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GOOD SHEPHERD CHURCH, ANDHERI WEST, MUMBAI 400053

SEPTEMBER 2021



OUR VISION
FAMILIES IN COMMUNION WITH
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From the Pastor's Desk

In The Footsteps of Mary

It's been 3 months since I moved into this Parish, in the midst of this crippling lockdown. But I was happy to see that the spirit of the parishioners of Good Shepherd Church was not crippled. There was the urge to connect and act. Zoom meetings followed (about 2 to 3 meetings a week). The online masses commenced. The first event that brought us together was the virtual Felicitation on you tube for Parents and Grandparents on the occasion of Parents Day. Every Community responded with an item, with participation from several kids and youth. There were songs, dances and tributes in verse.



The large heart of our parishioners manifested itself in the prompt and overwhelming response to the appeal for help for Mahad, a region stricken by a devastating flood. Within a matter of 3 days a lot of material and cash flowed in from parishioners. The lockdown was not a constraint. A detailed account of this features in the pages of this issue of the bulletin. A big Thank You to those who organized the whole campaign from collection to immediate dispatch of all the material.

Then we had the 1st virtual Talent Contest, 'GS has got talent'. This was organized for age groups from 8 to 25 years and above. It evoked a good response from the parishioners, showcasing the best talent from the parish. From singing to instrumentals, from dances to magic tricks. All the performances were impressive. Watch it on the Parish You tube channel, you will surely enjoy it. Hats off to the Parish Youth Animation Team(PYAT) and the band of Youth along with Fr. Savio Lobo who put it together in such a short time.

We are now busy with the Novenas in preparation for the Feast of the Nativity of Our Mother Mary. We honor Mary who epitomized every Christian virtue. She showed sensitivity to others' needs when she intervened and interceded in Cana. She reached out to her cousin Elizabeth in her time of need. She showed tremendous Faith and submission to God's will even in the face of trying and incomprehensible circumstances in her life. These are Christian qualities that one will do well to imbibe.

Like Mary, our spirits are not crushed by the circumstances that the pandemic has put us into. We will labor on. We will together worship and work together to make His kingdom come.

And remember that our CH_ _CH is only complete when U R in it!

Your Pastor,
- Fr. Anil Rego

WELCOME... Our New Fathers!



We are very pleased to welcome Fr. Anil Rego, who will be serving our Good Shepherd Parish as our parish priest from 2021 onwards. Since his appointment, he has already shown keen interest in the well-being of every parishioner and has also started getting involved in all the different

associations of our parish.

Those who have already had the pleasure of meeting Fr. Anil personally, will surely testify that he is humble, understanding and always available for a friendly chat. Among his many interests and skills, Fr. Anil loves music and is a talented guitarist. He was brought up in Mumbai and belongs to St. Theresa's Church, Bandra (West). After his graduation in BA, BEd, he joined the Seminary and was ordained a Priest on 9th April, 1988. Since then he has been a part of the priesthood for the last 33 years.

What's more, Fr. Anil has also been the Asst. Director of Catechetics at the Diocesan Pastoral Centre, Bandra (West). He initially had started his journey as a principal at St. Anthony's School, Yari Road, Versova. He then moved on to Antonio DeSouza, Byculla and St. Pius, Mulund. He has also served as a Parish Priest at the Nativity of Our Lord Church, Kandivli (East) and also at St. Francis d'Assisi in Bandra (West).



The parishioners of Good Shepherd Church, Four Bungalows feel extremely blessed to have Fr. Anil as our new parish priest.

We are happy to welcome Fr. James D'Costa to the Good Shepherd Parish Family. Fr. James was born and brought up in Vasai

and belongs to Our Lady of Fatima Church, Chulne, Vasai. He is an Arts graduate and was Ordained on 05th April, 1986. Since then he has completed 35 years of priesthood.

He started his journey at Holy Spirit Church, Nandakhal, and later at St. Francis Xavier for a year, after which he was deputed for B.Ed. Post his graduation in B.Ed, Fr. James has served in many other well-known churches like Holy Magi Church in Gorai, Our Lady of Lourdes Church in Kalyan (West) and at St. Anthony's Church in Malwani, Malad (West).

What's more, Fr. James has also served as a Parish Priest at Our Lady of Lourdes Church in Uttan and Our Lady of Lourdes Church in Kalyan (West). We are so glad that he is now part of our Parish since June 2021. May Almighty God bless them with knowledge and wisdom to shepherd their flock. We wish them both a happy and fruitful ministry and look forward to their guidance in enriching our faith in God.

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Insurance Consultant for Good Shepherd Parishioners

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WELCOME To Our Parish, Wishing You All The Best In Your Ministry



I am Sr. Nilam Denis Hari (CCR), a native of Mumbai. I have been serving this Congregation for the last 12 years as a Teacher. I had a beautiful experience teaching children in North Indian mission areas, I am happy to be in St. Louis Convent and be a part of the St. Louis Community, Zone 2 - Unit 1.

I am Sr. Suvarna Bhandari from Mumbai. I had worked in St. Louis Convent, Andheri West as a Junior Sister in the year, 2011 - 2012. I am happy to be back as a Teacher in the same school.



I am Sr. Sunita John Pereira (CCR) from Mumbai. I was serving in a mission in Jammu and Kashmir for the last 2 years. I am happy to be a part of St. Louis Convent and Good Shepherd Church, Andheri West.

- Dora M

Flock Bleat (News)

What A Relief Operation It Was For Mahad!

This was in response to the Distress Message sent out for the Mahad Flood Relief Victims from Fr. Pravin to Fr. Nigel Barrett, Spokesperson of the Archdiocese of Mumbai and Parish Priest, Rosary Church, Dockyard, which was forwarded to our Parish Priest, Fr. Anil Rego. Simultaneously, the message was forwarded by Fr. K.T. Emmanuel to our Parish Co-ordinator, Anita Rodricks on Sunday, 26th July 2021, which was put up on our PPC group. As soon as the message was received, the ball got rolling.

Pope Francis declared in March, this year as 'AmorisLaetitia Family' (Year of the Family). And true to its word, at lightning speed, our Families, our Communities and our dear Parishioners rose to the occasion and contributed generously within the next 24 hours. They say 'Seeing is Believing' and believe me, it's not an exaggeration! Our church extension was nearly full with the contributed items. So much

so, that a single tempo was not sufficient. Even till the time of leaving, the contributions just kept pouring in. Our Bombay Catholic Sabha members then speedily arranged for a truck, and a truckload of these essential items like bottled water, grains, biscuits, oil, sugar, salt, tea, candles and other relief materials were loaded onto the truck which then left at 4.00pm on Monday, 27th July 2021. Two of our members, Freddy D'Souza and Walter Pereira, accompanied the truck and on behalf of our parish, personally handed over the items to Fr. Nigel Barrett for its onward journey to Mahad. We later got to know they both reached their homes at 9.00pm!

This was undoubtedly one of the fastest relief provisions ever given by our parishioners. Our Parish has proved once again that 'No one should be left in want'.



