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Happier Families Tips any family can use

In his book, "Happier Families" **Dr. Chittaranjan Andrade** shares insights gained over 15 years spent counselling families faced with problems. As additional Professor, Department of Psychopharmacology, NIMHANS, he has shared the pain, hardships, conflicts, forgiveness, recovery and eventual healing of relationships among family members.

Our cover story in this issue of **Relief**, with excerpts from his book which he has graciously permitted, helps us face up to issues that confront the family today and leads the way through practical, everyday tips that we can easily implement and help improve our family ties.

Put Your Family First

Think: How many Nobel Laureates can you name who won their awards in any year?
How many past Presidents and Prime Ministers of this country can you name?

Think: Did you do badly in this test?

Think: Even if you were to win the Nobel Prize.

Even if you were to become the President or Prime Minister of this country,

Even if you were to become a little more important in the organisation in which you work,

After the sands of time have run out,

After you have bowed for the last time,

After the arms of sleep have clasped you in their eternal embrace,

Who will remember? Who will care? Who will weep for you?

Who will cherish your memory for a lifetime?

Think of the answer to that one. Did you get it?

It's Your Family.

Your family will care.

Your family will remember.

So, TAKE CARE OF YOUR FAMILY.

Do you treasure any possession?

Your family is your most important possession.

PUT YOUR FAMILY FIRST.

Is Marriage a Romance Novel or a Brand New Car?

Many young couples enter wedlock firm in the conviction that marriage is a romance novel, replete with all the ingredients that make romance novels sell. But...marriage is a blank book written upon by husband and wife. Whether or not it becomes a romance novel depends entirely upon what the couple writes in it.

To use another metaphor, remember that marriage is NOT a well-oiled vehicle that arrives in full working order and with a guarantee card attached. Marriage is a special conveyance which couples have to build with their own hands, which they have to nurture, oil and

maintain, which will become what they make of it, and which will steer them to whatever destination they steer it.

Sharing and Building Happy Memories

Share with your children the memories you have of them. Take out children's baby pictures and tell funny stories about what was happening when they were taken. Those experiences are very precious, and your children laugh and giggle and treasure them in their hearts. The more we talk about the early days of their lives, the more you enrich them. The more you show how precious they are to you by remembering a great deal about them, the more they are going to recognize that they're cared for and thought about constantly.



Understanding the value of nostalgia can provide valuable lessons for building happy families. Happy families make the effort to build happy memories of family life. Here is what you too can do:

- Take a holiday
- Go for a picnic
- Visit the museum
- Play indoor games
- Visit the park
- Do something unexpected
- Play outdoor games
- Have regular family activities that generate laughter
- Go through family albums and relive happy memories

As you build your memories through your family activities, you will find yourself enjoying yourself, your personal life and your family life to a fuller extent.

Looking at the Stars

The woman was complaining to her counsellor. "Life is becoming unbearable," she said. "My husband has to travel far to work; he leaves home early and returns late. His salary is low. He's always tired out at the end of the day.

"And, as for me, I have to work without a break to get the cooking, the cleaning, the washing and the other housework done. I have to supervise the children's homework, their baths and their meals. At the end of the day, I too am exhausted.

"I keep thinking about how futile such a life is, and I'm afraid that it's making me irritable. I criticise my husband for it when I know that he's not really to blame, the poor man. Even worse, I notice that I sometimes take out my frustrations on my children."

The counsellor led her to the window and asked her to look out. "Look down first," he suggested. "You can see the mud there, and the gutters. Now turn your eyes upwards. You can see the brightness in the sky.

"Life is like that. You can look out of the window and see either the mud or the stars. The choice is yours.

Think: you have a husband who cares for you and your family. You have two wonderful children. You have a secure home. You have health. The problem is you feel that this is not enough.

Learn to be happy with what you have, not unhappy for what you don't have."

Labelling

The words which we use to express our attitudes and beliefs can actually play a significant role in evoking behaviour which forms and reinforces the same attitudes and beliefs. High expectations appear to induce students to perform better. The troubling inference is that low expectations may similarly induce poor performances; that is students who are labeled as being poor performers may actually perform poorly in consequence of the label. In other words, labelling can influence actual behaviour.



