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Magnificat



A NEWS-LETTER FROM CBCI COUNCIL FOR WOMEN

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Women: Accompanying young minds in traversing the world of ideologies



The working paper of the Syond for the Youth while highlighting the vocation of the Church, underscores the Marian dimension of the Church: "The vocation of the Church has its true harbinger and complete fulfillment in Mary, the young woman who, with her 'yes', made the Son's incarnation possible and, consequently, established the conditions for every other ecclesial vocation to happen. 'The Marian principle' precedes and exceeds any other ministerial, charismatic and juridical principle in the Church, and it supports and accompanies them all" (IL, Para 96). Our Holy Father always tells us: "The Church is a she-Church". It is a 'mother' Church. Its Marian dimension precedes its Petrine dimension. It is Mary who brought the Word of God on earth. It is another Mary, Mary Magdalene, who first brought the word of resurrection to the world and became the Apostle to Apostles.

This is the century of woman: in the words of Pope Paul VI, glorified and liberated woman. At the closing of the Second Vatican ecumenical council, on 8th December 1965, in his address to the women of the world, he said: "And now it is to you that we address ourselves, women of all states—girls, wives, mothers and widows, to you also, consecrated virgins and women living alone—you constitute half of the immense human family. As you know, the Church is proud to have glorified and liberated woman, and in the course of the centuries, in diversity of characters, to have brought into relief her basic equality with man. But the hour is

coming, in fact has come, when the vocation of woman is being achieved in its fullness, the hour in which woman acquires in the world an influence, an effect and a power never hitherto achieved. That is why, at this moment when the human race is undergoing so deep a transformation, women impregnated with the spirit of the Gospel can do so much to aid mankind in not falling". He concluded: "Women, you do know how to make truth sweet, tender and accessible; make it your task to bring the spirit of this Council into institutions, schools, homes and daily life. Women of the entire universe, whether Christian or non-believing, it is you to whom life is entrusted at this grave moment in history, it is for you to save the peace of the world".

We, mothers and Rev. Mothers, sisters and Rev. Sisters of the 21st century, have to listen to, understand, love and accompany our young ones whom we give birth to physically or spiritually.

(An excerpt of the paper presented at the National Meeting of CBCI Council for Women 2018 at Goa by Prof. Leena Jose T. on Contextualizing the Catholic Social Teaching to Accompany the Young Minds in traversing the world of ideologies. Prof. Leena Jose is the Director of Outlook Effect Program)



Merry Christmas & Happy New Year 2019

"When they saw the star, they were overjoyed."

(Matthew 2:10)

★ CHRISTMAS MESSAGE ★



At this Christmas let's fill our hearts with Joy and move ourselves to act for our people and Society.

My dear friends in Jesus Christ,
Greetings of the Season of Christmas!

As we are on to the days of Christmas; I am really glad to wish you a blessed and memorable Christmas. My Friends, it is a noisy world and it is a world of ideologies and technologies. And as a woman if you compromise with the minimum or rather compromise for the minimum your world will never grow out of the walls of your homes. The most powerful and the most humble woman of the known history of Humankind- **Mary of Nazareth** stands before us at this Christmas as a model to look at and imitate. She was never a type of woman who receded from the scenes when things are not conducive; rather she always had the courage to come to the fore and do her role with responsibility. When we glance to the Manger at Bethlehem we can see a Responsible Mother, a Courageous Young Lady, and a Powerful Woman with determination to shoulder the Divine Duties and to accompany the Son of God.

Moreover at this Christmas let's see in the Manger, the **Woman- Mary** as a person who preferred Joy to pleasure. My wish and prayer for you this Christmas is this, you too should have the courage and determination to choose Joy to pleasure and accompany your young minds in the world of ideologies. Pleasure is short-lived and it doesn't carry us any blessings. Rather Joy is long lasting and it is divine and it moves us to act for the society. At this Christmas let's fill our hearts with Joy and move ourselves to act for our people and Society.

May the baby in the Manger, the Word made Flesh, the Emmanuel be born in your hearts and homes and make you all the living Cribs and grace you to be the blessings to the world by accompanying the young minds!
With heartfelt wishes and blessings

Yours in Our Lord,

✠ **Jacob Mar Barnabas**
Chairperson, CBCI Council for Women

Accompanying young minds through responsible parenting

The prosperity of tomorrow's world depends upon today's youth who hold the key of the future. They can make the world a hell of heaven or a heaven of hell. Thus, today's parents have a huge responsibility in bringing up their children in God's way.

In Deuteronomy 6:5-9 Moses enlisted two basic responsibilities of Christian parents as *"And these words which I command you this day shall be upon your heart; and you shall teach them diligently to your children and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise. And you shall bind them as a sign upon your hand, and they shall be as frontlets between your eyes. And you shall write them on the doorposts of your house and on your gates."*

• Parents should allow God to reveal his truth as revealed in his Word through their own

lives

• To make God's truth central in their homes. We need to realize that the curse of sin and the seed of virtue is sown within the family. Parents often fail to be a role model to their children. Where have the parents gone wrong? Haven't they, as parents given their children good education? Enough Food? Safe Shelter? Good clothes? In spite of all they have done, how have they failed to communicate love and understanding to the young minds?

Let the parents bear in mind the following cardinal aspects while dearly bringing up their youth. These will help to effectively channelize their youthful vigour and zest in the right direction as Jesus would have wanted them to.

1. As a parent set a good example for the youth. Practise what you learn from Scripture
2. Listen to your teenager. We need to find



time to listen to their experiences, struggles, stress and aspirations.

