

Motet tradition in Goa: A sacred choral art dying with time



The struggle to preserve the motet tradition

Luis Coutinho, a dedicated advocate of motet singing, highlights the challenges faced by the tradition today. Since its inception in 1991-92 at Orlim Church under Fr Planton Farria, the motet choir was later inspired by performances at Igreja de Nossa Senhora da Esperança in Chinchinim. However, Luis is concerned about the declining patronage of motet singing in churches, with many parishes now viewing it as unnecessary or too

costly. He laments the lack of support from his own parish, where the choir can only sing two motets during Good Friday services, and fears this privilege may soon be discontinued. Luis states, "We instruct young individuals in the art of singing motets, as we possess the traditional scores for these compositions. However, I believe that not all parishes are incorporating motets into their repertoire. Nowadays, they tend to sing hymns from hymn book, Gaionacho Jhelo."

The motet, a sacred choral tradition in Goa, is increasingly becoming a dying art. Once thriving in churches with male choirs and instrumental accompaniment, it now faces declining support and participation, risking the loss of this cultural treasure

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The evolution and unique features of Goan Motets

The word 'Motet' originates from the French word 'mot', meaning 'word', and the form has evolved through various musical periods, from medieval to Baroque. Notable compositions include Mozart's Ave Verum Corpus and Palestrina's Vinea Mea. In Goa, the motet took on a distinct local flavor under the influence of Goan Mestres.

Traditionally sung exclusively by male singers, Goan motets featured a four-part harmony introduction, followed by an interlude with two violins. Some parishes further enriched the experience by including a clarinet and double bass. The

Vatican also granted permission for these instruments to be used during the Sacred Triduum, allowing Goan motets to maintain their unique sound and cultural significance within the sacred context.

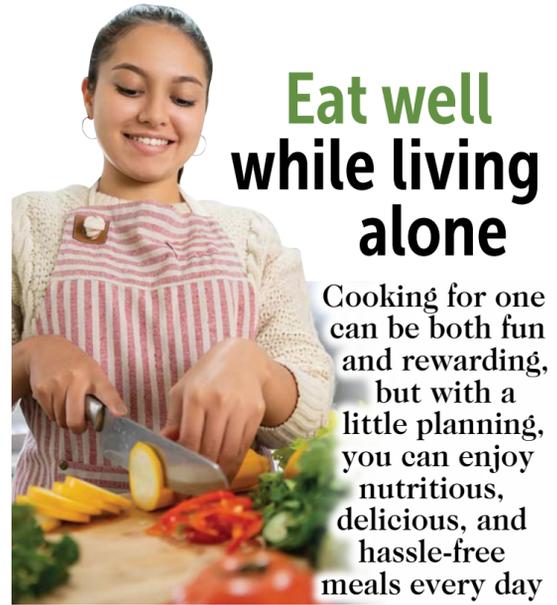
Salil Coutinho, a motet vocalist from Orlim, emphasizes the significance of motets in the Santos Passos observed in churches. He asserts, that the Passos would be incomplete without the presence of motets. "When performed correctly, they can evoke tears from the audience, even if the words are not fully comprehended. The melody is simply that powerful!" he remarked. Fr Avinash Rebello from Margão adds that motets are musical compositions associated with Lent, known for their expressiveness and ability to convey emotions through music.

Goa inherited its harmonic musical tradition from Portugal, with Portuguese vocal music influencing the region's musical heritage. In the 16th century, Portuguese vocal music was heavily based on the Motet, a musical form that originated in France in the 13th century. The Motet was later refined and popularized by Flemish composers in the 15th century. This rich musical tradition was brought to Goa during Portuguese colonization, shaping the local music scene and blending European influences with native styles. The legacy of this tradition continues to be a distinctive part of Goa's cultural identity.

Challenges and resilience of the motet choir

Luis reflects with nostalgia on the motet choir's journey, once a vibrant ensemble of 25 singers, now reduced to a dedicated but small group of eight members. Each voice part is now covered by just two singers, which poses challenges but also strengthens their resolve. Despite the choir's shrinking numbers, it continues to thrive, bolstered by the support of a small yet skilled ensemble of five musicians, including two violins, two clarinets, and a double bass. The traditional Goan motet, deeply rooted in the choir's history, faces an uncertain future, but the group remains unwavering in its commitment to preserving this cherished legacy. A pillar of this effort is Fr Savio D'Souza, who

has long supported the choir, ensuring their tradition endures by inviting them to perform at various locations he is posted to. His continued encouragement ensures that the motet choir keeps alive a vital part of Goan cultural and musical heritage, despite the challenges of the times. Ida de Paula Dias, a motet singer from Orlim, expresses concern about the lack of instruction for young people interested in singing motets. She notes, "Many youngsters are eager to learn, but there are no teachers available. Currently, there are no masters to guide them, and priests do not show interest in preserving this tradition of motet singing." "Motets make me feel like it is the season of Lent, sadly, they are not sung in my parish anymore," says Vernon Madre de Deus from Raia.