Relevance to family life:

The father believes that his son is lazy.

He sees his son reading a novel.

He concludes that his son is wasting time which could otherwise have more profitably been spent in study.

INSTEAD

The father believes that his son is hardworking.

He sees his son reading a novel.

He concludes that his son is relaxing, or that his son is showing serious interests, such as reading.

The mother calls her daughter clumsy.

This upsets the child, makes her self-conscious and nervous, and lowers her self confidence; in consequence, she tends to drop objects or bump into furniture more often. Thus, she lives up to the label of being a clumsy child.

Labels and positive behaviour

Interestingly, there is some evidence that the use of positive labels can influence behaviour in a positive manner. Here is an example.

You believe that a child is responsible. You tell the child so.

The child feels a glow of pride and satisfaction. The child strives to let you down in future. The child lives up to your expectations of him.

One Day at a Time

Family life is sometimes scarred by prolonged bad patches during which husband and wife spend a substantial proportion of time

engaged in mutual hostilities. A vicious circle develops; many unhappy marriages or broken marriages begin this way.

In a similar manner, most parents pass through bad patches of seemingly endless disagreements with one or more of their children. Again a vicious circle tends to develop. If left uncorrected, it can lead to long-standing, if not permanent rifts between one or more parents and one or more offspring.

The Joy of Living

A happy family thrives on games; word games, indoor and outdoor games where parents and children participate alike.

Laughter and play are important therapeutic ingredients in family life. They defuse tensions. They promote relaxation. They improve communication and bonding between family members.

Enveloping your Children with Love

When you as a couple express your love to one another, it builds a deep sense of security and faithfulness in your children, displaying your total commitment to each other that will take you through the rough times. Children should see and know that their parents love each other deeply. When a child is hugged between his father and mother then he is enveloped in love.

There is no fear that a child is going to be ignored or less well taken care of. When a couple lovingly hold hands and sit

(Continued on page 3)

RELIEF

Family is the most significant influence in a child's life. Family is the setting in which your child learns how to respectfully interact with others, how to love and be loved. Protect and cherish your family as a nurturing and supportive haven for children.

(Continued from page 2)

together the child automatically cuddles up on the parent's lap, just wanting to be a part of them.

Talking & Listening

It's very, very important in family life to spend time in conversation. Talking with or listening to another person in the family is *not a waste of time*.

Talking helps family members to understand each other better.

We cannot read each other's minds. By talking, we get to learn each other's likes and dislikes, emotional and material needs, quirks and characteristics. Unless we talk to each other, our family will be made up of strangers living under a common roof.

Talking builds cohesiveness in the family

A close friend is one with whom we can bare our souls and share our innermost selves. At home, talking makes close friends of our family members. It promotes bonding within the home. It builds rapport.

Listening opens the doors of communication

Listening to our children opens doors; not listening to our children closes - even locks doors. When we don't listen, the children tend to talk at us. They begin to clam up. A barrier grows between us. There's a whole area of our lives in which we are not experiencing each other, and that's a great loss for both the parents and the children. The relationship between parents and children is a special one and children should feel perfectly free to be their full selves with their mother and father.



Do you value any particular gift?

Your family is the greatest gift that God has given you.

PUT YOUR FAMILY FIRST.

MIRACLE OF A BROTHER'S LOVE

Like any good mother, when Karen found out that another baby was on the way, she did what she could to help her 3-year old son, Michael, prepare for a new sibling. They found out that the new baby was going to be a girl, and day after day, night after night, Michael sang to his sister in mommy's tummy. He was building a bond of love with his sister before he even met her. The pregnancy progressed normally for Karen, an active member of the Panther Creek United Methodist Church in Morris Town, Tennessee.



In time, the labour pains came. Soon it was every five minutes, every three, every minute. But serious complications arose during delivery and Karen found herself in hours of labour. Would a C-section be required? Finally, after a long struggle, Michael's little sister was born. But she was in a very serious condition. With a siren howling in the night, the ambulance rushed the infant to the neonatal intensive care unit at St. Mary's

Hospital, Knoxville, Tennessee. The day inched by. The little girl got worse.

