

MMCA

Malaysia Malayalee Catholic Association

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Bulletin

(FOR MEMBERS ONLY)

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NO. D04-08, Block D, Palm Court Apartment, Jalan Berhala
Brickfields 50470 Kuala Lumpur

DECEMBER 2016

❖ **President** Dato' A.R. Peter, Dsis
AMN, PJK
Tel: 03-33232972(R)
H/P: 012-2832642
Fax: 03-33232797(R)
Email: arpkg38@hotmail.com

❖ **V. President**
Mr. George Jacob
Tel: 016-3220775
Email: ajgeorge25@hotmail.com

❖ **Hon. Secretary**
Ms. Anne Mathews
Tel: 03-40323525
012-2902287
Email: motianne@yahoo.com

❖ **Asst. Secretary**
Ms. Celine Fernandez
Tel: 016-3806532
Email: cfbentong@yahoo.com

❖ **Hon. Treasurer**
Mr. Gerald Edward Richard
Tel: 019-3322194
Email: gerald.edward.richard@gmail.com

❖ **Committee member**
i. Mrs. Felicia Gomez
Tel: 011-26100955
Email: felicia_fernandez@yahoo.com

ii. Datin T.J. Peter
Tel: 03-33232972
iii. Ms. Annie Freeda Cruz
Tel: 012-2216417
Email: anniecruz@yahoo.com

iv. Mr. Mathew Alexander
Tel: 012-3235313
Email: mathew@benway.com.my

v. Mr. Eric Johnson Pereira
Tel: 012-2933904
Email: spcraislaw@yahoo.com.my

vi. Ms. Philomina D'Cruz
Tel: 012-3112404
Email: philo.palani@gmail.com

vii. Mr. Philip Andrew
Tel: 012-8329245
Email: philipndrw@gmail.com

❖ **Editor**
viii. Ms Agnes Christina Fernandez
Tel: 016-2191811
Email: acf_08@yahoo.co.uk



From The President's Desk

Greetings in the name of Our Lord and Saviour Jesus Christ!

We have come to the end of another year – the year of mercy and let us remember to **“be merciful just as your father is merciful”** Luke 6:36

Many changes and new developments have taken place this past year, at International, national and local levels. The media has kept us well-informed about the numerous happenings around us; some of which, have had a profound impact on us in one way or another; creating a sense of concern, urgency, worry, anxiety and even fear.

However, as we look forward with joy, hope and anticipation to the birth of Our Lord Jesus, let us put all our faith in him, with prayerful hearts and look forward with hope and confidence to a better 2017, as in the words of St. Teresa of Calcutta. **“Prayer is Faith; Faith is Love; Love is Service; and the fruit of Service is Peace”**.

MMCA has been actively involved in various activities and programmes and our members have been part of the much-talked-about projects local and global with AMMA. These are well-covered in the pages of this newsletter.

MMCA is in the process of acquiring a property of our own. Over the years, through generous contributions from some of our loyal and committed members, MMCA has raised a respectable sum. However, we are still short of our target and we hope that some of you will come forward to help us to succeed in acquiring this property for MMCA. May you be blessed abundantly for your concern and love for MMCA and the community.

It is with sincere pride and gratitude MMCA wishes to give glory to God and congratulate His Eminence Cardinal Soter Fernandez on his elevation to the college of Cardinals by the Holy Father Pope Francis. May God continue to bless our beloved Cardinal with good health, holiness, peace and contentment.

I wish to congratulate and thank all members of the Ex-co for your hard work, support and co-operation to make MMCA what it is today.

Finally, on behalf of the MMCA, I wish you a **Blessed and Joyful Christmas and A Happy New Year**.

Thank you and God Bless

Dato' A. R. Peter
President

ANNOUNCEMENT

Because of the rising cost and the continuous change of addresses and the large numbers of undelivered mail being returned to us, the Exco has unanimously decided to send the newsletters and other mail to our members via whatsApp or email.

UPCOMING EVENTS

MMCA ACTIVITIES / OUTING 2017

❖ VISIT TO UNDERPRIVILEGED HOMES.

