

horoscope

ARIES: (Mar. 21–Apr. 19)



Aries, this week encourages you to slow down, reflect, and realign with your evolving values. Sunday delivers curveballs, triggering sudden shifts in romance or finances and urging you to balance emotional needs with long-term discipline, particularly regarding home, security, or self-image. On Monday, inner peace and forgiveness are supported. On Tuesday, nurture emotional clarity and grounding through creative expression or quiet moments of beauty. Later that day, sharpen your focus on daily rituals, health, and service, it's time to get your life in order. By Wednesday, illuminate boundaries, dreams, and leadership within your personal life.

TAURUS: (Apr. 20–May 20)



Taurus, this week challenges your comfort zone in order to elevate your sense of self-worth. On Sunday, sudden tension may arise within your home or family dynamics. You may feel the urge to break free from responsibilities that no longer serve you, prompting reflection on how your words and thoughts shape your professional image. Monday supports friendship and collaboration, particularly through healing conversations or group rituals. On Tuesday, emotional insight flows, bringing renewed focus to joy, creativity, and romance. Wednesday calls for boundaries around outdated emotional patterns.

GEMINI: (May 21–Jun. 21)



Gemini, this week shifts your energy towards building something lasting, inside and out. On Sunday, examine limiting beliefs or impulsive spending habits. There may be friction between long-term goals and emotional needs, so pace yourself. Monday supports career dreams that come from the heart. On Tuesday, clarity arrives as you tap into your intuition when making career decisions. Focus on your home, roots, and daily discipline. By Wednesday, establish boundaries with collaborators while staying open to inspiration.

CANCER: (Jun. 22–Jul. 22)



Cancer, this week begins a new cycle of emotional, spiritual, and financial growth. On Sunday, reassess the cost of your associations. Are outdated beliefs still aligned with your truth? On Monday, the Pisces Moon trines Jupiter, offering spiritual insight and a sense of adventure, you may feel drawn to study, travel, or deepen your purpose. On Tuesday, Moon-Venus-Mercury aspects provide grounding and inspiration for long-term planning. Later that day, Mars enters Virgo, energising your third house, your words carry power, so use them wisely. By Wednesday, the Aries Moon activates your tenth house of career and reputation, urging you to lead with both structure and vision.

LEO: (Jul. 23–Aug. 22)



Leo, this week invites major growth through letting go of control. Sunday brings tension in your career zone, potentially clashing with expectations or authority. Sudden changes may disrupt your plans, but they're creating space for deeper alignment. You're also prompted to reconcile faith and fear concerning intimacy and shared resources. Monday softens the emotional landscape. On Tuesday, open up to heart-to-heart conversations about trust and healing. Later that day, shift focus from visibility to value, what's truly worth your time, energy, and investment? By Wednesday, your house of wisdom is activated, offering clarity around boundaries in spiritual or academic pursuits.

VRIGO: (Aug. 23–Sept. 22)



Virgo, this week offers a fresh start, but not without some emotional excavation. On Sunday, expect spiritual or subconscious revelations that challenge your worldview. This prompts adjustments in how you relate to others, especially around emotional boundaries. Monday invites healing in your closest relationships. Tuesday is powerful for connection, boosting energy and drive, you're ready to lead with confidence. By Wednesday, themes of joint finances, trust, and intimacy take centre stage. You're being asked to be honest about emotional expectations.

LIBRA: (Sept. 23–Oct. 23)

Libra, this week stretches your capacity for



commitment, with both heart and strategy. On Sunday, unexpected emotions may arise, testing the limits of closeness and trust, and challenging your desire for freedom versus the need for stable routines.

Monday supports emotional flow in your work or wellness practices. On Tuesday, ease workplace dynamics and simplify decision-making. Later, your twelfth house is activated, over the coming weeks, prioritise rest and intentional solitude. Wednesday reveals where your boundaries and idealism may be at odds, stay grounded in reality.

SCORPIO: (Oct. 24–Nov. 21)



Scorpio, this week brings breakthroughs in intimacy, power, and personal truth. Sunday begins with high-voltage energy in your relationship zone. Tensions may flare in partnerships, personal or professional, especially where freedom or control are contested. This highlights the friction between your expanding worldview and the emotional discipline required to live it. Monday offers gentle healing through creativity, romance, or joy, lean into pleasure as a form of medicine. Tuesday helps you articulate your desires, energising your social life. Collaborative work and shared goals take focus. By Wednesday, find balance between discipline and inspiration.