3. Parents are accountable before God to mould, to assist, to develop and to help them become what the Lord has intended.

4. The youth needs love and belongingness. So ensure inclusiveness in the family.

5. Safety is the basic need of young minds.

6. Consider the youth as significant person. Don't ignore the spiritual need of the young minds.

7. A great expression of love for children is the intimacy and love between their parents. What they see is what they imitate.

8. The parent who walks together with the young minds and with God develops self esteem

9. Be consistent in virtues and values.

10. Do not try to push your teenager into your mould. Let them have their own self.

11. Teach them to pray and rely in God. Be a spiritual parent. Focus on making and keeping good relationship with teenagers. Let them find a true friend in you.

Growing up with the children, accompanying them in all walks of life is one of the hardest parts of raising them. Teenagers

need a support base at home, though they never articulate this need. Parents should accompany them to help through sorrows, and share with them their joys, as they move on to adulthood. Understanding their needs, recognizing their abilities, parental love and guidance are crucial to the adolescent's sense of belongingness.

Let us put our best efforts to equip ourselves as best as possible in accompanying our

youth to bring them up in Godly discipline.

Dr. Giby Geevarughese
Chairperson, Board of Studies,
University of Kerala



National Meeting 2018

Three Days at the Three Hills.

The CBCI Council for Women organized the National meeting for Regional secretaries and women leaders from 29 September to 1 October, 2018 at St Joseph Vaz Spiritual Renewal Centre, Goa. The theme for the meeting was **"Women: Accompanying the Young Minds in Traversing the World of Ideologies."**

Day One - An introduction to the meeting and welcome address was given by Sr. Talisha Nadukudiyil SD, National Secretary of the Women's Council. His Excellency Most Rev. Jacob Mar Barnabas, Chairperson of CBCI Council for Women officially inaugurated the meeting on 29 September at 9.15am. This was followed by an overview of the venue and its origins by Rev. Fr. Henry Falcao, Director of St Joseph Vaz Spiritual Renewal Centre.

Prof. Dr. Leena Jose T. Started the session on **"Contextualizing the Catholic Social teaching"**, during which she said that one can practice the Compendium of the Social Doctrine of the Church and be modern. It is necessary to have a Supra-Ideological View of Life. There will be no generation gap and we need conversation, mail, e-Mail, Social Media. An attitudinal change is conversion, the change of epochs, paradigm shift and dharma were discussed by Dr. Leena Jose. This was followed by presentation of the regional reports. In the afternoon session, there was a group discussion on the **CBCI Guidelines to deal with Sexual Harassment at Workplace.**

In the evening session, Advocate Anushika Abraham representing Jesus Youth spoke on Mary, Women Accompanies, Women and Men and also Women and Children. *"We need*



to explain to the youth, where faith is coming from. Are we role models for our children and coming generations?" she asked. The day concluded with music ministry by the young girls of Jesus Youth.

Day Two - On the next day, the meeting started with a session by Ms. Hachel representing the Indian Catholic Youth



Movement (ICYM) discussing Ideologies, Views and expectations of the Youth in today's context. She explained the fundamental rights with personal insights. The recent flood-hit regions of Kerala with focus on Idukki district and Karnataka with focus on Kodagu district shared their stories.

This was followed by **"Region ki Baat"** in order to discuss the issues within each region. In the afternoon session, Action Plans for the year 2019-20 were prepared by each region and presented. The second day of the meeting concluded with an awareness session on **online communication in the mobile age and evolution of Media** by Shveta Jadhav.

Day Three - The Archbishop of Goa His Eminence Rev. Filipe Neri Ferrao expressed his encouragement to the entire group representing the different states of India. Half a day was spent for sight- seeing; exploring Old Goa's churches and a visit to Miramar Beach.

Summary

This meeting has been an enriching experience for those who have been representing their respective regions for many years and also for those who attended





for the first time. All sessions by the resource persons were carefully outlined within the framework of the theme. Gender Policy, Gender Awareness, Sexual Harassment Guidelines and Issues related to Women in the Regions were addressed. It was a sheer delight networking with these colourful women who represented their region not just in the fabric that they wore but also the vigour in which they spoke about their work.

Overall, it was an interactive collaboration with the entire group and immense planning on behalf of Sr. Talisha.

Details of the meeting

Three Days = Saturday, Sunday and Monday (29 Sep to 1 Oct)

Three Hills = Monte de Boa Vista Hill (Good View Hill), Monte Santo (Holy Hill) and Capela da Nossa Senhora do Monte (Chapel of Our Lady of the Mount)

बचपन से सुन नहीं पाती थी, यूं भरी हौंसलों की उड़ान



बचपन से सुन नहीं पाती थी लेकिन फिर भी निष्ठा ने मिस डेफ एशिया 2018 का खिताब जीतकर मिसाल कायम कर दी है।

हरियाणा के पानीपत की निष्ठा डुडेजा ने मिस डेफ एशिया 2018 का खिताब अपने नाम कर पूरी दुनिया में देश का नाम ऊंचा कर दिया है। निष्ठा बचपन से ही सुनने में अक्षम हैं और वह इस प्रतिष्ठित प्रतियोगिता को जीतने वाली पहली भारतीय बन गई हैं।

ब्यूटी विद टैलेट निष्ठा को चीन, थाइलैंड, ताइवान, इजरायल, चेक गणराज्य, बेलारूस, मेक्सिको, दक्षिण अफ्रीका जैसे देशों की सुंदरियों ने चुनौती दी लेकिन सबको पीछे छोड़ते हुए निष्ठा ने खिताब अपने नाम कर लिया।

