural Trophy.

This year's EUPHORIA was held from 17th February 2020 to 20th 2020 with the theme 'Avatara'. Inspired by Hamlet, We Posed a Challenge to the Students "To be Or Not To Be Is The Question" The question you need to ask yourself this year. Are you ready to embark on this Journey, The Journey of Transcendence from your real self to your ideal selves. From your Astitva to your Avatāra! The three days witnessed a variety of events ranging from literary to performing arts, and from creative to sports challenges.

The first day, 17th February began with the inaugural ceremony of EUPHORIA. The occasion was graced by our Director Rev. Fr. Valerian D'Souza, and Principal Dr. Srija Unnikrishnan. Various events and activities were organized in the college campus. Students from first year to final year participated in all the events with verve and energy.

This year Students' Council of FRCRCE proudly presented a brand new inter collegiate event Junoon, where those who had skills to use chords and notes to express their emotions competed against each other to be the best which was held on 17th February. It was followed by Paridhaan the inter collegiate dance competition held on

18th February, where teams groove to the beat to beat their opponents.

We also had our intra collegiate event on 18th February, Project Runway: The Fashion Show where the divas and hunks of our college walk down the ramp to the theme: Avatara as they channelized their inner supermodels.

The finals of various performing arts events such as singing, Mr. and Ms. CRCE, Drama, College band along with the intra-college dances and Prize distribution was held on 20th February at Yashwant Natya Mandir, Matunga. The Chief Guest for the event Mr. Louis Miranda, Founder and Ex-CEO of IDFC Equity and the Guest of honour Mr. Zubin Dalal, Director of Product Management Sector graced the occasion. Academic achievers of all the four branches were felicitated by the Chief Guest and the Guest of Honour. Mr. Ryan Dsilva from B.E. Information Technology and Ms. Shreya Raut from B.E. Computer bagged the BEST ALL ROUNDER awards. This year FE Trophy was introduced and FE-D won the best FE trophy.

The event concluded with the felicitation of Students' Council 2018-19 and announcement of winners of Mr. and Ms. CRCE, best dance, best Fashion show and Cultural trophy. B.E. IT won the best dance and best Fashion show trophies along with the Cultural Trophy 2020. It was well thought and executed Cultural fest organized by student Council headed by our own GS Mr. Kevin Ruffin and the CS Ms. Riya Gupta. The Events were meticulously planned and coordinated by the Staff In-charges Mrs. Ashwini Pansare and Mrs. Dipali Koshti.

**Convocation Ceremony 2020**

The Convocation Ceremony of 2019 batch of students was organized on 15th February, 2020 in School auditorium at 2.00pm. Dr. R. D. Daruwala, Professor, Dean Student Affair and Alumni, Veermata Jijabai Technological Institute, Mumbai, graced the occasion with his presence as the Chief Guest. The Chief

Guest's address was insightful and one that inspired hope, optimism and pride in all students on active involvement of Engineers in social relevance research. 224 students were awarded their Graduation Certificates by the Chief Guest, Principal Dr. Srija Unnikrishnan, and the Heads of the Departments.

# EUPHORIA 2020 - Cultural F



*Inauguration Ceremony Euphoria 2020 in the Presence of Fr.Valerian and Principal Srija Unnikrishnan*



*Felicitation of Students for The Best Sportsman in Different Sports & Best Technical Councils & Dr.Sudhakar*



*Fashion show and Inter collegiate dance competition Paridhan held at Andrews Auditorium*



*Annual Day of FRCRCE 2020 held at Yashwant Natya Mandir Matunga*





# Festival at Fr. CRCE Bandra



*Inauguration Ceremony Euphoria 2020 in the Presence of Fr.Valerian and Principal Srija Unnikrishnan*



*Felicitation of Students for The Best Sportsman in Different Sports & Best Technical Councils & Dr.Sudhakar*



*Fashion show and Inter collegiate dance competition Paridhan held at Andrews Auditorium*



*Annual Day of FRCRCE 2020 held at Yashwant Natya Mandir Matunga*

# Agnel Happenings

This year school auditorium is chosen especially to accommodate parents to witness the Convocation Ceremony of their ward. There was

very good response from students and parents for the certificate distribution programme.