In a 'Thank You' note from Fr. Pravin, he said, 'The Mahad situation was very grim. Most of Mahad and surrounding areas were submerged under 15 to 20 feet of water and the situation was worse than ever before as landslides devastated the town'. Fr. Pravin

had expected just 2 trucks, but to his joy, 6 full trucks of relief items reached him. He has thanked each and everyone and all the parishes in the Archdiocese of Mumbai profusely for coming to their aid.

- Dora Martis

The Bombay Catholic Sabha

Mahad Flood Relief

A truck arranged by our Bombay Catholic Sabha members fully loaded with essential items like grains, bottled water, candles and relief materials which were contributed generously by our Parish Families and Communities were sent to Mahad for the flood relief victims on 27th July, 2021.

Independence Day Flag Hoisting

Our Parish Priest, Fr. Anil Rego hoisted the flag at 10.00 am on 15th August 2021 in the presence of a few of our BCS members and parishioners. There were only a few people present as we had to follow the Covid rules as per the Government Orders. National Flags made from seed paper with embedded Marigold, Basil, Tomato, and Chilli seeds, which could be sown



in the soil were distributed. The intention behind this was to promote zero waste.

We thank God for his many blessings on us and our families and may our Parish Unit continue its journey towards creating 'A Better Tomorrow Today'!

- Dennis and Sandra Soni



99 Tips for a Divorce-Proof Marriage

Marriage is tough on men, women, and children. Living with another person for years in the same house while facing the challenges of raising children, financing your life, working and dealing with health problems is never easy. So if you want a rock solid marriage, one that will go the long haul - read these words of advice carefully, and write them on your heart!

1. Always remember what drew you to each other in the first place.
2. Make a written and recorded commitment that divorce is not an option.
3. Say I love you to one another every day.
4. Give a hug or kiss every day.
5. Do not withhold intercourse unless by mutual consent or special circumstances!
6. Enjoy at least one date night a week, and go above and beyond to make it special.
7. Become each others best friend.
8. Let no one get involved with your marital affairs, including parents, in-laws, and friends!
9. Exercise and work out together.
10. Put your children first, then your marriage, then your extended family, then everything else, in that order.
11. Become transparent with one another.
12. Set boundaries for your marriage. It's important that you both know what you can and cannot do.
13. Put aside your pride and ego – the winner of the argument is usually the loser!
14. Make their favourite meal.
15. Do things your spouse loves without basing it on their performance.
16. Don't go tit for tat. Learn to let go.
17. Don't let the sun go down while you angry – in other words, try to resolve the issue asap.
18. Create a fellowship of friends, and be around other happily married couples, they will remind you what's good about relationships.
19. Plan and surprise your spouse with romantic vacations as your budget allows.
20. Live a healthy lifestyle.
21. Don't keep any bank accounts hidden from one another.
22. Don't lie to each other. A hard truth is always better than an easy lie.
23. Do not entertain any relationship with ex-spouses or ex-boyfriends/girlfriends from your past. If children are involved, the relationship should be limited to them.
24. Spend some type of quality time with your spouse.
25. Invest in your marriage – do a marriage retreat at least twice a year.
26. If faith is a big part of your life, read your holy book together and discuss God's plan for marriage.
27. Renew your vows – remember your promise to your spouse at the altar – for better or worse, in sickness and in health.
28. Be ready to make many sacrifices – doing things you may not feel like doing.
29. Be ready to make compromises.
30. Listen to your spouse's guidance.
31. If your marriage is on the rocks, don't wait to get counseling.
32. Hear one another out.
33. Try to resolve problems and issues when you're both calm.
34. Instead of trying to be right, always look for the solution that brings peace.
35. Do NOT use sarcasm. It never leads to anything good.
36. Tell your spouse you can't live without them.
37. If you know you did wrong, be ready to make things right.
38. Be ready to apologize and be ready to forgive when the situation arises.
39. Fight for your marriage!
40. Understand that you need the love of your spouse and they need yours.
41. Keep good company around you. You want people who can encourage and uplift you. When you feel good it's easier to invest in the relationship.
42. Husbands, help out around the house. Remember that your wife is a helpmate, but that doesn't mean she does everything.
43. Wives, encourage your husband, give them praise. It strengthens them.
44. Find out your strengths and weaknesses and be ready to help one another with where you are weak.
45. Support each other's goals and dreams. No matter which has the "bigger" or "more ambitious" goal.
46. Always consult one another when making big decisions.
47. Give compliments to one another.
48. Understand that the neighbor's grass isn't greener, you just have to water your own lawn more.
49. Don't compare your marriage to someone else's – you don't know what is going on behind closed doors.
50. Watch what you let affect your mood or cloud your

thoughts. Today's reality shows, our society's view, and what you see on TV are not good examples of marriage. Find your own path.

51. Never embarrass your spouse in public – deal with your issues in private.
52. If needed, seek marital counselling, it can help.
53. Do not verbally abuse your spouse.
54. Do not physically abuse your spouse.
55. Do not bring up your past arguments and disagreements just to win a current one. You may win, but the bitterness you create will be much worse in the long run.
56. Never bring up or use something in an argument your spouse told you in confidence about themselves.
57. Let your spouse know you can be trusted.
58. Don't give your spouse any reason to feel insecure.
59. Read books on becoming a better husband.
60. Read books on becoming a better spouse. It's always good to get new ideas.
61. Learn the signs with which your spouse expresses their love. We each have our own way of showing affection.
62. Always be in a learning process with getting to know your spouses likes and dislikes.
63. If you are people of faith, go to a religious bookstore or your church and invest in marriage counselling materials.
64. Try not to let your children see you in disagreement or arguing.
65. Husbands, surprise her with roses and the like, not just for birthdays, holidays, and anniversary, but just because.
66. Wives, your husbands love surprises too. Put on one of his favourite nighties, just because.
67. Don't always try to get your way, but try to find a way that works for both of you.
68. Alone time – yes it's needed, but don't go overboard. Let your spouse know you're thinking of them.
69. It is healthy to spend some of your time with friends, so long as they respect your marriage and the commitment you took.
70. Never cheat. This goes without saying.
71. Never try to justify a wrong. Apologize and take responsibility.



72. Stay fit and looks your best for your husband or wife.
73. Hear your spouse out before jumping to conclusions.
74. Don't keep your spouse in the dark about things.
75. Never badmouth your spouse to anyone.
76. Keep your love life between the two of you.
77. Don't let single girlfriends or guy friends do anything to compromise your marriage.
78. Open your spouse up to new things that are healthy for him or her.
79. Be open to new things, allow your spouse the chance to treat you like a king or queen.
80. Communicate – he or she cannot read your mind.
81. Say what you mean, mean what you say.
82. Take your time to cool off, but when you start acting like roommates your marriage is in trouble.
83. Love, respect, loyalty, and faithfulness should all be a given.
84. Have a vision and purpose for your marriage.
85. Keep in mind your spouse is not your enemy but your best friend.
86. Don't look at marriage as an obligation but as a chance to love your significant other unconditionally.
87. Our character should reflect the fruits of spirit, love, patience, and kindness.
88. Your objective should not be to change your spouse, but for your spouse to see your change.
89. You can't change your spouse, but you can change how you love them and how you react to them.
90. Your objective should be to make your spouse a better person as a result of being with you, not by control, but by love.
91. Husbands, make love to her mind during the day and the rest will follow.
92. Wives, spend time encouraging him and supporting him and there is nothing you won't happily get.
93. Don't focus on your spouse's weakness, focus on their strengths.
94. Work as a team.
95. Ask your significant other for areas they can improve in.
96. Ask your significant other if there are any needs going unmet.
97. Take showers and baths together.
98. Leave love notes around the house.
99. Look into their eyes, touch their face, and give thanks to him or her who puts up with you during the good and bad times.

