

Issue 28, August 2022

Family Trove


Nurturing Christian Families & Community



See Judge Act

Celebrating World Day for Grandparents and the Elderly – July 24, 2022

They shall bear fruit
even in their old age.
Psalms (92:15)



Holy Family with grandparents
Joachim and Anne,
by Joseph Paelinck, 1820.

Published by the Christian Family Movement, India



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The Pope has chosen “**They shall bear fruit even in old age**” from the Book of Psalms (92:15) as the theme for the 2022 World Day for Grandparents and the Elderly, to highlight the importance of inviting older people to contribute to building a better world.

Many thanks to our Senior CFMers, Francis and Carmel Colaso, and Johny and Nancy Mascarenhas, who shared how productive they are in their senior years.

“The elderly” said Pope Francis, “should be cared for like a treasure of humanity; they are our wisdom, our memory. It is crucial that grandchildren remain close to their grandparents, who are like roots from which they draw the sap of human and spiritual values.”

We thank the children who sent in their cards to their grandparents. May that special bonding be their joy and strength.

The World Day for Grandparents and the Elderly is an opportunity to proclaim once more, with joy, that the Church wants to celebrate together with all those whom the Lord – in the words of the Bible – has “filled with days”. Let us celebrate it together!

Wishing our Senior CFMers continued blessings for a long, healthy and fruitful life.

Evelyn Coutto
Editor



From the President's Desk

Ninfa & Remedios Da Silva, National President Couple



Dear CFMers,

Happy World Day for Grandparents and the Elderly ... a celebration of life!

Many of us Catholics associate the month of July with grandparents as we celebrate the memorial for Saints Joachim and Anne, who were the parents of the blessed Virgin Mary and grandparents of Jesus.

Generally, to the grandchildren their grandparents conjure an image of unconditional love, kindness, patience, comfort and a go-to-place when things do not go as anticipated. With our nuclear society, it is accepted that a father and mother along with their children is considered a family, however a child needs grandparent/s to grow a little more securely into an unfamiliar world. The family, along with grandparents, plays a major role in creating a culture full of moral values and catholic discipline for the children. They help in creating a homogenous environment in the house which gives a sense of security to the child. Grandparents and children have a special connection that is proven to both, it makes grandparents live longer and also makes children emotionally resilient. It gives us an opportunity to treasure that connection and spend some quality, family time together.

Grandparents are the family's strong foundation and greatest treasure, the founders of a loving legacy, the greatest storytellers and the keepers of traditions. Through their special love and care,



grandparents keep a family close at heart. We don't always realize the impact the Elders have on our lives and our kid's lives. Nowadays many a grandparent or elder relative have been left to fend for themselves but we also have wonderful examples where they are cared for and are able to have a comfortable life at the end of their time in this world. As the Christian Family Movement, we should help and encourage our Elders to continue to live a productive life.

In this time and age where relationships have taken a whole new meaning where parents and youngsters want to live an independent life may we emulate the grandparents whose caring and loving attitude kept the family intact. We couldn't have any better role model for modern parents and children than Saint Joachim and Saint Anne, simply because of the holy lives they lived and how they raised the mother of God.

Ninfa & Remedios Da Silva
National President Couple – CFM India



Happy 60th Wedding Anniversary



Happy Grandparents Day,
love, Rheane/Clyde, Noemia,
Prester, Shalane, Elton, Steve

Message of His Holiness Pope Francis

For the 2nd World Day for Grandparents & The Elderly

Dear Friends,

"In old age they will still bear fruit" (Ps 92:15). These words of the Psalmist are glad tidings, a true "gospel" that we can proclaim to all on this second World Day for Grandparents and the Elderly. They run counter to what the world thinks about this stage of life, but also to the attitude of grim resignation shown by some of us elderly people, who harbour few expectations for the future.

Many people are afraid of old age. They consider it a sort of disease with which any contact is best avoided. The elderly, they think, are none of their concern and should be set apart, perhaps in homes or places where they can be cared for, lest we have to deal with their problems. This is the mindset of the "throw-away culture", which leads us to think that we are somehow different from the poor and vulnerable in our midst, untouched by their frailties and separated from "them" and their troubles. The Scriptures see things differently. A long life – so the Bible teaches – is a blessing, and the elderly are not outcasts to be shunned but living signs of the goodness of God who bestows life in abundance. Blessed is the house where an older person lives! Blessed is the family that honours the elderly!

Old age is not a time of life easily understood even by those of us who are already experiencing it. Even though it eventually comes with the passage of time, no one prepares us for old age, and



at times it seems to take us by surprise. The more developed societies expend large sums on this stage of life without really helping people to understand and appreciate it; they offer healthcare plans to the elderly but not plans for living this age to the full. This makes it hard to look to the future and discern what direction to take. On the one hand, we are tempted to ward off old age by hiding our wrinkles and pretending to be forever young, while on the other, we imagine that the only thing we can do is bide our time, thinking glumly that we cannot "still bring forth fruit".

Retirement and grown children make many of the things that used to occupy our time and energy no longer so pressing. The recognition that our strength is ebbing or the onset of sickness can undermine our certainties. The fast pace of the world – with which

we struggle to keep up – seems to leave us no alternative but to implicitly accept the idea that we are useless. We can resonate with the heartfelt prayer of the Psalmist: “Do not cast me off in the time of old age; forsake me not when my strength is spent” (71:9).

Yet that same psalm – which meditates on how the Lord has been present at every stage of our lives – urges us to persevere in hope. Along with old age and white hairs, God continues to give us the gift of life and to keep us from being overcome by evil. If we trust in him, we will find the strength to praise him still (cf. vv. 14-20). We will come to see that growing old is more than the natural decline of the body or the inevitable passage of time, but the gift of a long life. Aging is not a condemnation, but a blessing!

For this reason, we ought to take care of ourselves and remain active in our later years. This is also true from a spiritual standpoint: we ought to cultivate our interior life through the assiduous reading of the word of God, daily prayer, reception of the sacraments and participation in the liturgy. In addition to our relationship with God, we should also cultivate our relationships with others: first of all by showing affectionate concern for our families, our children and grandchildren, but also for the poor and those who suffer, by drawing near to them with practical assistance and our prayers. These things will help us not to feel like mere bystanders, sitting on our porches or looking out from our windows, as life goes on all around us. Instead, we should learn to discern everywhere the presence of the Lord. Like “green olive trees in the house of God” (cf. *Ps* 52:10), we can become a blessing for those who live next to us.



Do not cast me off
in the time of old age;
forsake me not when
my strength is spent.

Psalm (71:9)

Old age is no time to give up and lower the sails, but a season of enduring fruitfulness: a new mission awaits us and bids us look to the future. The special sensibility that those of us who are elderly have for the concerns, thoughts and the affections that make us human should once again become the vocation of many. It would be a sign of our love for the younger generations. This would be our own contribution to the *revolution of tenderness*, a spiritual and non-violent revolution in which I encourage you, dear grandparents and elderly persons, to take an active role.

Our world is passing through a time of trial and testing, beginning with the sudden, violent outbreak of the pandemic, and then by a war that is harming peace and development on a global scale. Nor is it a coincidence that war is returning to Europe at a time when the generation that experienced it in the last century is dying out. These great crises risk anaesthetizing us to the reality of other “epidemics” and other widespread forms of violence that menace the human family and our common home.

All this points to the need for a profound change, a conversion, that disarms hearts and leads us to see others as our brothers or sisters. We grandparents and elderly people have a great responsibility: to teach the women and men of our time to regard others with the same understanding and loving gaze with which we regard our own grandchildren. We ourselves have grown in humanity by caring for others, and now we can be teachers of a way of life that is peaceful and attentive to those in greatest need. This attitude may be mistaken for weakness or resignation, yet it will be the meek, not the aggressive and the abusive, who will inherit the earth (cf. *Mt 5:5*).

One fruit that we are called to bring forth is protecting the world. Our grandparents held us in their arms and carried us on their knees; now is the time for us to carry on our own knees – with practical assistance or with prayer alone – not only our own grandchildren but also the many frightened grandchildren whom we have not yet met and who may be fleeing from war or suffering its effects. Let us hold in our hearts – like Saint Joseph, who was a loving and attentive father – the little ones of Ukraine, of Afghanistan, of South Sudan.

Many of us have come to a stage and humble realization of what our world very much needs: the recognition that we are not saved alone, and that happiness is a bread we break together. Let us bear witness to this before those who wrongly think that they can find personal fulfilment and success in conflict. Everyone, even the weakest among us, can do this. The very fact that we allow ourselves to be cared for – often by people who come from other countries – is itself a way of saying that living



We grandparents and elderly people have a great responsibility: to teach the women and men of our time to regard others with the same understanding and loving gaze with which we regard our own grandchildren.

together in peace is not only possible, but necessary.

Dear grandparents, dear elderly persons, we are called to be artisans of the *revolution of tenderness* in our world! Let us do so by learning to make ever more frequent and better use of the most valuable instrument at our disposal and, indeed, the one best suited to our age: prayer. Let us too become, as it were, poets of prayer: let us develop a taste for finding our own words, let us once again take up those taught by the word of God. Our trustful prayer can do a great deal: it can accompany the cry of pain of those who suffer, and it can help change hearts. We can be the enduring ‘chorus’ of a great spiritual sanctuary, where prayers of supplication and songs of praise sustain the community that toils and struggles in the field of life.

The World Day for Grandparents and the Elderly is an opportunity to proclaim once more, with joy, that the Church wants to celebrate together with all those whom the Lord – in the words of the Bible – has “filled with days”. Let us celebrate it together! I ask you to make this Day known in your parishes and communities; to seek out those elderly persons who feel most alone, at home or in residences where they live. Let us make sure that no one feels alone on this day. Expecting a visit can transform those days when we think we have nothing to look forward to; from an initial encounter, a new friendship can emerge. Visiting the elderly who live alone is a work of mercy in our time!

