

FR. AGNEL

# ASHRAM NEWS

April 2023

HE IS RISEN

CELEBRATE THE RESURRECTION



He is not here; he has risen, just as he said.

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# HAPPY EASTER




## FR. AGNEL ASHRAM

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### EASTER APPEAL

Dear Friends and Benefactors,

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

Christ is risen. Hallelujah! May the miracle of Easter bring you renewed hope, faith, love and joy.

We are always grateful and thankful for your help and support over the years to give a future for our children in **Balbhavan** and our various other community activities. **We have over 800 orphan children, in Bandra, Vashi, Ambernath, Pune, Verna & Assagao in Goa, New Delhi, Noida and Greater Noida.**

Besides we take care of many more children in the villages such as **Agnel Jan Kalyan Kendra** facility in **Khodda Colony, Ghaziabad (U.P.)**, providing them education and teaching various skills.

Easter is the time to spread the joy and happiness that Christ has brought about into our lives, to others. We hope to continue the good work with your generosity.

Wishing you and your family Christ's many blessings throughout this joyful season.

With a grateful heart and best regards

Yours Sincerely in the Lord,

**Fr. Valerian D'Souza, sfx**  
(Superior)

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## ***MAN'S FUNDAMENTAL IDENTITY AND DEEPEST ASPIRATION FULFILLED – THE RESURRECTION OF JESUS FROM THE DEAD!***

***(Disclaimer: This article is the personal view of the Author, and is not the official view of the publishers; it may also please be noted that the Author does not claim to question the traditional doctrine of the Church in the matter; this is a quest for logical understanding of the mystery central to what we believe and hope - Author)***

The Resurrection of Jesus from the dead, is the pivotal truth and reality for any Christian, because on it hangs, the entire faith that he or she professes. It is a baffling mystery because it defies our understanding of it, as well as it questions the several human traditions that from time immemorial, have striven to address what any true 'seeker' grapples with – the insufficiency of human effort alone to attain immortality.

### ***MAN'S QUEST FOR IMMORTALITY***

Right from the inception of recorded human history, both primitive human groups as well as advanced civilizations have sincerely sought solutions to the problem of after life, since that (after life) has always been considered as due to us (men and women) as humans. The yearning or the desire to live beyond, in spite of the accepted inevitability of death is the primary reason why human groups right from the time of recorded human history, have integrated in their death rituals and customs, elements that provide for the dead, during and the passage to the 'other life'.

The solutions have been varied, symbolic for poor tribes such as a small quantity of grain and cooking utensils but magnificent, complex and almost indestructible for the rich and the powerful as the pyramids of Egypt for the Pharaohs. Some Indian American tribes have had as their death ritual the building of huge mounds of earth, up to 70 feet high, to protect the dead, hoping that the mound would survive till the deceased would come back to life.

The insufficiency of the human being to outlive his time on earth is caused by two elements, the physical limitation of matter as we understand it, because it is subject to decay and corruption and the physical and moral incompatibility of good and evil, sinfulness and righteousness, transient and lasting realities. Throughout history, efforts have been made to circumvent this problem by proposing solutions that temporarily address the immediate issue of what happens, to an individual after his death. Karma or Reincarnation is the most common of explanations that apply salve to the grieving millions, that the deceased will be born again soon, albeit unknown to those dear to him, where, when and how. Eventually this will find closure in 'moksha' which concept again is uncertain, as the description of this state is uncertain.

### ***THE THEO-ONTOLOGICAL DIMENSION:***

The Resurrection of Jesus from the dead is an entirely different reality, with a significantly diverse perspective.

There is need to explain in simple terms what sounds a bit otherworldly. 'Theo-Ontological', simply means 'Divine-Real (objective) convergence', which more clearly understood means that God has acted in the Human Universe by establishing a 'new reality' which is seen as a kind of 'craving' for the Divine, in man. This craving is real and is experienced by the entire humanity from the beginning of its history, as demonstrated from the progressive idea of the 'Absolute' as feared, to the quest of the 'Divine' as man's ultimate aspiration. Man (and woman) who as it exists, if he is merely and entirely a 'psycho-biological' (consciousness-matter) being, it cannot be explained how he, endlessly seeks the Divine, which human history is witness of.

There is no need to bring in Darwin or the evolutionists, nor the idea of monogenism (one individual as the first human evolved or born) or polygenism (many individuals as the first humans evolved or born), nor other geneticists and paleontologists, because this is not an issue of science versus non science. The issue that we are dealing with is 'meta-science', 'meta-physics', 'meta-genetics', because we are dealing with visible and empirical realities that are 'catalyzed' with 'meta-empirical' realities. As much as science relies on empirical facts and empirical constants, which are not explained but assumed because their effects are 'real' as they are constant, so too, the 'meta-empirical' 'truths' exist because there are established 'constants', between the 'empirical' facts of Jesus and His teachings and 'His Resurrection' from the dead.

The Resurrection of Jesus from the dead, is therefore not even a distant answer, to the practice in human traditions, that provides for the dead, with the uncertain hope that they will revive, nor to the issue that is sought to be explained, and proposed by 'Karma' or Reincarnation. The Mystery (mystery is to be understood here not as what it is, but as why it is so) and the uniqueness of the Resurrection of Jesus is connected to a fundamentally different perspective of the origin and destiny of man. And here lies the great hiatus between historical and paleontological evidence and the genetic sciences, vis a vis the perspective that is the result of God's intervention in human history. There is an invisible convergence of the Divine with the material, and since the Divine is not accessible to scientific analysis or perception, it remains a Divine plan (mystery) and becomes evident, as it unfolds in history and as it is evident in diverse human traditions and expressed in human language, as the Bible.

#### **THE REALITY OF HUMAN ASPIRATION AND THE MYSTERY OF ITS FULFILMENT IN JESUS**

Here above I have proposed that the Resurrection of Jesus from the dead, does not become the fulfilment of man's aspiration for immortality. Man's power to live forever (if that is possible) could well be an eventual fact (if that is even desirable), but the 'life eternal' that the Resurrection of Jesus grants to mankind belongs to another plane. The 'eternal life' that arises out of

the 'Resurrection of Jesus' does not belong to man, if he is understood as a 'psycho-biological' being, but and only if 'man' is understood as one who is the result of the 'theo-ontological phenomenon'. The entitlement that the Resurrection of Jesus endows mankind with, cannot be availed by man or woman, of our 'empirical' (of our world) plane as much as the 'aspiration' for 'life eternal' (not immortality) cannot be an aspiration that can arise from those who live on the empirical plane alone, and have not been touched by the 'theo-ontological' phenomenon, or simply understood by those who have not consciously or unconsciously allowed themselves to be touched by the Divine, or those who merely live their life as they experience it.

My proposition suggests the following: i. That the aspiration of any 'good' man or woman to survive beyond death, is not to be understood as an aspiration to live 'this kind of a life', even if he is not able to understand it; ii. That this aspiration is the result of God's intervention in human history, wherein there is an 'inner', 'embedded' yearning for the divine in all of us (regardless of what we may call it). iii. That if science is able to grant physical immortality, the human aspiration 'embedded' in him, will still not be fulfilled, because that aspiration has a different dimension.

*(In another conversation we may be able to go deeper into this issue of the 'Resurrection of Jesus' as the ultimate fulfilment of man's yearning for eternal life (not physical immortality).*

Wishing all of you the joy of knowing that we are born for 'Life Eternal' that the Resurrection of Jesus has achieved for all of us, men, women and children, regardless of community, caste and creed, not because we deserve it, but because God has willed it for us, and accomplished with the Death and Resurrection of Jesus from the Dead.

**J.A. Carvalho**

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## Easter is Every Day!!!

For a Christian, Easter is a daily event! And this experience is beautifully expressed in the inspiring song: *"Because He lives, I can face tomorrow/ Because He lives, all fear is gone/ Because I know He holds the future/ and life is worth the living, just because He lives!"*

St Paul tells us how important the Resurrection of Jesus is for *every* Christian; and that without the Risen Jesus, there is no Christianity at all! ***"If Christ has not been raised from the dead, then our preaching is in vain, and your faith is in vain... If Christ has not been raised, your faith is futile, and you are still in your sins... If for this life only we have hoped in Christ, we are of all men most to be pitied. But in fact Christ has been raised from the dead, the first fruits of those who have fallen asleep"*** (1Cor 15:14-20).

Many Catholic Christians sadly tend to focus *more* on the saving Death of Jesus Christ than on his Resurrection. Passion plays, Stations of the Cross, films like Mel Gibson's *The*

*Passion of Jesus*, and innumerable articles about the Cross and suffering in our devotional magazines, somehow create the impression that the Death of Jesus is ***the*** important event of salvation, and the Resurrection is just ***an appendix to the main story!!!***

But on the contrary, it is the **Resurrection of Jesus** which constitutes him as the Saviour and Lord of humanity, as St Paul teaches: ***"Jesus Christ our Lord was designated Son of God in power according to the Spirit of holiness, by his resurrection from the dead"*** (Rom 1:4). So let us remember well, it is the *Risen Jesus* whom we

receive in Holy Communion at every Mass, not a dead Jesus! And it is the *Risen Jesus* whom we worship in the Blessed Sacrament, not a holy corpse!

Obviously, we cannot separate the two parts of the one Paschal Mystery (Jesus' Death and Resurrection), but surely, as happy disciples of the Risen Jesus, we can re-orient our emphasis to look at the Resurrection with new eyes of faith and love! *"If Christ has not been raised, your faith is*

*futile... But in fact Christ has been raised from the dead!"* Yes, it is "because He lives" that we can live a new life in the Spirit and face life victoriously!

