



Lumen
Lead Us Onward

DIocese OF AGARTALA



Agartala Diocesan Newsletter

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Pastor's Corner

Secret to Happiness... A little bit of Generosity



October is time for mid-term vacation, popularized as 'October holidays'. It is the festive season across India celebrated differently -- Durga Puja, Daseerah, Deepavali and people do different things to celebrate it. There is shopping and traveling and buying--all this to enhance the happiness factor. But I wonder how many ever think that a little bit of generosity could bring happiness?

PTI reported recently that in Geneva, scientists have found that generosity made people happier. Even a promise to be more generous was enough to trigger a change in our brain giving us a pleasant feeling. Researchers said those who were concerned about the wellbeing of their fellow human beings were happier than those who focused on their own advancement.



Doing something nice for another person gives many a pleasant feeling that behavioral economists call a 'warm glow'. University of Zurich researchers investigated how areas in the brain communicated to produce this feeling. However, the amount of generosity did not influence the increase in contentment. "You do not need to become a self sacrificing martyr to feel happier. Just being a little more generous will suffice," said Philippe Toblar from the University. Before the experiment, some of the participants had verbally committed to behaving generously. This group was willing to accept higher costs to do something nice for others. They also considered themselves happier after their generous behavior than the control group, who had committed to behaving generously towards themselves. "Intent alone generates a neural change before the action is actually implemented" said Toblar.

In this festive season let us find happiness by going beyond ourselves and being generous with others. +*Lumen, CSC*

Editorial

Temperance in the Digital age

The Catholic Bishops Conference of Philippines (CBCP) spoke about 'temperance' in the digital age. WE need to tackle this big challenge of our time. How do we live temperance in this very intoxicating and addicting world of the social media and the digital gadgets today? We know that these new technologies instantly produce in us a tremendous amount of dopamine that is so difficult to manage, let alone, resist. And these gadgets keep on coming, with an improved version, with a manual as to how to use them, and prudently. These new technologies are so new and so irresistible that we, even the old ones with a lot of experience in life, do not have any sound and effective guidelines as to how to use them properly. The traditional guidelines do not seem to work well, and in some cases, even tend to aggravate the problem.



The only light that we can see at the end of the tunnel seems to be that some professionals are studying this issue very closely and are now starting to give out some guiding points, even if only tentatively. Many of these experts are saying that it would be wrong if we would just come out too strong in banning or restricting these gadgets especially from the young ones who will always find a way to get hold of these gadgets, thus producing another variety of anomalies related to deception, cheating, hypocrisy and the like. Having absolute, restrictive and inflexible indications are now all proven to be counterproductive. What seems to work better is to have the soft, friendly approach where everyone, especially the young ones, are closely accompanied and together find practical ways of how to live temperance in the use of these gadgets. It's a kind of mentoring and accompaniment that has to be done. But this, of course, would require the necessary dispositions and structures. Family life should be strengthened, for example, and teacher-and-student and mentor-and-mentee relationship should be marked by friendship and confidence.

Yes, it's a different ballgame this time on how to develop temperance in this dizzying digital age. At the moment, we are still grappling with the novelty of the phenomenon, but hopefully if we persist with hope and practical sense, we can manage to come out with guidelines that are effective.

For one, we need to loosen up and try to re-evaluate the traditional concepts and ways of developing and living temperance. Of course, we should not junk the traditional ones altogether, but we need to update them and to try exploring the innovative ones that in the end should be an organic extension of the traditional.

Courtesy Catholic News Update Asia

MANDWI PARISH

Blessing of Murabari Chapel



29th July 2017 is a memorable day for the Murabari Motha under Mandwi Parish. St. Michael Chapel was inaugurated and blessed by our Bishop Lumen Monteiro, CSC. Many people from the neighbouring villages also gathered to share the joy of this

beautiful day. On this day Fr. Blasius from Bishramganj, Fr. Joseph Palamthatel of Nandanagar Parish, Fr. Isaac From Baijalbari and Laurence Darlong also joined the celebration. The Holy Eucharist was presided over by Bishop and Fr. Laurence gave a meaningful homily on how to live a meaningful Christian life. On this day also Bishop gave some instructions and encouraging word to the faithful.

3rd Auxilium Convent in Tripura

On 10th August, the Feast of St. Lawrence, a new Auxilium Convent of the FMA Congregation was inaugurated and blessed by Bishop Lumen Monteiro, CSC, in the presence of Mother Provincial of Shillong Province, Sr. Isabella Suja, Sr. Marcelina Sangma, Fr. George Maliekal SDB, the Provincial of Shillong Province, and Fr. James Thyrniang.