SAGITTARIUS: (Nov. 22–Dec. 21)



Sagittarius, this week reorients your focus towards what truly supports your future. On Sunday, volatility strikes as Mars in your ninth house of beliefs squares Uranus in your sixth. Sudden shifts in health routines, work duties, or core philosophies may arise. You're being challenged to structure your creativity while honouring your emotional needs at home. Monday highlights the importance of a nurturing environment, create space to unwind. On Tuesday, emotional clarity helps you refine your career strategy and act on long-term goals. By Wednesday, seek healthy boundaries in how you give and receive love.

CAPRICORN: (Dec. 22–Jan. 19)



Capricorn, this week highlights the intersection of vulnerability, pleasure, and purpose. On Sunday, emotions may run high around intimacy, trust, or romantic risk. It may bring a reality check to your ideals in relationships or communication habits. You're being called to take responsibility for how you show up in connection. On Monday, write, speak, or journal your feelings. Tuesday helps smooth over misunderstandings and grounds conversations with compassion. It's a good time to study, teach, or travel with intention. By Wednesday, emotions around home or family may surface, Saturn and Neptune help you express emotional boundaries and strengthen your inner foundation.

AQUARIUS: (Jan. 20–Feb. 18)



Aquarius, this week pulls you inward to rewire how you relate, communicate, and commit. On Sunday, unexpected changes in close relationships or your domestic life may surface, choose freedom without burning bridges. The tension between expanding work responsibilities and emotional limits is highlighted. Monday calls for financial clarity and grounding. On Tuesday, soothe money matters and encourage practical planning with someone close. With focus on shared resources and emotional healing, use this time to clear psychological clutter. By Wednesday, communication is bold, insights arise around how your mindset and habits impact emotional balance.

PISCES: (Feb. 19–Mar. 20)



Pisces, this week helps you recalibrate your desires, direction, and emotional truth. On Sunday, disruptions may affect communication or your schedule, avoid overcommitting and make space for mental shifts. You're being asked to reconsider creative goals and financial discipline. Monday offers emotional clarity about what truly nurtures you. Tuesday deepens that clarity, encouraging meaningful conversations and alignment with your values. Over the coming weeks, relationship dynamics take centre stage, choose healthy collaboration over conflict. By Wednesday, hold space for both dreams and discipline.

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Holy Family Sisters celebrating 90 years of grace

Molly Fernandes

On June 16, a significant milestone "seeds of grace, resonating hope" will be celebrated as the Holy Family Sisters commemorate their 90th Foundation Day. This momentous occasion marks nine decades since the congregation's inception, a journey set in motion by the vision and unwavering dedication of their esteemed founder, Fr Faustino de Souza.

Historical context: Seeds of a new beginning

The Archdiocese of Goa had a rich history of religious orders until 1833, when King Dom Pedro of Portugal suppressed all religious institutes in his dominion. The rise of Salazar and the 'Estado Novo' in Portugal changed this environment, allowing for the resurgence of religious life. Fr Faustino's initiative to establish a new order directly responded to this historical disruption, aiming to restore vital services to the Goan community.

As a dedicated diocesan priest, Fr Faustino, serving at Our Lady of Snow Church, Raia and later as pastor of Sancoale parish, was involved in founding the First Congregation and bringing Franciscan Brothers to Duler in 1928. He then sought authorisation from Archbishop Patriarch Dom Theotónio Vieira de Castro. Encouraged, he reached out to the Bethany Sisters of Mangalore, requesting their assistance in training the initial candidates.

The founding of the Holy Family Sisters

The foundational step involved sending the first aspirants to Mangalore for formation on March 9, 1933. Three dedicated young women, Sr Estelita Coutinho (later Mother Josephine), Sr Abelina

Braganza (Mother Joana), and Sr Sabina D'Souza (Mother Nativity), began this journey under the Bethany Sisters. A fourth, Sr Assuciana Silveira (Mother Edith), soon joined them. After a year of intensive training in Mangalore, these first sisters returned to Goa to continue their novitiate. The Bethany Sisters generously supported this by continuing formation in Goa, utilising St Joseph Vaz's ancestral house in Sancoale.

revisions in 1971, 1978, and again after the 1983 Code of Canon Law, demonstrating the congregation's commitment to aligning with Church law and adapting to contemporary contexts.

Mission and objectives

A central objective of the Holy Family Sisters is to disseminate the Good News of Christ. They are dedicated to the holistic development of individuals on the margins of society, addressing diverse needs.