अपनी ऐतिहासिक जीत के बाद निष्ठा ने फेसबुक पेज पर लिखा, 'क्या पल था! यह भावुक करने वाला था। यह ऐसा कुछ है जिसे मैं ज़िंदगी भर सहेज कर रखना चाहूंगी। पहली बार भारत ने मिस ऐंड मिस्टर डेफ वर्ल्ड पीजेंट में कोई क्राउन जीता

है, मुझे खुशी है कि मैंने भारत के लिए यह खिताब जीता।'

भारत लौटने के बाद निष्ठा ने कहा, मैं अपने पैरेंट्स को शुक्रिया कहना चाहती हूँ जो हमेशा मेरी मदद के लिए मौजूद रहे। अब मैं वंचित लोगों की मदद करना चाहती हूँ चाहे इसके लिए मुझे अपनी सुख-सुविधाएँ ही क्यों ना छोड़नी पड़े। मेरा मानना है कि डिफरेंटली एबल लोगों को दया की जरूरत नहीं है, उन्हें केवल खुद को साबित करने के लिए बराबर मौकों की दरकार है।

निष्ठा ने दिल्ली यूनिवर्सिटी के वेंकटेश्वरा कॉलेज से ग्रेजुएशन किया है और फिलहाल यूनिवर्सिटी ऑफ मुंबई के मीथीबाई कॉलेज से एमए कर रही हैं।

स्टडीज में शानदार प्रदर्शन के अलावा वह टेनिस की भी अच्छी खिलाड़ी रही हैं। वह डेफलंपिक्स, वर्ल्ड डेफ टेनिस चैंपियनशिप 2015 और डेफलंपिक्स 2017 में भी भाग ले चुकी हैं।

चेक गणराज्य में 18वीं मिस डेफ वर्ल्ड 2018 प्रतियोगिता का आयोजन किया गया जिसमें 45 देशों के प्रतिभागियों ने भाग लिया। फाइनल राउंड में 24 प्रतिभागी बचे जिसमें मिस एवं मिस्टर वर्ल्ड, यूरोप व एशिया चुने गए। निष्ठा डुडेजा ने सभी सुंदरियों को पीछे छोड़ते हुए 'मिस डेफ एशिया' 2018 का खिताब अपने नाम किया।

23 साल की निष्ठा का मानना है कि उन्होंने मिस डेफ एशिया का खिताब सिर्फ अपनी लगन के दम पर ही जीता है। इसके साथ ही उनका मानना है कि उनकी इस कामयाबी के पीछे उनकी मां का सबसे बड़ा हाथ है।

(OCT 26 aajtak.in)

'Distant Togetherness'

Even as the Tiber flowed, so did my thoughts. I reflected on the words that a very dear friend of mine wrote in her letter for my birthday. "You know ... almost daily I come to you ... talk to you in spirit... As I write this letter I feel you very close to me and I feel as if I am conversing with you ... "How could this be ever possible with this close friend thousands of miles away tucked up in a convent as a missionary in a different continent altogether? This is a miracle only friendship can work!

What a beautiful bond true friendship is; even more, it is a marvelous mystery! It spans both space and time. Neither distance nor death can either diminish or destroy it. It defies

all barriers.

And yet in the deepest and closest of friendships there must be distance, "spaces in our togetherness" as the poet put it. There is always an inner sanctum so private and personal to which God alone has access and which He alone can enter. This "space" is necessary for friendship to grow. Any attempt to 'possess' a friend, to make him or her exclusively one's own to be his or her 'all', is the surest and quickest way to destroy a friendship!

Our closest friends, like fledglings that take wing to explore the vast world that lies beyond their little nest, must be given the freedom to



fly away and be on their own. There is no doubt much pain in this separation; but it is pain that is life-giving. It is like the pangs of childbirth when that infant, who for nine long months lay enclosed within the womb, physically one with its mother, now at birth is ushered forth with intense pain to live and grow on its own! (Thoughts along the Tiber, HSI)

GENDER POLICY WORKSHOP AT PURNEA DIOCESE, BIHAR BY SR. JANE SCN, REGIONAL SECRETARY



GENDER SENSITIZATION AND AWARENESS ON CBCI GUIDELINES TO DEAL WITH SEXUAL HARASSMENT AT WORKPLACE



St. Augustin's Church, Karol Bagh



CRJ, Delhi



Delhi Archdiocese



RANCHI



SD SUPERIORS MEET, NAJAFGARH



JAMSHEDPUR DIOCESE



MANDYA DIOCESE



SAMBALPUR DIOCESE



PUTTUR DIOCESE



KURNOOL DIOCESE



JASHPUR DIOCESE



Flood in Kerala -A review

It's a truism in child development that the very young learn through relationships and back-and-forth interactions, including the interactions that occur when parents read to their children. A new study provides evidence of just how sustained an impact reading and playing with young children can have, shaping their social and emotional development in ways that go far beyond helping them learn language and early literacy skills. The parent-child-book moment even has the potential to help curb problem behaviors like aggression, hyperactivity and difficulty with attention, a new study has found.

The researchers, many of whom are my friends and colleagues, showed that an intervention, based in pediatric primary care, to promote parents reading aloud and playing with their young children could have a sustained impact on children's behavior.



