

Mangalore

Organ of the Catholic Association of South Kanara
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**All the year round there is spring, all through life is youth;
there is always something which may flower.**

Karel Capek



**“Our hope is to grow stronger and taller as our roots
dig deeper in the soft soil along the banks of the river of life.
And lets not fear the winds of adversity!” ...**

Charles R.Swindoll

MAHATMA GANDHI'S GREAT REVERENCE FOR CHRIST

Forwarded by Pascal Alan Nazareth IFS (Retd)

Mahatma Gandhi had great reverence for Jesus Christ as his following statements reveal :

“What does Jesus mean to me? To me, he was one of the greatest teachers humanity has ever had.”

“Jesus lived and died in vain if He did not teach us to regulate the whole of life by the eternal law of love”

“Jesus was the most active resister known perhaps to history. His was non-violence par excellence”

“Jesus never uttered a loftier or a grander Truth than when he said that wisdom comes out of the mouth of babes. I believe it.If we are to reach real peace in this world and if we are are to carry on real war against war, we shall have to begin with the children.”

“Jesus expressed as no other could, the spirit and will of God. It is in this sense that I see him and recognize as the Son of God. And because the life of Jesus has the significance and the transcendence to which I have alluded, I believe that he belongs not solely to Christianity but to the entire world, to all races and people. It matters little under what flag, name or doctrine they may work, profess a faith or worship a God inherited from their ancestors”

On seeing a painting of the crucified Christ in the Sistine Chapel in Rome, Gandhi remarked “ I saw there at once that nations like individuals could only be made through the agony of the cross and in no other way. Joy comes not out of infliction of pain on others but out of pain voluntarily borne by oneself.”

On one occasion when British critics flayed him for coercing the government, with his fast he smilingly replied that it was “the same kind of coercion which Jesus exercised from the cross”



CATHOLIC ASSOCIATION OF SOUTH KANARA

Founded in 1914
(Regn. No. MNG/130/2021-2023)

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EDITORIAL

The month of May is associated with the blooming of May flowers – a nature’s delight that is soothing and brings hope! The Front cover of this issue is dedicated to the May Flower or Gulmohar Tree in full bloom. The quote on the front cover by Karel Capel is very apt “All the year round there is spring, all through life is youth; there is always something which may flower”

8th May is observed as Mother’s Day to thank, and celebrate the love of mothers, which is a many splendored miracle and a wondrous evidence of God’s tender guiding hand. Cheers to all mothers!!

The Russia-Ukraine war continues to cause horror and misery not only in Ukraine and Russia but has global consequences affecting all of us. We have an article by Professor Jeffrey Sachs giving some suggestions for resolution of this conflict and an end to this war.

Fr Cedric Prakash writes to Fr Stan Swamy in heaven, wishing him on his birthday – 26th April 2022 – an interesting letter! Another interesting article is - Just How Much Do Virtual Meetings Impact Creativity? by the Swaddle Team. The virtual meetings certainly have some limitations. There is also a thought provoking article titled ‘Earth Overshoot Day’ by Arun Shenoy and some more interesting articles and News & Notes.

On 23rd April, ‘Suicide Lifeline’ an unit of Susheg Jivith involved in awareness and solutions related to Mental Health and Well-Being of the community, particularly the youth, organized a day long programme at Roshni Nilaya, School of Social Work, Mangalore. Roshni Nilaya and the Catholic Association of South Kanara (CASK) were collaborators of this event aimed at creating awareness on prevention of suicide.

A recent headline in the Times of India declared “**Mental Health Deteriorating among College students**” as per a study conducted in our own city – Mangalore. The study found that 50% of the 500 students who participated in the study were experiencing symptoms of common mental disorders like stress, anxiety, depression and such ailments.

The authors of the study recommended building a team of peer-counsellors to mediate between the students and mental health professions. Please note some information on ‘Suicide Lifeline’ that we have provided.

It is the Jackfruit season! Jackfruit is a very popular fruit in Mangalore and coastal Karnataka, with several dishes to its credit. We give the recipe of ‘Gariyo’ – Jackfruit fritters, a popular tea-time snack. We have taken the recipe from the all popular ‘**The CHEF**’ authored by the famous Mangalorean – Isidore Coelho, of revered memory.

On the CASK front, we successfully conducted the Teacher Enrichment Programme at Manipal School. A report is given. We have also started receiving applications for our Annual Scholarships as well as the Covid Support Scholarships which we established last year.