The three Sisters Bisilda Thyrniang, Filisita Rynghshon and Gloria Thaimei are the members of the new Convent. We had a welcome gathering for the Sisters by the School children and the faithful. Many other priests also came to welcome the Sisters. People were very happy to welcome the Sisters. This was a great blessing for Mandwi Parish.

Fr. Hubert Thyrniang, SDB

ST. FRANCIS XAVIER CATHEDRAL PARISH

Diaconate Ordination, Confirmation, Holy Communion

St. Francis Xavier Cathedral Parish



rejoiced with triple celebration on 27th August 2017. During the Holy Mass Bishop Lumen ordained Bro. Anthony Balan and Bro. George S. as Deacons. He then administered the Sacrament of Confirmation to thirty five of our Parishioners, while five of our children received the first Holy Communion. Rev. Bishop meaningfully preached on the importance of the day. The hard work of Sr. Gracy FS, Sr. Alice BS, and Sr. Juliana BS, in preparing the recipients of the Sacraments saw the fruitfulness on this day. Thanks to our dear Sisters. Along with me, many of our parishioners worked hard to make the Holy Mass beautiful and prayerful. A large number of people prayerfully participated in this ceremony and prayed for the Deacons and for the recipients of the Sacraments. Thanks to our dear Rev. Bishop Lumen CSC, for his availability, commitment, and the encouragement that he gave to us with his presence.

Fr. Sahaya Lourdu, CSC, Pro-Vicar

KUMARGHAT PARISH

Girl Child Day celebrations



On 8th September 2017 Girl Child Day with the theme "Strong Girls Strong World" was celebrated at Kumarghat Parish. In the morning Holy Mass was celebrated along with the hostellers and parishioners. In the evening we had the

Eucharistic adoration during which Sr. Amali gave a reflection on the inequalities faced by the Girl Child and the need to promote them as equal in every sphere of life. Each girl was especially blessed by Frs. Arul and Aneesh. At the end of the Adoration the children sang to our Blessed Mother and offered a bouquet of flowers. There was a short program at Fatima Girls Hostel after this. Through dance and skit the dignity of the girls was celebrated.

Farewell and Welcome

The farewell for Fr. Jilson and welcome for Fr. Aneesh was held on 31st August



2017 at Holy Cross School Kumarghat. Fr. Robert the Provincial, Fr. Valerian the Administrator, Fr. Francis Principal of Holy Cross School Bagbasa were present. Tearfully the staff and students bid farewell to Fr. Jilson Tom who worked for two years in the School and Parish. Fr. Aneesh the new Principal was warmly welcomed. On 3rd September it was the farewell and welcome program on behalf of the Parish. The day began with the holy Eucharist. After Mass there was a short felicitation program. The Sisters, hostellers, and people expressed their gratitude to Fr. Jilson and appreciated his tireless service for the Parish. Fr. Jilson thanked everyone for the cooperation and support which he received from Fr. Arul, the Sisters and the faithful. Then Fr. Aneesh was welcomed by the parishioners. Fr. Aneesh thanked everyone for organizing the program and asked them to cooperate with him. Refreshment was served for all.

Sr. Himani Ramchiary, FS

KATHALCHERRA PARISH

Healing Retreat

On 3rd September the faithful of our parish had an occasion to move closer to Jesus through a day's healing Retreat. By Fr. Xavier,



V.C. and Fr Paul C.R. CSC, who guided the faithful to experience the unfathomable love of God. Around 600 people experienced God through praise and worship, adoration and confessions, which culminated with the Most Holy Eucharist.

Youth Fiesta

Youth Fiesta, with the theme "Knowing God and knowing thyself" was organized as a pilot event at Puranbari village to bring the Youth under one umbrella. Around 60 youth assembled on 9th of September. Mr. Paul Sangma and Mr Piangloma Darlong sparked off the sessions on knowing self and God. Fr. Lancy, CSC, offered the holy Eucharist and then led the Youth into prayer and adoration with the emphasis on relationship with God. Apart from this a cultural evening too was organized. The Youth were indeed happy and felt energized spiritually and physically.



show their gratitude for the wonderful service the Holy Cross priests render at Kathalcherra. Festal mood was juiced up with the neighboring religious joined for the fellowship meal with the Holy Cross Fathers. *Sr. Prema Masquith BS*



**BODHJUNGNAGAR PARISH
Ripple Effects from the Parish**

Women's Rights and Advocacy Program: JUST had organized 'Training on Women's Rights for



Women Advocacy Group' program on 21st August 2017. 12

Women participated under the guidance of Sr. Renu CSC from St. Andre Parish. The Group also had gone for the follow up program and expressed their gratitude and satisfaction of getting new knowledge and awareness from the program. They have visited two villages in our Parish and imparted the knowledge that they have received from the training.

