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Mangalorean Catholic Association of East Coast, USA

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From Our President

The Mangalorean Catholic Association of East Coast was formed with the mission to connect Mangalorean people to promote our culture. With the season of Lent soon to be behind us, we get ready to celebrate the most important moment in history—the moment when our Lord Jesus rose from the grave, defeating death once and for all. It's in good fitting that we stand up one of the most important pillars of our culture – Maagne Razar (Pray). For those of us that follow Jesus, Easter is about as good as it gets.

Easter is a time to be joyful, a time to be thankful, a time to be—above all else—full of hope. Although easy to identify, hope is a hard concept to describe. While we can't physically experience it through our five senses, its impact on our life is made evident through everything we see, hear, taste, touch, and smell. With hope, we know when it's present and when it is not. But when our hope is found in Jesus Christ, the Lamb of God who came to take away the sins of the world, it changes how we experience life.

Sometimes we engage our life to keep up with priorities, even with the knowledge that God defines and controls the sequence of them. Things that are of priority to us might not be of priority to Him – and that's when things tend to go out of control. One way to handle this is to not set any goals for our life, with the thought process that, if God is in control, why should I even bother? But the outcome of such a life is disaster. We know that the planner and decision maker doesn't know the path forward or our expectations from us for ourselves. As Matthew 7:7 says "Ask and you shall receive" but with the caveat that you must first make Him the number one priority. I'm not writing you this with a saint cap on, but with a sinners' cap that has been white washed with our Lord's grace.

As your president, I write these words with a humble and prayerful heart. Our association's growth from the initial 50 to 450+ shows there is definitely a reason behind it. I love that our vados are meeting very often during Lent for prayer meetings and the Way of the Cross, which shows that we all are in line with standing up the pillar of prayer, to keep our culture raised high and alive. I want to take this opportunity to thank all the members who were part of the planning and organizing of these prayer meetings during Lent and humbly request to continue to keep the pillar of prayer up high to support our association for days to come. Let's all together enjoy our Lord' grace as we celebrate Easter with our family and friends and continue to keep Him our number one priority - blessings will follow.

Agape love - Mog Asoondee



Arun Menezes
President – MCA-EC 2013-2014

From Our Priest

Lent and Easter: A Spring Time

Lent and Easter Season is a spring time of our spiritual life. It is a time all of us should see a new leaf spring in our own personal life. It is time of grace. It is a time to rejoice, because God does great things in this season of grace.

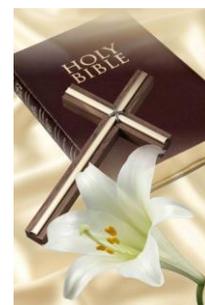
We know Saint Augustine of Hippo one of the great doctors of the Church, before his conversion, lived a sinful, immoral life. As he was still in his wretched state of life, he heard a voice in a vision – “Augustine, get up from the sleep and walk in the light”. He understood this vision only when he read the words of Saint Paul to the Romans – it is no more night now. We are in daylight. We cannot sleep anymore, but be awake,” (cf. Rom. 13:13). Saint Augustine decided to turn away from the darkness (sinful/immoral life), and walk into the light.

However, it was not with this onetime conversion that he became a perfect person. There is a Chinese proverb – *the journey of a thousand miles begins with the first step*. On the day Augustine heard the voice “get up from sleep”, he had taken the first step to correct oneself. But on his way of conversion, he found it is an impossible task, but still he had his conviction to overcome his weakness. This determination and his conviction gave an invitation to the Holy Spirit to work with him.

There is a story about a small boy who had the habit of coming home late from school. One day his parents warned him to be at home on time, but he still came back late, as usual. So they decided to teach him a lesson. At dinner that night, the boy was served only a slice of bread and a glass of water while his father had a full plate of food before him. The poor boy looked with hungry eyes at his father’s full plate and with pleading eyes at his father. The father waited for the full impact to sink in, then quietly took the boy’s plate and placed it in front of himself. He took his own plate of meat and potatoes, put it in front of the boy, and smiled at his son.

When that boy grew to be a man, he said, “All my life I’ve known what God is like by what my father did that night.” What his father did was, take on himself the punishment and suffering that rightly belonged to his son. This is called atonement or substitutive suffering. That is exactly what Christ did for us. Saint Augustine too had understood this - God has loved the world so much, that He has given us His only Son, Jesus Christ, who in turn has taken upon Himself our punishment on the cross. And that is what the Church teaches the love of the Father, during the time of Lent and Easter.

Fr. Augustine D’Souza, | OFM Cap.



EASTER BLESSINGS

Easter is one of the most beautiful seasons in the Church's liturgical calendar. The meaning of Easter is Jesus Christ's victory over death. His resurrection symbolizes the eternal life that is granted to all who believe in Him. The meaning of Easter also symbolizes the complete verification of all that Jesus preached and taught during his lifetime. If He had not risen from the dead and if He had merely died and not been resurrected, He would have been considered just another prophet. However, His resurrection changed all that and gave final and irrefutable proof that He was really the Son of God and that He had conquered death once and for all.