A visit to underprivileged homes by MMCA committee members has been planned for February or March 2017.

❖ TOUR TO INDIA

MMCA is trying to organize a trip to India early 2017. The tour will include: visits to churches & famous tourist spots in Kerala. Those who are interested in joining the tour kindly inform any of the MMCA members. Non-members will be charged an extra RM110.

Once we have finalized with the itinerary and cost for the trip, we will upload the information in the MMCA whatsApp.

❖ ENTRY FORM FOR BOARD GAMES

MMCA is planning to organize a “Board games session” with fellowship in early 2017.

Entry fee of RM10.00 each for participants and non-participants will be charged for refreshments, board games and prizes. There will be no charges for children below 6 years old.

Once we have finalized the programme we will upload the information and entry forms in the WhatsApp.

❖ 30th MMCA Biennial General Meeting

30th MMCA Biennial General Meeting will be held in April 2017. All members will be notified of the date and venue of the BGM through email and whatsApp.

HAPPENINGS

❖ MMCA 57th ANNUAL DINNER 2015

MMCA 57th Annual Dinner 2015 was held on Saturday 7th November 2015 at the Emperor Cuisine Restaurant, Port Klang, Selangor. It was filled with lively entertainment, 8-course dinner, SPM Excellence award, lucky draw, Raffle Draw, slideshow, and speeches by MMCA President Dato' A R Peter, AMMA President Datuk Suseela Menon & Tan Sri Ravindran Menon. Ice breaking session for young professional was enjoyed by all.

The President and Executive Council Members of MMCA thank all who came together and supported to build a stronger MMCA Community, to keep alive and promote the unique culture and traditions of the Malayalee Catholics and to contribute towards our very own MMCA Building. Please encourage our children and young professionals to become members of the association. (dinner photographs on the last page).

The President and the executive committee would also like to express a special vote of thanks to Mr. Frederick Fernandez and Ms. Annie Freeda on the coverage of the event published in the 'STAR' and in the 'Sun Daily'.



❖ GLOBAL MALAYALEE SYMPOSIUM 27TH NOV 2015 – 29TH NOV 2015

The Global Malayalee Symposium 2015 was held on the 27th and 28th of November 2015 at Hotel Istana. The TGM SADHYA lunch with 17-dish traditional Kerala-style and cultural entertainment and a bazaar at Serdang MAEPS Hall Serdang, was held on 29th November 2015. The Symposium organized by AMMA Foundation, hoped to bring together Malayalees of the world, giving them a platform to interact, share and appreciate the richness of our culture, language and tradition. Awards to top global Malayalee achievers were presented during the gala dinner and a star-studded show.

All proceeds from this event were used to fund worthy educational and charitable causes, particularly for under-privileged children.

MMCA President Dato' AR Peter together with the Executive Committee and other MMCA members attended the Global Malayalee Symposium.

We are proud to announce that MMCA through the generous contributions from some of our stalwart members raised the most proceeds among all the Samajams for this Global Malayalee Symposium Global Malayalee Symposium 2015. We thank these wonderful members of ours. May God Bless them.



❖ **VISIT TO MR MARQUES SILVA AT THE RETIREMENT HOME**



On Sunday, 28 Feb 2016, MMCA President Dato' AR Peter & Ex-co Members paid a visit to Mr. Marques Silva at a retirement home in Petaling Jaya.

Mr Marques Silva is a life time MMCA member and over the past years he has participated actively in our programmes and made generous donations, to MMCA.

Mr Marques is 91 years old. His date of birth is 7th October 1924 and he came from Sg Siput, Perak where he served for many years after his arrival in Malaya from Kerala. He is the fourth in the family of five siblings with two sisters and two brothers. He is not married because his intention was to become a priest. He started working as a clerk in Heawood Estate, Sg Siput and finally settled down in Klang, Selangor.

We are grateful for his support and wish him good health and long life, by God's grace.