We must also remember that Easter **and Pentecost** are intimately and necessarily linked. Before Jesus died, he prophesied in Jn 7:37-39 that *only after* he had risen from the dead (not before!) ***"rivers of living water would flow from the heart of those believers who came to him to drink."*** St. John explains here (v.39) that Jesus was speaking **about the Holy**

**Spirit**, whom the Church's Creed calls "the Lord and Giver of Life," and whom St. John Paul II called "the new self-Gift of God," coming to us in order to be our *Paraclete* or **Encourager** permanently, 24 hours x 7. The glorified Jesus and the Holy Spirit are like two inseparable twins (the CCC n.689 teaches that God has given them a **joint mission**), together they bestow the gift of faith on believers, and empower us to live a joyful and victorious Christian life in today's terribly over-secularized world.

But to grow in "Easter Faith," it is not enough to just study the Catechism or read good theology



books or listen to good preaching. What is needed is a “childlike faith.” Such faith is experiential, and not just a matter of creedal belief. Therefore St. Paul prayed for his Christians with these words:

*“I pray ...that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and of revelation in the knowledge of him, having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, and what is his infinite power in us who believe...” (Eph 1:17-20).*

To experience Easter Faith, we must spend quality time daily in personal prayerful reflection on the Good News, so that Abba God himself can fill us with “a spirit of wisdom and of revelation” to truly know God. (Notice that it is a matter of the heart and not of the mind; unfortunately some bibles mistakenly translate Eph 1:18 as “having the eyes of your *mind* enlightened,” though the Greek word Paul uses is “*kardia*”). Truly, the mysteries of Christianity are to be interiorized in the heart, and not the head!

Likewise, Jesus too once “rejoiced in the Spirit” and exclaimed,

*“I thank thee, Father, Lord of heaven and earth, that thou hast hidden these things from the wise and understanding and revealed them to babes; yea, Father, for such was thy gracious will. All things have been delivered to me by my Father; and no one knows who the Son is except the Father, or who the Father is except the Son and any one to whom the Son chooses to reveal him” (Lk 10:21, 22).*

To conclude, let us renew our **faith** that Good Friday was not the last big event of Holy Week but that **Easter is the definitive finale, and the ongoing biggest act of salvation history.** That is why every Sunday is called, throughout the year, the Lord's Day. Hence also St. Augustine shouted out, “*We are Easter Christians, and Hallelujah is our song.*”

With Mother Mary, let us sing our own Alleluias with joy that, by the awesome event of the Resurrection of Jesus, God has done great things, not just for human beings in general, but personally for ME! The gift of faith is the main Easter gift, which then leads to the other Easter gifts of joy, and love, and courage in the face of life's vicissitudes.

So, sing it loudly, “*life is worth the living, just because He lives!*”



**Fr. Fio Mascarenhas**, a senior Jesuit priest, has a doctorate in biblical spirituality, has preached in over 80 countries, and has authored 22 books. He can be contacted at [frfiomas@gmail.com](mailto:frfiomas@gmail.com)



## Christ's Resurrection and the Promise of Eternal Life

One of the most fundamental beliefs of the Catholic Church is in the resurrection of the body and life everlasting. If Jesus hadn't defeated death as well as sin, what is the point? We would be living a random, meaningless life like those who refuse to believe in God, believe in no outside authority than themselves, and nothing to hold us in check in our inner actions with others.

It would be totally chaotic and self-driven by underwhelming minds and out of control lusts for power, money and fame. Fortunately, however, for Christians there is much more. We believe in God that cares, who is involved in our lives, and wishes to spend all eternity with us. Yes, we are material and spiritual, made up of body and soul. And Jesus promises us there is a place already picked out for us to live for all eternity.

"In my Father's house there are many dwelling places. If there were not, would I have told you that I am going to prepare a place for you. And if I go and prepare a place for you, I will come back again and take you to be with me that you also may be where I am (John 14:2-3).

St. Paul preaches in his first letter to the Corinthians, "How can some of you say that there is no resurrection of the dead then Christ has not been raised, and if Christ has not been raised then our preaching is in vain and your faith is in vain" (1 Cor 15:12-14).

Death is a consequence of Original Sin. After death, each person faces a particular judgement, the person will either immediately enter into the blessedness of heaven, purification in purgatory, or eternal damnation in hell. Those who die in the grace and friendship with God and who are perfectly purified from sinfulness will see God face-to-face as He really is and live with Christ forever.

In the resurrection, we will have spiritual bodies. Our natural bodies came from Adam, our spiritual bodies come from Christ. St. Paul says: "as we have borne the likeness of the earthly man, Adam, so we shall bear the likeness of the heavenly one, Christ" (1 Cor 15:49).

Our short lives on earth are a sowing time. Life on earth is the time when the seeds of the risen body



-Ibonio D'Souza  
are planted. St. Paul says: "What is sown is perishable, but what is raised is imperishable; what is sown is contemptible but what is raised is glorious; what is sown is weak, but what is raised is powerful; what is sown is a natural body, and what is raised is a spiritual body" (1 Cor 15:42-44).

Everlasting life refers to the perpetuity of happiness, blessedness, wholeness, and union with the Most Blessed Trinity in heaven. The Early Fathers of the Church described eternal life as 'exemption from all evil and enjoyment of all good.' "Eye hath not seen; ears hath not heard, or the heart of man conceived what God has prepared for those who love him" (1 Cor 2:9).

In the Book of Revelations, the last book of Scriptures, it states, "They shall no more hunger and thirst. Neither shall the sun fall on them nor any heat. God shall wipe away all tears from their eyes and death shall be no more. Nor mourning, nor crying, nor sorrow shall be any more, for the former things are passed away" (Revelation 21:4).

Our essential happiness in heaven will be the Beatific Vision, to see God as He is, God who is the source of all goodness and perfection. "Dearly beloved we are now the sons and daughters of God and it hath not yet appeared what we shall be. We know when He shall appear we shall be like Him because we shall see Him as He is" (1 John 3:2).

By his death and Resurrection, Jesus Christ has "opened" heaven to us. The life of the blessed consists in the full and perfect possession of the fruits of the redemption accomplished by Christ. He makes partners in his heavenly glorification those who have believed in him and remained faithful to his will. Heaven is the blessed community of all who are perfectly incorporated into Christ.



*Ibonio D'Souza is the author of the widely read motivational tome 'Rise And Shine ....the lotus way', columnist, and a social activist.*

## CHRISTIAN MEDITATION – The Journey to the Empty Tomb

*-Christopher Mendonca*

Journeying through Lent for 40 days with so many parallels to the 40-year sojourn of Israel in the desert, we will perhaps as we near its end wish to catch a glimpse of the Promised Land. As one looks to the horizon, one often expects to see the land of one's dreams, the anticipated destination, the fulfilment of our hopes. But then, it has been rightly said that "death is the horizon, and the horizon is nothing but the limit of one's vision." If as we have seen, that the practice of Meditation is the death to self, then it accurately represents the journey to the empty tomb. If we are not prepared to do this, then our journey has perhaps been in vain.

Lent has often been presented as a time for 'soul searching', looking at what needs to be changed, the destructive patterns that need to be identified and set aside, a time for looking at our sinfulness. We often end the season, bemoaning the fact that we're not much different from what we were at this time a year ago. Journeying through one distraction after another, meditation offers us a different sense of vision. We are so unlike God if we look at and see ourselves as the sinner, keeping account of our sins. To be aware that we have "strayed", that we have "missed the mark" (which translates the Greek word for sin – *harmartia*) is one thing. To pay attention to our sin is quite another. The latter can make us quite obsessed with ourselves, often drive us to despair and often to depression. The LORD does not call to mind our sins but offers us a fresh beginning each time we have strayed from the path. All we have to do is to return home, which we symbolically do each time we return to saying our sacred word when we realise we have been distracted.

Instead of looking at the rubbish heap that we often consider ourselves to be, we are called to

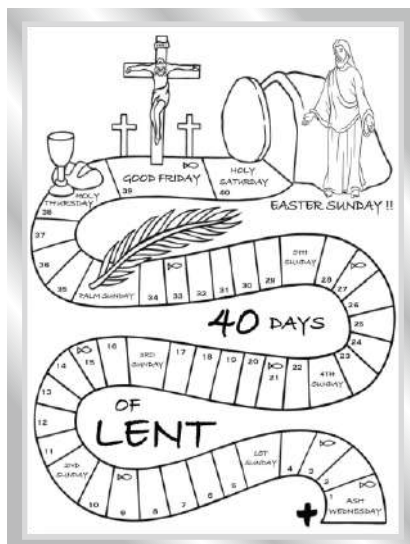
seek the 'pearl of great price', the treasure that lies hidden beneath it. Our true self is made in the image and likeness of God. We are not to identify ourselves with our sin. Instead, we are being called to journey to the tomb. 'We have been buried with Christ in order to rise with him.'

Mary Magdalene unwittingly became the first to journey to the empty tomb. That wasn't her intention. She wanted to pay her respects to her Lord and Master buried in it, just two days earlier. It didn't strike her that it was a journey that she had begun at the foot of the cross. The point of departure in a spiritual journey determines its outcome. She thought her hopes had ended as she stood there. Two other disciples trying to wish away the

disappointments they had witnessed in Jerusalem walked in a direction that took them away from it. Both portray the different ways we approach our meditation practice.

Called to be Jesus' disciples, we often want to follow him on our own terms. We are disappointed when we do not get the results we want. We may stop our daily practice. This is often preceded by going through a period of doing it irregularly, or perhaps shortening the time. Like the disciples on the road to Emmaus, we admire Jesus' life, revel in the memory of his miracles and teaching but are unwilling to stay in Jerusalem.