Official establishment of the congregation

June 16, 1935 was the official founding of the Congregation of the Sisters of the Holy Family of Nazareth, as the first candidates professed their vows. Mother Joana led the nascent congregation as its First Superior.

Canonical establishment

While founded in 1935, the congregation's formal recognition by the Catholic Church came later. On March 25, 1952, Patriarch Dom Jose de Costa Nunes canonically erected this pious union as a religious congregation, granting it formal status and legitimacy. Subsequently, on August 20, 1952, the Patriarch approved the congregation's constitutions, outlining its guiding principles. These constitutions underwent

Diverse activities and ministries

The Holy Family Sisters are actively involved in formal and non-formal education, operating schools and programs. Their pastoral work includes catechetical instruction and spiritual guidance within parishes. Social work forms a significant part of their outreach. They manage boarding houses for students and homes for the aged. They encourage self-help industries to foster economic independence. Asha Sadan empowers marginalised women besides other centres like Kiran Niketan, Divya Gyan, and Nazareth Jeevandhara. Prison Ministry is yet another ministry that the congregation undertakes demonstrating their commitment to serving those incarcerated.

Spreading the mission



within and beyond Goa

The Holy Family Sister's influence is deeply felt throughout Goa, with their convents and institutions strategically covering numerous locations including Sancoale, Navelim, St Estevam, Agasaim, Verna, Anjuna, Cansaulim, Sarfona, Old Goa, Velsao, Canacona, Calangute, Seraulim, Birla, Vasco, Corgao, Bambolim, Usgao, Sanguem, Panjim, and served in other villages. This widespread presence indicates their significant and far-reaching impact on Goa's religious and social landscape, with a deliberate effort to be accessible and address diverse community needs.

Expansion to other states

The Holy Family Sisters' mission has transcended Goa's geographical boundaries, extending service to several other Indian states: Maharashtra, Karnataka, Gujarat, Haryana, Dadra Nagar Haveli, Rajasthan, Andaman and Nicobar Islands, and Uttar Pradesh. A notable example is their 25 years of dedicated service in Uchagaon, Karnataka.

Committed to legacy of compassion

As the Holy Family Sisters mark their momentous 90th anniversary, their journey stands as a powerful witness to unwavering faith and selfless service.

Konkani language course

Thomas Stephens Konknni Kendr, Porvorim, will conduct a 15-day Konkani language course. This is a great opportunity for anyone interested in learning and communicating in the local language. The course will primarily focus on developing the ability to communicate using grammatically correct sentences.

Venue: Thomas Stephens Konknni Kendr, Porvorim
Dates: June 18 to July 8 (Monday to Friday)
Time: 2.45 pm to 5 pm

Ashtanga Yoga

An Ashtanga Yoga session focusing on weight loss, fitness, and diabetes management will be held. The session is designed to promote mindful health and overall well-being. Participants can join either online or in person. Rejuvenate yourself with the holistic benefits of Ashtanga Yoga.

Venue: Synergy Yoga Therapy Studio, Dicarpace, Margao
Date: June 15
Time: 7 am and 6 pm

'Satvik Vichearanchi Ek Ganthonn' released at Velsao

Dalgado Konknni Akademi (DKA) unveiled its latest Konkani book, 'Satvik Vichearanchi Ek Ganthonn', a compilation of essays in Romi Konkani, at Our Lady of Assumption Church Hall in Velsao. The book, authored by Fr Eusebio Gomes, was launched by Nevil Alphonso, former Director of Agriculture, Government of Goa. The function was graced by the presence of DKA President Celso Fernandes, Vice-President William Fernandes, Secretary Fr Myron Barreto, former DKA President Viny Quadros, and the author, Fr Eusebio Gomes.

Fr Myron welcomed the gathering. Speaking about the book, Vincy said, "Satvik Vichearanchi Ek Ganthonn" is an anthology of 33 essays categorised under educational, social, historical, political, and religious themes. The book is dedicated to martyr Florian Vaz of Gogol, Margao, who sacrificed his life for the sake of our mother tongue during the Konkani Language Movement."

Nevil lauded Fr Eusebio for his contribution to Romi Konkani literature and emphasised the



need for its urgent promotion. "Languages and scripts fade if neglected," he cautioned. "Romi Konkani must find its place on digital platforms to resonate with younger generations. We need podcasts, YouTube channels, short films, and holiday certificate courses to showcase its richness," he suggested, also proposing the formation of a youth wing to drive this mission forward.