Let us ask Our Lady, Mother of Tender Love, to make all of us artisans of the *revolution of tenderness*, so that together we can set the world free from the spectre of loneliness and the demon of war.

To all of you, and to your loved ones, I send my blessing and the assurance of my closeness and affection. And I ask you, please, not to forget to pray for me!

Rome, Saint John Lateran, 3 May 2022,
Feast of the Apostles Philip and James



Source:
<https://www.vatican.va/content/francesco/en/messages/nonni/documents/20220503-messaggio-nonni-anziani.html>



GRANDPARENTS

are a family's greatest treasure,
the FOUNDERS of a loving
legacy, the greatest
STORYTELLERS, the KEEPERS
of TRADITIONS that linger on
in cherished memory.

Their very special love sets
them apart. Through happiness
and sorrow, through their
special love and caring,
grandparents keep a family
close at heart.

Happy Grandparents Day from the Smith Family



These two share a special bond



Our Joy



Ethan is blessed with his great grandma "Gigi Ida" who knitted his Christening set.



Our family 2022



One with our garden



4 generations with Great grandpa Papa John



Ethan sandwich with Mama and Ella Mama

The Elderly in Our Midst!



Friar Sidney J. M. Mascarenhas, O.F.M., Ph.D., National Chaplain

1. A remark about the citation and its source:

- KJV Psalm 92:13 Those that be planted in the house of the LORD shall flourish in the courts of our God. 14 They shall still bring forth fruit in old age; they shall be fat and flourishing; 15 To shew that the LORD is upright: he is my rock, and there is no unrighteousness in him.
- NAS Psalm 92:13 Planted in the house of the LORD, They will flourish in the courts of our God. 14 They will still yield fruit in old age; They shall be full of sap and very green, 15 To declare that the LORD is upright; He is my rock, and there is no unrighteousness in Him.
- NJB Psalm 92:13 Planted in the house of Yahweh, they will flourish in the courts of our God. 14 In old age they will still bear fruit, will remain fresh and green, 15 to proclaim Yahweh's integrity; my rock, in whom no fault can be found.
- "13 Planted in the house of Yahweh, they will flourish in the courts of our God. 14 In old age they will still bear fruit, will remain fresh and green, 15 to proclaim Yahweh's integrity; my rock, in whom no fault can be found.' (NABRE(1921 Version)).

In English, there are many versions of the same text in English. Both, Pope Francis & the Vatican Press quote from this recent & new English Version of the National American Bible (NAB) Revised Version just published in 2021).



2. Some remarks about this Papal Message.

Since 2021, Pope Francis wanted the Feasts of St. Joachim and Anna to be celebrated as the Feast of Grandparents & the Elderly in our midst on 24 July!

2.1. The Elderly and Old do not retire from "an Evangelical life and an Evangelical witness.

On 31 January 2021, Pope Francis announced a new celebration for the Church. This time it was a message not about a new Saint or a new Blessed, but about human relationship in the everyday family life of Catholics. This time it was about the Elderly and Old in our midst, and, in our present day societies. Like Religious Life, Evangelical "life & witness" does not reach any "age of retirement" or "a time to be pensioned." Evangelical life and witness is not just another

“Profession,” but “Life” itself! And having an “Elder” in a “home” is not just like having “outcasts” in a home.

2.2. The Scriptures.

Even in the Scriptures, a long life is a blessing, wisdom and understanding! (Jb 12:12) To the elderly belong sound judgement and good counsel. (Sir 25:4) The elderly have experience and the fear of the Lord. (Sir 25:6) The Elderly get to see their children’s children. (Pr 17:6)

2.3. The “Mindset” of a “Throw-away” Culture.

The “Mindset” of “throw-away” cultures, of course, see the old and elderly as “outcasts” to be shunned! Pope Francis rejects this attitude in a society. Even in India, we sometimes come across cases where children throw their parents out of their own house.

2.4. The fast pace of our contemporary world and the Elderly!

In Greek times there were just two types: Promethean (Forethinkers) and Epimythian (Postthinkers). The Bible had Historical, Kingly, Prophetic and Apocalyptic thinkers. Modern times in Europe brought about Scientific Thinkers. Of course, all times have had their Poets and Singers! In our Contemporary World, everything moves and changes fast. Ways of life, Methodologies, Styles, Legitimations, etc, fast become “outdated” and “outmoded.” Even people become outmoded, outdated, and also forerunners and even, frontliners! Everything is “hypothetical.”

We live in a Digital World. We use Cell-phones, Facebook, Instagram and

Internet! Today, “knowledge is saved in the clouds and downloaded.” Even our food habits are losing their former “local” flavours. We live on junk food and are all the time faced with junk news. In an age of communication, ironically, we face more information that is ironically mostly “discommunication.”

Pope Francis also refers to Psalm 71:9, again the NABRE Version: “Do not cast me aside in my old age; as my strength fails, do not forsake me.” Indeed, Pope Francis resonates the general feeling among old people: “They do not want to lag behind or feel left out or be a burden for their children and grandchildren. Yet, that very Psalm 71:14 – 15, Pope Francis points out, is a Psalm full of hope. The same Psalm says: “I will always hope in you and add to all your praise. My mouth shall proclaim your just deeds, day after day your acts of deliverance, though I cannot number them all.”

What a candid acknowledgement of impending “dementia” that often marks the elderly - the “second childhood”, in popular terms? And as if to emphasize this impending “dementia”, Psalm 71:18 - 19 continues: “Now that I am old and gray do not forsake me, God. That I may proclaim your might to all generations to come, your power and justice, to the highest heaven, You have done great things; O God, who is your equal?”

3. Aging is not a Condemnation but a Blessing!

Pope Francis goes on to write these words of encouragement: “Old age is no time to give up and lower the sails, but a season of enduring fruitfulness: a new mission awaits us and bids us look to the future.” “The special sensibility that those

of us who are elderly have for the concerns, thoughts and the affections that make us human should once again become the vocation of many. It would be a sign of our love for the younger generations". [3] This would be our own contribution to the revolution of tenderness, [4] a spiritual and non-violent revolution in which I encourage you, dear grandparents and elderly persons, to take an active role.

The footnote 3 indicated in this text refers to a Catechesis - 3 on old age given on 16th March 2022. The footnote 4 refers to a Catechesis on the tenderness of St, Joseph given on 19 January 2022.

Pope Francis points out that aging is not a condemnation, but a blessing. Aging mellows tenderness in us humans. We become even more considerate not only to all our dear ones but to all! We do not merely sit all day on our balconies and watch the people and traffic on the road below. We become a blessing to all. The Elderly become a fullness of grace to all. The Elderly are called to be a blessing to all. This reminds me of the time I spent sometimes in my summer holidays in Mangalore. After night prayer, we, grandkids, asked our grandparents and the other elderly for their blessing! But further, the Elderly, are a visible "Memory," a past, still "incarnate" in our present day world. Their "memory" are "living treasures."

4, Role of the Elderly in a Society: radiate blessings!

Finally, this document reminds us of the roles the Elderly have in the life of youth. The document reminds the elderly that they have a major role to play in the lives of the generations that succeed them.



Old age is no time to give up and lower the sails, but a season of enduring fruitfulness: a new mission awaits us and bids us look to the future.

Pope Francis

The elderly should be "blessings" and not a "curse" on the younger generation! The Elderly radiate a life filled with longevity, which, in itself, is already a blessing! In short, the Elderly have still their unique privilege and task in every society! Silver hair is not only majestic, it is also precious and glitters! The Old are Wisdom! The Old are a Blessing! The Old are like a lit candle in a room of darkness!

AN APPEAL:

Dear CFMers,

I appeal to each unit of CFMers to be open to and invite new couples into their groups and into their Local and Regional Units. Do not let the CFM age. Do not let the CFM wither! Be fertile and multiply!

Also identify more Chaplains!

Be lit candles in your areas!



*Wishing all CFM Grandparents, a very
Happy & Special Grandparents Day*

*Grandparents are important in our
lives. They provide unconditional love.
Like parents, grandparents love
unconditionally which helps a child
feel safe and secure. The benefits are
mutual; relationships such as these
can help grandparents have happier
and longer lives.*

*Grandparents help teach family culture, tradition, and
history. They provide a vital connection to the past.
Grandparents can pass on important family traditions and
life stories that grandchildren will not only relish when
young but will go to appreciate even more over time.*

Long Live Grandparents!!

*Everlasting love from -
Shania & Shane (Canada)
and Katelyn & Kaleb (USA);*

*Children of Blossom/Anthony
& Bernadette/Lester;*

Grandchildren of Blanche & Basil D'Souza, CFM Mumbai.



St. Anne and St. Joachim

Catholic News Agency

On July 26 the Roman Catholic Church commemorates the parents of the Virgin Mary, Saints Joachim and Anne. The couple's faith and perseverance brought them through the sorrow of childlessness, to the joy of conceiving and raising the immaculate and sinless woman who would give birth to Christ.

The New Testament contains no specific information about the lives of the Virgin Mary's parents, but other documents outside of the Biblical canon do provide some details. Although these writings are not considered authoritative in the same manner as the Bible, they outline some of the Church's traditional beliefs about Joachim, Anne and their daughter.

The "Protoevangelium of James," which was probably put into its final written form in the early second century, describes Mary's father Joachim as a wealthy member of one of the Twelve Tribes of Israel. Joachim was deeply grieved, along with his wife Anne, by their childlessness. "He called to mind Abraham," the early Christian writing says, "that in the last day God gave him a son Isaac."

Joachim and Anne began to devote themselves to rigorous prayer and fasting, in isolation from one another and from society. They regarded their inability to conceive a child as a surpassing misfortune, and a sign of shame among the tribes of Israel.



As it turned out, however, the couple were to be blessed even more abundantly than Abraham and Sarah. An angel revealed this to Anne when he appeared to her and prophesied that all generations would honor their future child: "The Lord has heard your prayer, and you shall conceive, and shall bring forth; and your seed shall be spoken of in all the world."

