

# Mangalore

Organ of the Catholic Association of South Kanara  
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## INTERNATIONAL DAY OF



### NON-VIOLENCE

OCTOBER 02



### NON-VIOLENCE

BEGINS WITH ME



# CATHOLIC ASSOCIATION OF SOUTH KANARA

Founded in 1914

(Regn. No. MNG/130/2021-2023)

## CATHOLIC ASSOCIATION OF SOUTH KANARA

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## EDITORIAL

The AGM of CASK on 18<sup>th</sup> September 2022 was smoothly and successfully held, with a record 168 members present. The new team of Executive and ten Governing Council (GC) members for the term 2022-2024 were elected unopposed and at their first meeting on 21<sup>st</sup> September, co-opted 9 members. Thus we have a full complement of 25 GC members. I am grateful to the new team for nominating me as the Editor of this magazine for yet another term of two years. I seek the support of the new team as well as all our esteemed readers. The names and photographs of the new team for the term 2022-2024 is given on Pages 26-28.

Violence, Nuclear Weapons and Climate Change are seriously damaging and threatening the very existence of Planet Earth and the human and animal family. All of us should realize the gravity of the situation we have created and try to mitigate the dangers. We have a thought provoking article titled ‘Threatening All Creation-Nuclear Weapons are a Climate Justice Issue’ by Fr Daniel P.Horan. Coincidentally we observe the ‘International Day of Non-Violence’ on October 2, in honour of the Birth Anniversary of the Father of our nation, Mahatma Gandhi. The Front cover is dedicated to ‘Non-Violence’.

Other interesting articles include ‘The Double Bind faced by employed women’ courtesy The Swaddle Team; ‘School Meal Programmes-Why we all need to take action’ and the inspiring story of ‘The Little Poland in India’.

We have featured three books in this issue – ‘Discover the Miraculous Woman behind the Saint’ on Mother Teresa by Jim Towey; ‘Bandh Samrat’ authored by Chris Emmanuel D’Souza on the veteran Socialist leader – George Fernandes and the Book of Poems by the late Seema Nazareth, daughter of Ambassador Pascal Alan Nazareth, which was released at the 60<sup>th</sup> Wedding Anniversary celebration of Alan and Isobel Nazareth in Bangalore.

We bid farewell to the CASK Office Assistant – Caral who served CASK efficiently for six years and now leaving us because she is getting married shortly . We thank for her services and wish her lifelong happiness and a bright future.

**Until next time.....Patsy Lobo**



## THE PRESIDENT SPEAKS...

In the month September, once in two years, we elect the new office bearers at CASK. The AGM held on 18th September 2022 was well represented and conducted very professionally and smoothly. We had a record of 168 members this year (an all time high) I thank God Almighty for 2 successful years of activities in spite of the COVID pandemic, lockdown, curfew etc. I have been re-elected to lead this prestigious and historic association for the next 2 years. Thank you for reposing confidence in me. For any good beginning the Almighty God's blessings have to be with us. So let us invoke his blessings on our organisation to keep it safe and lead us on

As I enter my second 2 year term as the President of CASK, with the continued support of my dedicated office bearers and the GC members, I feel confident that the second term too will be equally successful. No doubt there will be many challenges, but we will face and overcome them.

Mid term exams are over in Karnataka and Dassera holidays have started. We can look forward to enjoying the tiger dances (Pili Vesha) and the accompanying drum beats that are so much part of the Dassera celebrations in Mangalore and Udupi regions. At the same time in other parts of India Durga Puja celebrations are being held.

Looking ahead, we would like to hold our fund raising program - The Annual CASK Reunion on the 19<sup>th</sup> of November 2022. Mrs. Nayana Fernandes and her team will work out the modalities and chalk out the program. With our activities increasing we need to be financially self-sufficient since we function purely on charity; whatever we receive is disbursed for charity.

Pandemic is still lingering, so let us not throw all caution to the wind and take unnecessary risks. Let us stay safe and healthy and keep each other in our prayers.

God Bless you all.