For me, Easter starts with the Lenten season starting Ash Wednesday. As a child, I remember my parents telling me to go to church on Ash Wednesday and during the Lenten season to go to the stations of the cross, attend holy week services, but most of all, attend confession at least one time during Lent. Over the years, things have changed and other priorities have taken over such as my busy work schedule, but even then I make it a point to observe the Lenten season. It is a very small sacrifice to make, compared to the sacrifice Jesus made on the Cross for our salvation.

I take this opportunity to wish you and your families a very Happy Easter! May the Joy of the Risen Lord be with you during the Easter season!

-Eric Fernandes, Treasurer 2013-14

Easter traditions: Easter signifies the birth of a new life, a new beginning & a time for self-renewal. It signifies the greatest sacrifice God made by giving up his only son, our Lord Jesus Christ to die on the cross for us. It is an occasion to reflect on our good deeds as well as a self reflection.

As I was growing up, Easter was a time of a great celebration. We enjoyed after sacrificing for Lent, for 40 days, by giving up on something we liked very much. Traditionally, we attended the Easter Vigil mass and the next day was a celebration with family. There was no Easter bunny or Easter egg concept.

Now I try to keep up the Easter traditions with our kids. We try to familiarize our kids with the tradition of the Stations of the Cross during the Lenten period, which is Christ's journey on the way to Calvary. We attend the Easter vigil together as a family followed by the Easter egg hunt with family & friends. I do teach my kids, however, that it's not just the food & the Easter bunny or Easter egg hunt, but it's a time of sacrifice.

May the peace of the Risen Lord be with all of you and a Happy Easter to everyone!!!

**-Neeta Mascarenhas, VP of Membership
2013-14**

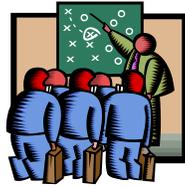
The Resurrection, An Easter Tradition: As described in the Old Testament, Easter also known as the feast of the Passover which was celebrated by Jews by sharing unleavened bread and sacrificing a lamb. But in Luke 22, Jesus shared the Passover meal with his apostles saying, "I have been very eager to eat this Passover meal with you before my suffering begins. For I tell you now that I won't eat this meal again until its meaning is fulfilled in the Kingdom of God." (Luke 22:15-16) Jesus is the fulfillment of the Passover. He is the Lamb of God, sacrificed to set us free from bondage to sin. (John 1:29; Psalm 22; Isaiah 53) His blood covers and protects us, and his body was broken to free us from eternal death. (1 Corinthians 5:7)

I pondered the question of an Easter tradition in my family, the thought of a family lunch and the marzipan Easter eggs was incomplete without recalling the above passage from Luke and the death and passion of our Lord. As a child growing up in Mumbai, Easter meant going to church, wishing everyone and buying Easter eggs from Monginis bake shop. Then followed by a family lunch which was incomplete without pork curry along with other scrumptious food items. As I grew up, I started seeing the true meaning of Easter and tried to experience Jesus in a more special way through retreats and prayer services especially during Lent. As a family, we still celebrate Easter Day with a meal shared with friends. But Easter is more than the family traditions we follow. It's very special as Jesus died to show us how much he loves us no matter how big a sinner we may be. No man would ever give his life for us. Our families, friends and near and dear ones may abandon us, but he will never abandon us. Our life's should be filled with the joy of the knowledge of this special promise he made to each one of us. And with that joy in my heart, I wish each and every MCA-EC family a very blessed Easter.

-Michelle Fernandes, MCA-EC, VP of Programs (2013-2015)

Recap of Annual Strategy Session

by Roshan D'Mello, VP of Public Relations



Any successful business or non-profit organization tends to have a solid strategic plan in place to keep the organization on track with respect to its vision and goals. The MCA-EC Board is no different as the strides this association has made in the recent years speaks to some core implementations resulting from our strategic decisions in our annual strategic meeting. The best strategic plan usually comprises of measurable objectives, strategic and financial targets for both short-term and long-term action. Sounds Greek, but it truly works! At this year's strategy session, the MCA-EC Board went with an out-of-the-box approach. In past strategic sessions, limited members who were kind enough to take time off for one entire day helped provide valuable input. The takeaway action items then needed resources, time and logistics- quite challenging for a 5 member board to take on new initiatives on its shoulders and then drive them simultaneously with their ongoing workload of event organization, coordination at the regional level and other back office activities. Therefore, to make the strategy sessions more effective this year, the Board decided to flip the model. Our new model was to analyze, target opportunities and implement after a wider audience feedback with a simple 3 step approach. The board met on January 25th, 2014, internally, discussed what really worked well, what didn't work well, and what could work for the future. We came up with a realistic action plan and sent it for review and feedback to all Gurkars and Ex-Presidents. The goal was to make action items transparent among their Vadyaagars and ex-board members, respectively. We received good feedback, ideas and suggestions from many. In a nutshell this new model worked!!! Not only did we get wider audience participation, we nailed down key items for us to target and accomplish.

Below are a few highlights of our strategy session:

What is working?