MSMHC Sr. Khumbhar Debbarma felicitated

On 10th September, the Parish had organized the felicitation and thanksgiving Mass for Sr. Khumbhar Debbarma from Dostaka *motha* under St. Andre Parish. She is the first indigenous religious Sister from our Parish, a matter of great joy! The day began with the Thanksgiving Mass offered by Fr. Bennet, the Vice Principal of St. Joseph

School, Gokulnagar. He exhorted the people to pray daily for Vocations to religious life and priesthood. He spoke of the need of parents to offer their children to the Church. He congratulated Sr. Khumbhar and thanked her parents for their generosity. After the Mass there was a cultural program which ended with a sumptuous meal. There were around 1000 people who attended the function which was a joyful event for St. Andre Parishioners to have their first religious Sister from the parish, 'daughter of the land.'



Sacrament of Confirmation at Borokathal

Yet another joyful and meaningful event of the month was that our Bishop Lumen Monteiro administered the Sacrament of Confirmation on 17th September 2017 at Holy Cross Church, Borokothal, on the occasion of the *motha* feast. 71 persons received the Holy Spirit through the Sacrament of Confirmation. Bishop Lumen emphasized the need to strengthen the faith and foster forgiveness in one's own life. One needs to forgive oneself and others, and that is the gift and work of the Holy Spirit. The program concluded with the meal which is part and parcel of any program of the tribal community in Tripura.



Fr. Binoy CSC

Holy Cross Feast

On 15th September was the Feast of Mother Mary of Sorrows. The parishioners and hostellers gathered for the thanksgiving Eucharist and expressed their love for dear Frs. C.V. Jose and Lancy on the Feast of their Congregation. A lively and fascinating cultural program was put up by the students of the 4 hostels to

JUST News Roundup

Annual Peace Day Observed



On 5th August 2017, Jana Unnayan Samiti Tripura (JUST) observed "Annual Peace Day" and organized a peace rally follow by a MIME show" at Pabiacherra H.S School in collaboration with Holy Cross School Kumarghat. The peace rally was inaugurated by the Chief Guest Mr. Banoj Biplab Das, the SDPO of Kumarghat. The Chief Gust delivered a peace message followed by releasing a

"White Dove" as a symbol of peace by Fr. Jilsan, the principal of Holy Cross School Kumarghat. The MIME show" organized after the Peace Rally was on how violence is being created by terrorism in our society among different communities in the country. The observation ended by a closing speech by the Chief Guest Mrs. J. Vanlalduati SDM of Kumarghat.

Livelihood Support

JUST organized a program for the disbursement of cash under Ganganagar R.D Block. The cash was as a means of livelihood support for the purchase of piglets. The program began at 11:00am initiated by the Coordinator of JUST Mr. Lilmohan Reang. 17 SHG



Women received Rs. 5,400/- each as a means of assistance for sustainability. The amount was provided through their respective SHGs and it aims to provide livelihood options for the poor SHG members in order to increase their income.

The Women were extremely happy and promised to look after their livestock and make it a profitable exercise.

Mr. Vincent Debbarma

National News Roundup

Caritas India Chairman reiterates CI's commitment to strengthen tribal identity

Caritas India Chairman, Bishop Lumen Monteiro interacted with the backward communities in Gujarat and Maharashtra which have been empowered by Caritas India interventions. Bishop Lumen expressed satisfaction over the intensity and result achievement of the Empowerment Initiatives of Caritas India partners in these two States. During the 10-day visit, Bishop interacted with Dalit and Adivasi communities of Ahmedabad and Sabarkantha Districts of Gujarat and Panvel, Nagpur and Chandrapur Districts of Maharashtra. Fr. Paul Moonjely, Assistant Executive Director of Caritas India, who had accompanied Bishop Lumen during the visit, also interacted with the communities. The two of them also held meetings with community vigilance committees, task forces and children's parliaments which were formed by Kaira Social Service Society, Ahmedabad. Bishop Lumen Monteiro, during his visit to Maharashtra and Gujarat held meetings with Cardinal Oswald Gracias of Bombay, Archbishop Abraham Viruthakulangara of Nagpur, Archbishop Thomas Macwan of Gandhinagar and Bishop Thomas Elavanal of Kalyan. Dr. Saju MK, Zone Manager West, accompanied the Bishop during his visit. *Caritas E-Newsletter*