The paediatrician had to tell the parents, there is very little hope. Be prepared for the worst. Karen and her husband contacted a local cemetery about a burial plot. They had fixed up a special room in their house for their new baby but now they found themselves having to plan for a funeral.

Michael, however, kept begging his parents to let him see his sister. I want to sing to her, he kept saying. Week two in intensive care looked as if a funeral would come before the week was over. Michael kept nagging about singing to his sister, but kids are never allowed in Intensive Care.

One day, Karen decided to take Michael whether they liked it or not. If he didn't see his sister right then, he may never see her alive. She dressed him in an oversized scrub and marched him into ICU. He looked like a walking laundry basket. But the head nurse recognized him as a child and bellowed, "Get that kid out of here now. No children are allowed."

The mother rose up strong in Karen, and the usually mild-mannered lady glared steel-eyed right into the head nurse's face, her lips a firm line, "He is not leaving until he sings to his sister."

Karen towed Michael to his sister's bedside. He gazed at the tiny infant losing the battle to live. After a moment, he began to sing. In the pure-hearted voice of a 3-year-old, Michael sang: "**You are my sunshine, my only sunshine, you make me happy when skies are grey.**"



Instantly the baby girl seemed to respond. The pulse rate began to calm down and became steady. Keep on singing, Michael, encouraged Karen with tears in her eyes.

As Michael sang to his sister, the baby's ragged, strained breathing became as smooth as a kitten's purr.

Woman's Day Magazine called it "The Miracle of a Brother's Song." The medical staff just called it a miracle. Karen called it a "Miracle of God's love."

**NEVER GIVE UP
ON THE PEOPLE YOU LOVE.
LOVE IS SO INCREDIBLY
POWERFUL.**

(Forwarded message from reena.pereira@wipro.com)

*There are two ways to live life.
One is as though nothing is a miracle, the other is
as though everything is a miracle.*

April - June 2007

Family has to be Saved and Strengthened

It was Pope Pius X who told his cardinals in a meeting: "If you want to strengthen the Church, first strengthen the family."

Pope John Paul II, in his wonderfully warm and open way, set the seal on our covenant with the family and specifically with family life education which we pioneered successfully. And so continued our love affair with the movements of marriage preparation, prolife, the girl child and women's apostolate, so close to the heart of the Church.

We now realize the wisdom of scientific natural methods to regulate fertility, as we increasingly witness the physical damage to women's health and psychological trauma to couple bonding by contraception, abortion and misuse of technology.

The word "family" has its origin in the Latin "famēs" the opposite of "famīne." In 'famēs' or 'family' there is caring, nurturing, most natural, in 'famīne' there is separation and often death.

The Family - the first school of love

The family is the first school of love and life where the personality is built up by example and experiences. It is in the family that a child imbibes the right values and prioritizes them.



The Holy Father said, "the importance of family for the Church and society has now become clearer and stronger. New possibilities urge the family to rediscover its values, needs and responsibilities. This is important because the Christian family is the first community called to announce

the Gospel to the human person, leading this person towards full Christian maturity."

Marriage and family life

Authentic married love is caught up into divine love and enriched by Christ's grace. However, the dangers to marriage and family stability cannot be ignored and need to be met through pastoral action. Some of these dangers are:

- Lacking motivation to go through 'bad' times with the good times.
- Threat of anti-family values taught by the media and consumerism.
- Threat of alcoholism and domestic violence.
- Contraceptive mentality.
- Radical women's liberation instead of 'couple power attitude.'
- Looking for Individual sexual gratification rather than complementary pleasure.
- Anti-life attitudes making abortion and even euthanasia acceptable.



- Abandoning Indian cultural practices that honour the aged.
- Failure to make Christian spirituality attractive to youth.

It is a pity that the family often remains aloof when it is a sin to be silent on family issues and government interference in education and family size. The domestic Church must be educated to be vigilant and respond positively on marriage and family issues.

Too often we allow commercial entertainment to replace quality family time and relationship-building and communication that give meaning to life. Families need to be nurtured like a plant to grow and blossom.

In order to maintain stable and satisfying family relationships we should emphasize the following:

- Our youth must be made to understand that the intimacy and support offered by a loving family is vital in a world where family easily breaks.
- Parents should keep in mind the accelerated pace of growth in adolescence and its special needs.
- Young adults should be helped to reach out beyond the family in friendships.
- Our youth must be taught to pay serious attention to the importance of choosing the right life partner and the effects of mixed marriages.