- Technology group: Advances to our portal and its ease of use; positive feedback from members and non-members
- Newsletter: Great content, active contribution and a good job being done by our Editor-in-Chief Diana Lewis
- Vado activities in active vados: Great interaction at regional level, increased participation in Vado activities, like the Station of the Cross during Lent, Easter celebrations, Vado Outings, etc.
- Souvenir concept: New revenue stream through sponsorships and interest of members and businesses to contribute towards sponsorships
- MCA-EC Merchandise: Good feedback to maintain MCA-EC branding

What we will focus on for improvement?

- Eliminate cash payment mode on portal: Will help reduce cash transactions and overhead at registration desk during our events.
- Declare all 2014 event dates sooner and lock venues so we ensure we have projected expenses and jump start sponsorship drives early to over our projected expenses

Re-Org Board:

- President and VP Programs roles and responsibilities remain unchanged
- Introduce New Regional Coordinator Position: Responsibilities will include Youth focus, Retreat & Spirituality and bringing Vados closer with more interaction.
- VP of Treasury: Responsibility will include Sponsorship and financial forecasting to existing activities in bylaws
- VP PR and Membership combined role: This position will answer/respond to new membership questions/requests along with Public Relations activities

Members of New Board (2014) Effective June 14th 2014

<p>– Core</p> <ul style="list-style-type: none"> • President (Roshan D'Mello) • VP PR and Membership (Open) • VP Regional Coordinator (Open) • VP Event Coordinator (Michelle Fernandes) • VP Treasurer & Secretary (Harry Pinto) <p>– Mentors (Outgoing members of the current board):</p> <ul style="list-style-type: none"> • Arun Menezes • Neeta Mascarenhas • Eric Fernandes 	<p>– Supporting Teams</p> <ul style="list-style-type: none"> • Technology Team: <ul style="list-style-type: none"> – Sunil Lobo – Arun Menezes – Roshan D'Mello • Editor-in-Chief: Diana Lewis
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Valentine's Day may have come and gone, but for many of our MCA-EC couples, love is still in the air. Here are some beautiful, true "Jab We Met" stories to touch your heart:



Connie and Kennedy
Narrated by Connie D'Souza-Doss

I could hear my heart pounding as I rode the bus on my way to the church of Our Lady of Perpetual Help that Sunday morning. I was wearing my favorite color, white, and had brand new sandals on my feet – I hoped I looked good. I was on my way to meet a guy who I had been emailing and speaking over the phone for six months, but someone I had never, ever seen in person. That someone had come to the church an hour earlier and was on his knees praying that the girl who was coming to see him would accept the ring that was burning a hole in his pocket.

When I got there, I stood in the courtyard of the church, my palms perspiring not sure what to expect. Then I saw him walking towards me and I remember thinking to myself, 'this should be so weird but it's not, because suddenly it feels like I'm meeting an old friend.'

But how exactly did we first meet, you ask? Well, the company that Kennedy and I used to work for had a band of fun-loving, kooky people who distributed an underground newsletter filled with gossip, creative articles, poems and news. Kennedy had already moved to the U.S. when I started working there so we'd never crossed paths with each other. One day, an article about his experience going to a Ram Leela performance in New Jersey appeared in the newsletter. It was so funny and entertaining that we were all in splits. I promptly wrote a letter to the editor appreciating the article, to which he responded, thanking me very graciously, which then started the chain of emails. We discovered that we had similar ideals, faith and aspirations except for one big problem –culturally we were different as night and day. I believe that nothing is by chance in God's realm – God "arranged" and put all the pieces in place so that we would be together.

A week and half after we met in person, Kennedy and I got engaged surrounded by family and friends (with a different ring, though, since the one he had brought was meh! Haha!).

Merlin and Mark: Jab We Met, A 1990 Love Story!

Narrated by Mark Lancy Mendonca



It is said that “For a successful marriage, you fall in love many times, often with the same person.” Unlike most Hindi movies, we neither fell in love at the first sight nor after the first fight. Instead, our love story is a slow process like a flower blossoming from a bud or growing a plant from seeds. It all started when my future mother-in-law asked me to teach my future wife mathematics (who knew where this would lead to?) when she was in 11th grade. Both Merlin and I were very active in the Church and were attending daily masses. One day during the mass, the reading was, “Love thy neighbor.” This perked up my ears and I started following God’s word so passionately! No wonder my wife says I have “selective hearing.” A few days later, I heard, “Go and multiply.” ‘Wow!’ as a math teacher, I took that literally. $1+1$ was not 2 for me anymore, but I saw the possibility of more than 2, sometime in the future.

Nearly a year passed and one early morning, we were traveling together on a bus to perform a drama in a nearby church organized by “Legion of Mary.” We were sitting together on the back seat of a bus and I asked Merlin, if she wanted to become a nun (Well, that was the information from the grapevine in our village about her vocation). She said, “No.” So, I was one step closer to my mission. Then I asked, “Do you have someone in mind?” She blushed and said, “You say first!” I got two steps closer to my mission. I asked, “Are you thinking of me?” She replied, “Yes.” Eureka! I held her hand and asked, “Will you marry me?” She said, “Yes.” “Is this a promise?” I asked. She answered affirmatively. I said one “Our Father,” and one “Holy Mary” right there! Just kidding... she requested me not to tell anyone, including her mother. However, I realized that we cannot be successful in our promise without our parent’s blessings. Next day, when she went to school, I rushed to her house and told her mother about the promise we made. She was very happy to hear the news and told her husband when he came home. We decided to marry each other after six years so that she could complete her nursing and I could earn enough money to get married. Six years later, on a leap year, we married on the same day that my parents got married (May 7th). The intention was not to save the money on a single cake ☺, but out of goodwill and respect. We held our roce the previous day, which coincided with Merlin’s parent’s wedding anniversary.