❖ **STAND-UP FOR EDUCATION**

MMCA members attended the 'Stand-up for Education' organized by AMMA and AMMA Foundation. This was a charity project to support the education of underprivileged children. The live show featuring stand-up comedians Harith Iskander, Paul Ogata, Vivek Mahbubani, Dan Nainan, Rizal Van Geyzel and Kavin Jay was held on Saturday, 30th January 2016 at HGH Convention Centre, Sentul, Kuala Lumpur. The Master of Ceremony was Chacko Vadeketh. It was a hilarious and entertaining evening.

❖ **EASTER DINNER ORGANISED BY CHURCH OF OUR LADY OF LOURDES, KLANG**

OLL Easter Fellowship dinner & Dance was held at Restaurant Taman Rasnah on 2nd April 2016. Easter is a time of reflection, renewal, and celebration. Many of the MMCA members were present.

Easter brings God Endless Blessings to All



❖ **NEW AMMA EXECUTIVE COMMITTEE MEETING**

MMCA members attended the Election for the new AMMA Executive committee members which was held on Saturday, 27th February 2016.



❖ **VISHU SADHYA 2016**

Vishu Sadhya 2016 was organised by Putrajaya Malayalee Samajam at Auditorium Cempaka Sari Kompleks Perbadanan Putrajaya Precinct 3, Putrajaya on 17 April 2016. It was attended by MMCA members.

The celebration started at 10.30 am with light refreshment, singers from Kerala, Saleel & Sajila, cultural performances and ended with a sumptuous authentic Kerala sadhya.



❖ **41st ANNUAL DELEGATES CONFERENCE**



AMMA organised a National Symposium exclusively for ladies. This was held at Holiday Villa, in Subang Jaya on Saturday, 13th August 2016 and was attended by Ms Anne Mathews and Ms Philomina D'Cruz.

This was followed by an exclusive dinner with quality entertainment on the same night.

Women, with their amazing capabilities, are a huge talent pool. The event focused on the achievements of global women, infinite opportunities available to them in the new millennium, and trials and tribulations faced and overcome by women who have made it against all odds on national and global platforms. Our esteemed speakers were achievers in various fields, including corporate leaders, movie celebrities and singing stars. They are all known

for providing inspiration to ladies and for speaking up for women's causes.

Her Royal Highness, the Princess of Travancore, herself a highly accomplished and acclaimed writer, had very graciously agreed to be our Guest of Honour. We had arranged a special “Meet and Greet the Princess Session” with dinner just for Samajam members on the evening of Friday, August 12th. Several books which she had authored were personally autographed by her at the venue. These autographed books were handed over personally by the Princess at the dinner on the evening of 12th August 2016. The function was attended by Mr. George Jacob, Ms Anne Mathews, Ms Agnes Christina, Ms Annie Freeda and Ms Philomina D’Cruz.

The AMMA Annual Delegates Conference which was held on Sunday, 14th August, was attended by Ms Anne Mathews, Mr. Gerald Edward and Ms Philomina D’Cruz.



❖ **ONAM CELEBRATION**

Onam was celebrated on 14 September 2016, at various states with Onsadhya , Onam Family Day Walk, Cultural Programme etc. which saw the unity of Malayalees in Malaysia.

Programme

- 08.30 am : Art & Colouring Competition for Children
- 10.30 am : All Guests and Members to be seated
- : Presentation of Awards and Prizes
- : Cultural Variety Show
- 01.00 pm : Onasadhya
- 02.00 pm : Tea

Children aged between 4 and 15 are welcome to participate in the Art & Colouring Competition. Parents are requested to register their children with Mr. K. Balakrishnan at 016-566 3506 by 31 August 2016.

Thiruvonam falls on Wednesday 14 September 2016

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❖ CANONIZED AS SAINT TERESA OF CALCUTTA



Mother Teresa MC, known in the Catholic Church as Saint Teresa of Calcutta, was an Albanian-Indian Roman Catholic nun and missionary. She was born in Skopje, then part of the Kosovo Vilayet in the Ottoman Empire.