After Mary's birth, according to the Protoevangelium of James, Anne "made a sanctuary" in the infant girl's room, and "allowed nothing common or unclean" on account of the special holiness of the child. The same writing records that when she was one year old, her father "made a great feast, and invited the priests, and the scribes, and the elders, and all the people of Israel."

"And Joachim brought the child to the priests," the account continues, "and

they blessed her, saying: 'O God of our fathers, bless this child, and give her an everlasting name to be named in all generations' ... And he brought her to the chief priests; and they blessed her, saying: 'O God most high, look upon this child, and bless her with the utmost blessing, which shall be forever.'"

The protoevangelium goes on to describe how Mary's parents, along with the temple priests, subsequently decided that she would be offered to God as a consecrated Virgin for the rest of her life, and enter a chaste marriage with the carpenter Joseph.

St. Joachim and St. Anne have been a part of the Church's liturgical calendar for many centuries. Devotion to their memory is particularly strong in the Eastern Catholic churches, where their intercession is invoked by the priest at the end of each Divine Liturgy. The Eastern churches, however, celebrate Sts. Joachim and Anne on a different date, Sept. 9.



GRANDPARENTS

make the world...

A little SOFTER,

A little KINDER,

A little WARMER.

Source:

<https://www.catholicnewsagency.com/saint/sts-anne-and-joachim-313>



God Bless
THE CHRISTIAN
FAMILY
MOVEMENT

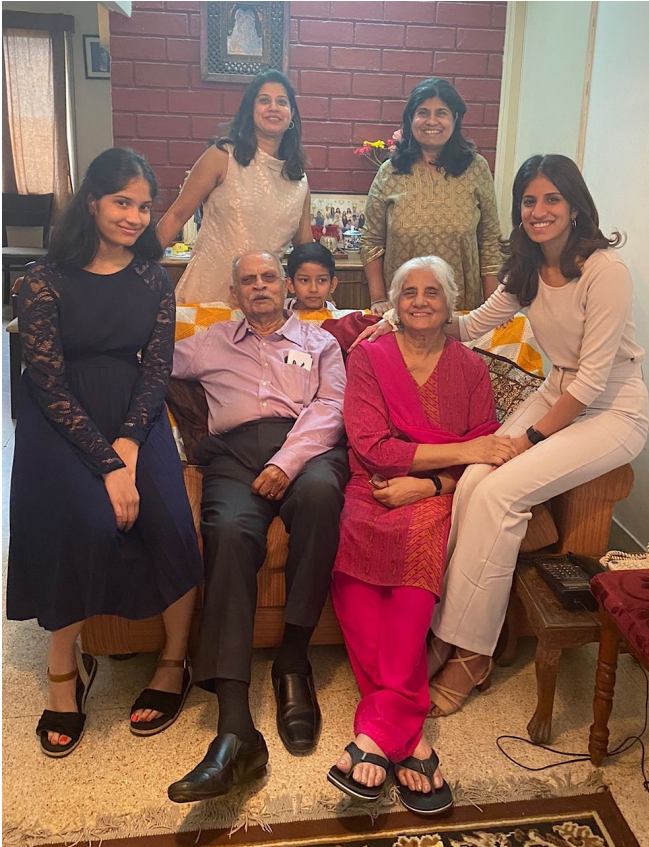
WITH BEST WISHES:
TEAM MUMBAI



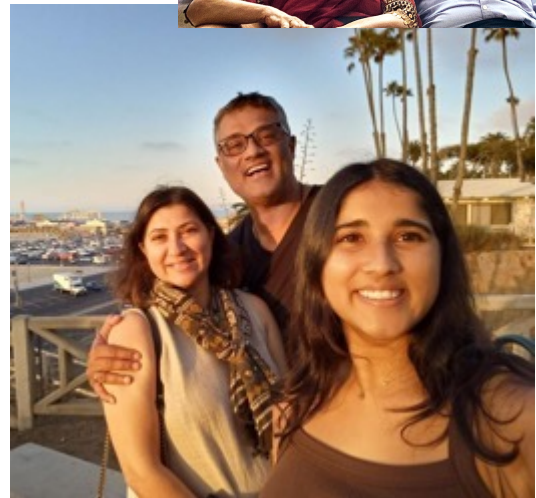
The Golden Years: Our Senior CFMers share

Evelyn Coutto

Here are two CFMer couples who exemplify the theme “They shall bear fruit even in old age”. May they inspire both the young and young at heart to live life to the fullest.



Francis & Carmel, their daughters & grandchildren



Their son & his family

FRANCIS & CARMEL COLASO CFM Bangalore

Francis Colaso is almost 85 years old and Carmel will be 80 years old this year. They have 3 children, a son, 2 daughters and 6 grandchildren. Their elder daughter, Nisha, and her husband Ninan, live in the same building, just a floor above them.

Francis and Carmel joined CFM Bangalore in 1968, a few years after they got married. They were invited to join by their good friends Cecil and Ranee Noronha. In 1971, when Francis was transferred to Delhi, they joined the CFM there, and happily recounted how their group consisted of eminent persons, one being Julio Rebeiro. They were CFM India National President Couple in the late 90s and early years of the new 21st century.

Francis retired in 1995 as Director General of Police Karnataka, the topmost post in the state. They are still invited to functions like Police dinners on Republic Day and Independence Day parades and other Police and public functions in the State. Francis says he could have continued to work as a Security Advisor, but chose to keep himself busy in social and community service activities.

One organisation that he is actively involved in is FMR India, which is affiliated to L'Arche International (L'Arche standing for Noah's Ark, a boat of refuge). FMR (Fellowship for Mentally Retarded) have 5 Homes across India called Asha Niketan, one of which is the first one started, in 1970 in Bangalore. Francis has been on the Governing Council since 1996 and was Chairman from 1998 to 2006. He also serves on the Governing Body of FMR India, and was President for 9 years (2006-2015), travelling to different countries for the annual meetings of the Federation of L'Arche.

Francis is also on the governing body and a former President of Maria Seva Sangha – an organisation recognized by the Archdiocese of Bangalore, made up of lay people, and has among its activities serving free mid-day meals to about 2000 poor students in 10 schools, giving interest free loans to those pursuing professional courses, like nursing, computer science, etc. and a Sponsor a Child Scheme to pay for a child's education up to the 10th Std. through a one-time donation. Maria Seva Sangha also run a Senior Citizens Home in T.C. Palya.

Carmel has been the homemaker, ably coping with various transfers that

Francis' job entailed. She was a teacher in the past and taught in schools in New Delhi and Bangalore. She has ably assisted in moving homes, coping with the children's change of schools and also interacting with families of officials and personnel where Francis served. She was also active in the CFM, and both represented India at the General Assembly of the ICCFM in Manila, Philippines in 1976.

Carmel's main hobby is solving crossword puzzles, reading and keeping abreast of current events. She also enjoys watching TV but mainly news channels like CNN and BBC. Francis has been a keen sportsman and a good tennis player in his younger days, having won trophies both at the National Academy of Administration in Mussoorie and at the National Police Academy in Mt. Abu. Nowadays, Francis enjoys watching sports programs on TV like cricket and tennis and some serials on Netflix as well as reading novels of detective and adventure stories.

One of their main joys of is to have their children and grandchildren visit. Their grandchildren currently reside for work or study across the globe – Estonia, U.S., Australia, and Dubai. Francis says, "To be with the young makes one also feel young".

Both Francis and Carmel are contented as they grow older and only pray that they do not suffer from any serious health problems during the rest of their lives.





Their eldest son
& family



Their
youngest
son & family

JOHNY & NANCY MASCARENHAS CFM Goa

Johny and Nancy Mascarenhas are 69 years old. Their elder son, who has two children, lives in the U.K with his family. Their younger son, his wife and two and a half years old son live with them in Goa.

Both Nancy and Johny worked for the Central Government in Goa. Nancy was a Section Officer (G) and Johny worked as Stores and Purchase Officer. He was the only admin staff who participated successfully in the programme on E-Procurement sponsored by Dept of S&T, Govt of India conducted by Administrative Staff College of India and was awarded a certificate for computerisation of Stores and Purchase Department at the hands of Director-General of CSIR, GOI, New Delhi.

After retirement in the rank of Gazetted Officers, they have been able to give much more of their time and talents to the organisations that they belong to, and to many Church activities. They have been members of the CFM since 2009, and were the National Vice-President CFM India for 3 terms, 2014 to 2020. During his term, Johny was instrumental in getting renewal of CFM India registration for five years.

Both are active members of the Church. Johny has served as Secretary for the first installation of Parish Pastoral Council at Taleigao Parish and thereafter served for another two terms as Treasurer. He is an active participant and animator of the SCC in his ward, and sings in the Church Choir for Sunday Masses. He has also successfully completed one year (2016-17) theological

and pastoral formation course conducted by Archdiocese of Goa and Daman.

Nancy is a member of SSVP, and served on the Taleigao Parish Pastoral Council. At home, Nancy is busy with cooking and gardening. She received an award at the hands of Central State Tourism Minister Shri. Shripad Naik few months back.

Both are members of the CSIR-NIO Pensioners welfare association of over 200 Government Pensioners on all India bases. Johnny has been Joint Secretary for one term of two years and Nancy is an Executive Committee Member for the current term of two years.

Johnny and Nancy would have preferred to live as a joint family, but they understand that living together is difficult because “in a joint family you have to put someone else’s needs before yours, you have to compromise”. Yet they believe that “these situations make you a better person”. Their greatest joy is that their sons are well educated, elder son being an Architect and younger an Electronics Engineer, is a Professional Musician. As Johnny says : “Both sons maintain family unity and both the families are concerned about their parent’s health, care and respect they need till date.”

Both believe that “Unity creates a sense of belonging and increases well-being for all. Every family has issues and the sooner we realise that there is no perfect happy ending to any story, the better we will be at handling the situation. Every person has flaws and so does every family”.