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**Capt. Vincent P. F. Pais**



# THE DOUBLE BIND FACED BY EMPLOYED WOMEN

*Courtesy – The Swaddle Team*

Employed women are in a double bind: they engage with paid work in the form of jobs while also shouldering the responsibility of unpaid labor, in the form of housework and childcare. The two forms of unrecognized labor extract a heavy mental toll on women whose access to healthcare is already restricted, according to a recent analysis.

Balancing work and family obligations is thought to be the moral imperative for women. The review, published in *Lancet Public Health*, “confirms persistent inequities in the division of unpaid work,” and these inequities “expose women to greater risk of poorer mental health than men.” This is the first analysis of its kind to contextualize the impact of unpaid labor on mental health, especially for women who already face the stressors of the modern workforce. Importantly, it highlights how women’s participation in the paid workforce is laden with obstacles that constantly undermine it — and how the battle doesn’t end there. Unpaid labor remains an echo of inequality, one that is not adequately addressed in terms of normative, policy, or structural changes.

Researchers at the University of Melbourne looked at 19 studies, with about 70,000 participants globally. They defined unpaid labor to include “all work and tasks done to maintain a household without any explicit monetary compensation.” Some case studies were specific to the impact of caregiving on mental health, some to aspects of housework, and others looked at childcare. Globally, we know women, employed or otherwise, spend more hours during unpaid labor, a trend that only increased during the pandemic. In 2020, women spent 173 additional hours doing unpaid labor caring for children, three times as much as men’s labor. This matched with what researchers of the present study analyzed too. “We found substantial gender differences in exposure to unpaid labor, with women uniformly doing more in every geographical and time setting in more than 35 countries worldwide” research lead Jen Ervin said.

“This double burden of paid and unpaid work exposes women to greater risk for overload, time poverty, and poorer mental health,” Ervin added. The pandemic is a telling case study of this: there are numerous anecdotal and statistical instances of women balancing professional responsibilities along with tasks like cooking, cleaning, and caregiving. The additional home chores also made work from home undesirable for many. This creates a “time poverty” of sorts, referring to a scarcity of time for women to spend on any form of leisure, rest, or recovery of any form.

The mental health burden of doing disproportionate labor, and never having access to recovery, compound to create a scenario where their mental health is severely impacted. The narrative is one of physical and emotional exploitation.

Women’s Income Drops After Childbirth, and the Pandemic May Worsen This Trend.

This insight is even more worrying in the context of the fractured relationship women have with mental healthcare, with stigma and lack of infrastructural support surrounding mental health. For women, this is worsened due to patriarchy, gender roles, and systemic challenges. In addition, unpaid labor for employed women is also leading to more instances of them paying economic penalties. “Crucially, women are also routinely trading off paid work hours to meet their disproportionately high unpaid labor responsibilities,” the researchers noted. Think of this imagery: a woman working from home sitting on a dining table where they can see their children/take care of them; as opposed to a man working in a shut office, as Caitlin Harrington pointed out in *Wired*.

“Women do a large chunk of the housework and childcare in heterosexual relationships. So they aren’t able to exploit themselves as much in the labor market, but they are expected to—and do—exploit themselves at home. This means that working from home is used to expand childcare or housework hours,” sociologist Heejung Chung wrote.

During the pandemic, for instance, limited job opportunities, healthcare crises, and lack of child care meant more women had to sacrifice their jobs to take care of families. This was more pronounced for working mothers, those undertaking low-wage work.

Women were leaving jobs or reducing their hours at work to keep up with the demands of unpaid labor, further resulting in economic disenfranchisement. Numbers here tell a stark take: one out of four women who became unemployed during the pandemic cited lack of childcare as a reason for the job loss. Between February and August 2020, mothers of children below the age of 12 had lost 2.2 million jobs — as compared to 870,000 jobs lost among fathers.

There is by no means any novelty to this pattern: household chores have always been seen as the “second shift” for working women. Even in 2017, women with children in the U.S. were doing twice as much child care as men. Global data showed that while women spent an average 3-6 hours on child care, men spent somewhere between 30 minutes and 2 hours.