Fr Eusebio, the book's author, reflected on his literary journey, saying, "These 33 essays were originally published in Gulab, Amcho Avaz, The Goan Review, and Vauraddeancho Ixtt. This year marks 33 years of my priesthood,

and these essays symbolise that journey. My love for Konkani was nurtured in my mother's lap – my first word was 'Maim.' I was deeply influenced by works like Bishop Fulton Sheen's 'The Life of Christ' and Pope Benedict XVI's 'Jesus of Nazareth,' he shared.

Celso urged continued support for Romi Konkani. "It is thanks to the Church that Romi Konkani continues to thrive. Let us work hand-in-hand to preserve and promote our mother tongue," he said. William proposed the vote of thanks, while Armando Fernandes ably compered the event. The function culminated with the singing of the National Anthem.

Herald Gaming Console

Dilbert



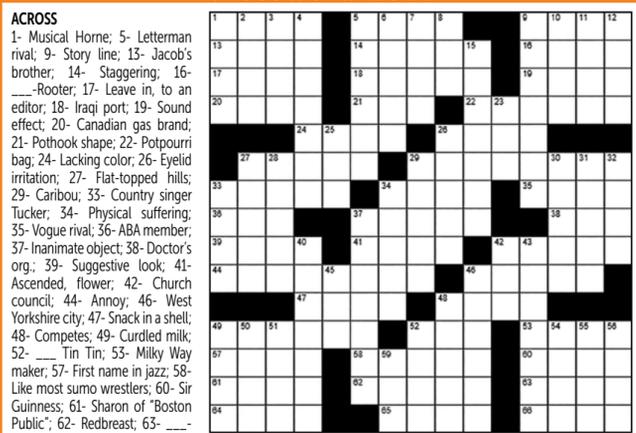
Garfield



Wizard of id



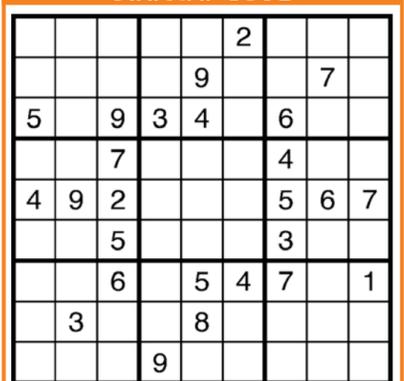
crossword 4872



ACROSS
1- Musical Home; 5- Letterman rival; 9- Story line; 13- Jacob's brother; 14- Staggering; 16- ___-Rooter; 17- Leave in, to an editor; 18- Iraqi port; 19- Sound effect; 20- Canadian gas brand; 21- Pothook shape; 22- Potpourri bag; 24- Lacking color; 26- Eyelid irritation; 27- Flat-topped hills; 29- Caribou; 33- Country singer Tucker; 34- Physical suffering; 35- Vogue rival; 36- ABA member; 37- Inanimate object; 38- Doctor's org.; 39- Suggestive look; 41- Ascended, flower; 42- Church council; 44- Annoy; 46- West Yorkshire city; 47- Snack in a shell; 48- Competes; 49- Curdled milk; 52- ___ Tin Tin; 53- Milky Way maker; 57- First name in jazz; 58- Like most sumo wrestlers; 60- Sir Guinness; 61- Sharon of 'Boston Public'; 62- Redbreast; 63- ___-ran; 64- Scottish boys; 65- Stable staple; 66- Demon of 'Good Will Hunting';

DOWN
1- ___ majesty; 2- Ballpark figs; 3- Scottish refusals; 4- Postmortem examination; 5- Tabs; 6- Clear the board; 7- Scottish loch, home to a monster; 8- ___ the ramparts we watched...; 9- Come before; 10- ___ Ness monster; 11- Will-___-wisp; 12- Horn sound; 15- Enduring; 23- Author Rand; 25- Motorists' org.; 26- Paris divider; 27- Alma ___; 28- Go in; 29- Bluffer's ploy; 30- Oxlite antelope; 31- St. ___ fire; 32- Went through, as the paper; 33- Anklebones; 34- Snapshot; 37- Farm vehicle; 40- Codes of ceremonies; 42- Perceive; 43- Polite agreement; 45- Paving material; 46- Sheets and such; 48- Drop in on; 49- Shout; 50- Olive genus; 51- Pleased; 52- Country singer McEntire; 54- ___ breve; 55- Take a breather; 56- Edinburgh native; 59- Halloween greeting;

sudoku 4872



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 4871

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