Pope John Paul says, "Families, be what you are - the symbols of love and life for yourselves and the world."

On the occasion of the International Day of Families, let us celebrate the family and resolve to do all that is needed to strengthen it.

(Excerpt from the International Day of Families talk on 15 May by Dr. Marie M. Mascarenhas)

RELIEF

Parenting is a privilege and your most important responsibility. Make it a top priority in your life. Be involved in your children's school, sports, and activities. Giving your children time and attention shows how much you value them.

The Role of Hospital Doctors in the Promoting and Preserving of Life

On the occasion of the Pro-Life Award evening on May 1, 2007, organised by the Bombay Diocesan Human Life Committee, the recipient of the Sister M. Annunciata RGS Golden Jubilee Award, Dr. Sanjay Oak, the Dean of the Nair Hospital and Topiwala National Medical College, gave a very enlightening talk. Bishop Agnelo Gracias has kindly excerpted the speech for publication.

My mind drifts back to early years of my surgical training. It was 1983 when I started learning the alphabets of General Surgery in the interiors of Maharashtra in a place called Miraj. I worked for three years in a tertiary level Presbyterian Christian mission hospital called Waneless Hospital. All my teachers, nurses and the para-medical staff were good Christians and we have a lovely chapel within the premises of the hospital. Quite often the ward round finally used to end in the chapel and I vividly remember having attended a few Sunday morning Masses. Three decades down, now as a Dean and also as a super-speciality surgeon, I am in a better position to decipher the meaning and biblical basis of "medical proficiency".

● Now that God is "alive", "eternal" and "immortal". God is life, fully revealed and given in Jesus Christ. God shares life, through creation and redemption with us and all that lives. God is the source of all life. In the beginning, God creates life in marvelous diversity, beauty and goodness. God breathes life into dust to create humankind and is thus a true giver of life. Jesus Christ has said "all may have life and have it abundantly". Jesus' feedings and healings show us that abundant life includes both basic needs and body's health. Abundant life includes reconciled community. Jesus believes in breaking down the wall of hostility so that we can pursue peace in everyone.



At the Awards ceremony, from left: Dr. Jeanette Pinto, Sr. M. Annunciata, rgs, Dr. Sanjay Oak, Archbishop Oswald Gracias, Dr. Anthony Sequeira, Rev. J.M. Fuster S.J., and Mr. Joaquim Reis

How true this thought is inside the four walls of the hospital for a doctor like me! I respect life right from the moment of the conception of life. Life begins as a single cell and then it is only a matter of cycles of divisions of cells that from one single cell emerges an individual who has a unique body to function and also an unmatched brain to think. Sometimes things can go wrong and then children are born with defects, disabilities and deformities. With the application of modern technology, the hospital doctors employ ante-natal ultra-sonography and life can be seen in its full blossoms at 18 weeks of gestation. One then knows whether the foetus within is healthy or otherwise. This marvel of modern technology is thus helpful in promoting and preserving human life. A hospital then employs periodic ante-natal check-ups of the pregnant mothers and tops it up with immunization and vitamins supplementation so that the human life is nurtured right from its bud.

However, SATAN shadows from the darkness and misdirects the human brain to the evil act of identifying the gender and this leads to a spate of female foeticides. Foetal human life is then regularly mistreated and destroyed in the practices of abortion, assisted reproduction, cloning and embryonic stem cell research. We all would horridly remember the photographs of a foetus dumped in the dustbin printed on the front page of the *Times of India* last week. Is this the respect that we should have for human life? Is this the way to treat a female foetus? Rules, regulations and legislations are one way of determining the culprits but really the answer lies in changing the mindset and affirming life by seeking to protect and preserve it even at its early stage.

We all aspire to be healthy but then what is the definition of being healthy? Health has not only the physical but also mental, social and intellectual attributes. Emotional intelligence has perhaps more value than scholastic intelligence, and therefore, these milestones are as important as physical growth. In Nair hospital I had several such instances when I came across mentally impaired children. I distinctly remember one of my patients who came from a tribal area of Thane. He was born to Kama, a tribal lady who used to earn Rs. 30/- a day. The baby was congenitally deformed and had a chromosomal defect which had resulted in Down's Syndrome.

