



Fr Eusebio Gomes

The seeds of Christianity were laid on Goan soil in the 16th century with the arrival of Portuguese in 1510. Thereafter, a great missionary Francis Xavier set his foot in Goa on May 6, 1542. The Goan missionaries in the footsteps of Göycho Saib went far and wide to proclaim the Good News. One of them was a son of the soil, Joseph Vaz, who went to Ceylon (Sri Lanka) to give spiritual and moral strength to the beleaguered Catholics who were persecuted by the Dutch Calvinists. Born in Benaulim on April 21, 1651, Joseph Vaz was a fervent devotee of Mother Mary. After he became a priest, he wrote a 'Deed of Bondage' offering himself perpetually as a slave to the Blessed Virgin Mary at the foot of the Altar of Our Lady of Health Church in Sancoale on August 5, 1677.

The Portuguese missionaries entered Sri Lanka in 1505 and laboured there till 1658 keeping alive the faith of the Catholics. In 1658, the Dutch Calvinists (Protestants) came to Sri Lanka and began spreading the reformed church. They expelled Portuguese missionaries from the emerald island, forced the Catholics to refrain from their faith, and the Roman Catholic churches were handed

The saga of the missionary activities of St Joseph Vaz

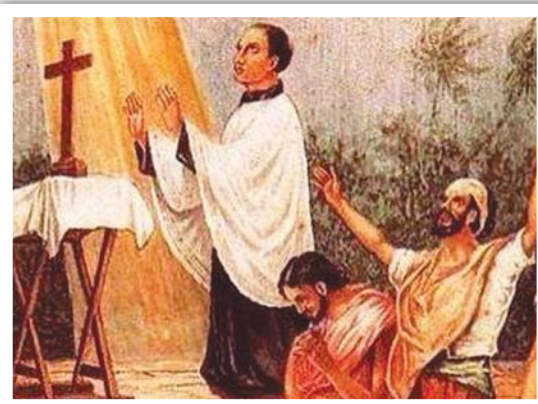
man who changed his appearances in order to escape them. One day while celebrating Mass on Christmas night in 1689, he was arrested by Dutch soldiers, but with divine intervention he escaped and went to Kandy.

In Sri Lanka, there was a French Huguenot (Protestant), a naval officer Nancars de la Nérolle, who was an anti-Catholic and his prejudice pitted him against Joseph Vaz. On hearing that he was at Veuda in the house of Antonio Sottomayor, de la Nérolle rushed to the palace and declared to King Vimaladharma Surya II that a Portuguese spy had come in the guise of a Catholic priest and was being concealed in the house of Sottomayor. De la Nérolle roused the king's alarm to such an extent that the king ordered his men to seize both the priest and his host and bring them in chains to Kandy. Joseph Vaz was placed under custody in a prison called the Great Gaol or Maha Hirag. The king saw the innocence and devotion of this harmless priest, and decided to release him.



The statue of St Joseph Vaz at the side of the altar during his Canonization

Two remarkable events in the life of Joseph Vaz made a deep impact on the king and the people of the island. In 1696, there was a prolonged drought in Kandy. Many customary ceremonies to appease the gods of rains were performed to call down rain, without avail. Thereupon the king, who had heard much of the holy life of Joseph Vaz, conceived the idea of testing him to pray for rain, seeing that he professed to be a priest of the true God. Trusting God, Joseph



Vaz made his way to the public square facing the palace, set up there an altar such as he had erected in the prison, and placed on it a Cross, and falling on his knees in the public sight he prayed most earnestly to God to send down rain. Before he rose from his knees, rain fell in abundance, and not a drop fell on him. The king was impressed by this deed.

In 1697, when Joseph Vaz returned to Kandy from an apostolic expedition to Colombo, he found a violent outbreak of smallpox raging in the city. The king, his courtiers, nobles and people fled from Kandy. Joseph Vaz found that many afflicted with smallpox were abandoned by their masters and families. He set to work without hesitation. He erected rough huts for victims, consulted physicians for help, washed and fed patients, gave them medicine and clothing, and cleaned up the place. The people of Kandy including the king greatly admired the heroic charity of Joseph Vaz and his companions, the Oratorians. Joseph Vaz was given full freedom by the king to preach Christianity in his Kingdom and in the Dutch territory.