As they say, marriage is a 3 ring circus – “Engagement ring, Wedding ring, and Suffering.” Of course, we had our share of all three rings, like any other marriages, but each ring has brought us closer to each other and has made our marriage stronger day by day. The priest who raised the toast on our wedding day said that “Let your love for each other be like the covalent bond between the atoms in a diamond ring.” During these 17 years of marriage, God has blessed us with two beautiful children, Meldon and Melanie, proving my theory, $1+1 > 2$. We pray to God that we live the rest of our lives happily together and enjoy each other’s company, for better, for worse, for richer, for poorer, in sickness and health, until death do us part.” All the guys out there, if you want to have a happy married life, follow my lesson – “Whenever you are wrong, admit it and whenever you are right, shut up!”



MCA-EC Scholastic Star



Brandon D'Souza, the son of Lydia and Stephen D'souza, of Edison has been appointed to the Naval Academy at Annapolis, MD as a freshman for the coming school year.

He studies at St Joseph in Metuchen and has excelled in track and cross country and achieved the recognition of being among the top runners in the state of New Jersey. He is the Captain of his high school cross country and track team and has been on the varsity team throughout his high school years. He is the President of the American Politics Club, which he formed, and has been a Delegate to the Boys State, which is a summer leadership and citizenship program sponsored by American Legion for high school juniors. Brandon is also a volunteer in the First Aid Squad. Additionally, he has been a religious education teacher for the last 3 years. Brandon has been involved in the Passion Play and played the part of Jesus for an audience of 300 people for two years in a row at St. Matthew's Church. He received the Saint Timothy Award from Bishop Bootkoski for "Outstanding Service to the Church & Community". Brandon has a great sense of community service and is always ready to help anyone in need. Brandon's determination and his passion to excel have led him to be successful at whatever he does, and we wish him continued success.

Quarterly Vado News

Bhagevonth Kutam Vado of PA & DE - Growing Together in Faith

Written by Amrith Rodrigues-Lewis



The Saturday of April 5th was a beautiful sunny spring day. It was also the day our vado families got together for a Lenten prayer service and Way of the Cross, followed by a potluck lunch. It was the day I found myself looking forward to all week.

Praying the Way of the Cross has been an important tradition for most of us Catholics growing up. Thanks to the efforts of our vado core organizing committee, our vado kids had the opportunity of leading the stations and partaking in this time honored tradition. We were blessed to have among us Fr. Anthony and Fr. Arul who guided us in prayer at the start and the end of the service.



After the prayer service, all of us enjoyed a delicious home cooked Lenten meal. The meal nourished our bodies and mind. Everyone relaxed in the presence of good food. We got to know each other

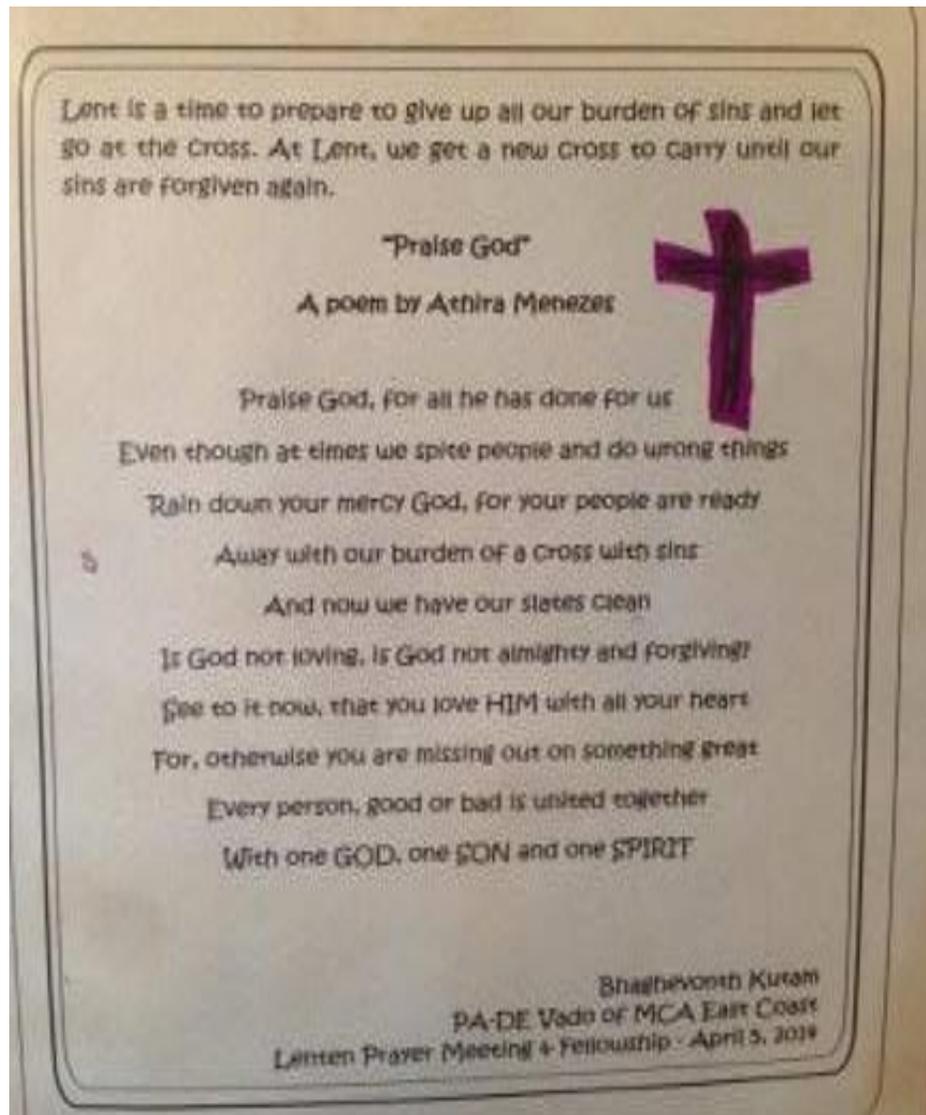
better, told jokes, laughed away our worries and shared experiences with one another. The whole experience of participating in this vado event was positively uplifting to all.