I happened to operate on this child six times, correcting various anomalies of his intestinal tract. Eventually, at the end of one and a half years, he

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A child's thinking is shaped by experience. To experience love, a child needs to feel hugs and kisses, to hear caring words, to see acts of kindness.

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was ready to go home. I can still remember the sparkle in his mother's eye and the joy in the little one's face. Medical science would have questioned and perhaps terminated this pregnancy in uterus as he was a Down's Syndrome child. But I always felt that I have not given this life, I have only been entrusted with the job of promoting and preserving it. Hence in my mind I would say to the Almighty, "Though given the life, no act, no word of mine should ever take it away." And therefore, I have always felt that the aim of a hospital doctor should be to promote and protect health.

We all dream of healthy people in a healthy world. Sometimes what you see in the world around you frightens you. We see more crucifixion than resurrection. A culture of disease and death dominates our fallen world. Life is destroyed in systematic infanticides, ritual executions, organized genocides, environmental degradation, acts of terror and perpetual wars. Abundant life can also be extinguished by both grinding poverty and empty excess, by chronic hunger, relentless addiction or lack of meaningful work. This culture of death masquerades as abundant life.

Therefore, it is mandatory that the hospital doctor not only work hard within the hospital but also step outside in various community outreach activities related to health. In the last few years, we have seen diseases like malaria, dengue and leptospirosis which must be vanquished so that life can be preserved. We have conquered smallpox but are yet inches away from the final line of polio. These diseases can be treated within the four walls of a hospital but the focus has to be on prevention rather than on cure. The problem of un-met needs and disparity in access to health has led to re-emergence of these diseases of yesteryear. There exists a gap between what we know, what we should be doing and what we are doing. The hospital doctors, therefore, will have to join hands with the community and several other NGOs for the furtherance and protection of human life.

Within the hospital one also faces dilemmas of continuation of vegetative state of life vis-à-vis active or passive euthanasia. When all the technological advances available at our hand fail and the patients are in an irreparable brain stem death situation, it seems futile or frustrating to preserve and protect the life. At times, I feel that I am witnessing the body shackled to the ventilator from where the soul has already departed. Suffering is not good in itself, but it is also not a condition to be avoided at any cost. By God's grace, suffering is made into a process of redemption. I do understand that it is sometimes difficult to choose between the lesser of evils when one's suffering is uncontrollable and decisions are ambiguous. Old age is inevitable and so are the geriatric problems with it. Mental illness, depression, anxiety disorders. Alzheimer's disease and dementia, super added with tremors are the new problems which we see in increasing numbers in hospitals.

I have set up a separate geriatrics' OPD where these problems can be addressed as I believe that I should not only be satisfied by adding years to human life, but I should also be adding life into those years. I am grateful to the LORD that by making me a doctor, he has been kind enough in giving me an opportunity to serve.

I close my address by expressing my heartfelt thank Dr. Sequeira and to the Diocesan Human life Committee, especially its Director, Dr. Jeanette Pinto. What is an award to a person? It is a gesture of appreciation, a kind act of gratitude, it is an attitude of promise, it is a pat on the back; it is a beautiful way to say "thank you and all the best" in the same breath. But today, Sr. M. Annunciata RGS Golden Jubilee Award at the hands of Archbishop Oswald Gracias and in the presence of Sr. M. Annunciata is a shower of Godly blessings on me. It has boosted my morale. I consider this as divine blessings from the Almighty and I pledge to work more and more to serve humanity.

Dr. Sanjay Oak

PHYSICAL JUDGEMENT?

A story is told about a soldier who was finally coming home after having fought in Vietnam. He called his parents from San Francisco.

"Mom and Dad, I am coming home, but I have a favour to ask, I have a friend I'd like to bring home with me."

"Sure," they replied, "we'd love to meet him."

"There's something you should know," the son continued, "he was hurt pretty badly in the fighting. He stepped on a land mine and lost an arm and a leg. He has nowhere else to go, and I want him to come live with me."