The new review points out a social malaise we are deeply familiar with. Unpaid labor is deeply gendered, and has for several decades, kept women chained to systems of oppression. The way forward: “Reducing the disproportionate unpaid labor burden on women, by enabling men to take on their equal share; this has the potential to improve women’s mental health. This, coupled with more policy-oriented changes such as prioritizing universal childcare could be tangible ways to alleviate the emotional and mental burden of two shifts of doing labor.

Even normalizing flexible working arrangements for men, in particular, can also help salaried women negotiate with the demands a patriarchal and capitalistic system makes.

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**PLEASE NOTE THE CASK UPDATED WEBSITE**

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## BLOOM WHERE YOU ARE PLANTED

*Joan Lobo*

It was one of those days when I dreamily walked back home and was delighted to see one of my favourite flower plants with two beautiful blooms in a decorative pot, gift wrapped waiting at my door. This plant was one that I had often attempted to have in my balcony garden but to no avail. And what struck me most was the little placard with it that said “**Bloom Where You Are Planted** “ that struck a chord in my heart and the surprise visitor who kept my mind working for the rest of the day was none other than my sis. This mantra has been an integral part of my life’s journey and inspiration along the way.

However, it wasn’t until high school that I began to notice my mom would repeat a proverbial phrase in response to my anxious musings about the future.”**Bloom Where You’re Planted**” she would quip, as I fretted about what I would do with my life.

Quarantine has brought out new sides to all of us. Or perhaps it’s unearthed sides of us that were always there, but that we were too

busy to attend to. During the pandemic I got into gardening a little more to beat the boredom and it always led me to think about the old adage, **“Bloom Where You’re Planted”** As far as I know, the phrase was first popularized through a sixteenth century Swiss bishop named Saint Francis de Sales, and then brought into modernity via Mary Engelbreit in the nineties. Regardless, the phrase is often related back to the Bible that wherever you are, whatever circumstance you are in, you should will yourself to thrive - to bloom - in this place that you’ve been planted. It’s meant as an encouragement to see the bright side of things and a call to choose joy. A way to ascend above circumstance.

But on hindsight gardening has revealed something that I only had an inkling of before. While you can choose to do your best in a certain circumstance, thriving or blooming in a crappy circumstance, or crappy soil, or conditions that you’re not meant to grow in, can be almost impossible. In some cases, you can provide enough tender, loving care via watering, shading, moving towards the sun, and fertilizing to eek out a bloom here or there, but other times, its best to surrender and leave the conditions that make it difficult to bloom and go to the environment that you were made to thrive in.

Anyone who has moved to a new job or new neighborhood and instantly felt “this is my place” and “these are my people” will realise what I’m talking about. It’s as if the imaginary barriers, however subtle, that existed in the old place have been lifted and you are able to be who you were meant to be all along, almost without effort. It’s freeing, inspiring, and beautiful, and it makes you wonder why you spent so much time trying to bloom in a place that simply wasn’t meant for you all those years.

We can’t always choose the cards we have been dealt, but we can learn to play them. Like a flower that grows through a crack in the concrete, sometimes we have to make the best of our situations and bloom where we have been planted. You may not be where you want to be in life just yet. You may be working a day job that is not your passion and working on your dream through the night. Keeping our dreams alive is what uplifts the human spirit. But how can we deal with the fact that sometimes we may have to tolerate something that we do not like to eventually get to where we want to be?It’s so easy



for us to think that we need all the perfect conditions in order to thrive. But the truth is, conditions are rarely perfect. Our lives are filled with difficult compromises and attachments that keep us away from that pure sense of “freedom”

Lately I have known friends who have had a difficult time with desiring to do things that are just not possible. I’ve said to myself, if only they could... then they would be happy and things would be perfect. The fact is, however, that we are planted in our circumstances without having to be enslaved to them. You may be in a difficult place but you can learn to shine your light so bright that it drowns out the darkness. Look for ways to be a blessing to somebody. Your struggles have prepared you to be in the path of someone that needs what you can give. While visiting the old, sick and lonely give them the time and respect they deserve. Don’t make them feel you are fulfilling an obligation or duty. Off late, clicking photographs with them for posterity is become a fashion. While they have wilted with age they are the reason with their hardwork and dedication that we have bloomed where we have been planted. As Maya Angelou said, If you don’t like something, change it. If you can’t change it, change your attitude about it. Somebody close who was widowed young felt her world had crumbled and understandably so. Her whole outlook to life was negative and she wore a sad exterior perpetually till I told her ‘ When you smile the world smiles with you and when you cry , you cry alone. So wear a happy mask when you leave home for the world to see and be your real self when you enter your door again. Bloom where you are planted cos only you can help yourself to be happy despite life being a sad reality.