## Chef Miguel Arcanjo – Excellence In Goan Cuisine Award 2020, at Agnel Institute, Verna



Group Photo of Miguel Arcanjo Awards 2020

**CHEF MIGUEL ARCANJO** was the First Indian (Goan) Executive Chef in 1939 at the Taj Mahal Hotel – Mumbai. He rose to be Icon for that “Cuisine “ he stood for and was considered to be the Culinary Brand Ambassador of the Taj during the 60’s. He has a Restaurant named after



Mr. Joe and Mr. Nolan Mascarenhas presenting Rolling Trophy to Mr. Joshua Samuel of AIFCCS.



Ms. Anisha Hassan of Saligao Stories presenting Award to Ayati Shetye of IHM Goa.



Mr. Atul Shah Od Spice Goa presenting Award to Chef Simson Fernandes of GAIHMCT.



Student chefs with Food Displays.



Chef Alida Pinto from IHM Goa.



chef Elston Pinto from V.M. Salgaocar.

him at the Taj Exotica where the menu has been curated to showcase preparations of the Legendary Master of Cuisine. Joe & Odette Mascarenhas family and Agnel Institute of Food Crafts and Culinary Sciences, Verna, Goa organised this competition for the Excellence In

Goan Cuisine Award for the students from the Hospitality Institutes in Goa.

Eight Hospitality and Catering Institutes participated in the competition, namely, Institute of Hotel Management, Porvorim; Guardian Angel Institute Of Hotel Management &



Catering Technology, Curchorem; International Institute Of Hotel Management (IIHM), Nuvem, Goa; Integrated MBA Hospitality, Travel And Tourism, Goa University; V.M. Salgaocar Institute Of International Hospitality Education, Manora, Raia, Gesto Margao; Agnel Vocational Training Institute, Verna, and Agnel Institute Of Food Crafts And Culinary Sciences, Verna.

Chef Miguel Arcanjo Student of the year Award was awarded to Mr. Joshua Samuel from Agnel Institute of Food Crafts and Culinary Sciences Verna, Goa. The 1st Runner up, Mr. Simson Fernandes from Guardian Angel Institute of Hotel Management & Catering Technology, Curchorem; and 2nd Runner Up, Ms. Ayati Rajesh Shetye from Institute of Hotel Management, Porvorim, and the Best Presentation Certificate was awarded to Mr. Joshua Samuel from Agnel Institute of Food Crafts and Culinary Sciences, Verna, Goa.

The Judges for this competition were Senior Executive Chef , Holiday Inn, Manjit Singh; Chef Sunit Sharma, Hotel & F&B Service Consultant and Vice President Goan Culinary Club; Mr. Saurabh Khanna, General Manager, The Park and Vice President Goan Culinary Club, and Mr. Nolan Mascarenhas.

Awarding-Winning Restaurant Proprietors Ms. Anisha Hassan of Saligao stores, and Mr. Atul Shah Proprietor of Spice Goa, Mapusa, and Verem, attended the Miguel Arcanjo Award 2020 Event.

The Miguel Arcanjo Award 2020 (Rolling Trophy) for excellence in Goan Cuisine was handed over by the Vice President Joe & Odette Mascarenhas Co-founders of the Goan Culinary Club.