Little Flower Community (Zone 3, Unit 3)

The corona virus transformed our life as we fundamentally knew it. The mantras of today are 'Stay at home, Stay safe and Social distancing'. Who would have imagined that almost all over the world, nation states would ban individual free movement and the gathering of people? Borders were closed and planes were grounded. Normal social life and work came to a halt. Policing of people seemed the 'only' way to stop the deadly virus spreading further at least slow it down to a pace our medical systems could handle.

With a total lockdown on all Religious and Social institutions, we were confined to our homes where the future felt very uncertain. However, as the saying goes....'the show must go on'.

The Little Flower Community (Zone 3, Unit 3) tried to keep the community alive with the only tools that we had - adapting to virtual meetings (Zoom/Video) and home activities. We started the recitation of

the Rosary (every week and every day during May & October) and the Way of the Cross (during Lent) via Zoom.

We also celebrated Christmas, Easter and Women's Day giving gifts to our family members. Independence Day was celebrated by having a Marian Quiz virtually. We invited recordings and drawings based on Christmas and Grandparents/Parents Day from the children in our community which were then circulated to all via the Youtube link.

All in all, it was a fruitful year considering we were all confined to our homes. We pray to Almighty God that life returns back to normal soon. We also keep in prayer three of our members who passed away and pray that God grants them eternal rest and perpetual light shines upon them.

- Angela Fernandes

Little Flower Community, Zone 3, Unit 3

Mother Teresa's Unit (Zone 1, Unit 3)

On the occasion of the 'Nativity Feast of Our Lady', on 8th September, 2020, the members of our Unit decided to celebrate it differently by reaching out to the poor and marginalized sections of our society. A whopping sum of INR 38,190/- was collected during the nine days of the Novena and all the Unit members contributed generously to support this noble cause.

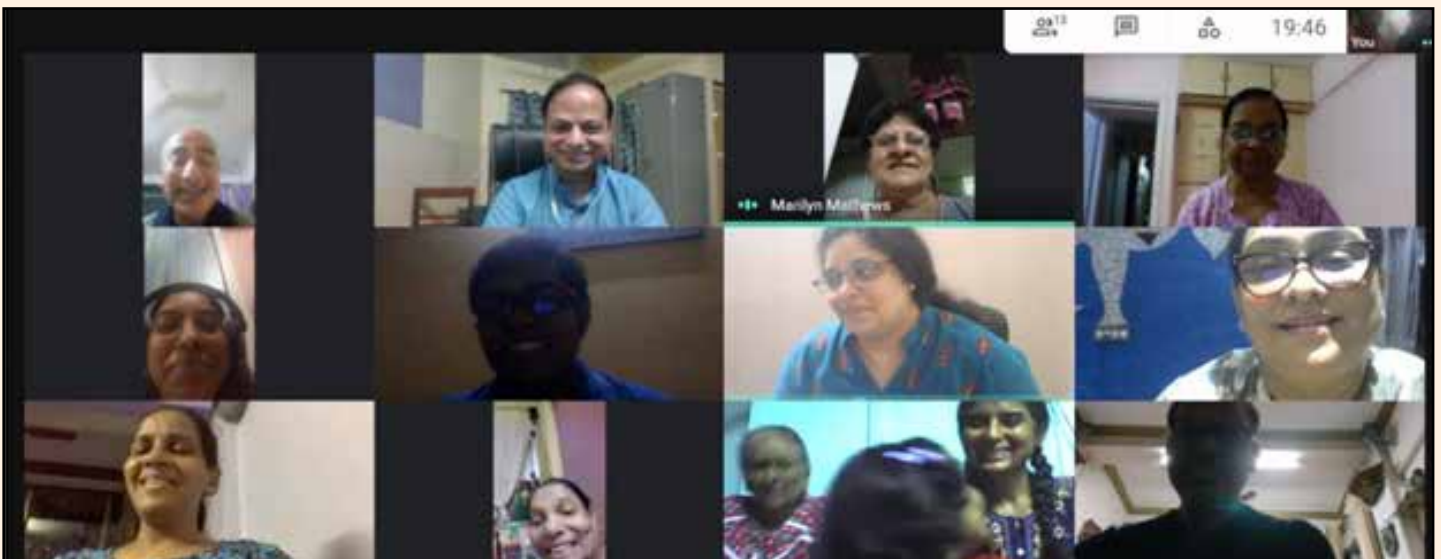
Help was rendered to the needy in the surrounding

vicinity in terms of Ration for 10 families, Electricity Bills, School Fees, Medical Tests, House Repairs, House Expenses etc.

We Thank Sr. Mary Jose, Our Spiritual Director and all the Nuns of Good Shepherd Convent for being 'Our Helping Hands' and helping us in this venture.