In their Golden years, they are contented and are living productive lives.

In My Golden Years

by Deborah Ann Belka

In my golden years,
my faith is mightier
my hope grows steadier
my trust gets sturdier.

The body gets weaker,
the mind is foggier
the memory grows poorer
the recollection’s fewer.

My beliefs root deeper,
my strength gets stronger
my doubts move further
my fears get lesser.

The eyes get dimmer,
the knees are creakier
the spine gets stiffer
the muscles softer.

God gets bigger,
the world gets smaller
the Lord grows nearer
my worries calmer.

In my golden years,
I am more aware . . .
God’s still concerned
about my welfare!



10 Ways to Stay Positive in the Golden Years

Debbie Waddel

Maintaining a positive outlook on life can help you boost your cognitive health and enhance your mood.

1. Write Down Goals

Writing down goals can help one do more to attain them. Setting goals keeps the brain active and in a positive space. Each day work hard to achieve these goals instead of being unproductive and allowing time to pass by. The goals can be to exercise often, eat nutritious foods, maintain strong social ties, and so on.

2. Build Positive Relationships

Socializing with people who are happy, stress-free, and full of joy could be a positive influence. Turning to positive people when feeling unhappy or stressed could immediately change the mood and lead to a better outcome.

3. Share Positive News

When something good happens share the news, regardless of how small or big it may be. Encourage your friends and loved ones to share their positive news. It will brighten up your day and outlook.

4. Avoid Negative Words

Speaking negatively about people, places, and things could lead to a bad attitude, making it difficult to get along with others. However, avoiding negative words could enhance one's behavior.



5. Exercise

When one exerts energy through physical activities, the body releases chemicals known as endorphins, which provide positive feelings that prevent muscle strains. Exercise can raise the body temperature, which has a calming effect on the mind. Exercise also helps to lower their blood pressure and stress levels, which can lead to better physical health, more energy, and positive thinking.

6. Eat Healthy

Nutrients like omega-3 fatty acids, B vitamins, and fibre can lift the spirits. Avoid eating sugars and unhealthy foods that cause the body to crash, and leave one feeling exhausted, sluggish, and agitated. Consuming healthy foods like fruits, vegetables, fish, and other lean meats can help you feel and look great and maintain a positive outlook.

7. Compliment Others

Praising others can boost your confidence and overall attitude. The more positivity you put out into the world, the better your chances are of receiving praise and positive compliments in return.

8. Take Up A Hobby

Hobbies encourage seniors to focus on learning new skills, which promotes mental acuity and reduces feelings of loneliness. Many hobbies have a social component - like a bird watching club or a knitting circle.

9. Volunteer

Volunteering can give seniors a sense of purpose. Local organizations always need an extra pair of hands, and seniors who volunteer get a chance to meet new people and make new friends. It’s a great way for seniors to give back to their community and widen their social circle.

10. Get A Pet

Pets can become invaluable companions to seniors. Pets get seniors out of the house, promote physical activity, and provide comfort. Seniors who own pets tend to remain healthier compared to non-pet owners.



Source: Based on excerpts from articles - <https://www.homecareassistanceroseville.com/how-to-stay-positive-in-the-golden-years>, <https://www.homecareassistanceroseville.com/how-can-seniors-prevent-loneliness>



How old
would you be
if you didn’t know
how old you are?

Satchel Paige

Wishes from our children

On World Grandparents Day, grandchildren of CFMers have shared their wishes.



HAPPY
Grandparents
DAY



GRANDPARENTS
fill the world
with LOVE

Samara D'Silva, 16 years

Seth D'Silva, 12 years

Grandchildren of Priscilla D'Gama

CFM Bangalore, Group 3

Happy Grandparents Day

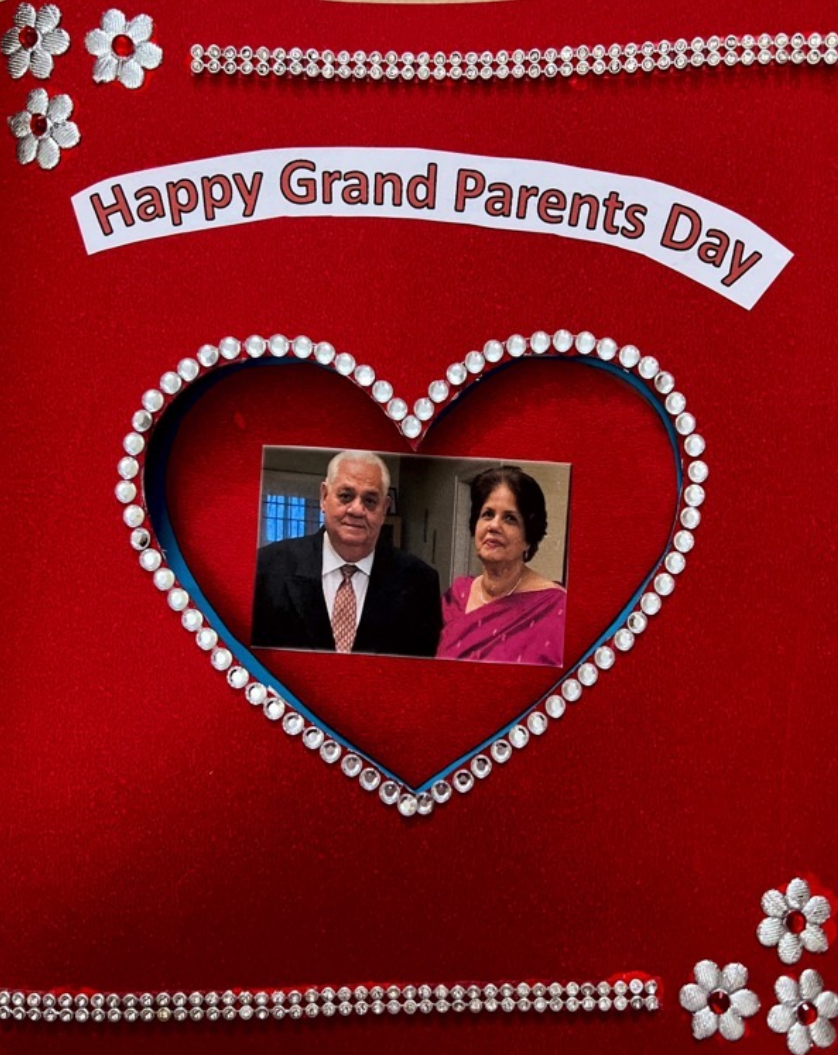


Dearest
Amama + Appapa

Even Though we are separated by continents we are
always united by Heart We Love you both sooo much!
Love,
Taliah, Ryan & Jason

Jason Isaacs, 8 yrs
Ryan Isaacs, 4 yrs
Taliah Isaacs, 1 yr
Grandchildren of
Joseph and Philomenia
Isaacs
CFM Bangalore
Group 8