Until next time... .. Patsy Lobo



THE PRESIDENT SPEAKS...

Dear Friends - May is a month that is dedicated to Mother Mary. During this month, we remember the various intercessions through Mary our mother ever since the resurrection of our Lord. Mother Mary was present when the Holy Spirit descended on the Apostles on Pentecost day. It is believed that she who was already filled with the Holy Spirit, kept the morale of the apostles high. Since then she has been interceding for us in heaven, which is evident through her various appearances throughout history. Our hope is in her that through her intercession, the problems that trouble mankind will be sorted out.

We require to pray to her especially during this season when the heat wave is unbearable. Luckily, we at this part of the world have been spared of water shortage because of intermittent rain showers we have had recently. The temperatures have reached 40 degrees Celsius, the experts predict that if we do not care for our environment, in the next couple of years it will peak to 50 degrees Celsius. Things are moving from bad to worse - Inflation is rising, fuel prices are soaring. There is a threat of the fourth wave of the pandemic also knocking on our doors. Sometimes I wonder whether what was predicted in the bible 2000 years ago is fast becoming a reality.

Initially there were negotiations for peace between Russia and Ukraine. No one thought this war would prolong for so long. Pope Francis too prayed and appealed for peace. All efforts are on to stop unnecessary bloodshed. What the warring factions should realize is that there will be no winners in a war, all are losers. We should all pray for the Intercession of Mother Mary, so that there is peace amongst all. In a war like this even the countries who are not involved will suffer economically.

At CASK we are inviting applications for scholarships. Scholarships are distributed in the month of June every year. We will have two types of scholarships 1) COVID affected family's scholarships and 2) Regular scholarships based on the criteria laid down in our application forms. We have informed most of the schools and colleges

and also the donors of our scholarships. Forms can be collected from our CASK Office at Pio Mall, Bejai on any working day between 9.30 am to 4.30 pm. Scholarships will be distributed after scrutinizing the applications in the month of June. Last year the occasion was graced by his Lordship Bishop of Mangalore, Patron of CASK, at the Bishop's house.

We have had the Teachers enrichment program at Manipal CBSE School at Attavar in the month of April. 1st of May is Labour Day, workers day; St. Joseph is the Patron of all workers. The month of Ramzan comes to an end for our Muslim brothers and sisters on the 3rd of May. We wish a Happy Eid-Milad to all our Muslim brethren.

Till next time, we wish you all the best. Take care and stay safe.....

Captain Vincent Pais

BIRTHDAY GREETINGS TO
stanswamy@heaven.home - 26 APRIL 2022

Fr Cedric Prakash SJ

Dear Stan,

It is your earthly birthday! You would have certainly felt embarrassed and even winced at the thought of anyone wishing you, leave alone celebrating your birthday today! In a style which has characterised you all your life here on earth – you would have shunned and even run away from the very idea of anyone attempting to organise anything for you on this day!

Today however, dear Stan, you really have no choice, for the simple reason (which I am sure you will understand and humbly accept), your birthday today is about ‘us’, about we celebrating fond memories of you, thanking God for the gift of you to this earth and her people, particularly to those who needed you the most and above all, trying to see in what ways we can internalise and actualise the rich legacy we have inherited from you! This is the day we need: your untimely death on 5 July 2021 left a deep void in our hearts and lives; some us feel orphaned and have still not been able to overcome that feeling; there are others who miss your visionary insights, the servant-leadership qualities which you radiated, your relentless pursuit of truth and justice and essentially that unflinching commitment to the Gospel of Jesus and the Constitution of India.

I am re-reading the letter which I wrote to you on this day last year, whilst you were incarcerated in Taloja jail. I addressed it and sent it to you c/o the Jail Superintendent there! I doubt whether it reached you; and/or if it did, whether you had the opportunity to read it. However, I did make the letter public and some magazines and online portals did publish it. In that birthday letter to you, I highlighted several dimensions of your extraordinary and exemplary life as a citizen, Jesuit and priest. There was a hope, at that time, that you would be vindicated and would be released to be among the people you loved so much! Our hopes sadly, were dashed! At this moment, without reproducing that letter, I stand by that letter in its entirety- every single

word of it!