"I'm sorry to hear that, son. Maybe we can help him find somewhere to live."

"No, Mum and Dad, I want him to live with us."

"Son," said the father, "you don't know what you're asking. Someone with such a handicap would be a terrible burden on us. We have our own lives to live, and we can't let something like this interfere with our lives. I think you should just come home and forget about this guy. He'll find a way to live on his own."



The son hung up and the parents heard nothing more from him. A few days

later, however they received a call saying their son had committed suicide.

The grief-stricken parents were taken to the city morgue to identify the body of their son. They recognized him, but to their horror they also discovered something they didn't know, their son had only one arm and one leg.

Tonight, before you tuck yourself in, say a little prayer that God will give you the strength you need to accept people as they are, and to be more understanding of those who are different from you.

--Sunday Times of India dated 02/05/2004

RELIEF

Take good care of yourself. You will enjoy parenting more if you are healthy, rested, happy, and at peace. Healthy living teaches your child how to take care of herself - body and soul.

WORLD PRO-LIFE DAY

25th MARCH 2007

RFLI Bangalore celebrated World Pro-Life Day on Sunday, 25th March 2007 at Holy Ghost Church premises. Beginning Saturday evening obligation Mass and all Masses, right through Sunday in English, Tamil & Kannada languages, received the active support and collaboration of the clergy & parishioners of Holy Ghost Church. The theme of the Eucharistic Celebration was Pro-life and the homily conveyed a very powerful pro-life message. Hopefully we feel sure that around 40,000 parishioners of Holy Ghost and its substations carried home the importance and the urgency of the pro-life message.

The Parish provided a *shamiana* at the side of the front entrance to the Church with enough space for an exhibition of posters on Pro-Life themes. Pro-life films were projected to create awareness and to highlight the vicious attack that is waged by Culture of Death against the Culture of Life that is central to the mission of RFLI. It brought out the fact that with so much at stake we cannot idly sit back and passively watch the systematic destruction of human life and values of our society!

After each Eucharistic Celebration, the congregation was encouraged by the celebrants, against the backdrop of the Feast of the Annunciation, to meditate on the Sanctity of Human Life. They exhorted the people to visit the Pro-Life Exhibition set up on the Church grounds for their benefit and to become better acquainted with the pro-life issues and how the family is under attack by forces of darkness. The theme of the Exhibition was **'Silence is not an Option! Be a Pro-lifer'**. It highlighted the following:

- * Our families are under attack!
- * Marriages are de-moralised!
- * Children are abandoned!
- * A new Culture has already swept our cities!
- * Morality has taken a back seat?
- * Pre-marital sex and extra-marital sex are on the rise.

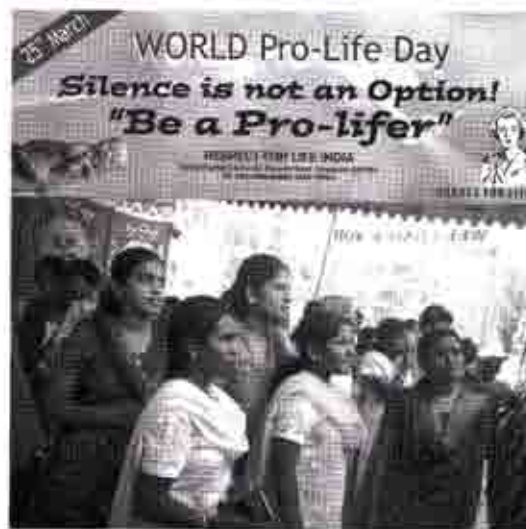
The net result: **We are trapped!** But we still have a chance. We can come out of it. Pro-Life means Pro-family. Defend Life and protect our families.

In the words of Pope Benedict XVI (Rome, Feb 7, 2007) "Today marriage is going through a deep crisis. We face numerous challenges. It is consequently necessary to defend, help, safeguard and value it in its unrepeatable uniqueness".