But even if we do stay in Jerusalem, symbolised by faithfulness to our twice daily practice, we do so like Mary Magdalene looking for the 'living among the dead.' Mary wants to preserve the memory of the LORD, to hold on to the God of her making. "They have taken away my LORD and I do not know where to find him." Fixed in her idea of what he means to her, she cannot recognize him for what he actually is – beyond all images. The scales fall from her eyes as the LORD calls her by name. Then as she tries to touch him, he asks here







not to do so. The Risen LORD is not something that can be grasped or possessed. Finding the tomb empty is akin to having everything we value and cherish being taken away from us. This is the prospect we fear and as a consequence are unable to experience the presence of the Risen LORD within us.

The disciples on the road to Emmaus abandon the glow in their burning hearts, allowing memories of the past to virtually eliminate it. In the breaking of the bread they rediscover his presence which has been with them all along. "Were not our hearts burning within us ..." The REAL PRESENCE of the LORD at the breaking of bread begins to resonate with his REAL PRESENCE within them.

The practice of Meditation doesn't stand alone. It lies in a symbiotic relationship with the Eucharist. That means that we come to the LORD in our brokenness. Jesus accompanies the two disciples in their brokenness, not chiding them for talking about it, but only letting them know that they have not read their Scriptures well enough. Meditation, Scripture Reading and the Eucharist are all about presence.

It is about a presence that cannot be measured but which is nonetheless REAL, that cannot be defined but only experienced. The practice of meditation allows us to be inwardly STILL in SILENCE and SIMPLICITY, like the axle at the centre of the wheel. Our distractions reveal our brokenness, the bread we bring to the LORD's table, allowing ourselves to be bread that is broken. Our thoughts and images and reflections as we read the scriptures are set aside, allowing the WORD like the two-edged sword to pierce between joint and marrow, cutting more finely and letting our secret/unconscious thoughts, fears and negativity be laid bare. Then, in the glaring LIGHT of the Risen LORD, all is transformed.

This is not, however, a one-and-for-all experience, the panacea for all ills. In this earthy life, we will

always be prone to distraction. We will always be liable, like the Hebrews of old, to forget the wonders that the LORD worked for them in Egypt. Yet we know that each time we return, the LORD welcomes us back; He is faithful even if we are unfaithful. "It is not as if we will attain perfection, but setting aside all that is behind us and reaching out for that which lies ahead, we press on hoping to take hold of that for which Christ once took hold of us."

"In our poverty, we are willing to write off all our assets because of Christ, counting everything as sheer loss, because all is far outweighed by the gain of knowing Christ Jesus. We count it as so much garbage for the sake of gaining Christ and finding ourselves incorporate with him with no righteousness of our own. All we care for

now is to know Christ and to experience the power of his resurrection, to share his sufferings in growing conformity with his death if only we may finally arrive at the resurrection" (Philippians 3:8-14).

The practice of Meditation is not a substitute for other religious practices. But if we do choose to meditate twice daily, then we will find that our other practices take on a new meaning. As a result of it we will read our Scriptures differently, pray our Rosary with more devotion, and especially at the Eucharist allow the Real Presence of the LORD to resonate with his Real presence within us making it the source of and giving meaning to everything we are, everything we do.



**Christopher Mendonca** is a writer on Spirituality in the Christian Biblical Tradition. He is committed to teaching the practice of Christian Meditation, as part of the World Community of Christian Meditation (WCCM) in the Archdiocese of Bombay. He can be contacted at [cjwm1943@gmail.com](mailto:cjwm1943@gmail.com)



## Mark's Paschal Mystery Internalised

The Feast of Mark the Evangelist, author of the second of the four Gospels, is observed on April 25.

-Leon Bent

Oscar Wilde in *A Woman of No Importance*, narrates: "The only difference between the saint and the sinner is that, every saint has a past, and every sinner has a future": There is the famous passage from the flagrant and obvious debauch, openly lustful and seductive, immorally wild St. Augustine, whose classical Book, *Confessions*, (after his dramatic conversion), in which is stated, "You have made us

for yourself, O Lord, and our heart is restless until it rests in you." Just like the Samaritan Woman, our hearts, too, are agitated, and Jesus at this point, offers us as he did the Samaritan woman, in John 4:10, saying, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, *Grace* and *Living Water*," in return, which, if relished and savoured 'insatiably,' will offer eternal bliss. Jesus presupposes, one gets unmerited grace if one gives, and goes on giving. You and I, must make a decision, to open our hands and heart, to these Gifts. The Samaritan Woman caught the 'secret' invitation in a flash...left all that she had, her precious water-pot, and ran to her village in an act of giving grace away, bringing her whole town to Jesus that, he might offer them, "Grace and Living Water – the Holy Spirit!" The Samaritan Woman was a sinner. Now, she becomes a saint and evangelizer! Jesus singled her out as he does all sinners. What about us, today, now?

The reflection that follows is meant to offer this very same Gift of Grace, and "Living Waters that never run dry!" This is why the Gospel of the Samaritan Woman is inserted, right at the heart of Lent, on the third, out of five Sundays "to calm our restlessness," and accepting to dwell forever, in the Lord's heart. So crucial and vital, is the endowment, in question! We must treasure this goal in life, always keeping it in the forefront of our consciousness, as the Samaritan Woman and St. Augustine did! Now, on to the forever transcendent *Paschal Mystery* in Mark's Gospel, which has to be read between the lines, which ooze sanctity!



Mark, (Latin Marcus; Gk. Markos), is a popular Latin name borne by prominent Romans of his time, like, the ancient classical Latinist, Marcus Tullius Cicero, in 106 B.C.

**Mark's Gospel is the second book of the New Testament, but the first to be compiled.** According to tradition, the Gospel was written by John Mark of Jerusalem. Early manuscripts bear the title "According to Mark." The

Literary features: The Gospel was probably written for Christians in Rome. Mark takes the time to explain Jewish customs, and to translate Aramaic expressions that, would have been unfamiliar, to a largely Gentile readership, and uses Latinisms and references to imperial Roman coinage. Mark's Gospel is written in Koine Greek, the common Greek 'lingua franca' of the eastern Mediterranean.

Mark the Evangelist (Acts 12:12; 15:37), an associate proclaimer of St. Paul, and an ardent disciple of St. Peter, whose teachings the Gospel may reflect. **It is the shortest and the earliest of the four Gospels, presumably written during the decade preceding the destruction of Jerusalem in 70 A.D. – so, probably around 66 A.D.**

**1:1-3:** The first words of Mark, unequivocally identify Jesus as the Son of God, and the Messiah foretold by the prophets. Christ is the "Good News" (Gospel), sent by God the Father, since it is through his Passion, Death and Resurrection (the "Paschal Mystery"), we are redeemed. This Good News is entrusted to the Church, in turn, to be announced by all peoples (CCC 422, 515, 571, 763).

**1:2-3:** Mark outlines the mission of Jesus by putting together three Old Testament passages: Isa.40:3; Ex.23:20; and Mal.3:1. Why? It may be roughly divided into three parts: (1) 1:1–8:26—the Galilean ministry—an account of mighty deeds (an *aretalogy* - equivalent term in Sanskrit is *ātmastuti*); (2) 8:27–10:52—discussions with his disciples centred on suffering; and (3) 11:1–16:8—controversies, Passion, death, the empty tomb, and the expected *Parousia* in Galilee.





**1:14-20:** *“Repent and believe in the Gospel: The Greek *metanoia*, means a profound change of heart. Repentance is not reserved for only the beginning of the Christian life, but must be a constant disposition, through each day – everything, everywhere, all at once, over a lifetime. Lent is a special time to elicit conversion through prayer and penance (CCC, 541, 1422-1423, 1427).*

**1:17:** *These words indicate the nature of the apostles calling, to win others for Christ. What is the Bible's definition of an apostle? Apostle, (from Greek “*apostolos*”, “person sent”), any of the 12 disciples chosen by Jesus Christ. The term is sometimes also applied to others, especially Paul, who was converted to Christianity, by Jesus himself, a few years after his death. They were called to preach the Gospel to all people. The Call of Christ is direct and personal (CCC 787).*

**14:14-23:** *The great tribulation Christ spoke of here, pertained to the destruction of Jerusalem, but it also applies to the persecution of Christians, throughout history, to the end of the world. Those who are true disciples of Christ will suffer, endlessly. Patience and hope are necessary to endure these trials (CCC 1820, 2642).*

**13:24-27:** *Christ foretold his Ascension (Mk.16:19-20), as well as his Second Coming at the end of the world, the *Parousia*, when he will judge the living and the dead.*

**14:22-25:** *Jesus, the spotless Lamb of God, offered his Body and Blood, as he instituted the Eucharist, at the Last Supper. The Eucharistic Liturgy is a participation in the heavenly Banquet, and a representation of the “One Sacrifice” (Heb.10:1-18) of Christ: “through which the work of our redemption is accomplished,” most of all in the divine sacrifice of the Eucharist. At the Last Supper (Matthew 26:17–29; Mark 14:12–25; Luke 22:7–38; and I Corinthians 11:23–25). Jesus' Eucharistic Sacrifice anticipated his Passion and Death in an ‘unbloody’ manner. At every Mass that same “One Sacrifice” is renewed. The Catholic Church has always taught that, through the words of Consecration, the Bread and Wine are not just changed but transubstantiated into the “Real*

*Presence,” of Jesus Christ. In his encyclical *Mysterium fidei* in 1965, Pope Paul VI called for a retention of the dogma of Real Presence together with the terminology of transubstantiation in which it had been expressed (cf. CCC 1339-1340; 1374-1378)].*

**14:22:** Note how the words used to describe Christ's actions in the institution of the Eucharist, were also used earlier, to describe the multiplication of loaves (cf. Mt. 6:41). The words – “took,” “blessed,” “broke,” “gave,” clearly link the feeding of the crowd, with the institution of the Eucharist. In turn, the institution of the Eucharist foreshadowed the offering of his Body and Blood on the Cross. The very same words are now used in the Eucharistic Prayer at Mass (cf. CCC 1328-1332).