“The flower that blooms in adversity is the most rare and beautiful of all.” – Walt Disney That quote speaks so much to me. In fact, it’s one of my favorites. Why do I love it? Well, I think this phrase fits a lot o people today, me included. I look at that as the flower that dares to be different from the rest, is unique. So, let’s liken that to people.

I’ve had friends who have enjoyed being different from the rest of the crowd. They are never the ones to follow what others were doing. They do their thing, what makes them happy...and, if that means reading a suspense thriller rather than going out to a party, so be it.

That's where they were "planted" In my opinion, it is so beautiful to see somebody be themselves...and be content with that. **Bloom Where You Are Planted.** If you're different from the rest of the people you know...it's your life... So what? That makes you unique. You become a fruit loop in a world filled with cheerios!

Never, I repeat, never let anyone tell you who you have to be or what you have to do. Give up the thought that you must fit in with the crowd because you don't. It sounds so cliché, but it's true. Why fit in, when you were born to stand out? I see so many people trying to change who they really are just to please other people or to look cool. It took me a few years and some loving advice from friends to figure out that by changing who I am or by choosing to disassociate myself from something I loved was only harming me, not helping me.

So, bloom where you're planted. Grow where you are meant to grow. Don't worry about what anyone else has to say, or what anyone else does for that matter. Remember: the flower that blooms in adversity is the most rare and beautiful. And despite all odds, choose to bloom anyways. As a concluding thought

*"God has placed you here for a purpose Whatever it may be...Know he has chosen you for it...And labour faithfully..."*

*BLOOM WHERE YOU ARE PLANTED"*

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## **GENTLE REMINDER**

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## CARING FOR THE PATIENT

*Clifford Martis*

Some days back I saw an interesting clue in the daily ‘Crossword Puzzle’ in the newspaper. The clue was ‘One who is not in a hurry to get treatment’. A seven letter word. What is the answer? Yes, patient. What a fine pun on the word patient which has both meanings – one who is a sick person and the other, one who is not in a hurry!

Coming to brass tacks patients have to be patient indeed. Wherever we go we see long queues of patients waiting in hospitals, nursing homes and even in private clinics. Thank God the crossword puzzle clue refers to the sick person as patient. Just imagine, what would happen if the other party, namely, the doctor, the nurse, the ward boy or ayah were ‘not to be in a hurry’. In some occasions we do come across people who do not seem to be in a hurry. The nurse or ayah does not show any great hurry to attend to the patient’s call. “How many times is he calling me? It seems he has no other job.....”.

By the way, who is a patient? I have a habit of asking doctors, nurses and others connected with patient care to tell me who a patient is. Many say that a patient is a person who is not well. Some say a patient is someone who needs a doctor’s service. Another person points at that a patient is someone who has either physical or mental illness. Good! But we notice that people always think of the patient as the ‘other’ person. Have we ever realised that all of us are patients? All of us have undergone some sickness or the other at some point or the other in our lives, haven’t we? In any case, there is no guarantee that we will not become ill in the future. Therefore, it seems sensible to think that the patient is not the the third party but *all of us* are patients.

Do doctors, nurses and others in hospitals and nursing homes treat all patients with the same care and attention? What happens if the doctor’s own family member comes for treatment? Have we not seen a nurse in a hospital taking her relative or a friend to the doctor ignoring the long Q? What is the special point in thinking of ourselves as patients? If we realise that every one of us is a patient then it would be easier for us to see ourselves in the patients. In other words we will be able to empathise with the patients. We will be able to understand exactly how a patient feels.