The following films were screened to highlight the message of the Pro-life theme:

- * Hello I'm Here
- * Candlelight Conflict
- * Hard Truth
- * Youth Problems

The opinion survey conducted among visitors to the exhibition was encouraging as their workplace/college experiences provided a window to the needs of the people and made us realize the magnitude of the challenges lying ahead. This has given a new impetus to the urgent need to organize and activate the Youth for Life & Nurses for Life groups that RFLI has been contemplating for some time. These pioneering peer support groups' initiatives could later extend to other peer groupings such



as students, parents, teachers, doctors, religious and other professionals. The groups can undertake formation programmes and then be able to speak out clearly and with conviction on pro-life issues and inspire their peers to participate in the New Evangelization of the Gospel of Life (*Evangelium Vitae*) and also provide mutual support.

A stall with Pro-life reading material was also well visited and many books were sold. Free Handout materials in different languages highlighting the serious crisis we face in our world today were distributed. A follow-up is needed to tap those who have shown keen interest.

The support of Parish Priest, Fr. Jayaraj, the clergy of Holy Ghost Church Parish and the contribution of the RFLI members was highly commendable in making this event a great success.



Respect for Life, India is a non-profit, secular organisation of people from all walks of life, united in a common goal - which is to promote life in all its stages - from conception to natural death, and to act against all that would lessen human dignity.

RFLI believes that every human is precious and unique in the eyes of God and the human family.

The association is concerned with issues like **Abortion, Child Labour, Drug Addiction, Alcoholism, Suicide, Battered Wives, Dowry Deaths, the Plight of the Disabled, Euthanasia and AIDS.**

For more information, call 22246806, or write to us at the address given overpage.

Also make use of the **Help Card** on the Reverse

VIDEOS ON PRO-LIFE ISSUES



Educational Pro-life films are screened every Saturday from 3-5 pm at RFLI Centre. All are welcome.

Vulnerability is a fact of childhood. Parents have the responsibility to shelter a child's innocence and trust. Protect your child from abusive language or behavior by family members, acquaintances, or the media.

Sr. Annunciata
 Good Shepherd Convent
 ☎ : 22246806,
 Mobile : 98441 29904

Sr. Catherine
 St. Michael's Convent
 ☎ : 25282811

Abala Ashraya Sangha
 Crisis Intervention Centre
 for Women & Children
 ☎ : 22869263

Snehadan, Carmelaram
 HIV / AIDS
 ☎ : 28439516

Family Welfare Centre
 ☎ : 25587674

Freedom Foundation
 HIV / AIDS
 ☎ : 25479766, 25440135

PLEASE MAIL US YOUR QUERIES:



email:
 respectlifeindia@dataone.in

Website:
 www.geocities.com/
 respectforlifeindia



NOTICE BOARD

The single most important event held this quarter was the World Pro-life Day on which we have a special feature. As a consequence we do not carry the event section in this issue. It will be resumed from the next issue of Relief.

Subscription Rates 1-year Rs 50/- 2-years Rs 95/- 3-years Rs 140/-
 Your donations to further the cause are most welcome
 All contributions made to RFLI are exempt from Income Tax under Section 80G


The Future of Humanity lies with the Family

Every child is a blessing and needs to know this. If you have more than one child, honour their differences and affirm the special qualities each brings to the family. You can deter sibling rivalry by treating them with equal love and respect.

The family that lives the requirement of love and forgiveness to the full becomes the main bulwark of the civilization of love and the hope for the future of humanity."

Pope John Paul II

Redemptorist Publications regularly brings out booklets that offer sound advice to youth and adolescents. They are affordably priced at Rs. 10/-



LIGUORI
KIDS

Do we have to Talk about Sex?
 approaches a sometimes uncomfortable topic in a straightforward manner that helps to remove the embarrassment and uncertainty. In a world where it's easy to find the wrong information, this no-nonsense pamphlet will be a welcome resource for young people with serious questions about an important topic.

Size : 3.5" x 5.5", 24 Page Pamphlet. Rs. 10/-

Liguori Teen Source

Editorial Team : Priscilla Mittal, Rosemary Carroll, Blanche Fernandez, Nirmla Prakash
 Published by : Sr. Annunciata, RFLI, Good Shepherd Convent, Museum Road, Bangalore - 560 025, Karnataka, INDIA. Ph: 22246806 Mobile: 98441 29904

BOOKPOST

To

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HELP CONTINUE OUR MINISTRY!

When you've finished reading this newsletter, please pass it on to a friend or a relative!