After spending 24 years re-building the Catholic Church, Joseph Vaz, 'The Apostle of Kanara and Sri Lanka' passed away on January 16, 1711. He was canonised a saint on January 14, 2015 by Pope Francis at Galle Front. Green in Colombo which was attended by more than half million people from all faiths and thousands of people from Goa. This year on January 16, Churches in Goa and Sri Lanka will commemorate his 314th death anniversary.

A quick & easy way to DETOX

A balanced routine is important to detoxify oneself after the excesses of the festival season

Ajit John ajit@herald-go.com

The festive season has come to an end. The friends and relatives have all left. And one is left with the detritus of it all. The body has certainly taken a beating. All those sweets, rich curries and the late night parties have all settled in the system leaving one feeling quite heavy and unhealthy.

It is important to follow a system to get back one's health. It does not require anything drastic but a system that can be easily followed. Dr Joline Fernandes, a nutritionist based in Margao said this was a problem that was prevalent in Goa and was generally ignored. She said, "It is important to take corrective measures to avoid problems in the future." It was important to follow a disciplined routine. Dr Joline said, "It would be good to have a plan that could be easily followed."

HYDRATION

It is important to hydrate your body. Start your day with water and fruit. Aim for at least 2.5-3 liters of water infused with sabja seeds daily to flush out toxins. Post dinner one can have tea like ginger, ajwain and fennel seeds.

FOCUS ON WHOLE FOODS

One should prioritize fresh fruits like papaya, pineapple and pomegranate. To support gut health it is important to

have fermented foods like buttermilk, curd and homemade pickles. It is time to remove processed and sugary snacks with roasted nuts, seeds, or a handful of roasted makhana.

ELIMINATE SUGAR AND ALCOHOL

All that alcohol consumed during the festive season is not good for the system. Eliminate added sugars and reduce refined carbs to balance blood sugar levels. Stay off alcohol to give your liver a much-needed break.

EAT LIGHT, BALANCED MEALS

One should consume smaller portions and avoid heavy oily meals. Opt for simple meals like khichdi or Dal rice with lean protein.

GET ACTIVE

It is time to include light to moderate exercise such as yoga, walking, or stretching to boost circulation and metabolism. Focus on core-strengthening exercises.

IMPORTANT TO PRIORITISE SLEEP

After the excesses of the festive season it is important to get good quality sleep. Seven to eight hours will allow the body to repair and restore itself.

MEDITATION

The presence of stress in today's life is a reality and it is important to dedicate 10-15 minutes daily to meditation or deep breathing exercises to reduce stress and improve mental clarity.

Celebrating the birth centennial year of Dr Manohar Rai Sardessai



Rajat Hegde

Ravindra Bhavan Margao will organize the birth centennial year celebration of Dr Manohar Rai Sardessai, a well-known Konkani poet, writer, French translator and scholar. A musical programme based on the songs penned by Dr Manohar will be performed by Rajesh Madgaonkar, Sonia Shirsat, Divya Chafadkar and Gautami Hede Bambolkar. Musician Vishnu Shirodkar and his team will accompany the singers



Mamta Deepak Verlekar

while Anant Agni and Dr Roopa Chari will anchor the function.

A book is published by Sanjana Publications on unknown facts/ incidents and journey of Dr Manohar Rai Sardessai on a purpose to let youth know more about him and his immense contribution in Konkani. Sahitya Academy awardee Adv Uday Bhembre, Jnanpith Awardee Damodar Mauzo, Sahitya Academy awardee Madhav Borkar, Mukesh Thali, Maya Sardessai, Dr. Hanumant Chopdekar, Umesh Sardessai, Sunil Sardessai, Mitra Borkar, Shailendra Mehta and Dr Rajay Pawar have penned articles on Dr Manohar Rai Sardessai. These articles are on his contribution in Konkani poetics and literature, his spirit of Konkanism and Goaness and also about his dream and vision for Goa. Photos and books will be exhibited under the guidance of Sunil Sardessai.