Participating families received books and toys when they visited the pediatric clinic. They met briefly with a parenting coach working with the program to talk about their child's development, what the parents had noticed, and what they might expect developmentally, and then they were videotaped playing and reading with their child for about five minutes (or a little longer in the part of the study which continued into the preschool years). Immediately after, they watched the videotape with the study interventionist, who helped point out the child's responses.

"They get to see themselves on videotape and it can be very eye-opening how their child reacts to them when they do different things," said Adriana Weisleder, one of the authors of the study. "We try to highlight the positive things in that interaction — maybe they feel a little silly, and then we show them on the tape how much their kid loves it when they do these things, how fun it is — it can be very motivating."

"Positive parenting activities make the difference for children," said Dr. Benard Dreyer, a professor of pediatrics. He noted that the

critical period for child development starts at birth, which is also a time when there are many pediatric visits. "This is a great time for us to reach parents and help them improve their parenting skills, which is what they want to do."

The Video Interaction Project started as an infant-toddler program, working with low-income urban families in New York during clinic visits from birth to 3 years of age. Previously published data from a randomized controlled trial funded by the National Institute of Child Health and Human Development showed that the 3-year-olds who had received the intervention had improved behavior — that is, they were significantly less likely to be aggressive or hyperactive than the 3-year-olds in the control group. This new study looked at those children a year and a half later — much closer to school entry — and



found that the effects on behavior persisted. The children whose families had participated in the intervention when they were younger were still less likely to manifest those behavior problems — aggression, hyperactivity, difficulty with attention — that can so often make it hard for children to do well and learn and prosper when they get to school.

Some children were enrolled in a second stage of the project, and the books and toys and videotaping continued as they visited the clinic from age 3 to 5; they showed additional "dose-response" effects; more exposure to the "positive parenting" promotion meant stronger positive impacts on the children's behavior.

"The reduction in hyperactivity is a reduction in meeting clinical levels of hyperactivity," Dr. Mendelsohn said. "We may be helping some children so they don't need to have certain kinds of evaluations." Children who grow up in poverty are at much higher risk of behavior problems in school, so reducing the risk of those attention and behavior problems is one important strategy for reducing educational disparities — as is improving children's language skills, another source of school

problems for poor children.

But all parents should appreciate the ways that reading and playing can shape cognitive as well as social and emotional development, and the power of parental attention to help children flourish. Dr. Weisleder said that in reading and playing, children can encounter situations a little more challenging than what they usually come across in everyday life, and adults can help them think about how to manage those situations.

"Maybe engaging in more reading and play both directly reduces kids' behavior problems because they're happier and also makes parents enjoy their child more and view that relationship more positively," she said.

Reading aloud and playing imaginative games may offer special social and emotional opportunities, Dr. Mendelsohn said. "We think when parents read with their children more, when they play with their children more, the children have an opportunity to think about characters, to think about the



feelings of those characters," he said. "They learn to use words to describe feelings that are otherwise difficult and this enables them to better control their behavior when they have challenging feelings like anger or sadness."

"The key take-home message to me is that when parents read and play with their children when their children are very young — we're talking about birth to 3 year olds — it has really large impacts on their children's behavior," Dr. Mendelsohn said. And this is not just about families at risk. "All families need to know when they read, when they play with their children, they're helping them learn to control their own behavior," he said, so that they will come to school able to manage the business of paying attention and learning ❖

Dr K.V Reethamma,
National President,
Syro-Malabar, Mathruvedi



बालिका सशक्तिकरण

" मैं तुमको विश्वास दूँ। तुम मुझको विश्वास दो। शंकाओं के सागर हम लांघ जाएँगे मरुधरा को मिलकर स्वर्ग बनाएँगे।"

माता कलीसिया 8 सितंबर को पूरे भारत में बालिका दिवस के रूप में मनाती है। इस दिन को मा-मरियम का जन्म पर्व भी मनाते हैं। यह पावन दिन अपनी-अपनी बेटियों व बालिकाओं के लिए भी प्रार्थना करने का समय है। बालिकाएँ इस दिन को प्रभु के प्रेम और आनंद के साथ मनाएँ। नारी इस सृष्टि की अद्भुत रचना है। ईश्वर ने नर नारी को अपने स्वरूप में बनाया फिर भी उसमें भेदभाव क्यों?—प्यारी बेटियों, आप इस पृथ्वी के सुंदर फूलों और जुगनू के समान हैं। आप अपनी कामयाबी से दुनिया में अपनी प्रतिभा को महका सकती हैं। पुरानी परंपराओं को छोड़कर अभी हमें आधुनिक युग में अग्रसर होना है। आधुनिक युग में बालिकाओं का झंडा हर क्षेत्र में ऊँचा है। नारी हर क्षेत्र में सशक्त हो गई है। एक बेटे ही एक नारी का रूप लेती है।

जब-जब जन्म लेती है बेटे, खुशियाँ साथ लाती है बेटे, ईश्वर की सौगात है बेटे, सुबह की पहली किरण है बेटे, त्याग और समर्पण सिखाती है बेटे, नए-नए रिश्ते बनाती है बेटे, बेटे की कीमत उनसे पूछो, जिनके पास नहीं है बेटे। बालिका सशक्तिकरण को बेहद आसान शब्दों में परिभाषित किया जा सकता है। इससे बालिकाएँ सशक्त बनती हैं। वे अपने जीवन से जुड़े हर फैसले स्वयं ले सकती हैं तथा परिवार व समाज में अच्छे से रह सकती हैं। समाज में उन्हें वास्तविक अधिकार पाने योग्य बनाना ही बालिका सशक्तिकरण है। भारत एक प्रसिद्ध देश है। इसमें विविधता में एकता के दर्शन होते हैं फिर भी बालिकाओं के साथ हमारे समाज में भेदभाव होता है। बालिकाओं का यौन शोषण, भ्रूण हत्या, बाल-विवाह,