We once again listen to those profound words which came from your heart, a short while before your arrest on 8 October 2020 “*What is happening to me is not something unique- happening to me alone. It is a broader process that is taking place all over the country. We are all aware how prominent intellectuals, lawyers, writers, poets, activists, students, leaders, they are all marked and some put into jail because they have expressed their dissent or raised pertinent questions. We are part of the process. In a way I am happy to be part of this process. I am not a silent spectator, but part of the game, and ready to pay the price whatever be it*”. On this earth, you were never a silent spectator: you were visible and vocal; today you watch over us from above – challenging us, our way of proceeding and perhaps wondering...

Yes wondering: why so many of us here below, prefer to be silent spectators: invisible and muted! True, thanks to your prophetic courage and inspiration, there are some who are going ahead, whatever the consequences. Sadly, the vast majority of us including the clergy do not want to rock the boat; there are the cosmetic acts of tokenism. We have put some words and statements on paper, but they have remained there! Unlike you, we are afraid: to rock the boat, to challenge the system on behalf of the excluded and exploited. Some of the powerful and other vested interests continue to be associated with us. So naturally we do not want to get out of our comfort zones and ‘disturb’ the status quo! All through your life you took us up on this very point – which certainly did not help in your popularity ratings. That did not bother you! You did exactly what you felt right. Today you ask us to do the same!

Dear Stan, as you probably predicted, the marginalized, the minorities, the Adivasis and the Dalits, the other sub-alterns and vulnerable sections of society, are not beneficiaries of fairness and justice. You know of all this; you went through immense pain and suffering because you took a stand on behalf of the victims. Unfortunately, you were silenced forever. They were wrong; persons like Stan never die; they live on and forever! Yes, Stan you live on, in the hearts and minds of thousands of Adivasis and other marginalised

communities, of human rights defenders and numerous others from civil society and from every walk of life! We celebrate this fact today!

The irony of it all, is that our weak judicial system has not yet declared you ‘innocent and free’! You are aware that your case is still being fought in the courts. In fact, anyone who stands up for the Constitution of India, for the human rights of others, for truth and justice has a difficult time. This happens with frightening regularity. That is why, you struggled to help release the powerless Adivasis who were imprisoned because they only demanded their *jal, jungle, jameen*, dignity and rights which were legitimately theirs!

Yes Stan, I can see you smiling from above – telling me “*I know all this!*” and asking me “*what are you going to do about this?*” Well Stan, I certainly cannot be another you; but at this moment, the only ‘birthday gift’ I can give you, is to try in every possible way to imitate your **Compassion, Courage and Commitment**. Pope Francis in all his teachings has been insisting that all disciples follow the Jesus of a Gospel without compromise; the Society of Jesus wants every Jesuit to internalise and actualise faith-justice mandate, and finally, pledge as ‘we the people of India’ to protect and promote the Constitution of India as envisaged in the preamble: **justice, liberty, equality, fraternity, dignity and integrity!**

The journey ahead is going to be tough; but we know that with you as our inspiration and guide we will all see and experience the light at the end of this darkness. Your death will never go in vain! Thank you for being Stan: for all that you have meant (and continue to mean) to me and to millions of others. Its your birthday Stan – I am fully aware that you have been reading every word of this greeting to you – even as I put it down! This letter has reached you! Say a prayer for me and all of us mortals below!

HAPPY BIRTHDAY STAN!

PLEASE NOTE THE CASK UPDATED WEBSITE

www.caskmangalore.org

ST. AGNES SPECIAL SCHOOL

Olga Noronha



“Whatsoever you do to the least of my brethren that you do unto me”. Inspired by this teaching of our Lord Jesus Christ, millions of people have tried to live up to His

teachings and one glimpse at St. Agnes Special School gives us this feeling of living up to this maxim.

For the sisters of the Apostolic Carmel involved in education for over a Century, it was the fulfillment of a promise made to the public – the filling up of a void in their scheme of Education – the education of the mentally challenged. For the public of Mangalore it was a blessing, new hope and new help to solve painful problems beyond their grasp.

Education has for its main objective the drawing out of the best in oneself. Doing this under normal conditions is already a great achievement. The achievement is greater still when those who are to be educated cannot on their own recognize their God given gifts. St. Agnes Special School has been playing this unique role for the past 52 years.

The school which started in 1970 by to commemorate the centenary years of the Apostolic Carmel with Sr. Maria Jyothi as Founder Principal had only 4 mentally challenged children which has now grown to 300 children and youth – both boys and girls. 28 staff members render their dedicated services to these special children of God. The aim of this school is to help students to achieve as much of an integrated development as possible namely, Intellectual development, Healthy social relationships, Economic efficiency, Civic responsibility, Spiritual fulfillment.