*Photos on Inside Back Cover*

## Brazilian Culinary and German Home Bakery Workshops, at Agnel Institute, Verna

A Brazilian Culinary Workshop organized by the Lusophone Society of Goa and a German Home Bakery Class organized by Indo - German Friendship Society were held on 16th January and 6th February 2020 **at Agnel Institute Of Food Crafts And Culinary Sciences, Verna.** The Workshops were conducted by Chef Bruno Camera and his team from the Restaurant “ Churrascarai Brazil “( Calangute). The German Bakery Class was conducted by German Ladies, Ms. Gudula Eisemann and Ms. Margaret Xavier. Both the Workshops were attended by about 30 participants

The following items were demonstrated in the Brazilian Culinary Workshop :

1. Arroz Carreteiro ( Brazilian Style Rice)
2. Coxinhas de frango ( Brazilian Chicken Fritters)
3. Bolo de milho molhadinho ( Brazilian Moist Corncakes)

The following items were demonstrated in the German Home Bakery Class :

1. Cinnamon Rolls
2. Mango Tart
3. German Cheese Fruit Cake
4. No Knead Bread Rolls.

After the Workshops, the participants enjoyed the delicacies they prepared with soup and breads ticks in the institute Training Restaurant.

*Photos on Back Cover*

*“Renounce yourself in order to follow Christ; discipline your body; do not pamper yourself, but love fasting.”*

*- Saint Benedict*

## Your Full Expression Should be in Reaching Out to Others

*Eternity is called whole, not because it has parts, but because it is lacking in nothing.*

*-Thomas Aquinas*

We all learn in geometry that the circle is a perfect form, but there is no such thing as a perfect circle. Straight lines are not perfectly straight; a flat floor can never be perfectly flat. Perfection is an idea that can never be realized.

The idea of eternity is beautiful, like the idea of perfection. It expresses the striving of the human spirit for perfect unity; the fulfillment, the perfect satisfaction, of all desire, perfect wholeness, "lacking in nothing".

Of course, eternity is an impossible standard

to attain. Civilizations are not eternal, nor are laws, nor works of art. We make ourselves miserable if we try to measure our achievements against such a standard. We invent techniques and gadgets to help us overcome our human weakness and awkwardness. And we cooperate with others, both weaker and stronger than ourselves, to multiply our efforts many-fold. How much kinder it would be to love the idea, as an expression of longing, and to love ourselves because we do the best we can. It's because we lack many things that human beings are so creative and ingenious. ■



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

**Homai D. Sukheswalla, Hong Kong :** Enclosed is a cheque of ₹.5000 as my donation for your charitable activities. Please pray for me and my family. Thank you.

**S.John K. Valan, Chennai :** I enclose cheque of ₹.5000 as my humble contribution for this year. Please pray for our intentions, especially for our twin daughters Evangeline and Immaculate. Thank you.

**Kayomarz Homi Mistry, Mumbai :** Enclosed is a Demand Draft of ₹.2000 as donation for the orphans in your Balbhavan. We appreciate the good work that you are

doing for the poor. Please remember us in your prayers. Thanking you.

**Sumitaben S. Solanki, Ahmedabad :** Herewith I am sending a cheque of ₹.2000/- as my Christmas Gift for the orphans under your care. We continue to pray for your great ministry. Kindly pray for us. Thank you.

**Francis Quadras, Mumbai :** I enclose a cheque of ₹.5000 as my Christmas Gift for the poor and orphan children under your care. Please pray for my speedy recovery from the bypass surgery done recently. Thank you.

*"Lent comes providentially to reawaken us, to shake us from our lethargy."*

- Pope Francis

# Where are the dead?

Clive D'Souza

**K**ing or clown, high or low, rich or poor, no one can escape the sting of death. In the busy affairs of this life, we seldom find time to reflect on the mind-boggling question, where are the dead? The Roman Catholics believe that when any one dies he goes to one of the three places; Heaven, Hell or Purgatory. The saintly go immediately to the presence of God, to Heaven. In his book, Roman Catholic Beliefs in England, Michael Hornsby-Smith observed that in England a large proportion of ordinary Catholics including both practising and "lapsed" or "dormant" Catholics did not believe in the devil or hell. Most poooh-pooohed the idea or were unable to reconcile it with their notion of a good God. Several of them including a few practising Catholics did not believe in life after death at all.