**14:24:** Just as the blood of sacrifice was poured out at Mt. Sinai, to establish the Old Covenant with Moses, so was the Blood of Christ's Sacrifice poured out to establish the New Covenant. The sacramental offering of his Body and Blood, reaffirms Christ's New Covenant of grace and love (cf. CCC 1365).

**14:25:** The “new” wine represents the Wedding Feast in Heaven, “where the faithful will drink the new wine that has been transformed into the Blood of Jesus Christ” (cf. CCC 1335).

**14:32-42:** *The first abandonment of Christ occurred in the Garden of Gethsemane. Gethsemane in Hebrew is “oil press.” Rather than remain awake and watchful, as he had asked, the Apostles fell asleep while Christ prayed. Prayer and watchfulness are essential in resisting the temptation to reject the Cross, and to persevere in our commitment to Christ. ‘Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak’ (Matthew 26: 41).*

**14:36:** *Remove this chalice...what you will:* In his anguish and fear, Jesus asked his Father to take this suffering from him. Nevertheless, he clearly stated in his prayer that, he completely accepted the Father's will (cf. CCC 473, 2607, 2620, 2701).

**14:43-52:** *With Jesus' arrest, the disciples abandoned him. Included among those who fled, was a young man who ran away naked, in fear.*



Some scholars suggest this may refer to none other than the young Evangelist, Mark himself (cf. CCC 1851).

**14:58:** *I will destroy this Temple...not made with human hands:* Christ did predict the destruction of the Temple (cf. Mk.13:2), but was referring to the Temple of his body that, would be rebuilt in three days through his Resurrection (cf. CCC 593).

**14:62:** *"I am": These words of Jesus are reminiscent of YHWH* (cf. Ex.3:14-15), the name of God given to Moses. God said to Moses, "I AM WHO I AM." This is what you are to say to the Israelites: 'I AM has sent me to you'" (Exodus 3:14).

**14:63:** *Tore his clothes:* This was a dramatic act that, Caiphas accuses Jesus, expresses great distress as well as indignation, and protest against sacrilege or blasphemy. By rending his clothes, Caiphas accused Christ of blasphemy; however, he also violated the same Mosaic Law (cf. Lev.21:10), under which he had just condemned Jesus. As John pointed out, the tunic of Christ, was a symbol of his *eternal high priesthood*, would not be rent (cf. Jn. 19:23-24).

**14: 66-72:** *Although Peter denied Jesus*, just as the latter predicted, Peter immediately recalled the predictions and wept bitterly in repentance for his sin (cf. CCC 1429) of a holy man, who is mocked and persecuted, but will eventually emerge victorious, showering praise on God, for his ultimate assistance. Psalm 22 is a prophecy expressing the deep agony of the Messiah's distress and death for the world's sin.

**15:37:** *With a loud cry, Jesus breathed his last.* The centurion who heard his cry and saw how he died said, "Surely this man is the Son of God!"

*Come! Come to Jesus who loves you, and He will wash your sins away in His precious Blood! Come! Amen.*

**15:38:** Torn in two from top to bottom: This curtain separated the people from God's presence in the Holy of Holies, in the inner sanctum of the Temple, where the high priest could go, but strictly, only once a year. Its tearing apart symbolizes the reconciliation of God and humanity, the rending of what separated the human person from God. The Old Covenant had fulfilled its role, and now, the New Covenant in Christ, takes over.

**15:42-47:** *Pilate's men confirmed that Christ had died*, and a prominent member of the Sanhedrin, Nicodemus, had his body buried in a tomb made by the latter for himself. The burial had to be done in haste because the Sabbath would begin at sundown (cf. CCC 641).

**16:1-8:** *Christ's Resurrection was reported to the faithful women by an angel*, Jesus Appears to Mary Magdalene: Now, Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot. They asked her, "Woman, why are you crying?" "They have taken my Lord away," she said, "and I don't know where they have put him." At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus. He asked her, "Woman, why are you crying? Who is it you are looking for?" Thinking he was the gardener, she said, "Sir, if you have carried him away, tell me where you have put him, and I will get him." Jesus said to her, "Mary." She turned toward him and cried out in Aramaic, "Rabboni!" ("Teacher").

*The woman were afraid to speak...* However, the appearance of Jesus to Mary Magdalene, brings her to belief.

**16:12-14:** *Mark offered only a brief summary of Jesus' appearances to the men on their way to Emmaus*, unlike Luke who gave a detailed account (Lk.24:13-35). When Jesus broke the Word of God to them, their "hearts burned within them!"

**16:15:** *Jesus' mandate to his Apostles was universal*, that is, to take the Gospel message to the ends of the earth. He also promised the assistance of the Holy Spirit, the *Paraclete*, (Ancient Greek: παράκλητος, Latin: paracletus means 'advocate' or 'helper').

**16:19-20:** *After Jesus ascended into Heaven, the disciples continued his mission on which he had sent them.* The Ascension of Jesus - Then he led them out as far as Bethany, and, lifting up his hands, he blessed them. While he was blessing them, he withdrew (Lk.24:50-53: Acts 1:6-14).

**If you have participated in this Lenten Reflection, laced with the Paschal Mystery, with sheer authenticity, fragrance will emerge from your 'sacred' heart, and move heavenward, like curls of incense. Then, you will be heralded as a living saint, leaving behind an aromatic, ambrosial perfume, everywhere, all the time.**



**Leon Bent** was awarded the "Silver Pen Award," in the year 2000, for Published Writings on Social Issues, at the hands of Ivan Cardinal Dias. He also won "The Cardinal Dias Award for Research in Mariology," in 2018, at the hands of Oswald Cardinal Gracias. Leon contributes Articles on a regular basis, to various Journals in India and Overseas, and Digital Platforms around the world.





## **Graduation Ceremony - Class of 2022 - at Fr. CRCE, Bandra, Mumbai**

*"This is your graduation day. Please stand and applaud."*

*It is to thank you for all your hard work.*

*What did you do to get here?*

*As we stand and applaud.*

*Don't forget that learning continues even after your future goals are achieved.*

*Be a good listener and learn from everyone you encounter.*

Graduation is the most awaited and glorious occasion in the lives of students pursuing their dreams, through four rigorous but illuminating years. Students gathered together to celebrate and witness the grand event of the Degree Certificate

Distribution Ceremony of the Class of 2022, held at the Samvaad auditorium of Fr. Conceicao Rodrigues College of Engineering on the 18th of March, 2023.



***Lighting of the Lamp by the Dignitaries.***



***Degree Certificate Distribution Ceremony - Class of 2022  
- Dignitaries and Graduates.***

## Agnel Happenings

The event commenced with the lighting of the lamp - a symbol of enlightenment. **Prof. V. N. Rajasekharan Pillai**, Vice-Chancellor of Somaiya Vidyavihar University 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 Indian Scientists and

Engineers in International Research. More than two hundred students were awarded their Graduation Certificates by the Chief Guest, Director – Rev. Fr. Valerian D'Souza, Assistant Director – Rev. Fr. Trevor Pereira, Principal Dr. Surendra Singh Rathod and the Heads of the Departments.



*Insightful address by the Chief Guest  
Prof. V. N. Rajasekharan Pillai.*



*Rev. Fr. Valerian D'Souza, Director of Fr. CRCE,  
congratulating the successful graduates.*



*Dr. Surendra Singh Rathod speaking  
on future avenues for  
graduates and start-up opportunities.*



*Felicitations of the Chief Guest,  
Prof. V. N. Rajasekharan Pillai.*



Several parents witnessed the Degree Certificate Distribution Ceremony which was live streamed on YouTube. It can be viewed on <https://www.youtube.com/watch?v=O29UqDsPdpo>  
Web Page: <http://convocation.vercel.app>

The Student Council contributed in making the event successful, particularly the team led by the

cultural secretary Mr. Samuel Emmatty and the teacher in-charge Prof. Roshni Padate and Prof. Heena Pendhari, under the guidance of the Examination Cell In-Charge Dr. Deepak V. Bhoir. The co-operation and whole-hearted support from the Principal and Management were a great motivation in organising the event successfully.





## Agnel Happenings

### Bandra

#### Crescendo, the Technical Festival of Fr. CRCE, a major success

The Students' Council of Fr. Conceicao Rodrigues College of Engineering organised a four-day technical festival – '**Crescendo**'. The tech jamboree commenced on 9th March and continued till 12th March 2023, unearthing the theme – '**Kaleidoscope**' – the technical mirage. 600-plus student-entrants from colleges and universities of Mumbai and outside, projected

**Prakalp**, a project competition created rooms for participants' technical projects and creative insights. Another event that called for accolades was **Hackathon** – a coding competition allowing coding enthusiasts to develop software applications within a specified time frame. A mechanical engineering competition – **Mecathon** – encouraged students to build



#### *Students participating in Crescendo with the theme Kaleidoscope*

their technical skills to pull up a healthy competition. The initial two days were dedicated to council events, enveloping competitions in fields such as computers, electronics, mechanical, entrepreneurship, and gaming. The councils that showcased events, involved CSI, CodeLabs, Mozilla, GDSC, IIIE, ACM, GDA, E-Cell, IEEE, and WIE; judged by experts in the respective fields.

The events such as **Droid Dribble**, **Prakalp**, **Hackathon**, **Mechathon**, and **Elexathon** were the main attractions of the festival. The events were designed to gauge the participant's technical and creative front. **Droid Dribble**, a robo-soccer event tested the design-building skills of the participants which would make the robots score and win.

machines capable of performing specific tasks with unmatched efficiency. Whereas, **Elexathon**, an electronics engineering competition was arranged to boost the designing and building of electronic circuits.