Lenten Activity for the Kids:

As a child, I often found the Lenten season “Heavy” emotionally. Just a few months ago, we were celebrating Christmas and now we are preparing ourselves for the death of Christ and his resurrection.

Expressing ones feelings through art helps us to find an outlet for the turmoil that goes on inside. Keeping this in mind, our vado family decided to encourage our kids to express themselves by doing an activity – painting, poetry, story or artwork. Their work would be displayed during the event.

A poem: Athira, 10



Art from the Heart:

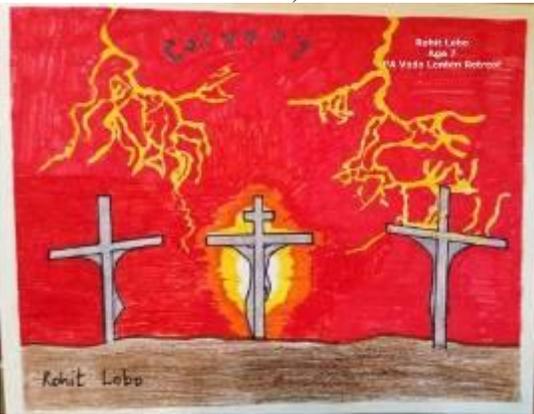
Aaron, 10



Amelia, 2



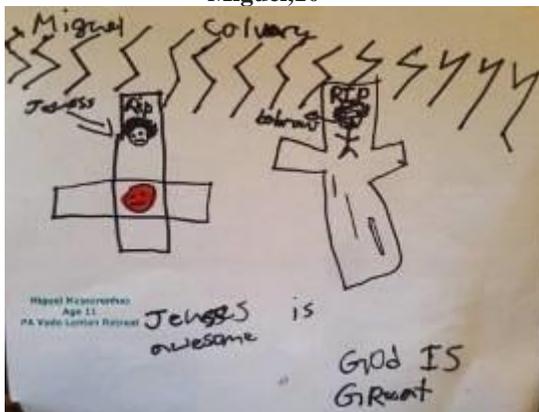
Rohit, 7



Julia, 9



Miguel, 10



Kiyasha, 7



Good Works and Charity During the Holy Season:

Lent is a time for "spring cleaning" our lives while giving thanks to God and strengthening our relationship with Him. It is also a time to be generous through good works and almsgiving. In accordance with the Holy season and in preparation for Easter, our vado family decided to support the Giving Hope Campaign- Catholic Charities Appeal 2014 of Archdiocese of Philadelphia. A generous contribution was donated to this cause on behalf of our vado family.

Passing the Torch:



Our vado is a year old now. We started our vado as a get-together of five families a year ago and the core members along with gurkar Dilip Lewis worked passionately to build our vado. Our vado hosted two mega events of over 100 people and several smaller events in the past year.

To keep the momentum going we have elected Shilpa Menezes as our new gurkar. Shilpa, Archie and their daughter Athira are among the founding members of our vado and are passionate about taking our vado forward. All of us stand behind Shilpa to help her in this task.

Bravo!

Finally, on behalf of our entire vado I wish all of you readers a very happy Easter. May you be blessed with good health, love, longevity and prosperity.



If you are new in the area and would like to be a part of our vado, we welcome you with open arms. Please write to Shilpa: shilpamenezes@gmail.com or Sunil: sunilalobo@hotmail.com or Dilip: diliplewis@gmail.com

NY's Kursa Vado



This Easter Season, the Kursa vado would like to thank the Lord for bringing our dear Sanya back home.