Firebrand Editor Gauri Lankesh shot dead at her residence in Bengaluru

Unidentified assailants shot dead Gauri Lankesh (55), a senior woman journalist and activist, on September 5 in Bengaluru,

Bishop's Program for October 2017

- 01: Parish Feast, Gachirampara
- 02: Confirmations at Shantipally, Kumarghat
- 03: Clergy Meet, Agartala
- 04: Consultors Meet, Agartala
- 04-05: Vocation Camp, Champaknagar
- 06-07: All Parishes Charismatic Prayer, Mariamnagar Parish
- 07-08: Confirmation at Karbook, Depacherra Parish
- 11: Syro-Malankara Inaugural, Ramchandrapara
- 13: Our Lady of Fatima, FS Damdamia
- 14: MSMHC Sisters Jubilee, St. Mary's Champaknagar
- 15: Parish Mass & Renovated House Blessing, Mariamnagar
- 15-20: Priests Retreat, Agra
- 21-22: Decennial Jubilee, Tura Meghalaya
- 24-27: Caritas India GB Meet, Delhi
- 28: Parents Day, Holy Cross Chailengta
- 29: Parish Day, Baijalbari Parish
- 30: Meet with SSpS Gen Councilor

Our Readers Views

Thanks again for the monthly "Link" that allows me and many others to keep abreast of the main developments in the Diocese of Agartala. I had the privilege and joy of being present at the birth of the Diocese when you, Bishop Lumen, were consecrated as the first and founding Bishop. How God has blessed the Church in Tripura under your leadership and with the active collaboration of religious and lay leaders and the many new joyful disciples of Jesus.

When your Pastor's Corner cited Ward's definition of a mediocre, a good, a superior and a great teacher, I was thinking about Jesus as the greatest of all teachers since he inspires us all with his profound love, sacrifice and penetrating words. In your leadership over 21 years you too have often been an inspirational teacher for the People of God. Keeping you and the Diocese of Agartala in prayer.

Fr. Willy Raymond, C.S.C., USA

capital of Karnataka state. At around 8pm, she was returning home. Her home is in Ideal Home Layout in Rajarajeshwari Nagar. She got down from her car and she was opening the gate when she was shot. Lankesh was the publisher and editor of the Kannada weekly *Gauri Lankesh Patrike* and columnist in both Kannada and English. In an interview to Narada News in December 2016, she had said, "As a citizen of India, I oppose the BJP's fascist and communal politics. I oppose its misinterpretation of 'Hindu Dharma' ideals. I oppose the caste system of the 'Hindu Dharma', which is unfair, unjust and gender biased. My Constitution teaches me to be a secular citizen, not communal. It is my right to fight against these communal elements". FORUM members strongly condemn the cold blooded murder of journalist Gauri Lankesh who dared to challenge the right wing forces in our country. *FORUM India*

World News Clips

Pope blesses former captive Fr. Tom Uzhunnalil

Salesian Fr. Tom Uzhunnalil received a personal blessing from Pope Francis on September 13, 2017.



He was freed September 12, 2017, after 18 months in captivity, having been kidnapped in March 2016 in Yemen.

Following the news, the Vatican released a statement saying "The Holy See fervently thanks all

those who worked for his release, and especially His Majesty the Sultan of Oman and the competent authorities of the Sultanate," and noting "he will remain for a few days in a Salesian community in Rome before going home to India."

On Twitter Tuesday, Minister Sushma Swaraj said without giving details that Tom Uzhunnalil had been rescued. Father Tom was working as a chaplain at the home in southern Yemen established by Mother Teresa's Missionaries of Charity. In March of last year, he was abducted by militants when they attacked the home, claiming the lives of 16, including four nuns. *Zenit News*

Our Distinguished Visitors

- Bro. Sesuraj, CSC, Vicariate Superior from Bengaluru
- Bro. Joel Gillanza, CSC, from USA
- Bro. Lucas, PSJM from Nepal
- SCV Sisters Jose Mary, Maria Theresi, Premeeta & Rose Maria from Mananthavady
- Mr. John Jacques & Mr. Ranjit Tirkey from Kolkata