Born: August 26, 1910,

Died: September 5, 1997, Kolkata, India

Full name: Saint Teresa of Calcutta

Buried: September 13, 1997, Mother House, Kolkata

While recovering from tuberculosis, a consecrated missionary who had been teaching geography in a High School in Calcutta heard her vocational calling. Though already a member of the Sisters of Loretto, Sister Teresa had received an unmistakable request from the Lord: live and work among the poorest of the poor. Despite not knowing where or how she would accomplish His order, she obeyed. Four years later, she had her answer. The little nun found herself back in Calcutta, but this time in its slums, not schools.

With several of her former students at her side, she set out to minister to its people, from making house calls to sick residents to gathering those abandoned and suffering in the streets. It wasn't long before her efforts of seeking Christ in those that the world had forgotten, had finally attracted the world's attention. As her mission progressed in an age of material wealth and industrialism, Mother Teresa and her Missionaries of Charity would go on to open up the eyes of the world to the importance of living simply, loving greatly, and the looming threat of spiritual poverty.

In 1979 she received the Nobel Peace Prize for her humanitarian work. She died in September 1997 and was beatified in October 2003. In December 2015, Pope Francis recognized a second miracle attributed to Mother Teresa, clearing the way for her to be canonized as Saint Teresa of Calcutta on September 4, 2016.

❖ FIRST MALAYSIAN CARDINAL

Cardinal-elect Soter Fernandez, who celebrates his 50th anniversary of his priestly ordination this year, was born on 22 April 1932 and ordained a priest on 10 December 1966. He was ordained as Bishop for the Diocese of Penang on 17 February 1978 and later installed as the Archbishop of the Archdiocese of Kuala Lumpur on 10 November 1983. After serving as an Archbishop of Kuala Lumpur for 20 years, he retired at the age of 71 on 24 May 2003.

Thanksgiving Mass to celebrate Cardinal Anthony Soter Fernandez, on Sunday 8th January 2017, 4.00pm at St John Cathedral, Kuala Lumpur.





Pope Francis has named 17 new cardinals of the Roman Catholic Church from around the world, many of whom will help choose his successor. The new cardinals come from five continents, and include the Vatican's envoy to Syria. Pope Francis has now chosen close to a third of the College of Cardinals who will ultimately pick who succeeds him. Only cardinals under the age of 80 can vote on the next Pope. Thirteen of those named cardinals on Saturday 19 November 2016 are under 80, and are now eligible to succeed him.

It is the third time in three years that Pope Francis, the first Latin American Pope, has named new cardinals. He has used each opportunity to promote members from outside the College's traditional European base.

The new cardinals come from countries including the Central African Republic, Bangladesh, Papua New Guinea and Mauritius, among others.

During the ceremony, Pope Francis decried what he said was a "growing animosity" between people, and raised concern over those who "raise walls, build barriers and label people".

We live at a time in which polarisation and exclusion are burgeoning and considered the only way to resolve conflicts," he said.

Why cardinals wear red?

Cardinals wear red robes, along with scarlet zucchetto (skullcap) and biretta (four cornered hat with tassel) Red signifies the colour of blood and symbolises their commitment to defend the church. During daily business, a cardinal's robes are edged with red to signify his dignity and respect. On official occasions, the cardinal's robes are entirely red.

❖ UPDATES ON EMAIL ADDRESSES AND MOBILE NUMBERS

Kindly send us your email addresses and mobile numbers, so that we will be able to send information about upcoming events, messages etc. to you regularly.

We are also looking for individuals who have an interest to be active in the organization, and to help in organizing various activities to attract more new members and take our organization to the next level.