We ask the Lord for continued showers of blessings on the Aranha family in Brooklyn.

Fatima Vado, Piscataway

What Have You Given Up for Lent?



As the advent of Easter comes, the Fatima Vado meets every weekend for the Stations of the Cross to commemorate the death and resurrection of our Lord Jesus. As we end our fellowship with a modest meal, our vado begins to share and learn more about each other. What has our Vado given up for Lent? Even a small sacrifice is a big sacrifice in the Lord's eyes because in the end it is a sacrifice! Our Vado youth has given up from a range of gum to FaceBook, InstaGram, Snapchat, Twitter, meat and fish. Our Vado adults have decided to fast every Wednesday and Friday, no alcohol, no meat, no fish. Families have changed their daily routines in adding more of God into their lives instead of the worldly things and desires. Our Vado has changed a lot and for the better to bring God more into our lives. What have you done to bring God more into your lives? It does not have to be much but the smallest change and gesture for the better will open the doors for God to enter and for the Holy Spirit to do miracles in you!

~Susanna D'Souza

Our New Vado Member...



On March 11, Michelle Fernandes had a baby girl, who has been named Alexia Jenna D'Souza. Everybody was so excited when we heard the wonderful news about her. We hope she grows up to be a wonderful, caring girl we will grow to love along her journey in life. Amelia and Aaron are more than happy to have her as their little sister. Alexia will be very special and we are more than happy to have her in our lives. She is so cute with the longest eyelashes and fingernails. Congratulations Michelle and we hope that you and John enjoy every memory with this beautiful baby girl.

Springtime



Finally the time for spring has come
This may be an ordeal for some
We have waited for the flowers
I can take a risk and say no more showers
It's been a hard winter
But now we can finally start our banter
I can't wait to play out
This is going to be a great spring without a doubt
My hopes are high
But sadly this is the end so GOODBYE!!!!



~Leann Rego

What Are You Cooking for Easter?



Spicy Deviled Eggs

- 12 boiled eggs
- 2 teaspoon Dijon Mustard
- 2 tablespoon hot sauce
- 5 tablespoons spicy mayonnaise (or regular mayo will do, just increase hot sauce)
- 1 teaspoon lime juice
- 1 celery stick (about 6 inches)
- Small bunch of cilantro (12 sprigs)
- Salt & black pepper to taste

1. Cut the boiled eggs in half, dish out all the egg yolks into a bowl. With the back of a fork, smash the egg yolks.
2. Finely chop the cilantro & celery, add it and all the other ingredients to the egg yolks and mix thoroughly, taste and add salt/more spice if needed.
3. With an ice-cream scooper, scoop the yolk mix back into the 24 "half" eggs. Garnish with some paprika powder and cilantro bits.
4. ENJOY!

~Simi D'Souza

MORIYE VADO

HURRAH! FOR SPRING

I'm more than thrilled to wave goodbye to the coats and sweaters, shovels and snow blowers! I'm sure many of you feel the same.

Despite the wintery and frozen start to the New Year, all was good in the hood! In my opinion, with every challenge the weather brings, the vado grows closer. We've had search parties looking for salt bags and snow blower deals at Amazon, camelcamelcamel.com and Home Depot. It was a productive winter for the men and they've entered spring with more muscle power, for sure! Moving towards the Vado activities...,

The Vado will complete its 4th successful year in hosting the Stations of the Cross. This was a wonderful idea put forth by Harry and Anita Pinto to bring people together for a prayer session followed by fellowship. It was wonderful to see more people get involved and interact with each other. Our Vado Kids did a great job with the readings. It was a challenge for our smaller kiddies to catch up on some words, but all in all, they've done a fantastic job!

It's been a good start for many of the Vado Kids...

While Vinuth Furtado represented his school in the Robotics Regional Competition, Jonathan Pinto made it to the Varsity Swim Team, Darrell D'Souza was admitted to the Biotechnology High School in Freehold, New Jersey; Ranking No.1 in the state and No. 8 in the US, Orran Mendonca won the 1st place in the OM State Championship and will be representing his school for the World Championship in Iowa.

Venora Furtado represented her school in the OM State Competition. We wish her good luck! Melanie Mendonca has bloomed into a graceful dancer and participated in the Miles for Music Run! That was quite a feat to achieve in the weather we experienced in March!



- *Lenten Season*
- *Interview by Juanita Pinto*
- *Let's cook up some...*
- *Tools around the Town!*
- *What happening in summer 2014?*

*In the spring, I have counted 136 different kinds of weather inside of 24 hours.
Mark Twain*

Just for Laughs!

(Source: jokes.net)

The Pope goes to New York. He is picked up at the airport by a limousine. He looks at the beautiful car and says to the driver, "You know, I hardly ever get to drive. Would you please let me?"

The driver is understandably hesitant and says, "I'm sorry, but I don't think I'm supposed to do that."

But the Pope persists, "Please?" The driver finally lets up. "Oh, all right, I can't really say no to the Pope."

So the Pope takes the wheel! He hits the gas and goes around 100 mph in a 45 zone. A policeman notices and pulls him over.