Youth poets of Goa, Rajat Ashok



Supriya Kankonkar

Hegde, Supriya Kankonkar and Mamata Deepak Verlekar will be awarded this year's Dr Manohar Rai Sardessai Yuva Puraskar. Ravindra Bhavan Margao is also conducting Kavya Lekhan Competition titled as Dr Manohar Rai Sardessai Kavya Lekhan Competition within age group of 15-30 years.

Adv Uday Bhembre, Damodar Mauzo, Jnanpith awardee and daughter of Dr Manohar Rai Sardessai, Maya Sardessai will be the guests and speakers for the programme. The celebration will be held on January 18 at 5 pm at Ravindra Bhavan, Margao.

THE MAKING OF MOCA MINIS

Museum of Museum Christian Art (MoCA) and Yohann D'souza embarked on a project to enhance visitor's knowledge of the rich art, history and architecture of the monuments of Old Goa. Together, they designed MoCA minis- a set of four pocket-sized zines guiding visitors from the Tomb of St Francis Xavier, through the surrounding area, and finally to the Convent of Santa Monica and Museum of Christian Art. While this sounds like a smooth process, it was everything but that, with challenges and creative blocks making regular appearances. Through a Zoom lecture, they discuss the in-between of this journey and explore the fascinating intersection of design and heritage. The lecture is free for all.

Yohann D'Souza is a Communication Designer from the National Institute of Design, Madhya Pradesh. For his graduation project, he collaborated with the MoCA, exploring ways to merge his design practice with history. Having spent most of his college years in the heritage-rich city of Bhopal, Yohann developed a deep appreciation for cultural narratives and their visual representation. His work focuses on making history more approachable and engaging, challenging the stereotype of history as a boring subject through innovative storytelling and design.

Venue: Online lecture on zoom (Register with MoCA)
Date: January 17
Time: 4.30 pm

THOMAS STEPHENS KONKNNI KENDR'S 35TH ANNUAL AWARDS

Thomas Stephens Konknni Kendr, Porvorim will have its 35th Annual Antonio Pereira Konknni Puroskar 2025 Ceremony on February 2 at 5 pm at its courtyard.

Dr Jack Sequeira Konknni Puroskar 2024 will be awarded to Marcos Cosme Andrade instituted by Pio Esteves, Valerio Carvalho Konknni Puroskar 2024 will be awarded to Dr Glenis Mendonca instituted by Roque Carvalho. Sr. Amaline Fernandes will be awarded the Maria Afonso Konknni Puroskar 2024 instituted by Fr Ave Maria Afonso. Fr Vital Miranda will be awarded the Late Fr Casimiro De Mello Konknni Puroskar 2024, given by his family member, Marjorie D'Sa.

Martir Floriano Vaz Puroskar 2024 will be awarded to Fr Roman Rodrigues for the best selected book of the

Year in Roman Konknni. Ashok R. Chodankar will be awarded the Antonio Pereira Konknni Puroskar 2025, instituted by Thomas Stephens Konknni Kendr in honor of late Jesuit Konknni Stalwart Fr Antonio Pereira. Along with these awards, the centre will also give some

scholarships to the meritorious and deserving poor students.

The annual TSKK Research Bulletin - SOD -27 will also be released at the function. The articles are edited by Dr Pandurang Phaldesai and typeset by Swara Pednekar.