APPROVAL OF NEW MEMBERSHIP

MMCA wishes to welcome the following new life members:-

- Ms Mary Usin Fernandez, Klang
- Mr Patrick Antony Fernandez, Kuala Lumpur
- Mr. David Jude Pereira, Ampang
- Mr. Colin Cornelius Pereira Johnson, Klang
- Mr. Jude Rajah Pereira, Ara Damansara
- Mr. Bruno Gentil Pereira, Bangsar Utama
- Mr. Philip Andrew De'Silva, Petaling Jaya
- Mr. Ashton Luke Alexander, Klang
- Mr. Arvin Ross Alexander, Klang

OBITUARY

MMCA would like to express its heartfelt condolences to the members of the bereaved families who have lost their loved ones in the recent months, May the souls of our sisters and brothers rest in peace.

To enable us to publish the obituary of your loved ones, MMCA would like you to email the details to: acf_08@yahoo.co.uk.

- Dr Joseph Wilson Netto, 73 yrs, 15 June 2015, Seremban
- Jokeen Cyril Fernandez, 94 yrs, 19 Sept 2015, Old Klang Road, K.L.
- Lily Pereira, Age 92, 22 Sept 2015, Bangsar, K.L.
- Anthony George Leon, 25 Sept 2015, P.J
- Douglas D'Cruz, 7 Oct 2015, P.J.
- Martina d/o John Aplone Netto, Age 64, 10 Oct 2015, Subang Jaya
- Marcus Adrian Gomez, Age 38, 21 Oct 2015, PJ
- Alexis Diana Lopez, 5 Nov 2015, K.L.
- Elizabeth De Cruz, Age 62, 8 Nov 2015, Johore
- Gladys Morais, Age 92, 8 Nov 2015
- Sheila Gomez, Age 68, 14 Nov 2015, P.J.
- Calvin John Netto, Age 30, 17 Nov 2015, Kajang, K.L.
- Annamarie Rethual, 4 Dec 2015, K.L
- Francis Noble Gomez, Age 72 yrs, 8 Dec 2015, P.J.
- E K John, Age 84 yrs, 11 Dec 2015, P. J.
- Joyce Miranda nee Gomez, Age 70 yrs, 5 Jan 2016, P.J.
- Dr Sydney David Marshall de Silva, Age 61 yrs, 5 Jan 2016 Penang
- Andrew Jacob Pereira, Age 90 yrs, 20 Jan 2016, P.J.
- C.S. Benedict (Ben) Age 87 yrs, 1 Feb 2016, Johor
- Aloysious Francis @ A.D. Francis, Age 87 yrs , 2 Feb 2016
- Julian Murphy Leo Francis, 4 Feb 2016, K.L.
- Benjamin Joseph Vergis, Age 40 yrs, 8 Feb 2016, Johore Bahru