The school has this beautiful and inspiring motto ‘IN LOVE WE GROW’ – which truly depicts the dedicated service of the staff and their relationship with the students.

The School programme is based upon a developmental model. It has been broadly divided into: Self-help, Pre-academic, Academic, Pre-vocational, Vocational, Home science programme.

The students who need physiotherapy are helped to improve their physical abilities. The children who need the speech therapy are helped regularly through speech therapy.

Those who are not able to go to the regular school and dropouts, from the schools have been given opportunity to study through the national institute of Open schooling and Karnataka open school Bangalore, secondary and senior secondary courses.

Through the academic programme many students have learnt reading and writing. Through the dedicated service of the staff members more than 50 students have the joy of going back to the regular school

The physically and mentally challenged adults are taught vocational skills like book binding, Carpentry, chalk making, drawing, painting, stitching, flower making and other crafts while some earn, others spend their time usefully contributing their best in the production unit. Through the “Earn While You Learn” programme, the differently abled trainees are earning and this in turn has improved their self concept and confidence.

Extra Curricular Activities: All the activities that are offered to the regular school children are made available to differently abled students – such as games, sports, both track and field events, team games, foot ball, basket ball, throw ball and cricket. Yoga, dance, singing, music and philharmonic band etc.

The school grabs all the opportunities that will help the children show case their abilities. One such opportunity was given by Namma T.V channel who came forward with a proposal to take part in the state level Dance Warriors-2 Biggest Group Dance reality show for the Normal children. Since Mr. Dixon our Chorographer is one of the anchors in the Namma T.V Channel, he took up this challenge and with the support of Sr. Shruthi A.C – Principal St. Agnes Special School

trained the students for the audition round on January 12th 2022. Our students gave a stunning performance and were selected for 1st round. From then onwards our students improved upon their performance with the help of Mr. Dixon, Sr. Sonal and Mrs Dolorous our dance teachers and now they are selected for the semifinal round to be held on May 24th 2022. Our group is the only group with special children who competed with the Normal children and we are sure to see them in the final round. We wish them well as they make known to the World that they too are able to do extraordinary things.

LETTER FROM A SCHOOL PRINCIPAL IN SINGAPORE TO THE PARENTS BEFORE THE START OF EXAMS

Dear Parents – The Exams for your children are to start soon or might be on-going or have been over by now. I know you are all anxious for your child to do well. But please, do remember that amongst the students who will be sitting for the exams, there is an **Artist** who does not need to understand Math.

There is an **Entrepreneur** who does not care about History or English literature. There is a **Musician**, whose Chemistry grades do not matter. There is a **Sports person** whose physical fitness is more important than Physics.

If your Child Does get top marks, that's great! But if she/he does not, please don't take away their Self-confidence and Dignity. Tell them – its 'OK'. It is just an Exam. They are cut out for much greater things in life. Tell them - No matter what they score, you love them and will not judge them.

Please do this and when you do, watch your children conquer the world. One Exam or a few grades won't take away their dreams and talents. And please do not think that doctors and engineers are the only professions to be pursued in order to be happy or successful people in the world! There are many others!!

With warm regards-The **PRINCIPAL**

CASK TEACHER ENRICHMENT PROGRAMME AT MANIPAL SCHOOL

Teaching is one of the most demanding professions in the world and to accentuate the excellence of teachers, it is important to conduct regular enrichment programmes for their mental and emotional rejuvenation.

Manipal School in collaboration with the Catholic Association of South Kanara (CASK) organised a teacher enrichment programme on April 7th at MCOADS, Attavar. Celebrating womanhood and remembering the strong women all over the world, the day began with the lighting of the lamp while the song ‘Carry Your Candle’ was being played in the background. Principal Anuradha Shivaram welcomed the gathering and the resource persons were - Capt Vincent Pais, President – CASK; Patsy Lobo – Vice President – CASK and Dr Derek Lobo.

The president of CASK, Capt Vincent Pais then addressed the gathering where he highlighted the activities of CASK which included Personality Development Programme for Students, Teacher Enrichment Programme, Footware for barefoot School students, Safe Drinking water in rural Schools, Support for housing, Promotion of Blood, Organs and whole body cadaver donation, Support for homes for the differently abled children and the elderly etc.