Aarya Uppal Anup

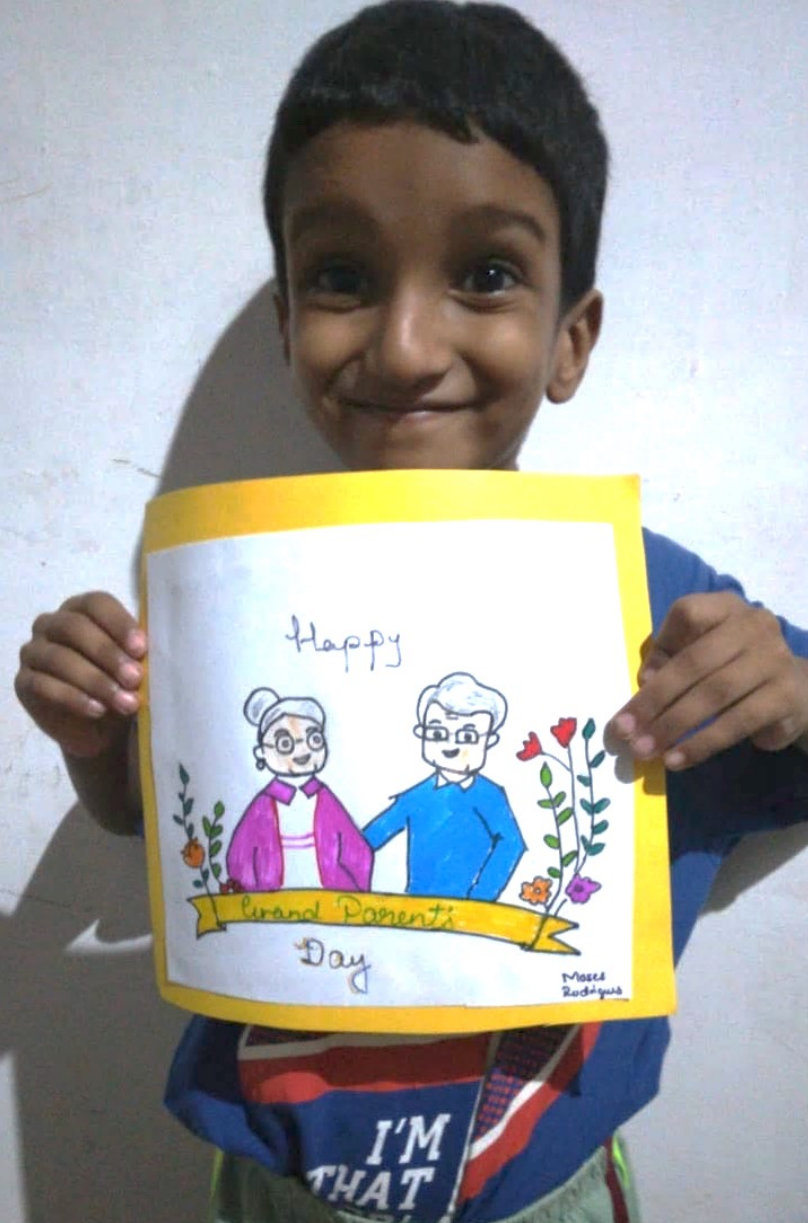
8 years

*Granddaughter of
Pino and Amelia Uppal*

CFM Bangalore

Group 9





Grandparents:
Joe & Wilma Da Costa

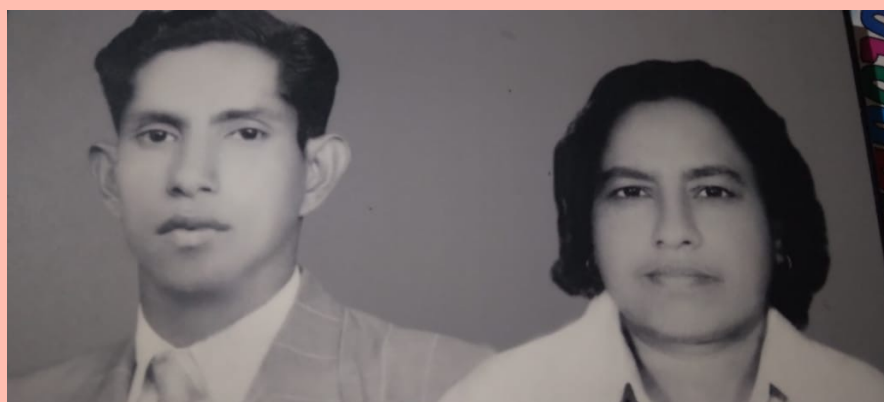
Moses Rodrigues

5 years

Son of Alisha and

John Rodrigues

CFM Goa, Merces



Grandparents:
Joseph & Filomena Rodrigues



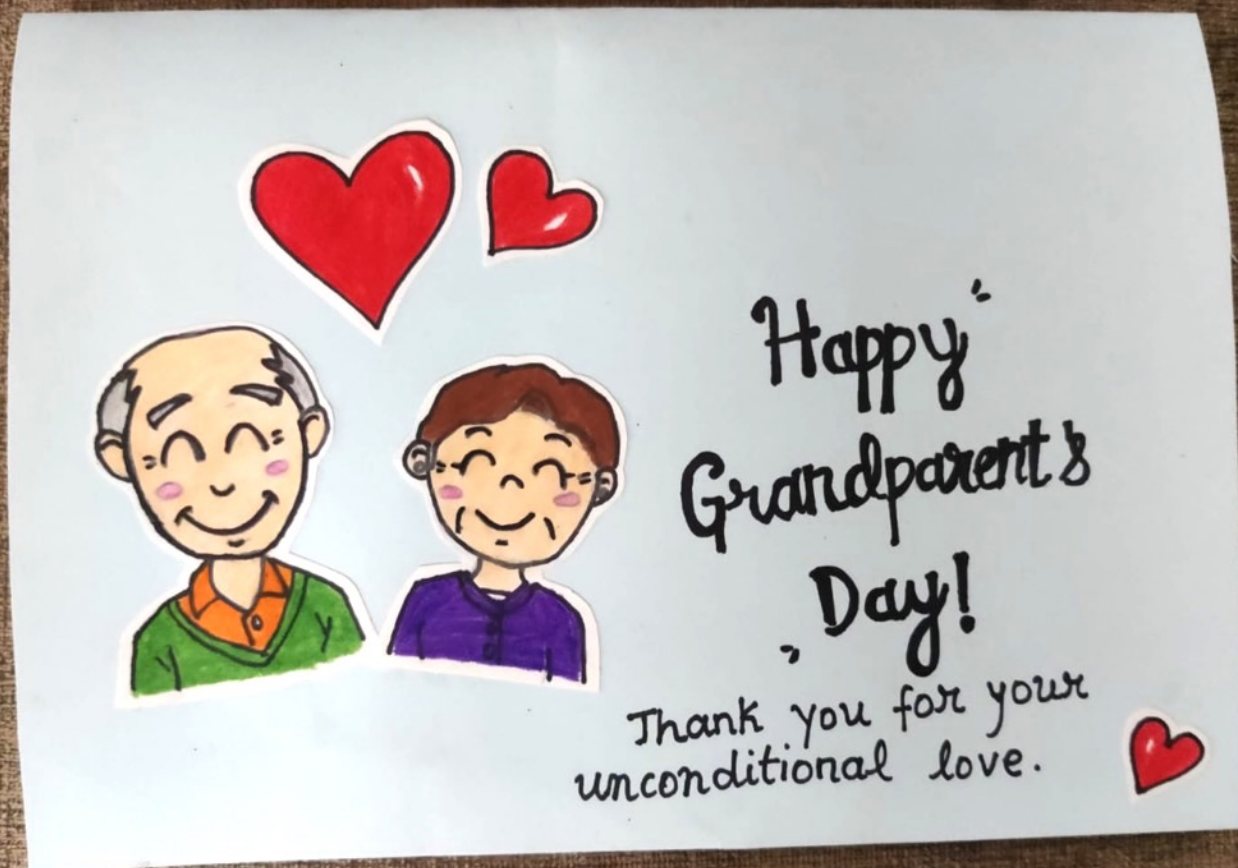
Ethan W. Albuquerque Pai

9 months

*Grandson of Kenneth and
Suja Smith*

CFM Bangalore, Group 6





Nasya Diniz

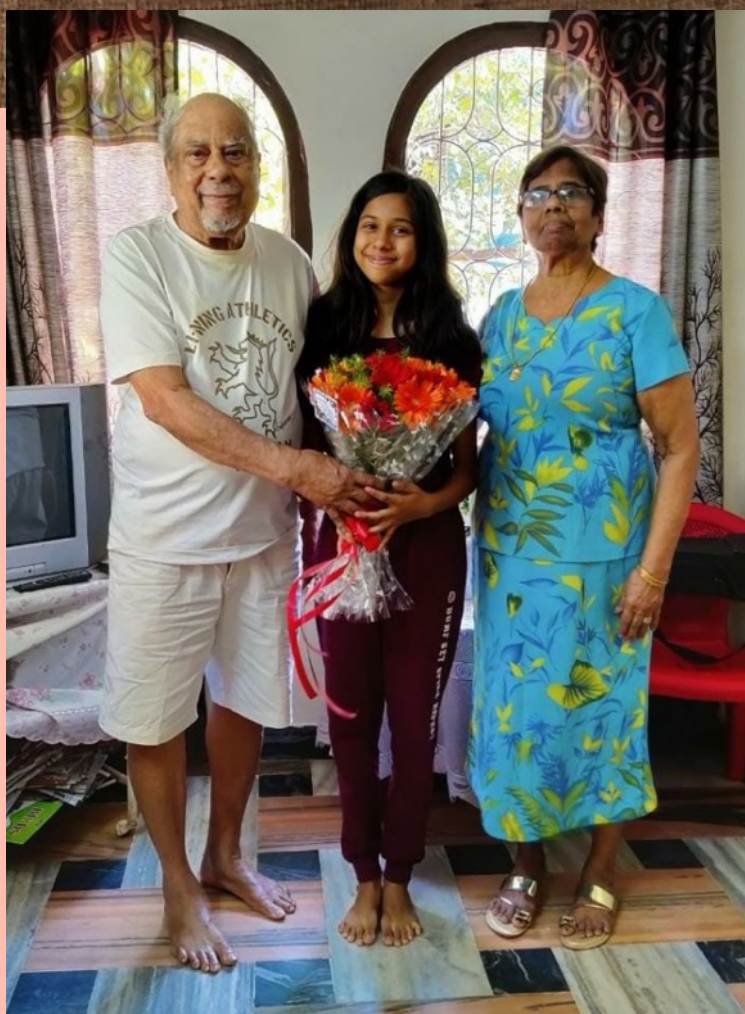
15 years

Granddaughter of

Santana and Estella

Almeida

CFM Goa, Margao





Dear Abu and Mai,
Happy grandparents day!
Hope you have a
wonderful day!
I love you very much.
You're the best ever.
Abu you are very interested
in youtube and I love it!
Mai you are so good at
saying all the prayers
I am thankful
Love Shania and Shane

For their paternal grandparents,
Leena & Edwin D'Souza



Dear Nana and Papa,
Happy grandparents
day! Hope you have
a wonderful day!
I love you very much.
You're the best ever
Papa you are the best
at teaching music.
Nana you are a really
good knitter.
Love Shania and Shane