- Marietta Mendes, Zone 1, Unit 3

St. Anthony Novena Prayer Service - 12 June 2021

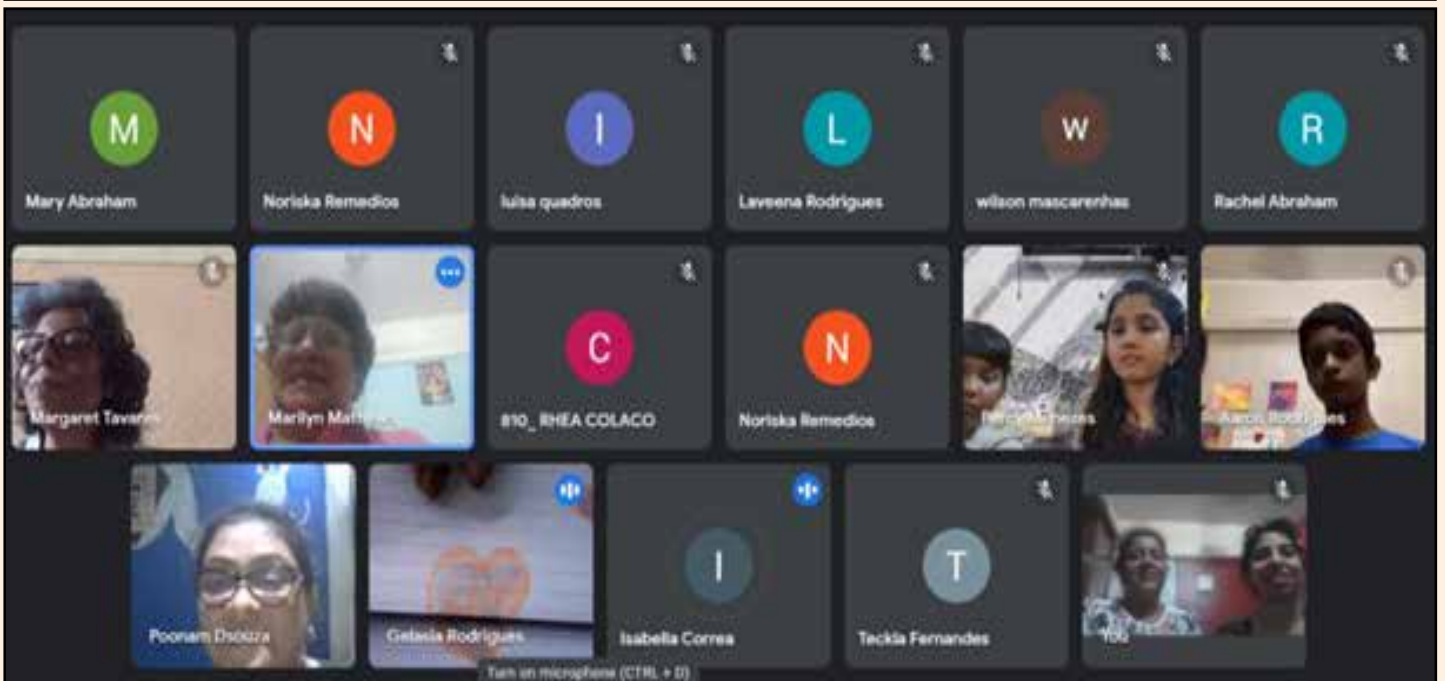


Immaculate Conception, Zone 3 Unit 1

We had an online St. Anthony Novena Prayer Service on 12th June, 2021 at 7:30 pm. It was a short prayer

service attended by members of our community. We ended the service with Fr.Savio blessing the members of our community.

Parents Day Celebrations - 25 July 2021.



National Grandparent's & Parent's Day is universally celebrated every year on the Fourth Sunday of July. This day is celebrated to recognise the role of Grandparents & Parents in each child's life.

So, on this note "Immaculate Conception" animators successfully organized an online Google Meet with a fun filled family gathering on 25th July, 2021. We started with an opening prayer, then followed with kids singing songs, giving speeches, showcasing their cards & drawings to express their love and gratitude towards their Grandparents & Parents, and not forgetting, even the grown-ups were expressing their very own real-life stories with their Parents which touched our hearts and some stories got us emotional too. That was not the end, we even had games where each one of us gave our best shot in answering, to

score a point. The one with the highest score won. This game took us to another level of fun. We then ended with a closing prayer.

I must say that we had a great time with all our enthusiastic animators and community members of all age groups. Thanking our animators is not enough as they deserve much more for adding these beautiful & memorable moments which will always be cherished. I'm sure each one of us would agree and would be looking forward to more of such events. Hat's off and continue to keep the spirit high.

Much Appreciated & God Bless

- Gelasia Rodrigues

Immaculate Conception, Zone 3, Unit 1

Purposeful Learning for a Career Edge

Peter Drucker quotes “We now accept the fact that learning is a lifelong process of keeping abreast of change. And the most pressing task is to teach people how to learn”

Learning is a skill. Reworking the mindset and developing skills to facilitate learning can boost personal and professional lives thereby delivering a competitive edge. The call for individuals and organizations to invest in learning and development has been growing by the day. Various forums and thought leaders have stressed on the reskilling & continuous learning imperative as the world will face scores of jobs transformed by technology. The era of stable and lifelong employment has been diminishing at an astonishing pace. The global pandemic has only highlighted the urgency on skill building. Many individuals are unable to cope with learning new and unfamiliar topics effectively primarily because only a small population of individuals have been trained & have inculcated the core skills and mindsets of effective learners.

Learning itself is a skill, and developing with enhancing it, is a critical driver for long-term career success. Individuals who have mastered the mindsets and skills of effective learning tend to grow faster than their peers and benefit immensely from the learning opportunities that come their way. Individuals who master these mindsets and skills of effective learners become intentional or purposeful learners: a must and important skill for professionals to cultivate in the coming decades to gain competitive edge. This will translate into tremendous value to both themselves and those in their professional circle.

Unlocking Intentionality

Formal learning opportunities accounts for only a small percentage of the learning experiences in one’s career. Everyday experiences and interactions offer tremendous learning opportunities, but only if

intentionally treated as a learning opportunity. While intentional learners embrace their need to learn, for them learning does not involve extra effort or an additional push but an almost natural, reflexive form of behaviour. Learning & seeking opportunities to learn is the mode and mindset in which intentional learners always operate every moment. They seek to get more out of these opportunities because everything—every situation, experience, conversation both in a professional and social context presents them with an opportunity to develop and grow.

Each of us can drive ourselves to become intentional learners. There are two critical mindsets and five core behaviours. Its not hard as it sounds, in fact one may be doing this already

Foster learning by invoking two critical mindsets

Mindsets are extremely powerful. They exert influence on one’s behaviour, sometimes unconsciously. Intentional learners are faced with two mindset approaches: a growth mindset and a curiosity mindset. While some people may have a natural inclination to these mindsets, this mindset can also be developed.

Adopt a growth mindset

Stanford psychologist Carol Dweck’s work on growth suggests that people hold one of two sets of beliefs about their own abilities: either a fixed or a growth mindset. A fixed mindset revolves on the premise or innate belief that individual characteristics, talents, and abilities are limited or fixed resources. People with this mindset have preconceived notion of themselves. A fixed mindset dwarfs reskilling & learning because it chooses not to succeed, to fail, or to struggle. On the other hand, a growth mindset suggests that one can grow, evolve change, and succeed. Intelligence, self-awareness & capability are traits which can be instilled and cultivated.

A growth mindset releases one from the expectation of being perfect. A growth mindset allows one to find value, joy, and success regardless of the outcome. Cultivating a growth mindset begins with being self-aware and shifting from beliefs about ability (a fixed mindset) to beliefs about your opportunities and needs (a growth mindset). Reinforcing by simple restatements will have a significant impact on one’s belief about their own abilities.



Feeding one's curiosity

Curiosity, the DNA of intentional learning, can be cultivated, even in those who believe they are not naturally curious. It's what gets learning started. Curiosity is a wonder, an awareness, openness to new ideas, an ability to make connections, willingness to seek out the answers and experiences to satiate that wonder. Curiosity is important for three main reasons. Firstly, an inner desire to learn is strongly linked to inspiration. Curiosity sparks inspiration. Second, curiosity marks the exciting journey that drives one's ability as a self-directed learner. Finally, curiosity doesn't age with time or fade with age, so it can serve you at any point in your career. The approach to learning changes over time, but curiosity keeps the drive of motivation ticking.

One can build their curiosity by facing their fears, seeking answers, new experiences and focusing on what one loves. Focusing on what one loves, will only hold one in good stead in life. Skills and interests could be outside your profession as well. Whatever form curiosity takes, it helps one to stay open, flexible, and aware, broadens the narrative, opens the world of opportunities and readies one to learn as they navigate through the competitive world. The best move is to just start. Get curious. Ask questions. Search for something that interests you and pursue

your drive. When one tires, try doing something else, but let not your drive to continuously try take a back seat.

A growth mindset and active curiosity is the backbone of purposeful learning. It does not end with only developing the learning nerve. It is equally important to moderate these forces and direct their energy effectively. Five best-practice behaviours help purposeful learners get the most out of their experiences: framing & chunking down goals, focus on self-learning, constantly seek feedback to grow, engage in mastering the skill to create through continuous practice, and self-reflecting for awareness to their goal.