The cop walks up and asks the Pope to roll down the window. Startled and surprised, the young officer asks the Pope to wait a minute. He goes back and radios the chief.

Cop: Chief, I have a problem.

Chief: What sort of problem?

Cop: Well, you see, I pulled over this guy for driving way over the speed limit but it's someone really important.

Chief: Important like the mayor?

Cop: No, no, much more important than that.

Chief: Important like the governor?

Cop: Wayyyyy more important than that.

Chief: Like the president?

Cop: More.

Chief: Who's more important than the president?

Cop: I don't know, but he's got the Pope driving for him!

Inspired by our Vado Members!

4 surgeons sat around discussing their favorite patient types.

1st Surgeon says: "I like operating on librarians. When you open them up, everything is in alphabetical order."

2nd Surgeon says: "I like operating on accountants. When you open them up, everything is in numerical order."

3rd Surgeon says: "I like operating on electricians. When you open them up, everything is color coded."

4th Surgeon says: "I like operating on politicians."

The other 3 surgeons look at him in disbelief.

The 4th surgeon continues, "Because they're heartless, gutless and spineless, and their butts and brains are interchangeable."

Shared by our Vado Members

LENT

So what are you giving up for Lent? A common question we all may tend to ask.

This season has given us time to prepare ourselves for Easter. I'm sure some of us are thinking of the booze and the meat we give up this season! No.

It's not that kind of preparation.

This Lent, we've been given an opportunity to grow more deeply in God's grace. Nature teaches us that the pre-Spring newness of life is God's expression of His desire for us.

Our seasons of prayer and fasting, the emphasis on the last days of Jesus on this earth, and the passion of Christ, will no doubt result in both personal and corporate spiritual renewal.

The religious activities were planned carefully with the objective of increasing our spiritual awareness. We stuck to an all Veg simple meal during our fellowship after the stations. All of a sudden, veggie food didn't seem so bad! Quote: "We abstain from Meat on Friday, and nowadays by default on Saturday Night."

On a Lighter Note

(Source: cartoonchurch.com)

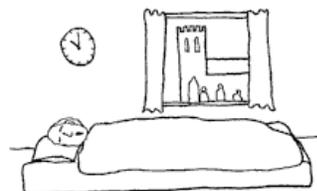
LENT



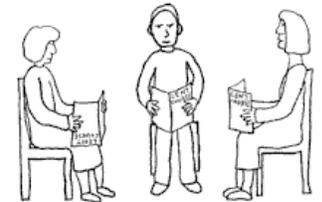
LENT IS A TIME FOR QUIET REFLECTION AND CONTEMPLATION



IT IS A SEASON OF ABSTINENCE AND FASTING



SOME CHRISTIANS GIVE SOMETHING UP DURING LENT



OTHERS CHOOSE TO CARRY OUT ACTS OF PENANCE

INTERVIEW WITH DARREL

By Juanita Pinto

Darrel D'Souza has been accepted to the Biotechnology High School in Freehold, New Jersey and agreed to enlighten us more about magnet high schools.

When asked about the difference between a regular public school and a magnet public school, Darrel states that "a lot of the classes are taken on Honors level or AP level" and also that "the electives are in the biotechnology field". Regarding activities, Darrell informed us that "there are a lot of after school clubs and clubs that can be taken during lunchtime". However, although one can participate in sports through the township, unlike a regular public school, magnet schools don't offer sports.

Upon inquiring about the admission process, Darrel stated that "out of all applicants, the top 80 are chosen" where "70% of your score is based on the entrance test and 30% is based on your grades in 7th and 8th grade". The entrance exam itself contains "a lot of logic questions, and reading comprehension and.....spatial reasoning....with one reading and one math section". As far as his future profession is concerned, Darrel intends to pursue a career in the biomedical field.

To the children who may be interested in a magnet school, Darrel advises that "though studying might not seem like the most exciting thing to do, just focus your mind for a few weeks and it will be beneficial". He also adds that there is no real way to study for the entrance exam, but you should take practice tests and develop the skill for time management.

We want to thank Darrel for his insightful revelation about magnet schools and the process of admission. We wish you all the luck in your future endeavors!

GROWING TURMERIC LEAVES

(Source: therainforestgarden.com)

Curcuma longa is naturally deciduous from fall until late spring, which makes digging and over wintering abundantly easy.

Moisture, Sun and Soil

Garden literature will tell you that it requires moist and well-drained soil, but it thrives in the clay and muck of my backyard like a weed.

Planting

Plant turmeric in spring once all danger of frost has passed, or in northern climates, start it in a container. The pleated leaves will eventually become plumes four feet tall in ideal conditions

PATHOLIS

Now for the good stuff...

Ingredients:

- Rice 1 cup
- Rice Powder
- Salt to taste

For filling

- Coconut grated 1 cup
- Jaggery ½ -3/4 cup as per your preference for sweetness
- Cardamom/elaichi powder

Method:

Wash and soak rice for 2-3 hrs. Grind this soaked rice to smooth paste. The batter should be thick and spreading consistency, so avoid adding more water. To make the batter less runny, you can always add rice flour and adjust the consistency accordingly.