For their maternal grandparents,
Blanche & Basil D'Souza

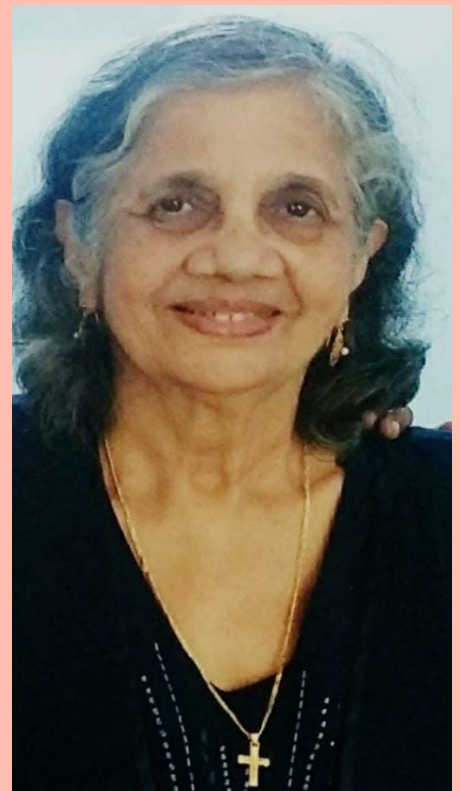
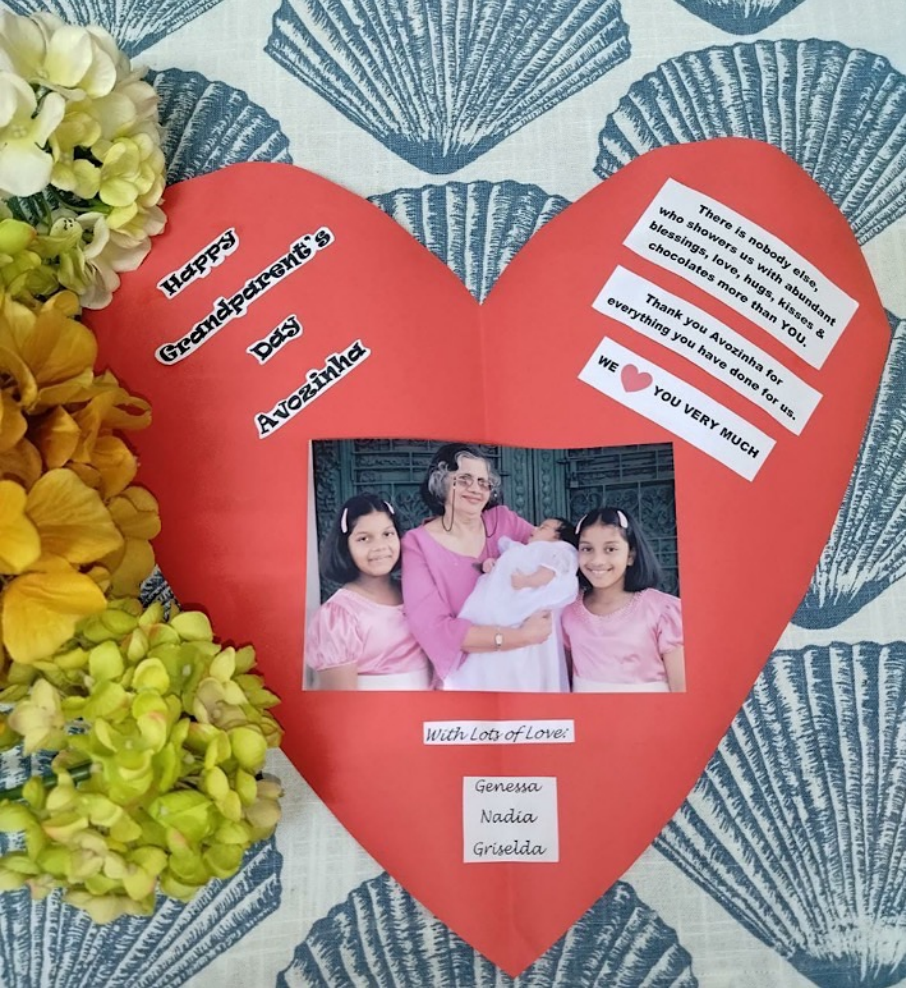
Shania & Shane D'Souza

Grandchildren of Blanche

& Basil D'Souza

CFM Mumbai





Grandmother:
Angela Falcao, ex CFMer



Genessa Emily Carla

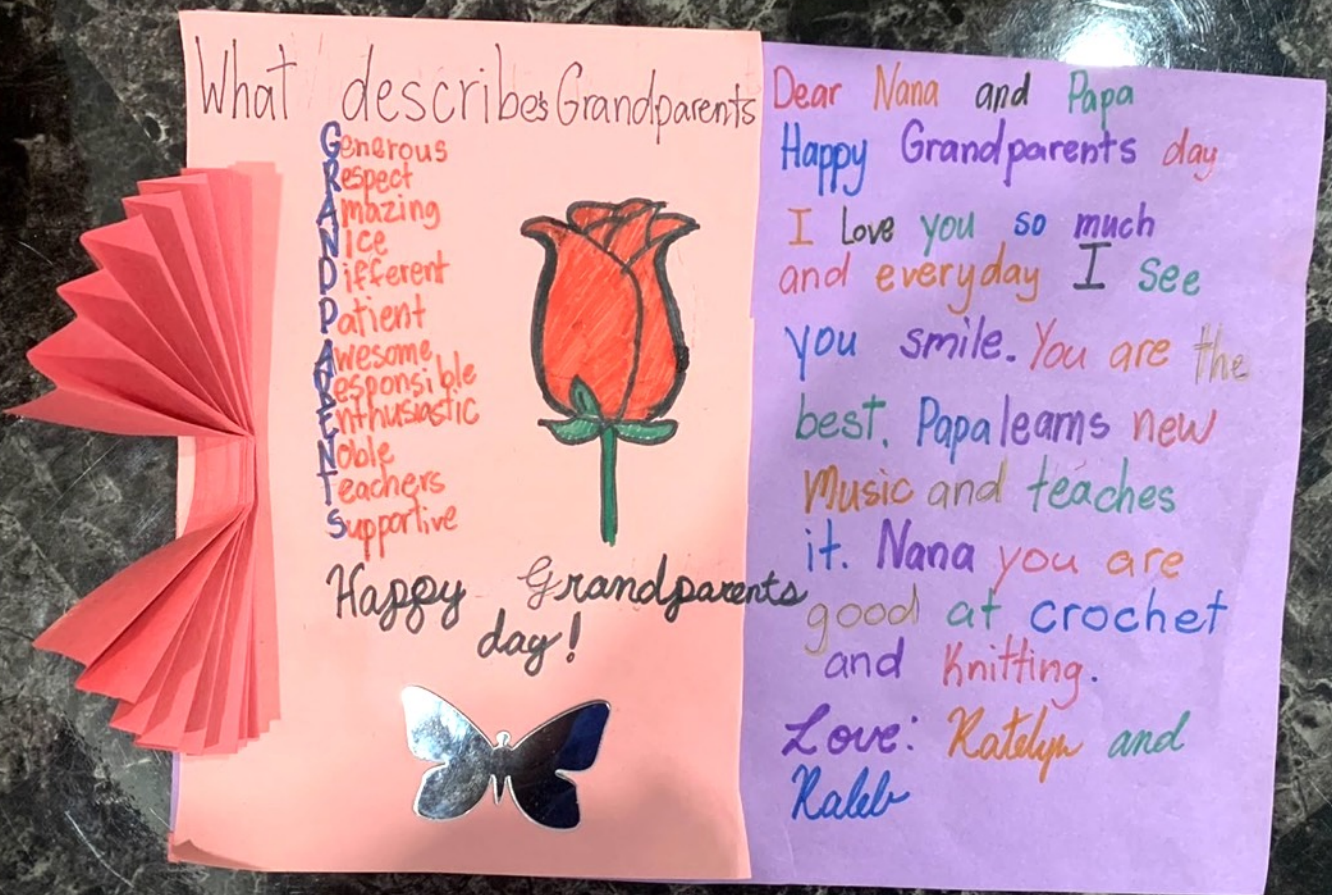
Fernandes

9 years

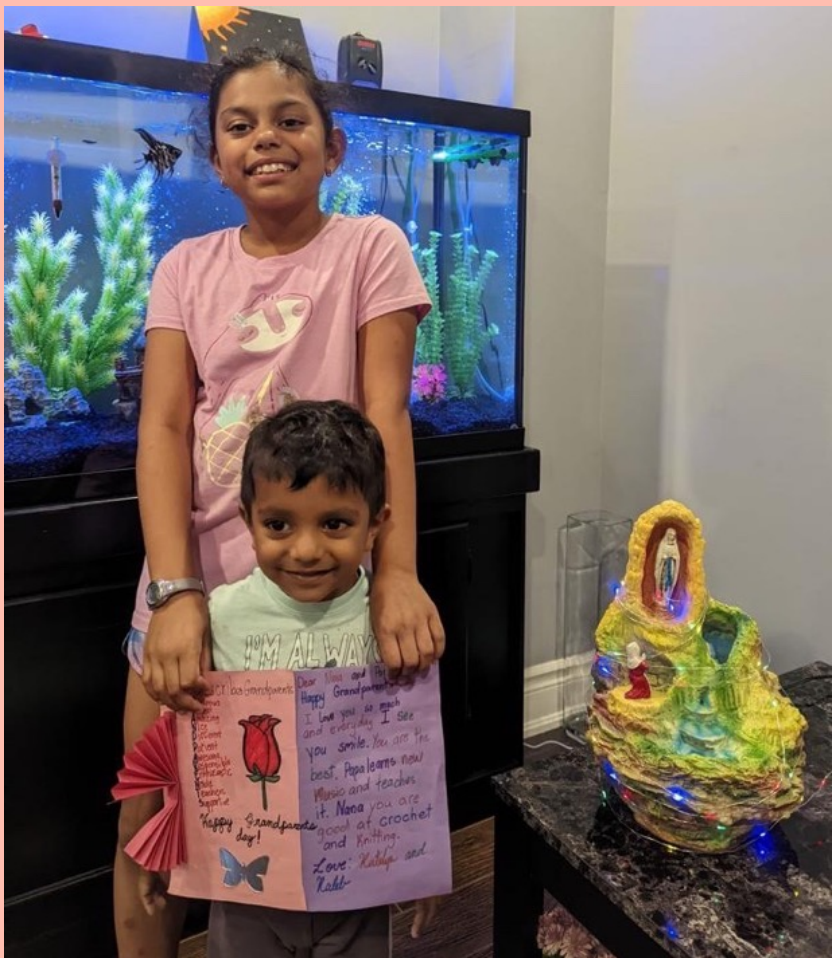
Daughter of Nixon and Goretti

Fernandes

CFM Goa, Margao

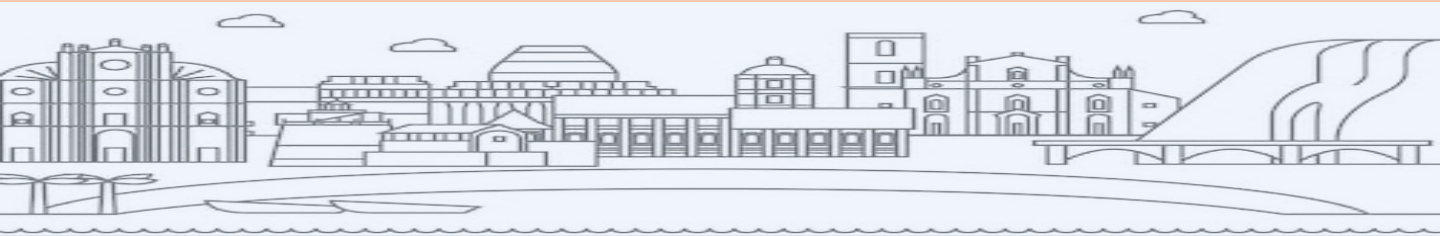


Katelyn & Kaleb Lobo,
Grandchildren of Blanche
& Basil D'Souza
CFM Mumbai



Regional News: Goa

Annelise & Mollet de Sa, Goa President Couple



1 Mass for Deceased Family Members

On 15th March '22, Merces unit of CFM offered a Mass for deceased family members of CFM.