This was followed by a brief introduction of all the resource persons of the day by Patsy Lobo. She then started off with the first session of the day on ‘Collective Mindfulness’. She stressed on the importance of being optimistic and enhancing the relationship with self and others.

The second session on ‘Effective communication skills and Public speaking’ was conducted by Trisha D’Souza. She emphasised on the importance of communication skills and gave guidelines to the teachers on basic aspects of public speaking. This session involved group activities which enabled teachers to enhance their creative thinking.

The third session by Dr Lavina Noronha ‘Teachers as gate keepers of student mental health’ stressed on the importance of addressing mental health issues in students. Awareness on the number of student

suicide cases in India were made. Teachers were also informed about the 24-hour Helpline that was available to address mental health concerns.

Dr Derek Lobo who conducted the next session ‘Teacher – The Leader’ emphasised that education system should be creative and skill based. He said that the aim of education should not be limited to just scoring in examinations but should focus on holistic and comprehensive development of students. He said we need to make conscious efforts to guide students in choosing their career and applauded the school for conducting the career awareness programme for the middle school too.

The next session on ‘Personal Financial Management’ was conducted by Nobert Shenoy who guided the teachers towards different approaches to investments. He advised the teachers to plan their budget, invest in savings and execute a will.

The final session of the day conducted by Manoj Fernandes on ‘Privacy is a myth- Cyber Safety’ comprised of various internet safety topics like the reach of social media, the safety of images, data posted online, and the importance of installing a paid anti-virus software on all devices. Possibilities of personal information being vulnerable were highlighted. Teachers were also informed of the available precautionary measures to stay safe from falling prey to cyber-crimes.

The Teacher Enrichment Programme was concluded by Mrs. Patsy Lobo. To motivate the teachers, each one of them was awarded a certificate and a memento which was etched with a special note of appreciation. Shibani Trikannad proposed the vote of thanks and expressed gratitude on behalf of all the staff of Manipal School.

With the belief ‘**Always Learning**’, Manipal school teachers always look for opportunities to educate themselves and update their knowledge. Such programmes stand true to the belief and is an effective way to learn and a better way to retain knowledge!

Photographs on page 25 and 28

LAUGHTER IN THE HOSPITAL

Clifford Martis, Bangalore

The hospital is not an ideal place for fun and frolic. Is it? But on second thoughts we may agree that the hospital does need a touch of humour, hoping that it may help in the healing process. I am a volunteer under the banner of an NGO called '**Helping Hand**'. I have had many occasions to taste hospital humour and also contribute my mite in making it happen.

Quite often patients and their companions come to the out-patient department mentioning the name of a particular doctor with whom they might have had a telecon and who might have asked them to come over to the hospital. These persons are usually reluctant to go to the OPD counter and get the registration slip (cheeti or parchi as it is better known). I try to explain that even if the doctor has agreed to see them he would expect them to have the slip, which is absolutely necessary as evidence of registration. Incidentally the slip does not cost any money although at times one may have to stand in a queue for

a short or long time depending upon the rush at the counter. Some patients understand the point and proceed to the counter but many insist that having had a personal talk with the doctor (who is in many cases personally known or referred to by someone well known to the medical man) there should be no need for the stupid piece of paper. They proceed to the doctor's rooms and within minutes come back to me and ask sheepishly, "Where can I get the slip please?" I pretend to be angry and say, "I won't tell you."

In order to make things clear to the patients, I usually repeat the direction to the counter for obtaining the OPD slip. I say 'Counter No 3' and mention 3 in English, Kannada and Tamil besides showing 3 fingers. On one occasion one man brought 3 slips. When I asked him why he brought 3 slips he pointed out that I had said '3'! I found the man's reaction amusing but what can we say about the counter clerk who issued the 3 slips to this poor fellow?

People often come to the hospital with their own diagnosis. They say they want to get the patient 'admitted' or they want to get an 'X ray' done and so on. In recent times they have learnt the term 'scanning' also though 'ultra sound' has not caught their imagination so far. They feel a bit disappointed when we explain to them that they have to first get the OPD slip, then go to such and such a room, consult the doctor and then get admitted or X rayed or scanned as the case may be.