बाल मजदूरी, शिक्षा से वंचित रखना आदि खबरें हम आए दिन पढ़ते-सुनते हैं। ऐसा क्यों? "जीयो और जीने दो" का नारा बुलंद करने का अब समय आ गया है। आज हमारे गाँव की ख्रीस्तीय व अख्रीस्तीय बालिकाओं को जागरूक करने की ज़रूरत है। उन्हें सशक्तिकरण के लिए प्रेरित करें। आज ज़रूरत है कि लड़कियों के लिए ऐसा माहौल बने कि उन्हें शिक्षा, सामाजिक, राजनैतिक, आर्थिक व धार्मिक रूप से सशक्त बनाया जा सके।

'प्रभु ने कहा—मार्ग, सत्य और जीवन में हूँ।'—योहन 14:6

ख्रीस्तीय बालिकाओं को अपना धार्मिक जीवन जीने के लिए अपनी-अपनी पल्लियों में रविवारीय तथा पर्व-त्योहार की मिस्सा-पूजा में भाग लेना, धर्मशिक्षा ग्रहण करना, प्रार्थना, माला-विनती, क्रूसवीर, चुप्पी प्रार्थना आदि विधियों में भाग लेना अनिवार्य है। तब हम अपनी मंजिल तक पहुँच सकते हैं। हमारी जिंदगी का लक्ष्य नम्रता और सहनशीलता है। हमें ये ध्यान रखना है कि प्रार्थना में गहन शक्ति है। ये हर मोड़ पर हमें संभालती है। हमें अपने लक्ष्य की प्राप्ति में विश्वास और भरोसा दिलाती है। ये अच्छे संस्कार है कि हम अपनी पल्ली के हर कार्य में सेवाभाव के साथ योगदान दें। कई बालिकाएँ तो धर्मबहन के रूप में अपना जीवन समर्पित कर प्रभु की महिमा फैलाने में अग्रसर हैं। यही जीवन की सार्थकता है। अपने ईश्वर की बुलाहट को पहचानें और इसमें संलग्न हो जाएँ। आज हमारे जीवन और समाज में प्रार्थना की बड़ी आवश्यकता है। प्रतिदिन एक आदर्श बालिका होने के लिए प्रार्थना चढ़ाएँ। हम बालिकाओं का विकास तभी संभव है जब हम स्वयं को शिक्षित करें। परिवार में बालिकाओं के शिक्षित होने



से, आगे पूरा परिवार शिक्षित दिशा में आगे बढ़ता है। इसी शिक्षा से परिवार और समाज का उत्थान संभव है। हम बालिकाओं और नारियों की आदर्श माँ मरियम है। अपनी माँ मरियम से प्रार्थना करें। प्रार्थना— हे माँ मरियम! हमारे बीच कई नवयुवतियाँ हैं जो अनियंत्रित समस्याओं से ग्रस्त हैं। हम उन्हें आपके चरणों में समर्पित कर उनके लिए प्रार्थना करते हैं। आप प्रभु येशु से उनके लिए विनती कर, उनकी सहायता करें ताकि उनकी हर मनोकामना पूरी हो।

तू है धन्य महान रे!
तू है धन्य महान रे!
ख्रीस्त में आपकी बहन

निर्मला वीरेंद्र
मोकामा पल्ली
पटना बिहार



Girl Child Day Celebration



As part of the Girl Child Day, about 10 women from Dioceses of Delhi NCR gathered together and visited the children from the slums of Mansarovar Park.





Girl Child Day Celebration at Mansarovar Park, Delhi

We talked to the needy parents and came to know their difficulties and needs. We distributed 84 sets of: - 1 Pencil box, 1 Nail Cutter, 1 Bathing soap, 1 Washing soap, 1 Comb, 1 Soap dish and a towel to the children there.



Girl Child Day Celebration, Baruipur Diocese

CONVOCATION DAY - YWCA, DELHI



VISIT TO MANGALORE DIOCESE



YOUTH DAY CELEBRATION, CUTTACK - BHUBANESWAR ARCHDIOCESE



When She Earns More: As Roles Shift, Old Ideas on Who Pays the Bills Persist -Part II



Tara Siegel Bernard

Set, and adjust, expectations. Derek Tharp, who runs a financial planning firm in Cedar Rapids, Iowa, said he believed the assumptions that each partner brought to a relationship were the biggest potential sources of conflict.

"If they are open-minded and adjust their roles accordingly — e.g., he may pick up more household labor as her responsibilities in the labor market become more demanding — then things generally work out just fine," Mr. Tharp said. "But if either spouse is uncomfortable with the outcome — he may feel that he's failing as a husband or she may feel that he's not carrying his own weight — then the risk for conflict may be high." Lazetta Rainey Braxton, chief executive of the financial planning firm Financial Fountains, said she had seen earning-related stress arise later, when a woman wanted to relinquish her breadwinning role, often to spend time with children or change to a more flexible, and possibly less lucrative, career. "It can put a great deal of pressure on men to step up and figure out the income differential," she said. When such situations arise, she helps couples figure out how much flexibility they have to make adjustments — stretching out student loan payments, for example — that affect their current situation and long-term goals.