The level of intent one brings to drive their performance plays a pivotal role in preparing oneself to face challenges, raise the level of skills when called for, thereby ensuring we remain inspired, engaged, and committed. Purposeful learning is not only an investment we make in ourselves, but also in our profession, our families, our society, our workplace, and the universe overall. It ultimately narrows down that it is the most basic skill for professionals to cultivate.

- Ryan Rodrigues

(References drawn from global publications)

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CARING FOR THE ELDERLY: BEING PREPARED FOR THE DECISIONS TO BE MADE

All through my life, I had been accustomed to seeing my father as a strong and healthy individual – he rarely (if ever) even had a cold or a fever. It all changed when (in April 2012) he had a fall in the park and cracked his shoulder joint. It all happened in a few seconds and he was 89...While he was coping with the surgery and post-surgical complications, I was beginning to understand what caring for the elderly really meant. We all hear about how caring for elders is not very different from parenting since you need to care for their needs and assist with daily living tasks. While seeing our children grow-up, we see or hear from other parents a lot of common characteristics (more or less) across others of that age group. These patterns are useful for forming some broad approaches to parenting. On the other hand, as a person ages, there are a lot of differences (physical, mental and emotional) and rarely do two people of the same age enjoy the same degree of health and well-being. In my opinion, this is what makes it particularly tricky. There is always the unexpected that comes with ageing.

This sudden and unexpected period was marked with challenges – the first set of challenges were about how I dealt with my own emotions – and there was an

array of them. Only if I could deal with myself correctly could I deal with the new-found responsibility of looking after my father?

It becomes about balancing responsibilities and needs of all the roles/relationships (including with self) that one is a part of. At any point in time, we would have our own plans and aspirations – a more challenging role at work or even a vacation to consider along with taking care of my father. Caregiving requires us to sit down and prioritize whether we can do some things later or take help and manage more than one situation. While it is important to take breaks and do something different, it is also important to realise that some things in life can be postponed and other things cannot.

One of the early challenging decisions I faced was: whether or not to be the “primary” caregiver in the long run! It was not too difficult to take a few days off from work during my father’s hospitalization. However, on his discharge, the home duties were not easy for me. It became evident that we would need an attendant. Not just because I had to get back to work, but as it was physically draining too. It is obvious

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that the family member as a caregiver can give a lot more support, especially emotional than any outsider. However, to make it sustainable for an indefinitely long period (months and years), it is worth looking at attendants who can be around when we have a day job or even just need to rest.

I tried various combinations of agencies, attendants etc and would like to summarise my learning here in brief. There is no particular order in this:

- Agencies in Bangalore (and other metros) are aplenty which offer attendants, but many of them (in my experience) are there to make a fast buck and disappear without a trace. Stay with reputed ones, ideally, one which someone you know can vouch for as here, a penny saved is not one earned!
- Like salaries for housemaids vary with the locality that you live in, so do salaries for attendants as does availability – even from agencies. It is a good idea to do some shopping around so that you are aware of the salaries and the options available to you
- A 24x7 attendant is easier to find as the agencies get individuals from distant towns and they would rather have a place to stay than commute daily from some other location. It is expensive and tiring for them too and it is only fair to have a human touch with them. It is better too since they will become an integral part of the family
- Although on the surface, an attendant at night sometimes appears to be a bigger inconvenience (preparing meals for an extra person, space to sleep etc). It may be unavoidable depending on the condition and limitations of the elderly person.
- If you have hired an individual directly, be prepared to train him/her and it will take significant time and effort. However, on the positive side, the experience would allow customization to specific needs but on the flip side in some cases existing specific 'hard' skills and medical training is necessary. Critically, always have Plan-B ready (to hedge against when an individual suddenly chooses to disappear).
- It is important to decide which tasks you would like to keep to yourself and which to give the attendant. The choice may be driven by any reason and that is not the important part but having that clarity helps you and your loved one get your own special moments and something to look forward to. For example, bathing my father was something that I always wanted to do myself.
- If there has been a period of hospitalization, watch closely how attendants in hospitals do their tasks. There are many small tricks in changing clothes or diapers or bathing that are helpful and there is no

harm in asking for advice from them. Many of the more compassionate ones will be happy to pass on their knowledge and skills

- An attendant will be in the house and eat home food so do check on food preferences. It is of paramount importance to recruit an attendant for their skills and attitude like any other resource in your workplace. However, since these are longer periods of "service" and at home, it is best if any potential areas of conflict are discussed and adjusted for.

Another important aspect to plan for and balance is the medical care team.

- Engage with a doctor who gives simple holistic advice on geriatric care – especially diet. When working with doctors it is important to look beyond their medical qualifications and see how they interact with their patient and family members. Do they instil confidence or desperation?
 - o Small changes to the diet can help deal with issues like constipation, indigestion etc., none of which require a doctor but can be a regular inconvenience to the patient and the family.
 - o I found that ragi (finger millet) porridge helped treat constipation while probiotic curd (Yakult) could quickly heal indigestion. Likewise barley water, tender coconut water, papaya etc. can serve as diuretics.
- Ask the doctor whether you can really cut down on medications – very often this is possible and you can maintain a minimum required list.
 - o Each specialist would prescribe medicines for specific symptoms however each would also account for other aspects like blood thinning etc. The combination of drugs for multiple symptoms can lead to a doubling of dosages and it is best to discuss the entire prescription list with each specialist.
 - o The same applies to even diagnostics. Is it really needed? With age, even the prick of a needle can be un-bearable and too much frequency can be exhausting. A few months before my father passed away, he pleaded with me to stop the daily collection of blood samples as he found it very painful – and we stopped it.
- Home & natural remedies may also work much better than their factory-made counterparts and a mature doctor would be aware of alternatives
 - o For instance, I was using a certain brand of body lotion for my father and was advised to avoid it as it is mildly abrasive for the already thinning skin of the aged. Instead, I switched over to coconut oil.

- It is helpful to build a planned set of routines and activities which are aligned to your loved one's interests as well as their capabilities.
- Simple routines like taking my father to a park to sit in the morning sun were therapeutic. He could see the flowers, trees, birds apart from talking to a few neighbours and this was something he loved.
- Physiotherapy can be a great healer and achieve results which will surprise you.
- Often there is a choice between a really aggressive medical treatment and something that is moderate. There is a need to think about it. Does the patient feel comfortable? Is it something that they would really want?

In mid-2012, the doctor at the hospital called me aside and said that my father was critical and perhaps we should put him on a ventilator. We refused. Later they informed us that his kidneys had failed and his heart was also showing problems. Even as the doctor said this, he went inside the ICU and as he came out he said to me "It is surprising, the kidneys have recovered!". He recovered his health and was discharged. A week later, when we visited the same doctor (an experienced Army Doc in his 70s) he got up from his chair as he said (in Kannada) "God has placed his hands on your head – and that's the only

explanation I have for your recovery". My father lived for 4 years more after this incident. So, don't give up hope, miracles do happen and prayers are answered.