Crescendo marked massive success, owing to the huge participation from all over India. The festival opened doors for the students to learn from experts in their fields, along with students sharing the same technical inclination.

*“Education is the most powerful weapon which you can use to change the world.”*

*- Nelson Mandela*



## The Importance of Prayer

-Judith de Almeida

Prayer is our mobile call to God, our messaging Chat with Heaven. Prayer can be compared to any of our Messaging Apps, which we use daily to chat with our family and friends. Prayer is much more than that, it is the most genuine and powerful link - that thin line of conversation between God and man especially in times of difficulties. Hence, we should never cease to pray because God is impatiently waiting for us to chat with Him, on His own social media App, called "PRAYER". We don't need to download His App. It is automatically turned 'ON', when we talk or pray to Him.

*LENT* literally means Prayer, Penance, Fasting and Charity. Prayer involves more deeply, our inner and sincere conversations with God, our Father, Jesus Christ, Mother Mary, The Holy Spirit and all the saints. Prayer is just that conversation with our Creator - Yahweh.

*ABBA* Father has called each one of us to live holy lives. Especially after the COVID pandemic, He has given us that one more chance, to renew our spiritual lives to repent, to edge closer to Him, to walk in His ways by following the Ten Commandments. We too, could have lost our lives during the COVID pandemic, but He wishes that all of us should enter Heaven. He does not want to lose a single one of His flock. He does not want anyone to go to Hell.

His love for us is so tremendous, that He is always trying to save us from the claws of the devil who hastily roams up and down and around us restlessly, waiting to grab/ to devour our souls, by tempting us to fall into sin, to do wrong and sin in the many ways that sin exhibits itself through jealousy, selfishness, pride, stealing, fraud, murder, lust, adultery, lying or speaking falsely, spreading slander, gossip, conspiring by remaining silent, manipulating other people and their lives, practicing politics for one's own gain, injustice, partiality, bribery, dishonesty, hatred, cursing, withholding wages of one's labourers, scheming up evil plans, revenge, grudge, corruption, standing by idly when neighbour's life is at stake, various kinds of greed - food, power, fame, money, wealth, among others.

Therefore, we should respond to God's call to abstain from all these sins, to amend our lives, with the one goal to save our souls. After all, after our death, none of us wishes to end up with the



devil all around us in the burning fire of hell. Hence, we should put in all our efforts, to strive and to fight at all costs, to become perfect, as God wants us to be perfect.

Strange as it seems, God Our Father, never gets tired of welcoming us sinners back to Him, even with all the wrong that we do, provided we repent

and ask His forgiveness never to sin again. As in the parable of the Lost Sheep, Jesus hastily leaves the 99 sheep who were not lost, to look after and fend for themselves and He hurries off to search for that one sheep that was lost, ironically, that one person who had followed the wrong path.

In the present generation, there is an enormous lack of time. In order to make time for prayer, each one of us requires to watch out for time wasted on social media, to limit drastically time wasted on YouTube, Facebook, Instagram, WhatsApp, Social Media Groups, etc which simply involves useless gossip. Excluding work and for business purposes, social media has a lot of disadvantages. It has become a nuisance where time is concerned, especially for youth who spend most of their life and time on likes, dislikes, gossips and useless chat on social media.

Where is the mobile and social media leading us? We are merely become slaves of these devices. They totally cut off precious family prayer time and time that we would have spent with our near and dear ones instead.

*To conclude one must never forget that God, Our Father answers our prayers in His time, depending on whether it is good or bad for us. Accepting the will of God is more important than only praying for our earthly needs. Like the father of the prodigal son who ran outside his house, into the compound, to welcome his son, God is waiting for us to repent and come back to Him. We have just to take that one step towards Him, by repenting, and with a promise never to sin again, to follow all His commandments. And He will run the other ninety-nine steps to welcome us, His children back to Him. So immense and 'UNFATHOMABLE' is His love for us. We in turn should never give up praying. On the other hand, we are called to persevere, with patience in times of difficulties, and remember that God is always with us, even until the end of our lives.*

## The Sacrament of Penance

**After our Lenten observations and making a good confession for Easter, we feel renewed and full of grace.**

-Sunil D'Cruz

The Sacrament of Penance or Confession or Reconciliation is God's gift to us so that any sin committed after Baptism can be forgiven. In confession, we have the opportunity to repent and recover the grace of friendship with God. It is a holy moment in which we place ourselves in his presence and honestly acknowledge our sins, especially mortal sins. Penance is a sacrament of the New Law instituted by Christ in which we receive forgiveness of sins committed after baptism.

Forgiveness of sins is granted through the priest's absolution to those who with true sorrow confess their sins and promise to do penance.

The Sacrament of Penance is one of the most unique and beautiful aspects of Catholicism. Jesus Christ, in His abundant love and mercy, established the Sacrament of Confession, so that we as sinners can obtain forgiveness for our sins and reconcile with God and the Church. The sacrament "washes us clean," and renews us in Christ.

The Heavenly Father sent his only begotten Son Jesus Christ to take away the sins of the world. As Jesus said, "All authority in heaven and on earth has been given to me." - Matthew 28:18.

### Peace be with you

After his Resurrection, Jesus passed on the authority to his apostles. *"Jesus said to them again, 'Peace be with you. As the Father has sent me, even so I send you.' And when he had said this, he breathed on them, and said to them, 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained'" (John 20:21-23).*

This authority has now been passed on to the clergy, right from the Pope down to the Bishops and Priests.

### Baptismal promises

Jesus knew well that many of us would forget our brave baptismal promises and commit grave sins after our Baptism. He knew that

many of us would lose the grace, the sharing-in-God's-own-life which came to us in Baptism.

Since God's mercy is infinite, it seems inevitable that he would provide a second chance (and a third, and umpteen times) for those who might relapse into sin.

First of all, if a person has offended and cut himself off from God by a grave and deliberate act of disobedience (that is, by mortal sin), the sacrament of Reconciliation reunites the soul to God; sanctifying grace is restored to the soul. At the same time, the sin itself (or sins) is forgiven. Just as darkness disappears from a room when the light is turned on, so too sin disappears from the soul with the coming of sanctifying grace. The peace of mind and soul which this sacrament imparts to us is one for which there is no substitute.

### Preparation

Confession requires preparation. We should begin with prayer, placing ourselves in the presence of God, our loving Father. We should reflect on the Ten Commandments and harbour in our hearts a sense of sorrow for all the wrong we have done. The motivation for our sorrow may be out of love of God or even fear of the consequences of having offended God. Whatever the motive, contrition is the beginning of forgiveness of sin. We need to have sorrow at least to the extent that we regret it, resolve not to repeat it and intend to turn back to God.

### Setting an example

Pope John Paul II went to confession every week in the Vatican Papal Chapel, where an elderly frail priest would absolve him of his sins. His Holiness said, "It would be an illusion to seek after holiness, according to the vocation one has received from God, without partaking frequently of this sacrament of conversion and reconciliation."

This sacrament is an example of gaining grace when we ask Our Father in Heaven to "forgive us



Saint John Paul II in the Confessional.



our sins as we forgive others.” The Pope was able to forgive the man who fired gun shots at him, in an assassination attempt.

Australian Gladys Staines was able to forgive the sins of the miscreants who set fire to a vehicle and burnt alive her husband, missionary Graham Staines and her two sons, in Odisha, India.

Jesus Christ was also able to forgive those who



Pope Francis strongly advocates the Sacrament of Reconciliation.

crucified him, saying “Father, forgive them for they do not know what they do.”

#### **Let's look at the Four Cs for a good confession**

**1. Be Complete:** Don't leave any mortal sins out. Start with the one that's toughest to say.

**2. Be Clear:** Try not to be subtle or euphemistic. Father should understand what sin you're confessing.

**3. Be Contrite:** Remember, it's God you've offended, his forgiveness you seek.

**4. Be Concise:** No need to go into detail. Often when we do, we're just trying to make excuses for our behaviour. There may be people in line behind you. Don't make them wait!



*Sunil D'Cruz is on the Editorial team of Fr. Agnel Ashram News.*



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

**Sharon G. Pereira/Vivian Pereira,  
Bandra, Mumbai**

I wish to sponsor a meal for a day for the Balbhavan children. Kindly accept my donation of Rs. 8,000 for lunch for the Ashram boys.

**Haresh Patel/Mrudulaben I. Shah,  
Ahmedabad, Gujarat**

Please accept my donation of Rs.25,000 by cheque to Fr. Agnel Ashram and the Balbhavan orphanage. We are regular donors to Fr. Agnel Ashram for the expenses of the boys under your care.

**Jatin Divecha, Mira Road, Thane**

I hereby donate a cheque of Rs.30,000 to Fr. Agnel Ashram and the Balbhavan boys. Please continue this most honourable work done by your Society.

**Rosella Ubaldin Soares, Bandra (W), Mumbai**

I would like to donate towards the full sponsorship of a Balbhavan child i.e. Rs.15,000 for a year for his maintenance and education. The training and education that the Fr. Agnel Ashram Fathers give these boys is most commendable.

**Melba Patrick Gonsalves/Delphina P.  
Gonsalves, Vasai**

We wish to contribute to Fr. Agnel Ashram an amount of Rs.11,000 vide a cheque. This amount is for the well-being and upkeep of the Balbhavan boys and for the necessities of Fr. Agnel Ashram.

**Kassandra Fernandes, Bandra (W), Mumbai**

Our intention is to offer a generous monetary aid of Rs.15,000 to Fr. Agnel Ashram and the charitable activities carried out by the Society.