The Christian Scientists believe in Heaven and Hell but not in a geographical sense. As their founder, Mary Baker Eddy said: "The sinner makes his own hell by doing evil, and the saint his own heaven by doing right." The Episcopalians share the same belief. The Jehovah's Witnesses believe that hell is the grave. It is a place of rest, in the hope of resurrection, not a place of torture from which one can never escape and heaven is the place of God's throne. Some Methodists have concrete ideas of golden streets in heaven and fiery furnaces in hell. For the Presbyterians heaven and hell are not only places but also states of mind and character. The Quakers believe in life after death and refer to the funeral service as a "Memorial Meeting for Worship". Seventh-day Adventists argue that "the ancient supposition that people go to heaven or hell immediately upon death is an infiltration of pagan mythology into Christian theology". They hold that the dead are asleep until the glorious return of Jesus Christ as King of Kings and Lord of Lords.

Where then are the dead? Are they in heaven or hell or purgatory? Jesus provides the clue in one of his most notable miracles : raising his friend Lazarus from the dead. Martha and Mary sent Jesus a message : "Lord, the one You love is ill." Jesus loved Martha, Mary and Lazarus. et when

he received the news that Lazarus was ill, he stayed where he was for two more days . Then he said to his disciples, "Our friend Lazarus has fallen asleep, but I will go and wake him up." What Jesus meant was that Lazarus had died , but his disciples thought He meant natural sleep. So Jesus told them plainly, "Lazarus is dead, but for your sake I am glad that I was not with him, so that you will believe. Let us go to him." When Jesus arrived, he found that Lazarus had been buried four days before. Martha's gentle reproof was, "If you had been here, Lord, my brother would not have died." Jesus reminded Martha, "I am the resurrection and the life. He who believes in me will live even if he dies." Martha told Our Lord that it was too late, that putrefaction had set in by this time. Jesus went to the tomb where Lazarus was buried. Deeply moved he wept. If Lazarus was not dead; Jesus would not have wept. Jesus ordered , "Take the stone away." He then said, "Lazarus, come out." The one who had died came forth.

Jesus has admonished us: "The hour is coming, when all that are in their graves shall hear His Voice and shall come forth." [John 5:28-29].

If the dead were in heaven, the masses and prayers offered for them would be redundant. For the dead in hell, the masses and prayers are otiose. The Holy Bible makes no reference of Purgatory. However, a place where lesser sins are purged away and the soul is saved is mentioned. The Catholic Church argues that if there is no Purgatory, but only Heaven for the sinless and Hell for the sinners, then the vast majority of us are hoping in vain for life eternal in Heaven.

**James Thomson lamentably penned:**

***"This little life is all we must endure,  
The grave's most holy peace is ever sure,  
We fall asleep and never wake again;  
Nothing is of us but the smouldering flesh,  
Whose elements, dissolve and merge afresh,  
In earth, air, water, plants and other men."***■

**Clive D'Souza** - Practising Advocate in Bombay High Court

# The Fourteen Stations Plus One

-Arthur D'Mello

Before Pilate for judgment Jesus was brought,  
Who knew Jesus' innocence so escape Pilate sought,  
The rabble chose Barrabas, his ploy was in Vain,  
He had his gubernatorial position to maintain.

A reed for a scepter, a most thorny a crown,  
Buffeted, spat upon, vilified with scorn,  
Then, a high wooden cross he was made to bear  
On His frail shoulders with blood-matted hair.

After that last supper, without food or drink,  
Starved of nourishment, his strength did sink,  
So under the weight of that wooden cross,  
Frail and weary, He had a big toss.

As He wended His way, He saw in the crowd  
His Mother so tearful, to God's will bowed,  
That look of compassion, of wonderment how,  
She could save Him or soothe His brow.

Seeing Jesus' strength fail the soldiers shout,  
To Simon a Cyrenean to help Him out,  
Simon had compassion, proffered his hand,  
To the Lord who was grateful for his stand.

A woman called Veronica, moved by His plight,  
Finding she no longer could bear the sight,  
Came near with a cloth, daubed His visage,  
Lo thereon, loud and clear was his image.  
The cross was weighty, His flagging strength,  
Even with help, He fell down full length,  
The soldiers stone-like, countenance rough,  
Showed no compassion, with Him were tough.