Divide and conquer. Research shows that men are handling more household responsibilities, but they still aren't doing as much as their wives. When women feel they are doing more than their fair share, their relationships have been found to suffer. It's amazing what a little more help around the house can accomplish: Another study, from last year, found that women whose



jobs gave them greater professional status than their husbands were more likely to feel resentful or embarrassed by their husbands' lower position — but those feelings didn't hurt their relationships when the men provided tangible support, like caring for children or older relatives.

"Make a list of whose responsibility it is to take out the trash, make sure the car insurance gets paid, decide how much to spend on groceries, etc.," said Sonya Britt-Lutter, an associate professor of financial planning at Kansas State University, who recently developed a program to guide couples through financial conversations.

"Then," she added, "Discuss what happens if one person starts a new job or advances in their position to the point of requiring more time away from the home."

She suggests revisiting the topic annually to see how each partner feels about her or his current "assignments" and to consider changes.

Share goals, with some independence. Research shows that heterosexual married women who are breadwinners tend to play down their status, but Carrie Gallaway, a financial planner in New York, has found that husbands of breadwinning wives are proud of their accomplishments.

But, as can happen no matter who the

breadwinner is, conflict can arise when a wife makes more financial decisions without including her husband (and the same is true when the roles are reversed).

"It is a shift that, over time, can create resentment, and the non dominant money controller feels more anxiety because they don't understand what is happening," Ms. Gallaway said. "Part of it is just being heard." When a relationship has a dominant breadwinner, there are a few ways for partners to maintain some autonomy while still working together.

"It is a shift that, over time, can create resentment, and the non dominant money controller feels more anxiety because they don't understand what is happening,"

Some experts suggest setting a specific dollar threshold at which spending decisions require one partner to check in with the other.

Others suggest keeping a shared account for all joint savings and expenses, with what's left going into individual accounts. Or an agreed-upon monthly sum can be set aside for each partner to spend without criticism, with the unspent money carrying over.

"Regardless of who earns more, each has an

amount that they have exclusive control over," said Barbara Ristow, a financial adviser in Fairfax, Va.

As for the Foys, Ms. Foy still provides a majority of the household's income. They have found that keeping everything in a single pot works best for them, and Mr. Foy often advises his clients to do the same.

He said that a shared account helped them both see where their money went and it also let them work toward shared goals like saving for college tuition or a big trip. Tools like Betterment, a so-called roboadviser,

work well for this, he added.

"I find when you are intentional about setting goals and then monitoring them together," Mr. Foy said, "you end up with a joint focus that you wouldn't necessarily have otherwise." And a joint focus, Ms. Foy said, keeps resentment about spending and income from festering. "Money," she said, "isn't the end goal."

Women's Commission – Krishnagar Diocese, West Bengal

In spite of the struggles and difficulties women undergo in their families and societies, women of Krishnagar Diocese are now very enthusiastic to learn, to recognize, to admit that they are the very special gift from God, priceless gifts indeed! They are still the victims of exploitation, discriminations, violence, even in the houses, societies etc. Different awareness programs were given to them on the issues such as trafficking, sexual harassment at the work place, homes etc, disrespect and disregarding attitudes shown to them in various fields.



Hobipur parish, Krishnagar

Sr. Felix Maliakal SMI
Secretary, Women's Commission
Krishnagar Diocese

SEMINAR ON CBCI GUIDELINES TO DEAL WITH SEXUAL HARASSMENT, MONIGRAM PARISH



MOTHER'S DAY CELEBRATION, TALKHOLA PARISH



SESSION ON CBCI GUIDELINES TO DEAL WITH SEXUAL HARASSMENT, JALALKHALI





महिलाओं को रात में गिरफ्तार नहीं कर सकते कितने भी समय बाद कर सकती हैं शिकायत

कोई भी महिला पूछताछ के लिए पुलिस स्टेशन जाने से इनकार कर सकती है। अपराध प्रक्रिया सॉल्ट (सीआरपीसी) की धारा 160 के तहत महिलाओं को पुलिस स्टेशन में पूछताछ के लिए नहीं बुलाया जा सकता। महिला कस्टोडियन या महिला के परिवार के सदस्य की उपस्थिति में घर पर ही पूछताछ की जा सकती है। जिन महिलाओं के ऐसे अधिकार-रात में गिरफ्तार नहीं कर सकते-सुप्रीम कोर्ट के आदेश के मुताबिक किसी भी महिला को सूरज उलने के बाद और सूर्यास्त से पहले गिरफ्तार नहीं किया जा सकता। कोई महिलाओं को इस अधिकार की जानकारी नहीं होगी कि महिला सिवाही भी रात में गिरफ्तार नहीं कर सकती। अपराध गंभीर है तब भी पुलिस इसे शिफ्ट में मजिस्ट्रेट को बताना होगा कि अखिर क्यों रात में गिरफ्तार करना जरूरी है।

गारिमा और शालीनता- अगर आरोपी महिला है तो, उसके साथ उसकी गरिमा और शालीनता का ध्यान रखना अनिवार्य है। उस महिला पर की जाने वाली कोई भी चिकित्सा या च प्रक्रिया किसी महिला द्वारा या किसी दूसरी महिला की उपस्थिति में ही की जानी चाहिए।

‘मीटू अभियान’ में सामने आ रहे हैं पुराने मामले

हाल ही में ‘मीटू अभियान’ से जुड़े कई मामले सामने आए हैं। इनमें कई बहुत पुराने हैं। इसमें देरी पर कुछ लोग सवाल भी उठा रहे हैं। लेकिन कानून में महिला को अपने साथ हुए अपराध की शिकायत किसी भी वक्त करने का अधिकार दिया है। वे चाहें तो किसी भी समय शिकायत दर्ज कर सकती हैं। पुलिस यह कहकर नहीं लौटा सकती कि शिकायत काफी देर से की जा रही है।