*Jesus said, “I am the resurrection and the life.  
The one who believes in me will live, even though they die.” -John 11: 25*



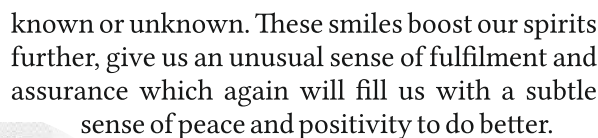


The most important, yet one of the most neglected or underrated thing around us today, is 'HEALTH'. Since the time, men have replaced the alphabet H from it with a W, lifestyle, today has become topsy-turvy and health has gone for a toss. We have become robots or machines that are continuously running a race which has no finishing line. We are all just trying to 'fit in' into the standards of society that we ourselves have created. Sleep, rest, family time, self-time etc. have all taken a back seat and career, wealth, status, power and position have occupied the ticket-free front row in the theatre of our lives. Oh! Such a mess.

Basic understanding of this simple word would be well-being of **body, mind and soul**.

Yes! Truly, the meaning is extremely basic and simple. However, it has deeper roots to it, if one pays more attention. Usually we focus more on our physical or bodily well-being. So in case we catch a cold, flu, or we get a wound or a headache, we immediately try to seek professional help and make amends to cure it at the earliest. We eat healthy food, keep ourselves hydrated, undergo routine health checkups etc. which is all very essential and good. But do we see the same kind of attention and importance given to the other two aspects of well-being or health? Do we realise that, the well-being of body, mind and soul is interdependent?

Health of mind and soul is equally important and needs our attention and focus. Well-being of mind comes from a state of peace, sense of freedom, and a true feeling of positivity. Where and how do we find this complex mixture of emotions? It's yet again a virtuous cycle, of a state of mind and our thoughts and actions. The more we are at peace, with ourselves, with others, with our surroundings, we feel positive and free. This positivity and joy reflect on our mood, thoughts and eventually our actions. With our smiles or words of kindness, we attract good people around us, with our cheerfulness and calmness we spread joy, which can brighten even a gloomy day, and lighten a dull mood. We end up bringing bright smiles on the faces of people around us, be it



On the other hand, the well-being of Soul, would seem a little more abstract and complex. A hungry body can be fed with food, but a hungry soul? It can be fed substantially with spirituality and goodness. One should nourish their souls with good thoughts, by connecting with oneself, with God, with nature etc.

Disconnecting, from yourself or people  
will only lead to feelings of loneliness,  
disbelief, self-doubt and poor confidence.

A chronic or perennial state of negativity and disconnection can lead to degradation of social well-being, cause psychological issues and eventually ill-physical health too. That's how the 3 aspects of well-being are linked and inter-dependent. Connecting with oneself, through some alone time, yoga, exercise, listening to music, indulging in self-grooming etc. Connecting with nature, through gardening, getting down into the fields and soiling your hands and feet, caring for pets, enjoying the sweet fragrance of flowers etc. Connecting with others around us through social events, handshakes, warm hugs, hearty conversations. Connecting with God, by deepening one's faith, through prayer and meditation etc. all these are immensely important for a healthy lifestyle.

When I talk about my health, is it just about me? No! Definitely not. For us to be healthy, we need to strive in a healthy environment, live with a healthy family in a healthy society! At times, unfortunately we fail to realise or understand the kind of ecosystem we live in, wherein each organism is inter-dependent and co-exists. We need to remember that health begins at home, in schools, workplaces, and our surroundings. Only then can we talk about a healthy country, or a healthy planet.

As human, we know that ill-health is inevitable, so precautions and care is what keeps us going, however, it's not possible to live happily at all times, and in adversities of life. So just as we seek professional help, in case of a fever, why do we

step back in seeking help in times when we feel anxious, or depressed or overwhelmed or overburdened? In feelings of loneliness and panic why do we lock ourselves within ourselves or houses and try to pretend to the world? That everything is as normal as it had always been? Why do we crush our confidence further? When we can just go out there, acknowledge our feelings and emotions and seek some guidance or help from a professional?

### Marching towards good health

**This April, as we celebrate the World Health Day in commemoration of the beginning of the WHO – World Health Organisation, with the flashing theme of 'Health for all', let us pledge, to take our health very seriously, give equal importance to health of mind and soul as we give to the well-being of our body.**

While we ensure our good health, let us not forget to care for those around us, or family members, especially our elders and kids, let us also focus on the health of our pets, and nurture them well. Let us not forget about our Environmental health, since COVID-19 has taught us some of life's essential lessons, one of which is that, a healthy environment will ensure a healthy individual. Let us be socially aware and alert about the

happenings around the world. Let us protect our nature, plant more trees, reduce the carbon footprint, avoid creating concrete jungles etc. because, only if we nurture nature, the nature will nurture us.

In conclusion, I am reminded of yet another important lesson taught to us by the deadly COVID-19 Virus, that life is extremely precious. Nobody knows, how much of life we have with us to live, till we breathe our last. So each day has to be lived, as if tomorrow doesn't exist. Enjoy the little joys of life, spend time with family, go on vacations, take a break from routine, dream big, immerse yourself in whatever makes you happy. Go take that leap, go live your life, because we're not

promised tomorrow. Let us focus on our health as well as of those around us, let's make 'health for all' our motto!



***Tancia Pires** from Goa is currently pursuing Masters in Medical Imaging technology, a branch of Radiology. She is passionate about writing, acting and singing.*

## AGNEL CO-OPERATORS

You can join the Ashram Family by becoming a member of Agnel Co-operators and enjoy the fruits of a Special Sunday Mass offered at Fr. Agnel Ashram, Bandra, for all the members. You will also enjoy the fruits of all the prayers and good works of the Agnel Ashram Fathers and entire Agnel Ashram Family.

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Benefactors : Rs. 3000/-  
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#### Please contact:

**Rev. Fr. Superior**, Fr. Agnel Ashram, Bandstand, Bandra (W), Mumbai-400 050.

## Career Guidance

-Tony Menezes

***"A career is not a job, a career is a calling." - Stephen Covey***

A career can be defined as an occupation or profession that someone has chosen or has been trained for.

Career guidance can be one of the most important services that schools can offer to their students. By providing information and support, schools can help young people make informed decisions about their future careers.

There are a number of different factors one should take into consideration when making career decisions. The most essential ones are understanding your strengths and interests. It is crucial to find a career that matches these factors, as it will ensure enduring success and job satisfaction.

Another important element is the current job market scenario. It is necessary to consider whether the career you are interested in is in demand, and whether one will be able to find a relatively good job on completion of your academic pursuits.

Finally, it is equally important to consider the financial aspects of the chosen career. How much money can you expect to earn? Will you be able to afford to live a comfortable lifestyle? An honest and well researched answer is needed here.

*Here are some tips for finding the right career path:*

- 1. Network on a regular basis.** Connect with other people to exchange information and ideas. Don't live in isolation.
- 2. Do some research on your primary interests and skills.** This will help you determine what careers match your interests and talents.
- 3. Be a lifelong learner.** Be open to new experiences and pay a lifelong interest in learning.
- 4. Pay attention to industry news.** Know what is happening in the industry of your chosen career.
- 5. Use career assessment tools to help you explore different career options.** Start by making



a list of your achievements / accomplishments or some other "satisfying experiences" you've had over the past 1 or 2 years that you feel proud of - those that you did well and enjoyed doing. Now note how you did them

and what happened - these are your skills.

**6. Interact with people who work in different careers.** Ascertain what they like and dislike about their jobs.

**7. Visit job fairs and job search websites** to learn more about different careers.

**8. Make plans to be flexible** as and when required.

**9. Attend information sessions and career workshops** to learn more about specific careers.

**10. Shadow someone who works in a career you are interested in.** This will give you a better idea of what the job is like.

There are a number of reasons why choosing the right career is so important. Firstly, having a career that you enjoy and are zealous about can make you more happy and fulfilled in life. Secondly, choosing a career that is in line with your skills and interests can help you to be more successful in life. Finally, having a career that you are passionate about can also be a source of meaning and purpose in your life.

In conclusion, some common indicators of a successful career include earning a good income, having a secure job, enjoying your work, and feeling fulfilled by your career.



*Tony Menezes is a writer, aspiring poet, hospitality management professional and animal lover.*



## JUST FOR FUN

-Christine D'Sylva

*Hi everyone! It's a new month, a month that heralds hot summer days. Also we have April Fool's Day on 1<sup>st</sup> April and, of course, Easter that has promoted Christianity to spread all over the world, namely Easter, the Resurrection of Jesus Christ. Easter teaches us to learn that the past is over but we can look at our present and future with a spirit of new hope and positivity. On that positive note, let's start...*

### April Fool's Day



This is celebrated in many countries. It derived its name from the custom of playing practical jokes on this day. The origins of this day are debatable. However, some countries have their own unique ways of celebrating this day. In France, the fooled victim

is called *poisson d'avril* which translates as April fish. It is common for French kids to pin a paper fish on the backs of unsuspecting friends. In Scotland, the day is Gowkie Day for the gowk or cuckoo and signs such as "kick me" are pinned to friend's backs. When someone has an April Fool's Day trick played upon them, the prankster will gleefully shout, "April's Fool!"

One of the most popular pranks was aired in 1957 on BBC when farmers were shown plucking spaghetti from trees. The BBC received so many calls from viewers asking where they could buy a spaghetti plant that they had to own up to the hoax!

Dating app Tinder in a prank announced that it was launching a height verification tool, to bring truthfulness back into the world of online dating.

Automaker BMW announced on April Fool's Day that it was introducing a new car paint called 'Lunar Paint' that charges electric vehicles by moonlight by using revolutionary photovoltaic technology to passively recharge the car battery in the hours of darkness.