As he steadily wended the path so steep,

He noticed nearby a women's group weep,  
He admonished them to save these tears  
For themselves, their children and their fears.  
The arduous journey soon took its toll,  
Of the Lord who had another fall,  
He was made to rise and walk again,  
Without any compassion for His pain.

They soon reached the summit of the hill,  
But the soldiers did not rest Him till,  
They stripped His garments, laid Him bare,  
With only a loin cloth, the rabble to stare.

Then to the Cross, they did Him nail,  
Those doughty blows, the Lord did pale,  
Two thieves they crucify on either side,  
One who relents, the other keeps his pride.

The time had come on Calvary's hill,  
For Christ to do His Father's will,  
This excruciating suffering He bore most,  
Bowing His head down, gave up the ghost.

The Arimathean Joseph and Nicodemus went,  
To lower His body on His mother's knees bent,  
So a guard was posted from that day,  
Lest the disciples spirit His body away.

At Lourdes when making the fourteen stations round,  
There was fifteenth added, I found  
Where an empty tomb, so the Board read,  
To mark His momentous Rising from the dead.

## FORM IV (SEE RULE 8)

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

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

Dated : 1st March 2017.

Fr. Peter D'Souza





# FR. AGNEL'S BLESSINGS

## SAVED FROM VERY CRITICAL CONDITION

**TRIVANDROM-KERALA** : My daughter aged 21, was very critically sick due to Typhoid. She was in ICU for about 3 weeks, but with no sign of any recovery. The doctors almost gave up her case. At this critical time, a Nurse on duty advised me to pray to Ven. Fr. Agnel. I, immediately, sought his heavenly intercession and tearfully prayed for his healing touch on her. To the great surprise of the doctors, within few hours she recovered and overcame the critical condition. She has now fully regained her health and is leading a normal life. As a token of my profound gratitude an offering of ₹.10,000 to the Ashram.

-Nanda Joy

## A GRACEFUL BEGINING

**SURAT-GUJARAT** : Last year, We had started a Primary School in our village, after praying to Fr. Agnel. Through his blessing it is now running well with good strength of students. Moreover, within a short time our school gained name and reputation in the village. Our sincere thanks to Fr. Agnel for his wonderful blessing and protection on our new school. With a grateful heart an offering of ₹.10,000 to the Ashram.

- M.N Amrisha

## BLESSINGS AND FAVOURS RECEIVED IN OUR LIFE

**BANDRA**: A thanks offering of ₹.5000 to the

Ashram for all the blessings and favours received in our life, through the heavenly intercession of Ven. Fr. Agnel.

-Ronaldo Mascarenhas

## GIFT OF A CHILD AFTER 7 YEARS OF MARRIAGE

**SANTACRUZ** : We were issueless even after 7 years of our marriage. Although we were under treatment by the specialist doctors it did not bring any hope in our life. We were worried whether we would continue to be childless in our life. In this plight, we sought the powerful intercession of Ven. Fr. Agnel and fervently prayed to him. We are now extremely happy to inform you that through the heavenly intercession of Ven. Fr. Agnel we are blessed with a son. Today, we have come to the Ashram with our little son to express our profound gratitude to Fr. Agnel with an offering of ₹.5000 to the Ashram.

-Revlino & Valencia Fernandes

## VEN. FR. AGNEL GUARDIAN OF OUR FAMILY

**TRICHUR-KERALA**: I am an ardent devotee of Ven. Fr Agnel since last many years. Through his intercession I have received numerous blessings, specially in very critical time and I have been able to overcome all the obstacles with courage and confidence. As a token of my sincere thanks an offering of ₹.30,000 to the Ashram.