On one occasion a woman came and said she wanted to meet the conductor. I was thoroughly confused. What's a conductor doing in a hospital I wondered and asked her to please repeat what exactly she wanted. Conductor she said again, a third time and a fourth. I was at my wits' end when the woman helpfully pointed to her eyes. Oh mi gosh! She wanted to see the 'kann' doctor. Didn't I know that they say kann for eye in Kannada and Tamil?

Sometimes I play a little game. The eye testing room is room no 5 which can be seen clearly by me and the patient standing before me at the Helping hand desk. "Can you see room no 5?" I ask. "Yes" says the patient. "Then what is the need for you to go to the eye doctor?" I say. Many people smile and enjoy the little joke. But on one occasion a lady said, "Whether I need to go or not I think you surely need to go to a psychiatrist!"

The OPD room for skin diseases is no 10. This room also is right in front of my desk though a couple of steps farther from the eye room. “Go straight and you’ll find room no 10. OK?” I say. “OK” says the patient looking in that direction. “Don’t look this side or that. Just walk straight. Understand?” “Yes” says the patient seriously. I am not able to say whether the stern look on his face is real or made up.

The common idiom in Kannada (and for that matter in many of our languages) for the English phrase ‘seeing a doctor’ is ‘dactrige thorisuvudu.’ Literally it means showing to the doctor. So patients usually come asking where to *show* a cut or a bruise or a rash. One patient asked me, “Where to show stomach ache?” I said with mock astonishment “You can show stomach ache?” A slight variation of this is “Where does back ache come?” Obviously what they want to know is which room they should go to for getting treatment for backache. A patient asked me, “Where does headache come?” I told him that to the best of my knowledge headache came in the head. I am reminded of the office clerk who wrote a leave letter stating that he had headache in the stomach. Another person had applied for leave, as his wife was not well and added, “being the only husband at home I have to look after her.”

Old patients usually come accompanied by younger members of the family. As the youngster explains things the old man feels impatient and desires to narrate things in his own way. He likes to tell how the *dodda* (big) doctor at their native place had told him such and such a thing and how he had referred him to the big hospital in the city. Many patients and their companions mistake me to be a doctor doing some preliminary examination and narrate all their symptoms. At times I do feel some sort of secret pleasure when they address me as ‘doctor’. Shouldn’t I tell them that I am not a doctor and that I am only a volunteer? Of course I should. But don’t you feel that they would be disappointed or confused?

At the Victoria hospital they give anti-rabies injections. So you find a number of dog bite cases. Once a beautiful young lady came and said she had a dog bite. “What a lucky dog!” I said. She smiled. Was it her vanity or my good luck I can’t say. It so happens that dogs bite mostly young boys. Wonder why! I always ask them why the dog

had bitten them and suggest that they might have teased the dog or irritated him. When they deny that I say that it may be necessary to get the dog and ascertain from him exactly what had happened. They seem to be confused and wonder whether I am serious or only joking.

As a part of our duties we do come across a number of doctors, nurses, ward boys and ayahs. There was one Siddiah who was the dafedar (foreman) for the OPD. It was his favorite pastime to take me round and show me how he had managed to get the premises cleaned. He would often ask me to go with him to the inner areas where he would point out how he had made the place spic and span. His narration included a good bit of criticism of his own men, who, he said, were kam chors. I had to continuously nod and show my appreciation.

One day it so happened that I was unable to go to the hospital for some reason or the other and I requested my companion to look after my duties. My friend Mr. Urs said, “I’ll gladly take care of your work Martis but there’s one thing I may not be able to do – listening to Siddiah!”

Being a volunteer I go out of my way to ask people what they are looking for and help them. While many grab the chance and accept my help gratefully there are some doubting Thomases who feel that there could be something fishy in this man’s eagerness to be of help. Why should someone be so very solicitous in a public institution they wonder.

THANK YOU FOR YOUR HARD WORK



HAPPY WORLD LABOUR DAY | 1ST MAY

*“No work is insignificant.
All labour that uplifts humanity has dignity and
importance and should be undertaken with
painstaking excellence.”*

– Martin Luther King, Jr.

8th MAY 2022



*A Mother's Love is something that no one can explain.
It is made of deep devotion, sacrifice and pain.*

*It is endless, unselfish and enduring, come what may.
Nothing can destroy it or take that love away.*

*It is patient and forgiving when all others are forsaking
and it never fails or falters.*

*It believes beyond believing when the world around
condemns and it glows with all the beauty of the rarest
and brightest gems. It is far beyond defining and it
defies all explanation!*

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