### Quiz

1. In which country does April Fool's Day last for two days?
2. Which is the feast of Jesus that is celebrated the Sunday after Easter?
3. The Mango is called the

King of Fruits but which fruit is called the queen of fruits?

4. Which is the hottest city in India that recorded 50 degrees Celsius?

### Riddles



1. What has many keys but cannot open a lock?
2. What has lots of holes but still can hold water?
3. What begins with an e but can hold only a letter?



### Smile Please

A guy's plea.

Dear Google, Please stop behaving like my wife. Will you please allow me to complete the whole sentence before you start guessing and suggesting?

Teacher: If you give Rs. 10,000 to your friend but he needs only Rs. 4000, how much will he return?

Student: Zero.

Teacher: You do not know Maths?

Student: You do not know my friend.

Wife: I am not talking to you.

Husband: Okay.

Wife: Don't you want to know the reason?

Husband: No, I respect and trust your decision!



## The Easter Bunny

The Easter Bunny is a folkloric figurer and symbol of Easter depicted as a rabbit bringing Easter eggs.

As part of the legend, the bunny comes with his basket carrying coloured eggs as well as candy and toys. He visits the homes of kids similar to Santa Claus. Rabbits do not lay eggs yet they are a symbol at Easter. Why? This is because in Germany, rabbits have been associated with spring and fertility for the rabbit was the symbol of Eostre who was the German goddess of spring and fertility. Eggs denote new life and birth and we all know Easter is the resurrection of Christ. Thus an Easter bunny carrying eggs seems like a fitting symbol of Easter.



## Inspiring Easter Quotes

"Do not abandon yourselves to despair. We are the Easter people and Halleluiah is our son." - Pope John Paul II

"The very first Easter taught us that life never ends and love never dies." - Kate McGahan

***Well, that's all for this month. God bless and take care!***

## Answers

### Quiz

1. Scotland. 2. Feast of Divine Mercy.  
3. Mangosteen. 4. Sri Ganganagar in Rajasthan.  
It has recorded 50 degrees Celsius temperature.

## Riddles

1. Piano 2. Sponge 3. Envelope

## Brain Teasers

1. The woman was a photographer  
2. Ice-cube  
3. 15  
4. 3

## Brain Teasers



1. A woman shoots her husband. Then she holds him underwater for over five minutes. Finally, she hangs him. Yet her husband is alive and well. How can this be?

2. What is made up of

water but when you place it in water, it dies?

3. If  $X + X = 40$ ,  $Y + Y = 10$ ,  $Z + Z = 20$  then  $X + Y - Z = ?$

4.  $A + B = 20$

$A - B = 10$

A divided by B = ?



**Christine** is an author of over 30 books available on Amazon worldwide in paperback and Kindle. She also enjoys playing the piano and has a YouTube cooking channel Christine D'Sylva's fusion kitchen.

## READER'S FEEDBACK

We have increased the number of pages of *Fr. Agnel Ashram News*, from 20 to 28, to bring you more interesting articles. We would love to hear from you. Share your views at **[agnelashramnews@gmail.com](mailto:agnelashramnews@gmail.com)**

This magazine is available online.  
**Visit us at [www.agnelashram.org](http://www.agnelashram.org)**





# FR. AGNEL'S BLESSINGS

## THANKSGIVING FOR FAVOURS RECEIVED

**NALLASOPARA:** I am very thankful to Ven. Fr. Agnel for his kind intercession, for favours received. A thanksgiving offering of Rs. 1000 has been given to the Ashram.

-G.F. Dadti

## THANKSGIVING FOR SECURING A HOUSE AND A GOOD JOB

**USA:** We are very thankful to Ven. Fr. Agnel for helping me fulfil my dreams of a house and a good job. We have come to the Ashram and made an offering of Rs. 37,500.

-S. & D. Bhagat

## THANKSGIVING TO VEN. FR. AGNEL

**VASAI:** Through the kind intercession of Ven. Fr. Agnel, our family has been blessed abundantly. With a grateful heart, I have come to the Ashram and made a love offering.

-S. Gonsalves

## THANKSGIVING FOR BLESSINGS RECEIVED

**CHEMBUR:** Through the kind intercession of Ven. Fr. Agnel, I have received many favours. With a grateful heart, I have made a love offering to Fr. Agnel Ashram, Bandra.

-T. Fernandes

## GIFT OF A BABY GIRL

**VASAI:** Through the kind intercession of Ven. Fr. Agnel, I have been blessed with a baby girl. A thanksgiving offering has been sent to the Ashram.

-A. M. Martin

## THANKSGIVING FOR PRAYERS ANSWERED

**BANDRA:** Through the kind intercession of Ven. Fr. Agnel, I have received many favours. A love offering has been given at Fr. Agnel Ashram, Bandra.

-S. Mascarenhas

## THANKSGIVING TO VEN. FR. AGNEL

**CHINCHPOKLI:** I am thankful to Ven. Fr. Agnel for helping me in many ways. I have come to the Ashram and made an offering.

-S. J. Dabre

## THANKSGIVING FOR PRAYERS ANSWERED

**BANDRA:** Through the kind intercession of Ven. Fr. Agnel, my prayers have been answered. A thanksgiving offering has been given to the Ashram.

-O. D'Silva

## THANKSGIVING FOR SUPPORT RECEIVED

**UTTAN:** I am thankful to Ven. Fr. Agnel for supporting our family. With a grateful heart, I have come to the Ashram and made a love offering.

-V.R. Nunes

## THANKSGIVING FOR A HAPPY FAMILY

**KALYAN:** Through the kind intercession of Ven. Fr. Agnel, the prayer requests of our family have been granted. A thanksgiving offering has been sent to the Ashram.

-B. Samuel

## THANKSGIVING FOR A BABY GIRL

**VASAI:** Through the kind intercession of Ven. Fr. Agnel, my prayers have been answered. A love offering has been sent to the Ashram.

-H.S. Pereira

## THANKSGIVING FOR SUCCESSFUL OPEN HEART SURGERY

**THANE :** I am thankful to Jesus Christ and the kind intercession of Ven. Fr. Agnel D'Souza for a successful open heart surgery.