Above all, it is important to keep the conversation going with friends and family who can understand what you are going through. They may have a more objective viewpoint – very different from what we (as the family) feel since they are one step removed.

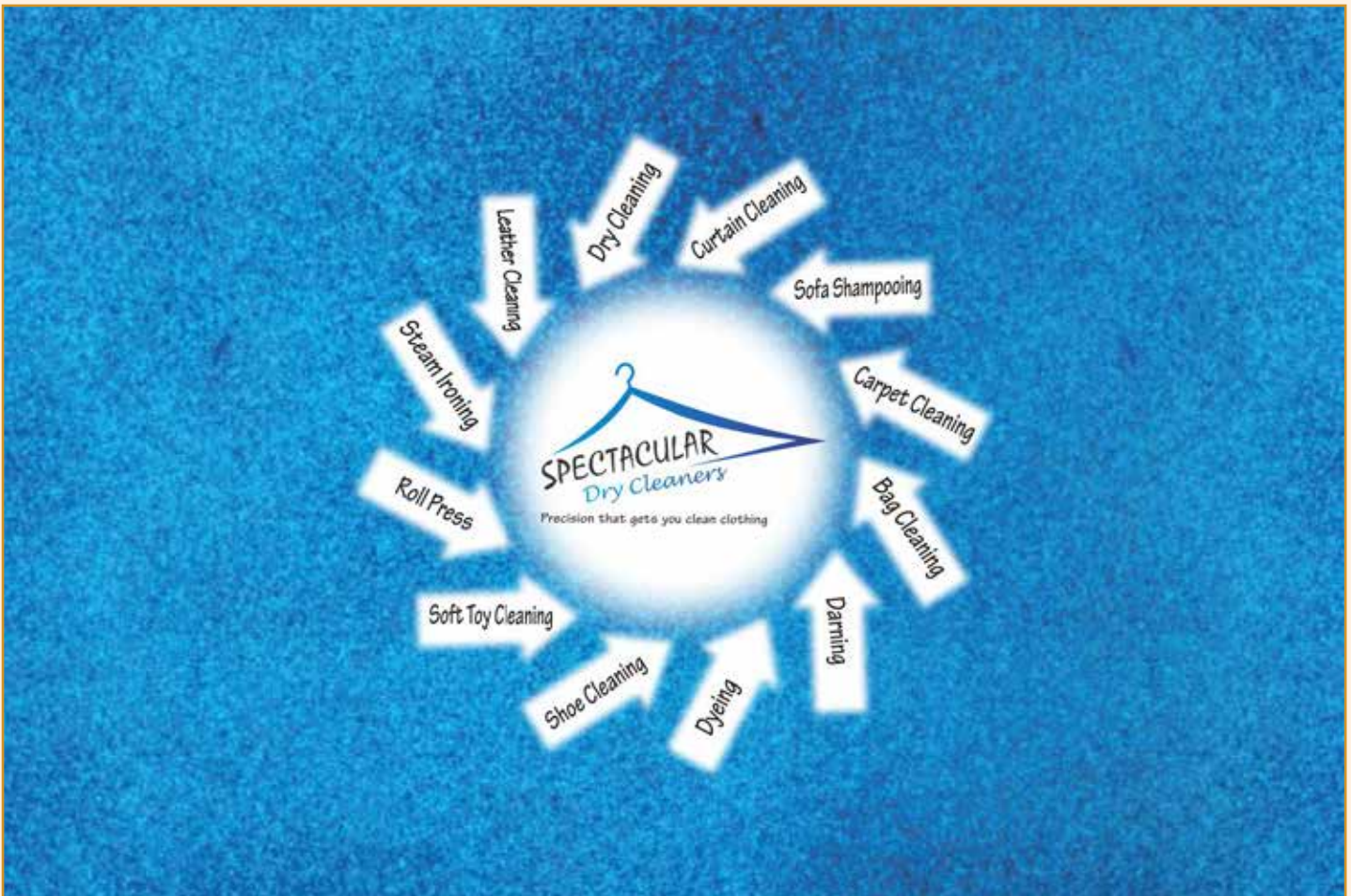
Finally, be prepared for the end to come. When my father passed away, (it was more than 4 years since his fall in the park) he was at home and had all the near and dear ones around him. He closed his eyes, his breathing slowed like a fan slowing down and he was gone – as we all chanted our prayers and bade him goodbye.

Author: Ravi Karnad. This article was written for Caregiver Saathi.

Caregiver Saathi is an organization that supports family caregivers of those navigating terminal illness, chronic or any other life-limiting conditions. Caregivers have their unique challenges and we support them through their care giving journeys and beyond.

To know more about Caregiver Saathi, visit our website - www.caregiversaathi.co.in

- **Joan Rodrigues**
Little flower community



The New Normal

The Coronavirus Pandemic has impacted nearly every aspect of our lives. The past year and a half have seen a profound change in the way we live. We were uprooted from our normal routine and hurled into a new way of living, now known as THE NEW NORMAL. The announcement of a worldwide lockdown threw us out of equilibrium. Since then, there's been a paradigm shift in the way we work, learn and interact, as social distancing guidelines have led us to a more virtual existence. The pandemic caused us tremendous loss, hardships and challenges. But it has also given us the time to Reflect, Reorganise and Rebuild our lives both professionally and personally.

The New Normal has brought with it new changes, most of it for the better. It is said that every adversity is a good teacher. Crisis and chaos have forced us out of complacency into creative ways of functioning. We have become a more resilient community! Spirituality and faith amidst uncertainty has increased. Family & Community ties have strengthened. Families have begun sharing responsibilities. Through effective team building they have learned to get along and have fun together within the confines of their homes. The younger generation has learned the value of family life. We have all learned to live with less and give more. We have also realised the value of minimizing carbon footprints by Reusing, Recycling and Reducing.

We are back to supporting our local Bhanya and Subziwalla's and helping our farmers in turn, thus creating good sustainable practices. YouTube and Instagram have sparked culinary creativity churning overnight chefs in nearly every household. This has helped eliminate the stigma behind gender roles. Women might now have the opportunity for rest and recovery, while men enter their kitchens and attempt household chores. People are cooking fresh, staying healthy and even indulging in their favourite foods. Exercising from home has

become a new area of focus as gyms still remain a risky venture. In short, people have learned to co-exist in creative and mindful ways.

The list can go on and on. We can look forward to a better healthcare system in place, a quicker response to future pandemic outbreaks and the ability to increase and churn out faster production of medical drugs, equipment, testing kits, ventilators, oxygen cylinders etc. Hopefully the government will henceforth shoulder more responsibility and stop the blame games. It has become our civic duty to keep each other safe. Personal hygiene & sanitation, social distancing and staying informed about the virus and it's spread will become our responsibility too. The new normal has triggered the largest remote working experiment ever imagined. Flexible working hours is now a viable option.

Hopefully educational institutions and places of worship will open up in the near future but with careful restrictions in place for the safety of all. The sooner the schools open the better, as studies show that the pandemic has put our students at an academic disadvantage, and there is a concern that catching up is not going to be that easy. Education without interaction and classroom environment is detrimental to their mental, emotional and physical growth. But through it all, teachers and students learned new computer skills as well as teaching and learning techniques.