2 Adoration

On 1st April '22, a 40 hour adoration was organized by the Carmelite monastery. Margao unit of CFM conducted an hour of adoration from 9-10am.



3 Prayer Service

On 14th April, we lost one of our dear CFMer - Mr Trifonio Cardoso from CFM Merces unit. Beloved husband of Rosie Cardoso. The members conducted a prayer service and helped in the arrangements of the funeral and Church service.

4 All Goa CFM meet.

Members of Goa CFM met together to commemorate 55 years of existence of CFM in Goa, on 3rd May. The day began with a eucharistic celebration by Rev Fr Silvestre De Souza - Chaplain of our Margao unit of CFM. Later after a snack break there was an informative and interesting session by Fr Silvestre on "Importance of Prayer in our Families". The meet ended with the cutting of the cake and a sumptuous fellowship lunch. 33 members attended the meet.



5 Xth World meeting of Families - 22nd to 26th June

The Family Service Centre along with the Family movements viz CFM, MFC, Marriage Encounter and Retroville under the guidance of the Director of Family Service Centre and our Regional Chaplain Rev. Fr. Albano Fernandes helped to organize the World Meeting of Families in Goa. In preparation for the same, daily Rosary intentions were prepared by us from 1st of May to 26th of June. The same was circulated to all the Parishes, Associations and families to pray for the different needs of Families. An inaugural Mass was held on the 22nd of June at the Caranzalem Church in North Goa and Navelim Church in South Goa. On the 26th of June, a solemn Mass was held at Se Cathedral Old Goa, presided by our Archbishop and Cardinal elect Rt Rev Filipe Neri Ferrao. Every Parish was represented by one family. Families having four and more Children were felicitated by our Archbishop and Fr Albano Fernandes. Ninfa da Silva was the commentator for the Mass.



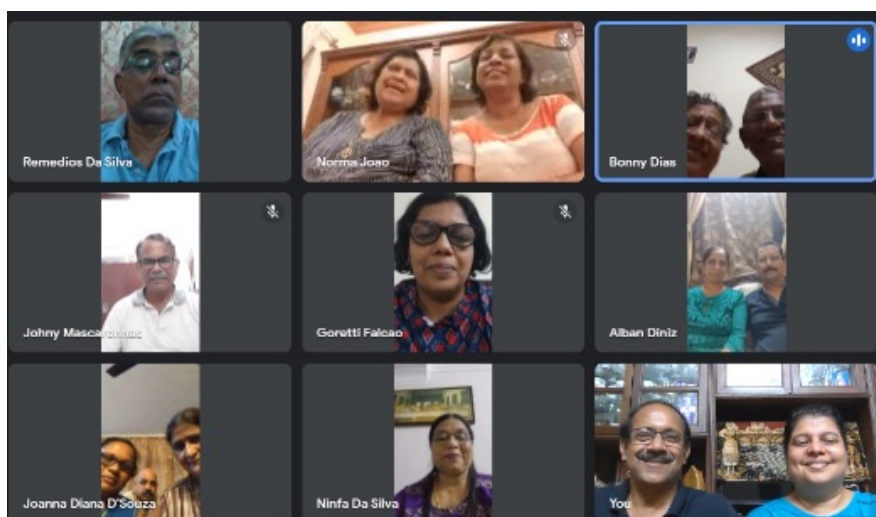
Caranzalem Church



Se Cathedral – Old Goa

6 On 1st July'22, we lost our beloved Bishop emeritus Rev Raul Gonsalves. At the funeral service Remedious da Silva represented CFM Goa.

Remedious da Silva (in blazer) can be seen throwing soil on the coffin. He was buried behind the main altar at the Se Cathedral.



7 On 13th July, Group leaders meeting was held online.

8 On 16th July, Mercers CFMers came together to clean our Mercers Church.

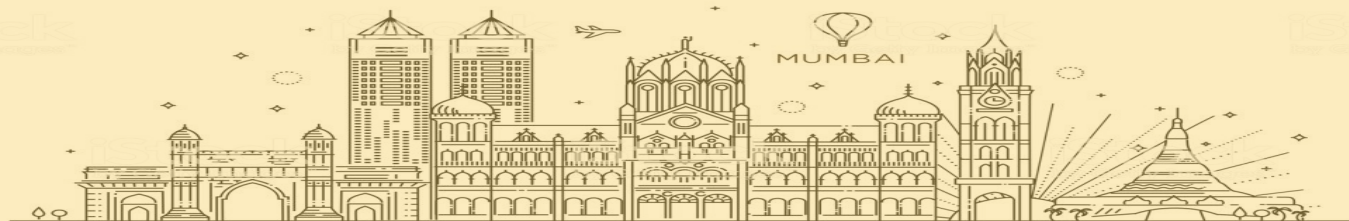


9 CFM Goa generously contributed towards our CFM brethren in Sri Lanka.

Regional News: Mumbai



Christabelle & Herman D'Souza, Mumbai Vice President Couple



1 First CFM Meeting after the Pandemic

What a joyful and exciting moment to meet our CFM Family after a gap of almost two years! The meeting was held on 21st February, 2022, at the residence of Lorna and Dr. Oza, who welcomed us so warm-heartedly. This meeting broke all records with its highest member attendance yet!! The meeting began with Prayer for the Christian Family Movement and thereafter we discussed the topic "Understanding Rebelliousness in our Children". Each member discussed various questions on how we cope with different modes of rebellion and how to discipline rebellious children through parental trial and error. We had an awesome photo-session thereafter, under the full moon, among the beautiful flora and fauna of Lorna's beautiful and well laid out terrace garden.



2 Mumbai Region Joint Group Meeting

A joint group meeting was held on July 9th, 7.30 p.m. at the residence of Sharon & Francis. It began with a Scripture reading from Isaiah 6: 6-8 and a reflection thereafter. Our new Regional President Couple, May & Harold welcomed everyone and explained the purpose of the meeting. We had an inspiring brainstorming session for future activities which were to be held so as to make the CFM in Mumbai seen and heard in our Parish. A calendar of events was prepared and shared with all members of the CFM - Mumbai Region. The meeting ended with fellowship, games and Dinner.



3 Participation in the Orlem Parish Orlempics 2022

In the Orlempics 2022, a parish event of Our Lady of Lourdes, of gigantic proportions of over 2,300 participants in various categories like team sports and individual events, Sharon took the silver medal in Table Tennis.

4 Participation in the Parish May Ball 2022

The Parish Family Cell along with some of our CFM Members (Sharon, Francis, Noel & Violet) organised a dazzling fun-filled evening of Dance, Dinner and Fun on 1st May, 2022. An awesome live Band – The Promised Land - kept a crowd of over 500 on their toes with their beautiful foot-tapping music. The event was par excellence!

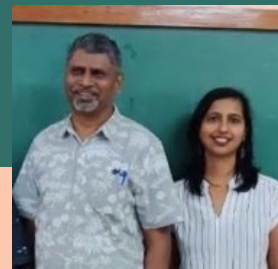
The highlight of the evening was the May King & Queen competition which saw many competing for this coveted Title. Our son, Christopher bagged the May King and our daughter, Herschelle won the 1st Runner-up May Queen.

Congratulations Christopher & Herschelle!!



Regional News: Bangalore

Vrinda & Nirmal Raj, Bangalore President Couple



The main objective of CFM Bangalore is to promote integration between the groups as one family and to encourage conducting monthly meetings. The office bearers and the Executive Committee met many times to prepare a calendar for the year and plan the programmes. We acknowledge the spirit of involvement and guidance of our Regional Chaplain Friar Sidney Mascarenhas, O.F.M.

1 Monthly Meetings & Activities

It has been very encouraging to see many groups restart their monthly meetings after a two year gap due to Covid. Hats off to Group 10 leaders Gerald & Sharon; G10 met 7 times consecutively from Jan to July 2022. During one of their meetings they meditated and discussed areas of struggle in couple relationships and how to be more Christ like in those areas. This included a family activity where couples washed each other's feet and kissed it. It was a meaningful and memorable experience. Joseph & Regina Boniface animated the session.



Group 8, led by Charmine Saldanha, also met regularly. They presented their Chaplain Fr. James C.Ss.R with a love cake during one of their meetings.



2 Executive Committee Meeting

The Office Bearers and the Executive Committee (group leaders) met at CCWI office conference room to plan and execute the programmes that were set as goals to fulfill the Vision/Mission of CFM. The meeting included celebrating the 81st birthday of our Chaplain, Friar Sidney Mascarenhas, O.F.M., and the wedding anniversary of our Regional Vice President Couple, Josy & Philo Isaacs.



In Remembrance

CFM India mourns the loss of the members who passed away over the last few months. They will be missed.