-Selina George

*"Prayer is reaching out after the unseen; fasting is letting go of all that is seen and temporal. Fasting helps express, deepen, confirm the resolution that we are ready to sacrifice anything, even ourselves to attain what we seek for the kingdom of God."*

- Andrew Murray

## Out of Their Bounty

P. Srivastava	Mumbai	50000	L. L. P. Lopes	Virar	1000	Pascal Fernandes	Mumbai	500
Khimya Kalani	Mumbai	25000	S. Thomas	Mumbai	1000	F.J. Mascarenhas	Vasai	500
M.P. Motiwalla	Mumbai	15000	Classica Pereira	Vasai	1000	Ruby F. Mascarenhas	Vasai	500
Mary Tom	Bangalore	10000	Monica D'Cunha	Pune	1000	Roshni D'Silva	Mumbai	500
Cyprian D'Souza	Mumbai	10000	Saira Mascarenhas	Vasai	1000	K.S. Rao	Mumbai	500
George Lobo	Mngalore	7600	David Kumar	Mumbai	1000	Janina Gomes	Kalyan	500
Roshan D'Souza	Mumbai	6000	David Patrao	Mumbai	1000	G Veeramani	T.N.	500
Radha Krishnan	Chennai	6000	Rebecca Zaman	Kolkata	1000	Charmaine Jonah	Kolkata	500
Praful Thar	Mumbai	5000	Santosh Paul	Delhi	1000	John Baptist	T.N.	500
S.Y. Joseph	Mumbai	5000	Gee Thomas	Kerala	1000	Shanu Lazar	kerala	500
E Magalhar	Mumbai	5000	A. Mittathany	Kerala	1000	Gerty Ernest	Kerala	500
Marie S. Lucien	T.N.	5000	Monthi D'Mello	Mangalore	1000	Vishal Puppal	Ahmednagar	500
Lancy B. Rebello	Mangalore	5000	Philomina Mary	T.N.	1000	Anthony T. Pradhi	Mumbai	500
Nixon Michael	Mumbai	5000	Sebastian D'Souza	Mumbai	1000	A. Braganza	Mira Road	500
A. d. Patole	Mumbai	4000	S.S. Macwan	Gujarat	1000	Shelly Prince	Kerala	500
S. J. kiruba Valan	Chennai	3000	Philomina Pereira	Mumbai	900	Carol D'Souza	Mumbai	500
J. Abraham	Mumabi	3000	Rita Johnson	Kerala	800	Simon F. Pinto	Vasai	500
Abraham Daniel	Kerala	3000	Michael Jose	Mumbai	600	Hanuman Paswan	Thane	450
Betty Joseph	Kerala	3000	A.D. Kharban	Mumbai	600	Thomas Mendes	Vasai	400
Sunita Inigo	T.N.	3000	A.R. Mohite	Mumbai	555	Ignatius Bandy	Bhayander	400
Bulbul Dutt	Kolkata	2500	Sanjay V. Badhe	Mumbai	501	Dilip Parkhe	Raigad	400
Aditee Fernandes	Vasai	2000	R. Aanthan	Chennai	501	Sachi Tuscano	Vasai	350
P.S. Mary/A.Polekad	Thane	2000	Pervez J. Mehta	Mumbai	501	Blossy R. Fancio	Vasai	300
A.V. Gonsalves	Vasai	2000	athew F. Pinto	Mumbai	500	M.K. Chesson	Mumbai	300
Claudia R. Gada	Thane	2000	Hazel Rebello	Bhayander	500	A.V. Francis	Chennai	300
A. Coutinho	Vasai	2000	S.A.M. Chettiar	Mumbai	500	C.P. Mathew	Kerala	300
Nicolau Furtado	Goa	2000	J Swamy & Fly.	Nashik	500	Stella Thomas	Pondicherry	300
Paresh Vaid	U.S.A.	2000	Shane Marthus	Mumbai	500	Sandeep N. Bhatt	Mumbai	201
S.M. Macwan	Gujarat	2000	Gregory T. Gadai	Uttan	500	S. Devadas Pillai	Mumbai	201
A Bhadari	Mumbai	2000	B.M. Malu	Bhayader	500	H. W. Ross	Chennai	200