Care for Humanity is the new anthem and hopefully has come to stay. God's unfailing love and grace has provided us the strength to endure and overcome the darkness that has been overcast by the Coronavirus. We have learned the immense power of Faith. And while we are not completely in the clear, let's seize the opportunity to make the most of The New Normal, by Living More, Giving More and Loving More!

-Vera Correia



THE POET'S JUNCTION

From The Citizens Of The 22nd Century



The world today is barren and bare
You'll wrote on Earth's walls "beware"
But did you'll even dare
To calm her flare?
Are you'll that selfish?
Or did you'll just not care
That your daughters and sons would be filled with
despair?
At the luscious world that was once to be
Today, her beauty has hit rock bottom
Well...at least there is one
One would think that your greed had eroded the skies
But no, you'll were kind enough to leave us land
No water, crops, greenery or other 'pleasures' of life
Just Land!
I thought the barbarians died centuries ago,
But I guess I was wrong
Barbaric people lived until quite recently...100 years
ago to be exact!!
The way your generation acted was outrageous,
And the part that hardens my heart the most is that
none of you'll are even facing the consequences!
Do you want to know why I am lucky?

It's because I am fortunate to be in the lakhs that are
alive worldwide today.

Luck in your era may have been a life of gold, but
today it's simply a clean breath that fills your body
and pumps your heart

We have realised the consequences of your actions,
but have you?

-Tricia Vernekar

Age: 13

Sound of Love

Love is indescribable
a feeling supreme
captures your entire being
Wandering, an unending dream
its vibration makes your soul sing.

Time stood still
time move so fast
I waited, against my will,
Alas, it did not last
Aah, Love, wonderful sound of Love
How do you speak, I ache

- Joe Saldanha

Quotes

1. Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depth of our hearts.– Mother Teresa, Saint Teresa of Calcutta
2. When you come to the edge of all the light you have and must take a step into the darkness of the unknown, believe that one of two things will happen to you: Either there will be something solid for you to stand on, or, you will be taught how to fly.– Patrick Overton
3. Here are ten rules for taking the hard way out of your job. Try these proven methods for working hard easily. They will help you to relax and have easy power.
 - i. Don't get the ideathat you are Atlas carrying the world on your shoulders. Don't strain so hard. Don't take yourself so seriously.
 - ii. Determine to like your work. Then it will become a pleasure, not drudgery. Perhaps you do not need to change your job. Change yourself and your work will seem different.
 - iii. Plan your work – work your plan. Lack of system produces that "I'm swamped" feeling.



- iv. Don't try to do everything at once. That is why time is spread out. Heed that wise advice from the Bible, "This one thing I do."
- v. Get a correct mental attitude, remembering that ease or difficulty in your work depends upon how you think about it. Think it's hard and you make it hard. Think it's easy and it tends to become easy.
- vi. Become efficient in your work. "Knowledge is power" (over your job). It is always easier to do a thing right.
- vii. Practice being relaxed. Easy always does it. Don't press or tug. Take it in your stride.
- viii. Discipline yourself not to put off until tomorrow what you can do today. Accumulation of undone jobs makes your work harder. Keep your work up to schedule.
- ix. Pray about your work. You will get relaxed efficiency by doing so.
- x. Take on the "unseen partner." It is surprising the load He will take off you. God is as much at home in offices, factories, stores, kitchens, as in churches. He knows more about your job than you do. His help will make your work easy.

- Norman Vincent Peale

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MILESTONES

BAPTISMS

Date of Baptism	Date of Birth	Name	Parents
20-12-2020	03-11-2020	ANAYA	SIDDHANTH AND NIKKITA SCHOLASTICA OLINDA VALECHA
29-12-2020	09-03-2020	TABITHA ISABELLA	ALYQUE AND PREETIKA SEQUEIRA
13-05-2021	16-09-2013	RIAAAN	SATISH AND JASMINE NAIR

MARRIAGES

Date	Name
16-01-2021	SCHUBERT FERNANDES AND ROSENELE SPENNY BRAGANZA
23-01-2021	RAYAN JACKIE VAZ AND MARILYN BRENDA BORGES
16-04-2021	DYLAN LEON D'PENHA AND AGNELA ROMAN PARMAR
05-06-2021	VIJAY VIKRAM AND SOPHIA BARRETO

DEATHS

Date	Name	Age	Address
14-12-2020	NORMA MENEZES	81 YRS	JYOTHI APTS, FLAT NO E/42, OPP AVINASH BLDG, SEVEN BUNGALOWS
02-02-2021	SIMON MARTINS	60 YRS	D/202, SITALADEVI CHS, D N NAGAR, OPP INDIAN OIL NAGAR, ANDHERI (W)
06-02-2021	LEONARD AUSTIN	70 YRS	302, GYPSY ROSE, SHASTRI NAGAR
12-02-2021	DAVID D'SILVA	67 YRS	111/1, KAMGAR NAGAR CHS, NAVA MARG, FOUR BUNGALOWS
12-02-2021	MARGARET LOUIS	57 YRS	203, MARVEL, SHASTRI NAGAR
19-02-2021	JOSE ANTHONY	74 YRS	1/409, KAMGAR NAGAR CHS, NAVKIRAN MARG
21-02-2021	ALLWYN FERNANDES	56 YRS	GITA PRAKASH, FOUR BUNGALOWS
26-02-2021	ANGELA PAIS	92 YRS	A/7, MEDHAVI CHS LTD, LOKHANDWALA COMPLEX
28-03-2021	CASMIR MARCOS QUADROS	70 YRS	6A/137, PULKIT SOCIETY, D N NAGAR