May their souls rest in peace



TRIFONIO CARDOZO

Husband of Rosie Cardozo

CFM Goa, Mercedes Group

Died: 14th April 2022

My husband, Trifonio Cardozo, was God's greatest gift to me and my son. We had 38 long years of married life together. He was a very generous husband, father, brother and friend. He had a large heart and loved bestowing gifts in grateful thanks on anyone who helped him and never refused anyone who approached him for financial assistance.

He was also an Excellent A-Class Cook and his specialty was cooking biryanis, baking all kinds of cakes and continental dishes and loved cooking for his friends on their special occasions.

He also won many Certificate Awards when working on Cruise lines, Cargo ships and 5-Star hotels all over the world for his excellent cooking.

My son and I will never forget the good times we all shared together as a family. His passing away has now left an empty void within us that can never be filled. I pray God grant Eternal Rest to Trifonio's dear soul.

Rosie Cardozo

In Remembrance



MERVYN SALDANHA

Husband of Roopa Saldanha

CFM Bangalore

Died: 11th May 2022

‘To whom much is given, much is expected off’ - that is the legacy of Mervyn Saldanha to his three sons Mike, Marc and Matthew.

My father was one of a kind. We could always count on him - not because he was a superstar with super powers but because he was noble, kind, gentle, caring, considerate, hardworking, enterprising, wise and selfless. He cared deeply for his family, friends, the people who worked for him on the estate and others. His spirit of resilience, endurance and good humour saw him through health issues that would have broken a lesser man.

In June 2016, he grappled with death and when all hope was gone, when even the doctors at St John’s had given up, I recollect all the prayers and support that poured in. After months of sleepless days and nights, the doctor said “This is truly a miracle. I don’t know which God you pray to, but he will make it .” Today I ask God why did you not grant us another miracle or was my Dad’s very life a miracle? Did God give him those extra six years to complete the work he had in mind? If we are anything today it is because of him. He gave us strength in time of trouble, wisdom in times of uncertainty and sharing in times of happiness.

My father, Mervyn, was like an eagle. He soared high, had vision, whatever the challenges he was fearless , he took life head on, was tenacious. He used life’s raging storms to raise him high.

The loss of our father will always be felt but everything that I and my brothers do will be in honor of him . This is the price you pay for having a great father. You get the wonder, the joy, the tender moments — and you get the tears at the end, too.

Michael Saldanha

In Remembrance



RAYMOND FERNANDEZ

Husband of Lorraine Fernandez

CFM Bangalore

Died: 17th May 2022

I was asked to describe my father in one word. I had two - "Selfless Love".

A man of the highest integrity in his work environment, known for his ethical practices in government and in industry.

An intelligent, informed conversationalist and a trusted advisor to his friends. Charming and ever smiling.

My father went above and beyond, doing everything for his family. No words can do justice to what he was to us.

A loving, dutiful and devoted son to his parents.

An equal life partner with his wife. They played cards, danced, discussed us at length, had travel adventures and shared everyday nonsense.

Papa was my rock, confidant, motivator to work hard and excel, financial planner, advisor, dancing partner and Uber driver 😊. I wanted to always make him proud.

For his granddaughters, 'Gampa Raymond' was their world. He drove them to school, ballet, art class and swimming. He was their teacher and friend.

Raymond Fernandez was, as the ad says "The Complete Man".

My dearest Papa, we love you to forever and beyond.

Ayesha Fernandez

In Remembrance



JOAN PAL

Wife of Ajit Pal

CFM Bangalore

Died: 9th July 2022

To us three sisters, our mother Joan was nothing less than perfection. Right from our childhood, her every action inspired us to strive to be just like her - responsible, energetic, strong but sensitive humans.

She sacrificed her own personal ambitions for years while bringing us up - she went through a long 22 years of schooling between us! She pursued her hobbies despite this, while running the home flawlessly, all thanks to a kind of self-discipline that is so rare, probably learnt from her own parents, whom she also dedicatedly took care of in their last days.

She never said "I love you" at home, but her actions spoke for it more than words ever could. She was a quiet disciplinarian, and it is this training that has seen us through personal and professional challenges as adults. In recent years, a kind of friendship grew between us daughters & mom- we enjoyed her lighter side, her love for shopping (she was impeccably stylish without being extravagant), theatre, music and travelling. Our family travels are most cherished memories that we boast to friends about.

She was elegant and superbly efficient but never boastful. She was thoughtful with not just people, but of the environment as well. She really believed that family prayer would help us face life's difficulties. This is what will now keep us in good stead, even in her absence.

We all thought of her as an ever-present protector, not one to disappear without warning like she did and leave us heartbroken. Her zest for life is what will hopefully get us back on our feet. We would love nothing more than to be recognized for the same qualities she had.

Anjali, Divya, & Tanya Pal

Some Portraits of Death



Friar Sidney J. M. Mascarenhas, O.F.M., Ph.D., National Chaplain

1. What is the Portrait of Death?

There is no one Portrait of Death. Let me just share some of them.

1.1. “In the midst of life, we are in death!”

Actually, this portrait of Death is an old Medieval hymn, dating from New Year’s Eve 1200! It was also sung later by soldiers who went out to battle and risked their lives for their fatherland. These words consoled their fears! After all, many die in wars, but one can also die in his/her bed, or, reading a newspaper, or, eating at table. Is it not?

This hymn also was and is even now sung at funerals! It reminded the bereavers, that one day, even they would die!

Benedictine Monks, and Friars (Carmelites, Franciscan, Conventual and Capuchin) also, sang it at the end of their Festive Meals or Recreation. They brewed their own Trappists, Benedictine, Norbertine, Franciscan, Capuchin, Conventual Malts, Brown, Crystal, Blond Grain Beers that were brewed in their vast cellars, like those we know today in the small breweries in Bangalore, like **Communiti** in Residency Road, Bangalore!

Many paintings show monks and Friars, meditate, looking at a skull. In Rome, at Baberini Square, the Capuchins have a chapel decked with the 3700 skulls and skeletal remains of their confreres. Above the altar, one finds the Sign Board: **“Memento moris.”** (“Remember you die.”)



1.2. “Dies irae, dies calamitas” (Day of wrath, day of Calamity)

Another popular hymn was “Dies irae, dies calamitas.” (Day of wrath, day of calamity.” People sing it even today with gusto at funerals!

It is attributed to Friar Thomas of Celano (1256), a Franciscan Lawyer and Friar, and an author of three lives of St. Francis of Assisi.

I am sure, this hymn does capture the hearts and feelings of all humans who bereave the loss of their dear ones. Death is seen as a Judgement! A person reaps what he sowed in his/her life! But is Death a Judgement? It sounds rather scary!

1.3. Epicurus (341 – 271 B.C) & Epicureans.

The Greeks saw Death as something scary. And that is why Epicurus and his followers countered people with this argument: *“Why fear Death? When you are alive, Death is not there! When Death is there, you are not there!! Remain cool, undisturbed! (atarasein). Make merry while you live! Make hay, while the Sun shines!*

1.4 For Rabindranath Tagore.

Death was extinguishing the light; it is only putting off the lamp because the dawn has arrived!

It was also a mingling of one's self, into the Ocean of Life! Attaining *Moksha*!

1.5. For St. Paul.

In 1 Cor. 15:55, St. Paul asks: "Where, O Death, is your victory? Where, O Death, is your sting?"

1:6. For Men of Faith.

Death is a Passage to Life itself! It is crossing the Bank of the River of Life!

1.7. For Jesus Christ, the Son of God!

Death is commending oneself to our Creator & Father, Breathing in the Holy Spirit and breathing out the Holy Spirit! Death is commending oneself to a Loving Father in Heaven! "Father, into your hands I commend my spirit" (Lk 23:46 (Nabre))

1.8. In Death, we are all commended to our Father in heaven!

As CFMers and as your Regional and National Chaplain, I commend Mervyn Saldanha, Raymond Fernandez, Joan Pal, Trifonio Cardoso, and all their living dear and near ones (Roopa and her sons, Lorraine and her children and grand children, Ajit Pal and his children and grand children, Rosie and her son) to their Creator and Heavenly Father.

Jesus tells us: "In my Father's House there are many 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 myself, so that where I am, you also may be. Where I am going, you know the way." (Jn 14: 2 – 3 (Nabre))

1.9. In Death, we all find our Mother of all Mothers! I also commend all of them to the Mother of all Mothers, Mary! She stood by His Cross. She stands by our Crosses! Jesus said to her and all of us, as He gave up His Spirit: "Behold, your Mother!" (Jn 19:27)

1.10. Death is a Homecoming!

Let us therefore be joyful for Mervyn, Raymond, Joan and Trifonio! "They ran the Race! (II Tim 4: 7) **They are Home!**

For what is it to die but to stand
naked in the wind and to melt into
the sun?

And what is it to cease breathing,
but to free the breath from its
restless tides, that it may rise and
expand and seek God
unencumbered?

Only when you drink from the river
of silence shall you indeed sing.

And when you have reached the
mountain top, then you shall begin
to climb.

And when the earth shall claim your
limbs, then shall you truly dance.

Kahlil Gibran

Milestones



Tina and Tito Soares (CFM Goa, Merces) are delighted to share the news of the birth of their grandchild, Theana Joanne Soares, daughter of Theron Soares and Jochelle Miranda.
Born: 4th June 2022



Two families from CFM Mumbai were happy to celebrate their children's weddings this year:

Violet & Noel Palhia's daughter, Naomi, married Craig Menezes on 8th January 2022.



Asha & Francis Dsouza's son, Allan, married Preethi on 24th April 2022.



Prayer for a Blessing on a Long Life

GOD of MERCY, you have given your children
the GIFT OF LONG LIFE, and they ask for your blessing.
Let them feel the TENDERNESS and STRENGTH of your presence.
As they look back to the past, let them REJOICE in your mercy.
As they look to the future, may they
PERSEVERE in HOPE that does not fade.
To you be praise and glory for ever.



The Meeting of Joachim and Anne outside the Golden Gate of Jerusalem, by Filippino Lippi, 1497