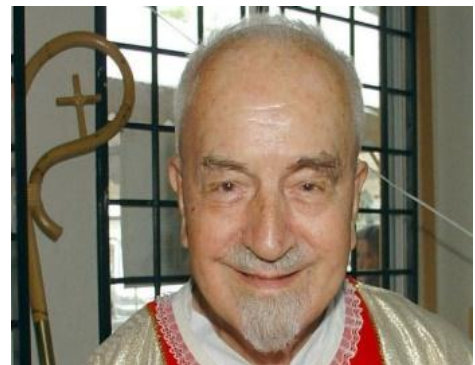
- Hilary Douglas Pereira, Age 70, 13 Feb 2016, Melaka
- Thelma Jonathan, Age 79, 26 Feb 2016, Taiping
- Cecily Mary Peters, Age 68, 27 Feb 2016, P.J.
- Arnold Jefferey Gomez, 1 Mar 2016, Subang Jaya
- Mary Clara Pereira, Age 76, 1 Mar 2016, K.L.
- Olga Miranda, Age 80, 8 Mar 2016, P.J.
- Josephine Nicholson, Age 72, 18 March 2016, Subang Jaya
- Beatrice Stanley Fernandez, 4 Apr 2016, Kluang, Johor
- Regis Fernandez, Age 76, 2 May 2016. K.L.
- William Roman Pereira, Age 97, 6 May 2016, P.J.
- Edna Gomez, Age 83, 26 May 2016, P.J.
- Aloysius Gerard Jonathan, Age 51, 10 Jun 2016, P.J.
- Simon Lopez, Age 82, 16 Jun 2016, Klang
- Vasthina Mariam Pereira, Age 77, 19 Jun 2016, Puchong
- Bella Nurbert nee Fernandez, Age 82, 5 July 2016, Gombak
- J. R. Linus s/o D.J. Pereira, Age 80, July 2016, K.L.
- Beatrice Morais, 4 Aug 2016, Brickfields, K.L.
- Gracy Varughes, Age 68, 14 Aug 2016, Seremban
- Alphems Francis, 24 Aug 2016, Banting Selangor
- Godwin Miranda, 3 Sept 2016, K.L.
- Stella Fernandez, Age 56, 10 Sept 2016
- Mary Netto, 10 Sept 2016, Seremban
- Agnes Josephine Mascrinhas, Age 85, 17 Sep 2016, K.L.
- Mary Abraham, Age 87, 31 Oct 2016, Penang
- Aluosies Francis, Age 59, 13 Nov 2016, Kajang, K.L.
- Dulcie Mary Vaz, Funeral 14 Nov 2016, P.J.
- Rose Veronica w/o Floyd Barnaby Fernandez, Age 85, 16 Nov 2016, K.L.
- John Concisom, Age 50, 17 Nov 2016, Ipoh
- Ethel D’Cruz, Age 72, 22 Nov 2016.
- Anthony Alphonso, Age 64, 2 Dec 2016, Seremban
- Mercy Fernandez, Age 92, 4 Dec 2016, Klang
- Ann Miraanda, Age 57, 6 Dec 2016, Sydney Australia
- Stanley Gomez, Age 74, 9 Dec 2016, Kepong, K.L.

❖ **Last surviving French missionary priest in Malaysia Fr Antoine Henriot MEP (1924-2016) passed away**

FRENCH-BORN Catholic priest Rev Father Antoine Henriot MEP, from the Archdiocese of Kuala Lumpur, passed away on Wednesday, 13 April 2016.

He was 92 and the priest spent his last days at the Little Sisters of the Poor Home in Cheras.

Kuala Lumpur Archbishop Reverend Julian Leow said a Requiem Mass would be held on Friday at 3pm at the Church of the Holy Family, Kajang followed by burial at the Kajang Christian Cemetery.

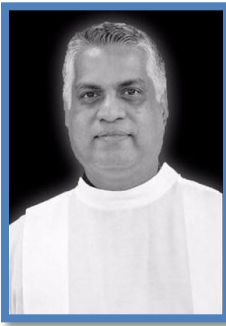


Fr Henriot, who was born on Feb 13, 1924, in Montbeliardot, France, founded the Church of the Holy Family in Kajang. He was ordained a priest in Paris, France, on June 29, 1947.

In 1948, he was posted to KwangSi, Nanning, China for his first overseas mission. In 1954, he came to Malaysia and was posted to Seremban. Subsequently, he served at various parishes located in Mantin, Kuantan and Mentakab.

In 1977, he was posted to the Holy Family Church in Kajang and his final posting on Feb 1, 1991 was to the Church of the Good Shepherd, Setapak

❖ **Terengganu's sole Catholic priest Reverend Father Phillips Muthu passed away on 19 July 2016**



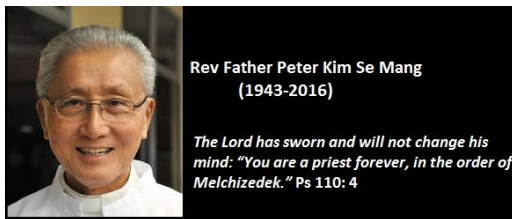
Thousands of people from all walks of life, race and religion bade farewell to Terengganu's sole Catholic priest Reverend Father Phillips Muthu, who died from a heart attack on Saturday, 10th September 2016.

Rev. Fr. Phillips, who turned 56 on July 19, was ordained a priest 26 years ago and was the parish priest in charge of the Catholic Missions in Kuala Terengganu and Dungun, and the St Philip Minh chapel in Chukai since 2011. Prior to that, he was the parish priest of the Assumption Church in Petaling Jaya.