Herald Gaming Console

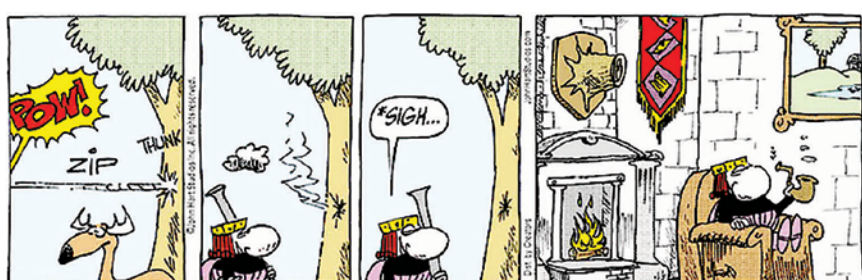
Dilbert



Garfield



Wizard of id



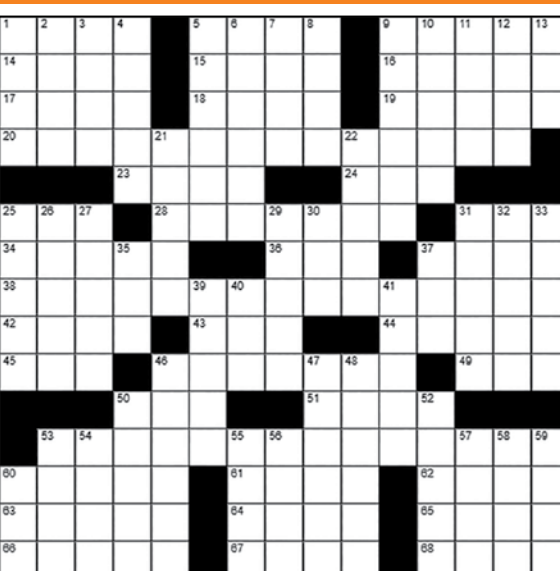
crossword 4743

ACROSS

1- Ohio nine; 5- Open infection, painful; 9- Inner self; to Jung; 14- Neat as ____; 15- From the U.S.; 16- Summary; 17- Soup with sushi; 18- Exec's note; 19- Like Humpty Dumpty; 20- Achievement; 23- Yarn; 24- Paddle; 25- ____-jong; 28- Comes back; 31- Attach a patch; 34- Trojan War epic; 36- Cushion; 37- Name on a razor; 38- In spite of; 42- Treater's words; 43- Originally named; 44- Weird; 45- Witness; 46- Mail charge; 49- Paris possessive; 50- Consume; 51- Lymph ____; 53- Agent; 60- Jazzy Chick; 61- Med. school class; 62- Warmth; 63- On ____-to-know basis; 64- Portrayal by an actor; 65- Sea eagle; 66- Bluffer's play; 67- Org.; 68- Discounted;

DOWN

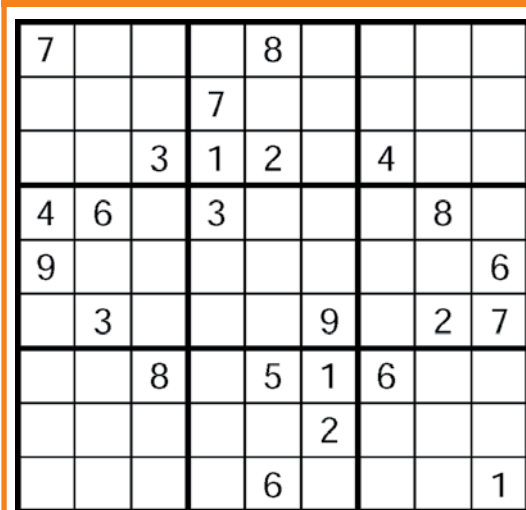
1- ____ Lama Ding Dong; 2- Grand in scale; 3- Frisbee, e.g.; 4- Snob; 5- Specimen; 6- Brunch dish; 7- Do followers; 8- Cupid; to the Greeks; 9- Pleasant smells; 10- When pigs fly; 11- Volunteer's words; 12- Damon of 'Good Will Hunting'; 13- Gibbon, e.g.; 21- ____ Gras; 22- Accord maker; 25- Legendary ruler of Crete; 26- Isolated; 27- Blackjack request; 29- Unexpected victory; 30- Stool



solution 4742



sudoku 4743



Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4742