-R. Sequeira



## OUT OF THEIR BOUNTY

P.Srivastava	Mumbai	67,000	Bestus	Mumbai	2,000	S. D'Souza	Mumbai	1,000
Melini	Mumbai	20,000	C. Engles	Punjab	2,000	S. Pandya	Mumbai	1,000
S. Carvalho	Mumbai	20,000	C. Rodrigues	Pune	2,000	S. Vaghela	Gujarat	1,000
H. Barjorji	Mumbai	11,400	Catherine	Mumbai	2,000	Sharon	Mumbai	1,000
A. Coelho	Hyderabad	10,000	D. Popat	Mumbai	2,000	Shilpa	Kerala	1,000
J. Machado	Mumbai	10,000	E. Lobo	Mumbai	2,000	Stella	Tamil Nadu	1,000
L. D'Silva	Karnataka	10,000	E. Menezes	Vasai	2,000	U. Desai	Mumbai	1,000
R. Fernandes	Pune	10,000	F. Thekketh	Kerala	2,000	U. Shah	Mumbai	1,000
S.Panjikaran	Kerala	10,000	H. Kenny	Mumbai	2,000	V. Lemos	Palghar	1,000
Serge/Sanway	Mumbai	10,000	Irudayaraj M.	Tamil Nadu	2,000	V. Karani	Mumbai	1,000
T. Saldanha	Thane	10,000	J. Saldanha	Mumbai	2,000	Y. Britto	Mumbai	1,000
Urvi Agency	Mumbai	10,000	J. Shetty	Mumbai	2,000	S. Fargose	Vasai	900
S. George	Oman	8,500	John	Karnataka	2,000	S. Rane	Mumbai	840
P. Mistry	UK	8,001	K. Jose	Kerala	2,000	Neena	Kerala	800
Aline/lazar	Navi Mumbai	8,000	M. Fernando	Tamil Nadu	2,000	G. Fonseca	Mumbai	750
M. D'Cruz	Mumbai	8,000	PAM Infra.	Vasai	2,000	Joyce	Thane	600
E. D'Sylva	Mumbai	7,100	R. Fernando	Tamil Nadu	2,000	A. Bharania	Singapore	501
F. Fernandes	Mumbai	6,500	R. Francis	Kerala	2,000	A. Nalawade	Mumbai	501
M. Pereira	Pune	6,000	S. Ludrick	Maharashtra	2,000	Bhabha I.	Mumbai	501
R. Almeida	Vasai	6,000	S. Thomas	Kerala	2,000	K. Parsottam	Diu	501
A. Fernandes	Mumbai	5,000	V. Pais	Karnataka	2,000	M. Mistry	Nashik	501
Aroha	Pune	5,000	W. Fernandes	Mumbai	2,000	M. Solanki	Mumbai	501
B. Gonsalves	Vasai	5,000	I. Dabre	Vasai	1,900	S. Sawant	Mumbai	501
C. Chemmannoor	Karnataka	5,000	V. Badge	Mumbai	1,552	S. Wakode	Mumbai	501
Deepak	Mumbai	5,000	A. Kuttikadan	Thane	1,500	A. Braganza	Mumbai	500
F. Antony	Kerala	5,000	Jennifer	Mumbai	1,500	A. Dedhia	Mumbai	500
J. D'Souza	Mumbai	5,000	M. D'Souza	Mumbai	1,500	A. George	Thane	500
J. Ghosh	Mumbai	5,000	N. Manmoawqai	Mozambique	1,500	A. Nadar	Mumbai	500
J. Malaviya	Maharashtra	5,000	R. Commissariat	Mumbai	1,500	A. Vyas	Mumbai	500
J. Puthur	Kerala	5,000	R. Deshpande	Maharashtra	1,250	Amrithraj	Tamil Nadu	500
J. Thakkar	Mumbai	5,000	R. Patel	Mumbai	1,250	B. Martin	Orissa	500
K. Dabre	Mumbai	5,000	L. Tuscano	Vasai	1,100	C. Menezes	Mumbai	500
M. Mascarenhas	Karnataka	5,000	M. James	Kerala	1,100	D. Sawant	Mumbai	500
M. Miranda	Vasai	5,000	D. Patel	Mumbai	1,001	D. Naidu	Mumbai	500
M. Shah	Mumbai	5,000	M. Pattani	UK	1,001	G. Coutinho	Karnataka	500
R. Gandhi	Canada	5,000	N. Dandiwalla	Mumbai	1,001	G. Jignesh	Gujarat	500
R. Natalwall	Mumbai	5,000	S. Parekh	Mumbai	1,001	H. Desai	Mumbai	500
R. Parikh	Mumbai	5,000	A. D'Costa	Mumbai	1,000	H. Patel	Gujarat	500
R. Shelke	Pune	5,000	A. Doshi	Mumbai	1,000	H. Williamross	Tamil Nadu	500
R. Thanki	Mumbai	5,000	A. D'Souza	Mumbai	1,000	Hiral	Gujarat	500
S. Dabre	Mumbai	5,000	A. Rodrigues	Pune	1,000	J. Baptist	Tamil Nadu	500
S. Punwani	Mumbai	5,000	A. Santhappan	Tamil Nadu	1,000	J. Tijoriwalla	Mumbai	500
Stf Charities	Kerala	5,000	A. Stephen	Tamil Nadu	1,000	J. Travas	Thane	500
Subramaniam R.	Mumbai	5,000	B. Dutt	Kolkata	1,000	K. Doshi	Mumbai	500
A. Alangaram	Tamil Nadu	4,500	C. Mange	Thane	1,000	K. Kochala	Kerala	500
A. Soares	Mumbai	4,000	C. Rodrigues	Vasai	1,000	K. Varghese	Kerala	500
Jose K.	Kerala	4,000	D. Alphonso	Mumbai	1,000	L. Chacko	Mumbai	500
M. Cardoz	Mumbai	4,000	D. Bhosle	Mumbai	1,000	M. Crasto	Goa	500
R. Dabre	Vasai	4,000	D. Ferreira	Vasai	1,000	M. Mendonca	Daman	500
R. Menezes	Karnataka	4,000	Darragh Smail & Co.	Kerala	1,000	N. Amolik	Ahmednagar	500
H. Bharucha	Vasai	3,001	G. Arputharaj	Tamil Nadu	1,000	N. Pande	Switzerland	500
A. Crasto	Thane	3,000	G. Dadti	Palghar	1,000	N. Tribhuvan	Pune	500
A. Daniel	Kuwait	3,000	G. Kelawalla	Mumbai	1,000	P. Baby	Kerala	500
B. Vaz	Mumbai	3,000	H. Gupta	Mumbai	1,000	Prince	Mumbai	500
D. Anthony	Gujarat	3,000	H. Miranda	Karnataka	1,000	R. Daniel	Mumbai	500
F. Solanki	Palghar	3,000	H. Pereira	Virar	1,000	R. Das	Mumbai	500
M. Mody	Mumbai	3,000	J. Fernandes	Goa	1,000	R. Fernandes	Mumbai	500
P. Alois	Gujarat	3,000	J. Thomas	Kerala	1,000	R. Jadhav	Mumbai	500
R. Viji	Kerala	3,000	Jesuraja	Mumbai	1,000	R. Patel	USA	500
S. Nunes	Vasai	3,000	K. Amma	Kerala	1,000	R. Victor	Tamil Nadu	500
Stanly	Mumbai	3,000	K. Fernandes	Mumbai	1,000	Roque	Mumbai	500
Techno Prod.	Chennai	3,000	M. D'Souza	Thane	1,000	S. Desai	Mumbai	500
A. Serrao	Mumbai	2,500	M. Joseph	Pune	1,000	S. D'Silva	Vasai	500
D. Mahyavanshi	Mumbai	2,500	M. Seixas	Australia	1,000	Navi Ghodke	Navi Mumbai	500
J. Jose	Kerala	2,500	M. Taylor	Thane	1,000	S. Gonsalves	Vasai	500
Abhilasha/Hiren	Mumbai	2,450	N. Babu	Kerala	1,000	S. Lath	Daman	500
M. D'Mello	Thane	2,450	N. Dkhar	Meghalaya	1,000	S. Patel	Gujarat	500
F. Jetha	Daman & Diu	2,001	N. Paulose	Kerala	1,000	S. Peters	Gujarat	500
A. Dias	Vasai	2,000	N. Rajput	Gujarat	1,000	S. Raylerson	Kerala	500
A. Kelawalla	Mumbai	2,000	R. D'Souza	Palghar	1,000	S. Sandhu	Mumbai	500
A. Krishnan	Mumbai	2,000	R. Johnson	Kerala	1,000	S. Shah	Mumbai	500
A. Michael	Mumbai	2,000	R. Koli	Vasai	1,000	T. George	Kerala	500
A. Pereira	Mumbai	2,000	R. Sebastian	Kerala	1,000	T. John	Kerala	500
A. Rane	Mumbai	2,000	R. Varghese	Kerala	1,000	T. Sequeira	Vasai	500
A. Suresh	Mumbai	2,000						

# Bob's Banter

by Robert Clements

## A Risen Lord, Stretched His Arms to Me..!

A Risen Lord stretched out his arms to me!

I smiled at friends as we sat in the bar, "We'll stand by you through thick and thin," they slurred drunkenly, and we raised a toast to each other in a stupor of revelry. I looked for those same true friends as I faced dishonour later from biased enemies, not one did I find near me!

But, a Risen Lord stretched out his arms to me!

I looked at the family as they stared back at me. "What love there is over here my God," I whispered, "with such love nothing else do I need!" I looked for those loved ones as I sat ashamed, admitting to wrong I'd done. "How could you?" they whispered and turned and walked away. "Mercy!" I cried, "Mercy!" But there

"Drink of me!" said the golden fire, "Sip, swallow, swill down my intoxicating fumes till I carry you on the wings of forgetfulness!" I held the glass close to my lonely heart and felt companionship, never felt before. I gulped and felt new strength in my veins and my spirit felt renewed like the eagles. "What a friend you are!" I cried and sprang from my unkept bed only to fall flat on my face. Bottled fire laughed as it beckoned me to one more sip. "You liar!" I cried and watched my hand fall, too weak to pick up glass again.

A Risen Lord stretched out his arms to me.

They came and stood around me to watch me die:

My Friends, Loved ones, She and the Bottle!



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was none in their eyes and if there was, they'd gone too far away for me to see.

But, a Risen Lord stretched out his arms to me!

She stood before me, while my loved ones left. "I'll never leave you," she said and stretched out her sensual hands to wrap around me, "You're the world's greatest lover!" she whispered, "Ah how good you are!" I, like David of old, luxuriated in the arms of passion, till one day, infirmity and influenza made my physical prowess weak. I watched as she picked up bed and walked away to lie with another, younger and stronger than me. "Come back," I cried, but my cry so feeble did not travel farther than me.

And a Risen Lord stretched out his arms to me.

Liquid gold stared back at me from bottled glass.

"Loser!" cried my friends.

"Sinner!" whispered my loved ones.

"Weakling!" mewed the woman.

"Drunk!" spluttered the bottle.

But I stared past and the Risen Lord was still stretching out his arms to me, "God," I cried and crept broken, weak and shattered to the cross.

I watched as the Risen Christ stretched out his arms to me, "My son!" He cried and I stood at the cross, proud, fearless and whole as His arms wrapped themselves on a new free me...!

**Robert Clements** is a newspaper columnist, whose column has graced over 80 newspapers and on certain days has a readership of over 6 million. He can be contacted at [bobsbanter@gmail.com](mailto:bobsbanter@gmail.com)





## HEART AND SOLE RUN (5th Edition) receives overwhelming response

The Rotaract Club of Fr. Conceicao Rodrigues College of Engineering conducted the Heart and Sole Run, on the 19th of March, 2023, starting with participants reporting at 5.30 a.m. It is a flagship event of the Rotaract Club and has successfully reached the milestone of being in the 5th edition. The annual event in Bandra draws over 1000 participants every year.

The Heart and Sole Run covers four runs, including the Soul run, Dream run, Explode run, and Zenzi run of 1.5 km, 5 km, 10 km, and 15 km, respectively. The Chief Guest, Dr. S. S. Rathod, Principal, Fr. CRCE, flagged-off the 15 km Zenzi run at 5.55 a.m. It was followed by the 10 km run at 6.15 a.m., the 5 km run at 6.45 a.m. and the 1.5 km Sole run at 7.15 a.m. The synergism of the participants, before the commencement of the runs, in the Zumba session by Gagan Singh, had already set the tone of the event at the college entrance.



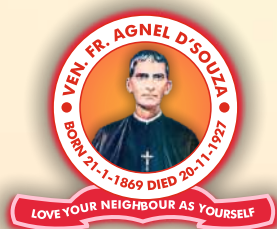
A cool-down session along with the certificates, medals, and breakfast was arranged at the college quadrangle. This colossal participation was a result of the untiring efforts of the Rotaract Club of Fr. CRCE, as it rightly realised the significance of toning down anxiety levels and weight, only to enhance cardiovascular fitness, mood, and self-esteem.

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**A Happy & Holy Easter  
to all our friends, benefactors & well-wishers.  
From Fr. Agnel Ashram Community & Balbhavan Children.**



**If not delivered please return to**

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