Date	Name	Age	Address
01-04-2021	LORNA LIN	58 YRS	B/505, REGENCY, 3RD CROSS LANE, LOKHANDWALA COMPLEX
14-04-2021	DOMINIC GILBERT D'SOUZA	74 YRS	36/B/46, SHRI AKSHAR KRIPA CHS LTD, MANISH NAGAR
19-04-2021	CLAUD CYRIL SIMON FERNANDES	68 YRS	C/405, WESTERN HEIGHTS, 4 BUNGALOWS
27-04-2021	JENNIFER ROY PEREIRA	56 YRS	FLAT NO 4, EVERSHINE APTS NO 1, J P ROAD, 4 BUNGALOWS
04-05-2021	DR AGNELO NELSON NGAI CHAI CHANG	40 YRS	OSHIWARA, JOGESHWARI (WEST)
05-05-2021	MAGGY S. REGO	91 YRS	ASHISH, 2ND FLOOR, ANDHERI (W)
15-05-2021	ALBERTO FURTADO	66 YRS	103, ST INEZ, PANAJI H.O., NORTH GOA – 403001
17-05-2021	ROZARIO BERNARD FERNANDES	77 YRS	F/005, HRUSHIKESH, SWAMI SAMARTH NAGAR
18-05-2021	HILDA COUTINHO	76 YRS	ANDHERI (W)
25-05-2021	FREDRICK CASMIR CASTELINO	81 YRS	BLDG NO 30, A WING, 202, MANISH NAGAR, FOUR BUNGALOWS
29-05-2021	BENEDICTA REGO	60 YRS	46/B, 406, 4TH FLR, MANISH NAGAR, 4 BUNGALOWS
18-06-2021	SURESH KRISHNA UDIPIKAR	77 YRS	A/33, SAGAR SAMEEP CHS, N. DUTTA MARG
22-06-2021	JAMES MAXIM PETER MENDONCA	72 YRS	503, CITIZEN CHS, LOKHANDWALA MARKET
27-06-2021	VALERIAN ROSARIO D'SOUZA	73 YRS	C/203, TULSI-1, BON BON LANE, 7 BUNGALOWS
30-06-2021	MAGNONETTE WATTS	98 YRS	B-2/3, INDRA DARSHAN SCTY, ST LOUIS CONVENT LANE, 4 BUNGALOWS
13-07-2021	CECILIA FERNANDES	89 YRS	B-36, BLDG NO 15, MANISH NAGAR
21-07-2021	ANTONIAMA AROKIASWAMI	79 YRS	43/204, VERSOVA CHS, MANISH NAGAR
28-07-2021	KRUNSES D'MELLO	92 YRS	A/4, SUN AND SEA, NEAR PICNIC COTTAGE
29-07-2021	LUIZA FERNANDES	73 YRS	K5, 201, KISHOR DARSHAN CHS LTD, N DUTTA MARG
30-07-2021	CATHERINE C. DIAS	92 YRS	FLAT NO 102, JUPITER 2, N.K. MARG, 4 BUNGALOWS
03-08-2021	ROSE RITA LOBO	64 YRS	B/4, VERSOVA VIEW CHS LTD, N DUTTA MARG
05-08-2021	CATHERINE D'SOUZA	94 YRS	B-102, CROSSGATE, 4TH CROSS LANE, LOKHANDWALA COMPLEX
16-08-2021	AGNES ALMEIDA	90 YRS	MANISH TOWERS, FLAT 105, FOUR BUNGALOWS

THE STORY BEHIND – "WHAT A FRIEND WE HAVE IN JESUS"

That young woodcutter was named Joseph Scriven. Son of a captain in the British Royal Marines, Joseph was born in Ireland in 1819. After receiving his university degree from Trinity College in London, he quickly established himself as a teacher, fell in love, and made plans to settle in his hometown. Then tragedy struck. The day before his scheduled wedding, his fiancé drowned.

Overcome with grief, Scriven left Ireland to start a new life in Canada. He established a home in Rice Lake, where he met and fell in love with Eliza Rice. Just weeks before she was to become Joseph Scriven's bride, she suddenly grew sick. In a matter of weeks, Eliza died.

A shattered Scriven turned to the only thing that had anchored him during his life — his faith. Through prayer and Bible study he found not just solace, but a mission. The twenty-five year old Scriven took a vow of poverty, sold all of his earthly possessions, and vowed to give his life to the physically handicapped and financially destitute.

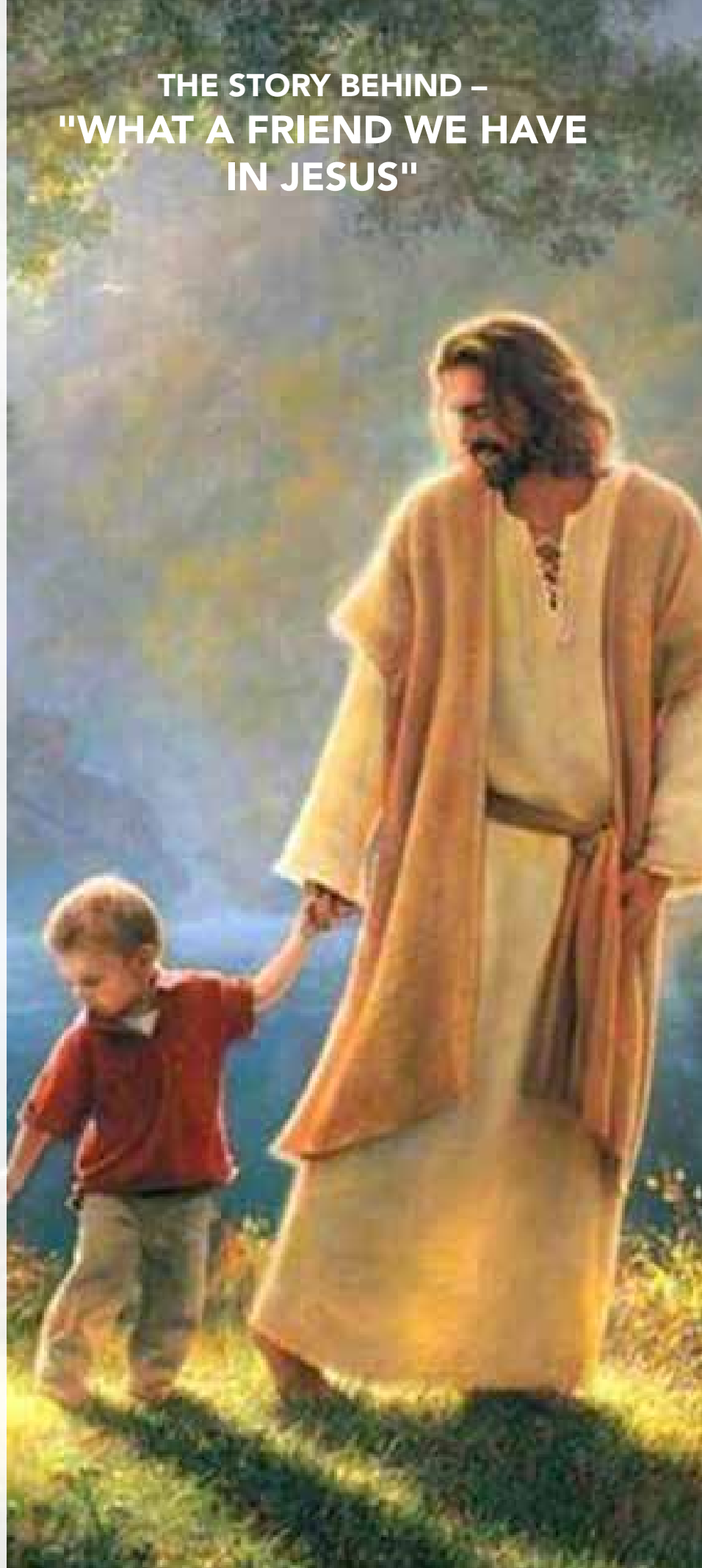
Ten years later Scriven received word that his mother had become very ill. The man who had taken a vow of poverty did not have the funds to go home to help care for her. Heartsick, and feeling a need to reach out to her, he wrote the story of his life in three short verses he called "What a Friend We Have in Jesus."

Later, Scriven said, "The Lord and I together wrote the song." Several of his friends got a copy and one of them carried a copy to a music publisher. Within two years the little poem of inspiration had been published and coupled to a tune written by an American lawyer, Charles Converse.

Two decades later the great American evangelist Dwight L. Moody came across the song and believed it to be the most touching modern hymn that he had ever heard. It was Moody who gave the song a national platform and caused so many to think that the song had been written in America.

Ironically, Joseph Scriven drowned in a Canadian lake in 1886. He did not live to see his song carried to every corner of the globe.

– James Q. Salter



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THE THINGS

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