Krish Kanjani	Mumbai	2000	R.E. Machado	Vasai	500	T.M. Pinto	Mubai	200
Meher Kanjani	Mumbai	2000	P.M. Gosavi	Dhule	500	J. Mariya	Vasai	200
Agnelo Fernandes	Mumbai	2000	K.M. Gosavi	Dhule	500	R.B. Dalko	Vasai	200
Anne Fernandes	Mumbai	2000	J. Srinivas	Mumbai	500	Precilla Pereira	Vasai	200
Juuliana Fernandes	Mumbai	2000	Maria A.L.	Dombivli	500	Nash N. Gonsalves	Vasai	200
Anita J. Macwan	Gujarat	2000	Jatin Desai	Valsad	500	Abhisek S. Parab	Mumbai	200
Jignesh S. Macwan	Gujarat	2000	Ashok Patel	Mumbai	500	Prema Indirani	T.N.	200
P. John Joseph	T.N.	1500	Phulu Chakauri	Bhayander	500	Dr.Vikrant Kharat	Ahmednagar	200
J.Calistus Roche	T.N.	1500	Martha Gosalves	Bhayander	500	L. Amalanayagam	T.N.	200
Rani C. Vanjare	Ahmednagar	1500	Sean E.Pearl B.	Bhayander	500	H.D. Mehta	Thane	101
Olyvin Dmello	Thane	1200	Devoi Mathara	Uttan	500	Sheetal S. Shah	Mumbai	101
M. Jamashayed	Mumbai	1100	Devdul Amber	Bhayander	500	R. Shirali	Mumbai	101
John Tharakan	Kerala	1020	Pritisha N. Dunga	Uttan	500	I.A. Deshbandhu	Thane	100
G.S. Rana	Thane	1000	N.L. Mathak	Vasai	500	S.A. Shetty	Kalyan	100
M.P. Joseph	Kerala	1000	R.R. Valis	Uttan	500	S.V. Shetty	Kalyan	100
Joshi D. Rai	Bhayander	1000	S. Boat	Vasai	500	Jitendra Shah	Mumbai	100
S.P. kartan	Vasai	1000	Lance I.Tuscano	Virar	500	Gloria C.A.	T.N.	100
Amit Gonsalves	Vasai	1000	P.T. Machado	Vasai	500	R.R. Magar	Nashik	100
Dormition Boat	Bhayander	1000	A. Shirsat	Akola	500	Jose mathew	Kerala	100
Jayalakshmi K.	Mumbai	1000	Soniya Bhatt	Mumbai	500	Sharad V. Shimpi	Jalgaon	100
G.G. Dongarkar	Bhayander	1000	Nathal Coutinho	Vasai	500	D.A. Tribhuvan	Raigad	100
P. Vinus Koli	Virar	1000	M.D. Fernandes	Delhi	500	K.J. Jameskutty	Kerala	100
Shawn Gabriel G.	Bhayander	1000	Uma Madhawan	Sharjah	500	Sagaya S. Ethel	Pondicherry	100
Velakani Mala B.	Bhayander	1000	Conrad T. Soares	Mumbai	500	Louis A. Cecilia	Pondicherry	100
Prayan Bood	Bhayander	1000	Gloria S. Pereira	Vasai	500	M.I. Patel	Mumbai	100
P.M. Gourabian	Mumbai	1000	P. B. Daruwalla	Mumbai	500	M. Bhavsar	Mumbai	100
			K.C. Wadia	Mumbai	500			

## **Brazilian Culinary and German Home Bakery Workshops, at Agnel Institute, Verna**



Brazilian Chefs



Brazilian Corn Cake and Chicken Fritters.



German Chefs.



Participants at the workshop.



Participants attending German Bakery Workshop.



Participants attending the Brazilian workshop.

## **Chef Miguel Arcanjo – Excellence In Goan Cuisine Award 2020, at Agnel Institute, Verna**



Chef Alida Pinto from IHM Goa.



Students Chefs with Displays.



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**FR. AGNEL ASHRAM**

PB NO. 6656, Bandstand,  
Bandra (W),  
Mumbai-400050. India

Ph: 022 67114000

email: agnelashramnews@gmail.com