महिला से अपराध की स्थिति में वे हैं अधिकार

कार्यस्थल पर उत्पीड़न- कार्यस्थल पर यौन उत्पीड़न अधिनियम के तहत शिकायत दर्ज करवाने का अधिकार है। सुप्रीम कोर्ट के आदेश के अनुसार सभी सरकारी व गैरसरकारी संस्थाओं में एक कमेटी होने चाहिए। इसकी प्रमुख महिला होने चाहिए। कमेटी में 50 फीसदी महिलाएं होनी जरूरी है। **जीरो टॉलरेंस** का मतलब है कि मामला उसकी सीमा के बाहर का है। याने को जीरो पर टॉलरेंस दर्ज करने होगा। बाद में मामला संबंधित थाने को भेजा जाएगा। **प्राइवैसी-** पुलिस महिला को सभी के सामने बयान देने के लिए मजबूर नहीं कर सकती। दुष्कर्मी पीड़ित मजिस्ट्रेट को अकेले में बयान दे सकती है।

वे अधिकार भी हैं हासिल

- घरेलू हिंसा- ये अधिनियम मुख्य रूप से पति, पुरुष लिव इन पार्टनर या रिश्तेदारों द्वारा पत्नी, महिला लिव इन पार्टनर या घर में किसी भी महिला से की गई हिंसा से सुरक्षा के लिए बनाया गया है। इसमें पीड़ित या उसकी ओर से कोई भी शिकायत दर्ज कर सकता है। हाल ही में दोषी प्रताड़न कानून को धारा 498-ए में संशोधन करते हुए जैच कमेटी को भूमिका खत्म कर दी गई है। अब पुलिस अपने विवेकानुसार आरोपियों को तत्काल गिरफ्तार कर सकती है।
- **मानवत्व लाभ-** प्रभाव के 12 हफ्ते तक बहमशाही महिला के वेतन में कटौती नहीं कर सकते। इसके बाद वे फिर काम शुरू कर सकती हैं।
- **कन्या धूषण हत्या-** हर नागरिक का ये कर्तव्य है कि वे महिला को मूल अधिकार- ‘जीने के अधिकार’ का अनुभव करने दें। गर्भहान और प्रसव पूर्व फूटान की तकनीक (सिंग चयन पर रोक) अधिनियम (PCPNDT) कन्या धूषण हत्या के रोकथाम के लिए अतिरिक्त अधिकार देता है।
- **संपत्ति-** हिंदू उत्तराधिकार अधिनियम के तहत पुरतनी संपत्ति पर महिला का भी ब्यापार एक है।

In the words of Taffan Ako: “I believe you have to be in the system in order to change the system”



A refugee from Iraqi Kurdistan, Taffan Ako fled to Sweden in 1997 with her family. Today she is the Coordinator of One Young World Ambassadors for Scandinavia and Eastern Europe and founder of EmpowHERment, an organization that assists women and young girls who have been former ISIS sex slaves or victims of human trafficking. Her foundation finances integration projects for children and women in Europe and in Iraqi Kurdistan. Ako was one of the Young Leaders attending the EU Development Days in June 2018 and spoke to UN Women about her experience growing up as a refugee in Sweden and her activism today.

grew up with democratic values and knew my rights. But at school, the kids bullied me. They said, you’re a refugee, you’re stateless. They said, I had to say I was from Iraq, not Kurdistan.

I had a lot of identity crisis growing up and that contributed toward my decision to go back to Kurdistan when I was 18 years old. I thought I needed to go back where I belonged, where I would feel accepted.

Having spent my entire childhood in Sweden, I had [a different] vision of humanity, human rights and democracy. But in Kurdistan I couldn’t even go swimming wearing a normal bathing suit; my grandfather would ask me to wear long sleeves. I became curious about why women had a different role in the [Kurd] society. That curiosity was the foundation for my passion for feminism and women’s rights.

When I moved back to Kurdistan, I realized women could only be teachers or housewives; and even if you were a teacher, you couldn’t teach high school students because they were in puberty and that might lead to sexual behaviors. One night, I sat down with my father’s uncle, the oldest man in our family and the most educated. I asked him why women were so oppressed. He said it was because of the culture and people have not been taught to break free from that, because the honor culture is so strong. The men connect everything they have to their women’s honor. A [woman’s] honor reflects on her entire family, and yet, she is not worth anything.

I wrote my first article that night, “Feminism in Kurdistan”, which got published in an online magazine called Kurdistan Tribune. Some local magazines then translated it into Kurdish and publish it. Within 48 hours, I received so much hate from my own community in Kurdistan, from men and from religious groups, that I was scared I didn’t know how to handle the cyber violence. Even my uncles were outraged and said I had dishonored them.

But then, my father called me and said, “I am so proud of you. I do not want you to stop”.

After a few weeks, I continued writing and started engaging with local organizations. I launched different projects on preventing Female Genital Mutilations in the rural areas in Kurdistan and got a lot of support from the youth community. It was nice to know that even if the older generation or the religious groups would not agree with me, there were others who would. I launched the first youth empowerment association in Kurdistan.

I stayed in Kurdistan for three years, and I developed this work because of the refugee crisis that hit the Middle East before it hit Europe. I believe you have to be in the system in order to change the system.