The mass was attended by a large number of university students from Sabah and Sarawak, as well as retirees and workers from all over Terengganu, Kelantan, Pahang, Selangor and Kuala Lumpur.

His remains were then taken by road to his hometown in Rawang, Selangor for the wake ceremony at the St Jude's Church there, followed by funeral mass at 11am on Tuesday before burial at the Kajang christian cemetery.

❖ **Rev Fr Peter Kim Se Mang (1943-2016) was the first Jesuit to be ordained from Sabah and was the first Malaysian Jesuit**



The Jesuit community lost one of its stalwarts following the demise of Rev Fr Peter Kim Se Mang on 23 September 2016.

Fr Peter Kim, SJ is acknowledged for achieving several 'firsts' and for leading several pastoral initiatives and strategies for the local Church, particularly in the area of BECs. He was the first Jesuit to be ordained from Sabah and was the first Malaysian Jesuit to be appointed parish priest of the Church of St Francis Xavier in Petaling Jaya.

Born on 14 Sept 1943 in Tawau, Kim was the youngest in a brood of three boys and two girls born to Kim Hock Chu (Kim Se Kong) and Marie Lim Sui Neo. He had his primary education at Holy Trinity Tawau, secondary at St Mary Sandakan and Sabah College Kota Kinabalu. He had a degree in agriculture from the Adelaide University Australia.

Fr Peter Kim entered the Society of Jesus in 1968 and underwent his two-year novitiate in Hong Kong and Manila. After completing his Philosophy and Theology studies in Manila and Yogyakarta respectively, he did his tertian ship in Japan among the Zen Buddhist monks. While in Japan, he was ordained deacon and returned shortly after to Malaysia where he was ordained to the priesthood at the Church of St Francis Xavier, Petaling Jaya on 10th December 1978.

The following year, Fr Peter Kim was appointed parish priest of the Church of St Francis Xavier where he served until 1985 . The funeral Mass was held on 27 September at the Church of St Francis Xavier, Petaling Jaya followed by the burial at the Holy Family Catholic cemetery in Kajang.

He will be deeply missed by the Jesuit community, family, friends and parishioners.

Dato' AR Peter & The Executive Committee Members express our deepest condolences to All their Families and loved ones.

MALAYALAM and ENGLISH PROVERBS

- **Akkare Nilkkumbol Ikkare Pacha.**
- അക്കരെ നീല്ക്കുമ്പോള് ഇക്കരെ പച്ച.
 - **Literal:** When we stand on that side, this side seems greener.
 - **Translation:** Describes the fickleness of human nature where one feels that another's situation is much more appealing than one's own.
 - **English equivalent:** The grass is always greener on the other side.
- **Ikyamathyam mahabalam !**
- ഐക്യമത്യം മഹാബലം
 - **Literal:** Unity is strength.
 - **English equivalent :** United we stand, divided we fall.
- **Nirakudam thulumbukailla !**
- നിറകുടം തൂളുമ്പുകയില്ല
 - **Literal:** A full pot never overflows.
 - **Translation:** A real scholar does not brag
 - **English equivalent:** The meaning of this proverb is implied in Empty vessels make more noise.

HEALTH TIPS

❖ Lifestyle Advice

Follow our 10 simple tips to help manage and reduce your stress levels.

1. Avoid Caffeine, Alcohol, and Nicotine.

Avoid, or at least reduce, your consumption of nicotine and any drinks containing caffeine and alcohol. Caffeine and nicotine are stimulants and so will increase your level of stress rather than reduce it. Swap caffeinated and alcoholic drinks for water, herbal teas, or diluted natural fruit juices and aim to keep yourself hydrated as this will enable your body to cope better with stress. You should also aim to avoid or reduce your intake of refined sugars

2. Indulge in Physical Activity

Stressful situations increase the level of stress hormones such as adrenaline and cortisol in your body. When you feel stressed and tense, go for a brisk walk in fresh air. Regular physical activity will also improve the quality of your sleep.