What exactly is meant by empathy? Imagine a situation where a woman is in labour. It is her first baby. So she is in great pain and anxiety. She is screaming and shouting. What does the nurse say? She scolds the patient and asks her to be quiet. When the patient cries and says she is not able to bear the pain the nurse says rudely, “Then why did you have the baby at all? You have created such a nuisance here. Are you the only person who is having a baby?”

Imagine a more gentle and kindly nurse. She might try to comfort the patient saying, “Don’t worry, all will be over in no time. When your baby comes you will forget all the pain. OK?” The woman in labour may feel comforted and may be tempted to ask, “How many children you have sister?” “Oh no, I am not married. Do I look like a married woman to you?” “Then how are you able to tell me all these things? How can you say I will forget the pain when the baby is born?” This is the secret of empathy. The nurse is not married. She has not given birth to any babies. And yet she is able to say soothing words and comfort the woman in pain!

Now shall we ask ourselves what exactly is meant by ‘care’ of the patient? If we ask this question people are likely to reply ‘care’ means attending to or looking after. But what exactly is meant by attending to or looking after? Does care consist of giving an injection or taking temperature or blood pressure or offering bed pan or giving a sponge bath to the patient and making his bed? Imagine, a nurse comes and simply pokes the needle and goes away. Is this care or attention or service? If, on the other hand, you think of another nurse who says a nice word to the patient, gently moves her hand and gives the injection in a soft, deft, efficient manner (the patient will not even feel it) and goes away after giving a smile. Does not care mean something like this?

On a certain occasion, I went to a doctor. I said ‘Good evening, doctor’. He said, ‘Hm’. I said ‘I have some palpitation’. He said, ‘Lie down’. I lay down. He started checking with his stethoscope. I asked, “Is it a serious thing, doctor?” He did not reply. After a while he went to his seat, called me down and wrote something on a piece of paper and said, “You take these tablets three times a day for five days.” I asked, “What is your fee, doctor?” He said, “Hundred Rupees.” I

took out a note. But he said curtly “You pay it outside” I went away.

I was not at all happy because I did not know what exactly was the problem. So I went to another doctor who appeared to be equally qualified. I said “Good evening, doctor.” He said, “Good evening, Good evening, come inside.” I told him I had palpitation. He asked me to lie down and started examining me with his stethoscope. I asked him, “Is it serious, doctor?” He said, “Don’t worry. Let me examine. I’ll tell you after the examination” and asked me what my name was, where I was working and so on in a friendly way. Then he asked me to get up and wrote something on a piece of paper (I found that it is the very same tablet which the other doctor wrote) and said, “You take these tablets three times a day for five days. You should be all right. If there is any problem you can call me. I do not think it is serious. I have a feeling that it is due to some stress.” I said, “Thank you doctor...eh...doctor, your fees?” He said, “Hundred Rupees. You can please pay it to my PA outside.” I thanked the doctor and came away, feeling much better. I found that both the doctors were equally qualified, both of them did the same checking and charged the same fee. Above all, they gave the same medicine. But there was something in the second doctor, which made me feel comfortable and reassured!

Does this not show us that care does not consist of merely *doing things* but it consists of the *way* in which things are done? Giving an injection or taking blood pressure and making the patient’s bed are actions. They do not become service by themselves. They become service or care when they are done in a gentle way, with a smile, with a kind word and above all with empathy.

What is it that converts the ordinary action of giving an injection into care? As we said, it is the way or the manner in which the injection is given. Several qualities make the way or the manner pleasing, comfortable, reassuring and healing. These qualities are a smile, a kind word, a little patience, a little sympathy and above all, some empathy. How do these qualities convert action into care? There is a great connection between our psychology and our physiology. Between our feelings and our physical conditions. A kind word may cure 50% of a patient’s illness and suffering.

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# Meeting & Greeting



*with love, peace and joy*

VATICAN CITY

*Most Rev. Dr. Peter Paul Saldanha,  
Bishop of Mangalore and Patron of  
CASK meets Pope Francis at the  
Vatican - September 2022*