In 2016 I moved back to Sweden and have been studying there since. If I am allowed to dream really big, I would love to be the Swedish Foreign Affairs Minister one day.” (unwomen.org)

We fled the civil war in Iraqi Kurdistan with my mother and my sister when I was three years old. We came the same way as people do today, hiding in trucks, in small rubber boats, carrying everything we owned. Eventually, we made it to Sweden. My father followed us into Sweden after a few months, he had been wounded in the war. I learned Swedish before I learned Kurdish. I

मेरा अनुभव

किसी भी कार्य में लगन और अनुभव प्रमुख होते हैं। मुजफ्फरपुर धर्मप्रांत में काथलिक महिलाओं के बीच निर्देशिका के रूप में मेरा 3 साल का अनुभव कुछ विशेष मायने रखता है। 2 जुलाई, वर्ष 2015 को मेरी नियुक्ति हुई और 30 जून 2018 को कार्य की समाप्ति हुई। मुझे पहला अनुभव श्रद्धेय स्वामी काजिटन फ्रांसिस ओस्टा द्वारा दिया गया पूरे धर्मप्रांत की पल्लियों की महिला संघ के भ्रमण और जानकारी पाने का था। मैंने पल्ली के हर काथलिक परिवार से व्यक्तिगत रूप से संपर्क स्थापित किया। मैंने पाया कि परिवारों में, विशेष रूप से महिलाएँ पल्ली के कार्यों के प्रति ईमानदार हैं। वे अपने दैनिक कार्यों के प्रति भी निष्ठावान हैं और नियमों के प्रति अपना कर्तव्य निभाने में सक्षम हैं। विशेष बात यह भी है कि जो महिलाएँ कामकाजी हैं, वे अपना योगदान देने में पूर्णतया समर्थ नहीं हैं। अतः संगठन बनाने और उस संगठन को क्रियाशील बनाने की अति आवश्यकता रही है। मुझे प्रत्येक पल्ली में जाकर संघ की रिपोर्ट व स्थिति की जानकारी लेने का भी अवसर मिला। महिलाओं में उत्सुकता और जागृति

विद्यमान थे किंतु उचित संचालन और संचालिकाओं के अभाव में ये संगठन सुप्त अवस्था में थे। मैंने उनके बीच में रहकर यह अनुभव किया कि यहाँ महिला सम्मेलन की अति आवश्यकता है। अतः 2017 में कोषी डीनरी में, अप्रैल 2018 में मिथिलांचल व तिरहट डीनरी में सम्मेलन का आयोजन किया गया। सभी पल्लियों से अपने कार्यों की व्यस्तताओं के बावजूद अधिकाधिक संख्या में महिलाओं ने भाग लिया। सम्मेलन के मुख्य विषय क्रमशः थे-1. मुक्ति योजना में नारी का योगदान, नारी सशक्तिकरण, आज के परिवेश में काथलिक कलीसिया में महिलाओं का योगदान। 2. नारी बंधन में, नारी सशक्तिकरण व लिंग नीति। उक्त विषयों पर व्याख्यान देने हेतु दो महानुभावों श्रद्धेय फादर प्रणोय आई एम एस एवं श्रद्धेय सिस्टर जेन एस सी एन बिहार रीजन का चयन किया गया। दोनों ने अपना व्याख्यान दृश्य-श्रव्य साधनों द्वारा प्रस्तुत किया। दोनों विषयों से महिलाओं की जागरूकता व क्रियाशीलता को बढ़ाने का प्रयास किया गया। काथलिक महिलाएँ विभिन्न समयों में सी बी सी आई

सचिव एवं बिहार रीजन की सचिवों द्वारा आयोजित सम्मेलनों में शामिल होकर अपने धर्मप्रांत का नाम रोशन कर रही हैं। समय अपनी गति से बीतता चला गया। संघ की बहनों भी सशक्तिकरण की तरफ बढ़ रही हैं। मैंने यही अनुभव किया कि “हम न सोचें हमें क्या मिला है हम ये सोचें हमने क्या किया है अर्पण” मैं पूरे मुजफ्फरपुर धर्मप्रांत की काथलिक महिला संघ की बहनों के प्यार और सहयोग के प्रति आभारी हूँ। वे हमेशा अपने संघ में संगठित रहकर आगे बढ़ें यही मेरी मंगलकामना है।



Congratulations to the National Academic Toppers!

"Thanks be to God who gives us the victory through our Lord Jesus Christ" (1Cor15:57)

As part of encouraging the less privileged girls, the CBCI Council for Women along with the CBCI Dalit and Tribal Affairs offices, invited applications for Dalit and Tribal girls who passed 10th & 12th this year (2018) under BPL Category. We are happy to announce the National Toppers. We Congratulate and wish them best of luck with prayers!

DALIT COMMUNITY



10th

**Arava Mary
Vasundhara,**
Nellore Diocese



10th

**Kovuru Amrutha
Varshini,**
Nellore Diocese



12th

Gonu Rajani,
Nellore Diocese

TRIBAL COMMUNITY



10th

Vandana Katara,
Jhabua Diocese



12th

Salomi Baxla,
Kohima Diocese

Silver Jubilee Greetings



The CBCI Council for Women wishes Most Rev Kishor Kumar Kujur, Regional Chairperson of Women Commission, Odisha, God's Blessings on the occasion of 25th anniversary of his Priesthood! We are grateful to you for all the services you do to the Church, Society and specially for the cause of women empowerment.

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