3. Get More Sleep

A lack of sleep is a significant cause of stress. Unfortunately though, stress also interrupts our sleep as thoughts keep whirling through our heads, stopping us from relaxing enough to fall asleep.

4. Try Relaxation Techniques

Each day, try to relax with a stress reduction technique. There are many tried and tested ways to reduce stress so try a few and see what works best for you.

5. Talk to Someone

Just talking to someone about how you feel can be helpful. Talking can work by either distracting you from your stressful thoughts or releasing some of the built-up tension by discussing it.

6. Keep a Stress Diary

Keeping a stress diary for a few weeks is an effective stress management tool as it will help you become more aware of the situations which cause you to become stressed.

7. Take Control

Stress can be triggered by a problem that may on the surface seem impossible to solve. Learning how to find solutions to your problems will help you feel more in control thereby lowering your level of stress.

8. Manage Your Time

At times, we all feel overburdened by our 'To Do' list and this is a common cause of stress. Accept that you cannot do everything at once and start to prioritise and diarise your tasks.

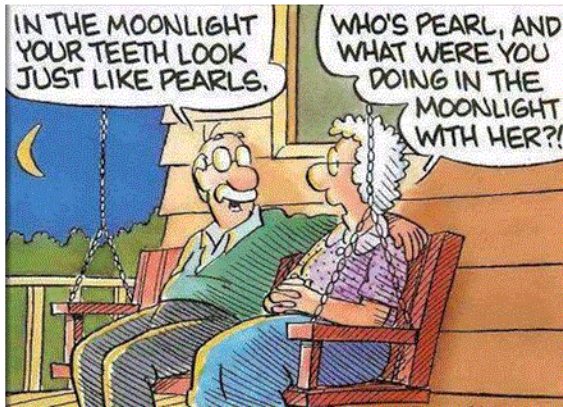
9. Learn to Say 'No'

A common cause of stress is having too much to do and too little time in which to do it. And yet in this situation, many people will still agree to take on additional responsibility. Learning to say "No" to additional or unimportant requests will help to reduce your level of stress, and may also help you develop more self-confidence.

10. Rest If You Are Unwell

If you are feeling unwell, do not feel that you have to carry on regardless. A short spell of rest will enable the body to recover faster.

FUN & LAUGHTER



MEMBERSHIP

BECOME A MEMBER

We invite all Malayalee Catholics to become Life members of MMCA. It is just a 1-off payment of RM100.00 per person with an entrance fee of RM10.00. Application Form is available from any of the MMCA Office bearers.

Please encourage our children and young professionals to become members of the organization.

Payment can be made by cash or Cheque. Bank details are as follows:

- (i) **M.M.C.A. Bank a/c No: 1426-0006513-00-9** for those who wish to bank in cash/cheque (email bank-in slip for verification)
- (ii) Cheque should be made payable to "**M.M.C.A**" or "**Malaysia Malayalee Catholic Association**".

M.M.C.A. bank address : CIMB Bank,
WISMA KOPONAS J.TUN SAMBANTHAN, 70
Wisma Koponas, Jalan Tun Sambanthan,
50470 Kuala Lumpur

SOCIAL NETWORKING CORNER

MMCA SOCIAL NETWORKING CORNER

This is to enable our members to reach out in getting to know one another and trace our roots, by networking and exchanging ideas & sharing knowledge, etc. for all age groups according to their areas of interest. Kindly drop an e-mail to MMCA's Secretary Ms Anne Mathews e-mail: motianne@yahoo.com or Editor Ms Agnes Christina Fernandez e-mail: acf_08@yahoo.co.uk

The liturgical season of Advent helps us to focus on the spiritual preparation for Christmas and on the coming of Our Lord. (Advent comes from the Latin *adventus*, meaning "coming.")

**Wishing Each and Everyone a
BLESSED CHRISTMAS**



The End ★ ★ ★

Embrace the New Year 2017 with a new view on life.

Welcome 2017 with hope and optimism

Wishing you the brightest New Year ever