Eat well while living alone

Cooking for one can be both fun and rewarding, but with a little planning, you can enjoy nutritious, delicious, and hassle-free meals every day

When one is living alone, there is freedom to eat what you want, when you want. While it is tempting to eat what can be cooked

immediately or ordering unhealthy food, if the meals are well planned, it can help in maintaining a nutritious diet.

MEALS FOR ONE

Stir-fries, salads, and one-pot meals are great for keeping things simple when cooking solo. Leftovers are also a great way to save time - turn roasted veggies into a salad or a wrap, or repurpose that chicken gravy into a homemade biryani. When setting up your kitchen, pick up smaller appliances like a mini slow cooker, an air fryer, or a single-serve blender - they're perfect for cooking just for one.

EATING HEALTHY

Healthy eating doesn't have to be complicated. Follow the simple rule of balancing protein, healthy fats, and carbs in each meal. Pack your plate with lots of fruits, veggies, whole grains, and lean proteins. Make a habit of sitting down at the table to eat without distractions like your phone or TV. Not only will this help you enjoy your meals more, but it'll also help you avoid overeating. Drink water throughout the day - sometimes, thirst can feel like hunger, and staying hydrated will keep those cravings in check.

PLAN YOUR MEALS

Take a few minutes each week to map out your meals so you're not caught off guard and tempted by unhealthy snacks. Make a grocery list based on your meal plan to stay focused while shopping. Cook larger portions and split them into individual servings to freeze or store. This way, you'll always have healthy options ready to go.

SHOPPING RIGHT

Shop for single-serve packages, or buy foods you can easily portion out, like yoghurt, cheese, and nuts. This way, you'll manage portion sizes better and cut down on spoilage. Stock up on non-perishable items like grains, beans, and nuts in bulk. Fresh produce as well as frozen fruits and vegetables are just as nutritious.



Twin celebrations for the Sisters of the Holy Family of Nazareth

Sr Molly Fernandes

Twin celebrations for the Congregation of the Sisters of the Holy Family of Nazareth Sr Molly Fernandes March 2025 marks two significant milestones for the Congregation of the Sisters of the Holy Family of Nazareth in Sancoale, Goa. Today, March 25, they will celebrate the 73rd Canonical Erection of the congregation, and on March 26, they will commemorate the 50th death anniversary of the Founder, Fr Faustino de Souza. Fr Faustino is a pivotal figure in the religious history of Goa, who devoted his life to spiritual growth and social welfare in the region. He established the Congregation of the Sisters of the Holy Family of Nazareth - an indigenous religious order for women. This congregation emerged during a time when Goa's religious landscape was recovering from the suppression of religious institutes, initiated in 1833 under King Dom Pedro of Portugal.



The nearly century-long ban disrupted religious life, leaving a void in vital services like education and healthcare. Fr Faustino's initiative to establish a new religious order reflected a commitment to restore these essential services. As the pastor of Sancoale parish, he began with the establishment of the Franciscan Brothers at Duler and sought approval from Archbishop Patriarch Dom Theotónio Vieira de Castro to establish a congregation for women. With the Archbishop's support, Fr Faustino collaborated with the Bethany Sisters of

Mangalore to train candidates for the new order. This partnership laid the foundation for the Congregation of the Sisters of the Holy Family of Nazareth. The first aspirants were sent to Mangalore for their novitiate—a period of spiritual and practical formation. Under the guidance of the Bethany Sisters, three young women embarked on this path: Sr Estelita Coutinho, later known as Mother Josephine; Sr Abelina Braganza, who became Mother Joana; and Sr Sabina D'Souza, who took the name Mother Nativity. Shortly after, Sr Assuciana Silveira,

later Mother Edith, joined their ranks. After a year of rigorous training, the sisters returned to Goa to continue their novitiate at St Joseph Vaz's ancestral house in Sancoale, generously made available for this purpose. On June 16, 1935, the congregation was officially founded, marking the fulfilment of Fr Faustino de Souza's vision of establishing an indigenous religious order for women in Goa. Mother Joana of the Cross was appointed as the First Superior of the congregation. The congregation received canonical

recognition from the Catholic Church on March 25, 1952. This acknowledgment, granted by Patriarch Dom Jose de Costa Nunes, was a pivotal moment in solidifying the congregation's place within the broader Church community. The Holy Family Sisters have a multifaceted mission that focuses on the holistic development of individuals and communities. The Sisters engage in a variety of ministries to fulfil their mission. These include formal and informal education, pastoral care, social work, and specialized support for marginalized groups. They operate schools, provide catechetical instruction, and manage homes for the elderly and shelters for vulnerable individuals. Their initiatives, such as Asha Sadan, Kiran Niketan, Divya Gyan, and Nazareth Jeevandhara, focus on empowering women, children, and youth while addressing systemic challenges like poverty and lack of education. Their involvement in diocesan activities and their extensive outreach reflects a commitment to serving diverse needs.

Neero Festival at Saligao

Neero Festival is back to bring all the best summer vibes and so much more. This year, Saligao Institute will have a fabulous line-up of delights, including plenty of cashew products in stock. Indulge in cashew serradura and cashew ice cream, as well as refreshing Neero mocktails. A variety of Goan snacks and delicious food options, including live BBQ, Momos, Appams, Vonn, Samarachi Koddli and healthy desserts. For those who love unique finds, we have a selection of handicrafts, candles, soaps, resin art, crochet, and plants for you to browse and take home. Keanu will be performing live with some soothing easy-listening music and Bingo with a twist is an exciting way to keep everyone entertained.

Venue: Saligao Institute, Saligao
Date: March 25
Time: 5 pm to 8 pm

Herald Gaming Console

Dilbert

ARE YOU WORRIED THAT ALL OF THE GAMING YOU DO WILL MAKE YOU MORE VIOLENT?

BONK!

NO, AND I SPIT ON YOUR GRAVE.

Garfield

I'M SO TIRED, I CAN'T EVEN THINK

THIS MUST BE WHAT IT'S LIKE TO BE A POG

Wizard of id

AWAKEN, MY LOVE! YOUR PRINCE IS HERE!

DID YOU BRING MY STARBUCKS CHAI LATTE?

SLEEPING BEAUTY

SLEEPING BEAUTY

crossword 4801

ACROSS
1- Disney deer; 6- Iridescent gem; 10- Phooey!; 14- Future oak; 15- Tree house; 16- Large pitcher; 17- Turkish coins; 18- Sounds of relief; 19- Banned precedent; 20- Banned insecticide, for short; 21- Blazing; 23- Visionaries; 24- Ed of 'Lou Grant'; 26- Sri ___; 27- Thawed; 29- Tip off; 31- Small jazz combo; 32- City in Tuscany; 33- Bumsian refusal; 36- In spite of; 40- Non-dairy milk; 41- Dirties; 42- Prefix with plasm; 43- Take the honey and run; 44- Declares; 46- Stand used by painters; 48- Fantasy genre; 49- Legal wrongs; 50- Ignited again; 52- Boy king; 55- Home to most people; 56- Georgetown player; 57- Rental agreement; 59- Catalog; 60- Opposite of odd, especially when applied to numbers; 61- Cosmetician; 62- Human leg joint; 63- Take a break; 64- Vehicles with runners;

DOWN
1- Hairless; 2- Etcher's need; 3- Death rate; 4- Lingerie item; 5- Demented; 6- TV studio sign; 7- Fleasy fruit; 8- 1975 Wimbledon champ; 9- Mil officers; 10- Take offense at; 11- Eight Days ___; 12- Aquarium fish; 13- Ladies of Spain; Abbr.; 22- Gave grub; 23- It's a wrap; 25- Put away; 26- Singer Horne; 27- Range;

Abbr.: 28- Switch ending; 29- Bridal path; 30- Permits; 32- Vessel; 33- Wink; 34- Poker pot starter; 35- Freudian topics; 37- Man and Wight; 38- Kit item; 39- Unhearing; 43- Executor's concern; 44- Chem. or biol.; 45- Names; 46- Red fluorescent dye; 47- Spring up; 48- Bias; 49- Confer; 50- Wander; 51- Sight organs; 53- Previously owned; 54- Golf pegs, northern English river; 56- That girl; 58- Subj. for immigrants;

solution 4800

B	L	E	U	M	E	S	A	S	R	A	T	A
L	A	W	N	A	L	A	R	M	A	N	U	T
T	L	E	T	D	I	N	G	O	I	T	T	O
N	A	R	R	O	W	U	R	A	N	I	U	M
E	S	T	I	M	E	D	I	D	E	A	S	
A	T	A	A	A	M	E	N	S	A			
S	A	L	T	A	N	T	E	R	E	C	T	O
T	R	I	A	L	M	E	E	N	G			
S	T	A	E	L	S	U	B	M	E	R	G	E
T	E	A	C	H	E	R						
O	D	I	E	N	A	S	A	L	S	O	R	E
R	E	D	D	A	T	A	L	E	T	N	A	
T	N	E	E	R	S	E	W	E	D	D	E	R

sudoku 4801

			7					4
				8		5		3
7			1		4		9	
		2		7				4
	3	5				7	2	
4				2		8		
	7		9		1			2
5	6		4					
	9				7			

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 4800

2	9	5	8	1	6	7	4	3
1	6	8	7	3	4	2	5	9
4	3	7	2	5	9	6	1	8
9	1	3	5	7	2	4	8	6
7	8	6	9	4	3	5	2	1
5	4	2	1	6	8	3	9	7
8	7	9	3	2	5	1	6	4
3	2	4	6	9	1	8	7	5
6	5	1	4	8	7	9	3	2