For the filling:

Grate jaggery, add grated coconut and elaichi powder. Mix it well and keep aside. Take a haldi leaf. Add a dollop of the rice batter and spread as thin and even as possible on one half of the leaf length-wise. Drop a table spoon of the filling in the center and fold. Repeat the same with the other leaves. Boil water in a tandoor and steam the patholis for about 15 minutes, or till cooked. Allow them to cool for another 15 minutes. Then remove the leaf and serve.

Coming Up...

Youth Development Program

-by Mark Mendonca and Manesh Aranha

Commences: May 2014

Details to Follow

Sports Training for Kids in summer

-By Harry Pinto, Kevin D'Costa and Vijai Furtado

Commences: June 2014

Details to Follow

Annual Vado Picnic

Organized by Kevin D'Costa and Ivan D'souza

July 2014

Details to Follow

*From all of us at Moriye Vado,
We would like to wish everyone a Happy
and Blessed Easter.*

MORIYE VADO

Gurkar: Anita Pinto

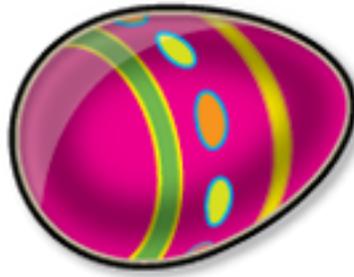
Gurkar: Melvin Mendonca

Reach us @:

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Editor: Arine Aranha

Youth Corner



“Spring” By Amelia D’Souza (Age 9)

Spring is so lively; it fills us with love,
Spring is so pretty, it’s like a beautiful dove!
Spring is so magical, it suddenly appears with a “poof,”
Spring is so convenient, it’s right under your roof!
Spring is so colorful, it’s filled with colors,
Spring is so touching, it’s empty of “bummers”!
Spring is so rare, there’s only one reason,
Spring only comes once - every season!
But wait... this poem’s not done,
I have one more thing to say:
Have some fun in the spring sun!!!

“Easter Bunny” By Sheryl D’Mello (Age 9)





Financial Statement



MCA- EC- 2013 Christmas Income and Expenses

Revenue

Sponsorships	5,995.00
Event fees	11,035.00
Raffle Revenue & Mug sale	<u>1,246.00</u>
Total Revenue	<u><u>18,276.00</u></u>

Expenses

Food	10,152.00
Kuswar	768.00
Hall Décor & Band	4,580.98
Misc.(santa gift, etc).	420.39
Gift cards for Raffle & Mugs	773.23
Print Today Souvenir expenses	552.22
Total Expenses	<u>17,246.82</u>
<i>Net Income</i>	<u><u>1,029.18</u></u>
Cost per Adult	50.64
Cost per Child	32.17

Please note: 33% of our Christmas event income came from various individuals and groups who sponsored our very first souvenir booklet.

- The adult cost for the Christmas event was \$50.64, but we subsidized it for \$35.**
- Similarly, the child cost was \$32.17, but we subsidized it for \$18.**



We are looking for two amazing individuals to fill the following important roles. If you think you would make for a good applicant, please don't hesitate to contact us at mca.eastcoast@gmail.com. Below are the upcoming open board position roles, along with the responsibilities.

Vice President of Public Relations & Membership

- To represent the Association to the public
- To be the liaison to other Associations
- To be the one person of contact for communications within and without the organization
- To oversee the responsibilities and to coordinate the activities of the webmaster
- To receive, answer, and keep records of all correspondences
- Facilitate on-boarding of new members & renew membership.

Vice President: Regional Coordinator

- Liaison between the Board and the Gurkars
- Foster more inter-vado activities & communication via the Gurkars
- Bring standards and provide high level oversight for vado events.
- Responsible for membership review and introduction of new vados, as required. On-boarding of new members to the organization

SAVE THE DATE!!!



Annual MCA-EC Picnic: Saturday, June 14th, 2014



A Final Word

How often do we feel stressed out?

How often do we throw ourselves pity parties?

How often do we complain that our burdens are far more than others?

How often do we feel sorry for ourselves?

How often do we think that our individual cross is just too much to bear...???

There is only one thing that makes us able to shake our hearts and minds of these unsettling feelings.

Love.

There is a riveting reason why Jesus said that the greatest gift of all gifts is love. Love in its purest, must unadulterated form is the driving force that allows us to bear stress, difficulties, obstacles and burdens at every sharp, critical turn.

If you're a child, think about the moment you're presented with a tempting offer to ignore the rules, disobey your parents, and use your time in a selfish manner, maybe skipping homework to play with your friends, or avoiding dinner with your family to watch your favorite TV show. What is it that prevents these selfish impulses? It is knowing that you could hurt parents that ultimately prevents you from making these blunders, and only love has this compelling force and power.

If you're a newlywed, think about the time your spouse hurt you in an unimaginable way. The pain of the words that were exchanged, or maybe the looks that were exchanged, was so great, that you didn't think you could move on. But you did, and you forgave, and you forgot. Only love has this compelling force and power.

If you're a parent, think about the first few days, weeks and months with your newborn child. Before he/she came into the world, you never had less than 8 hours of sleep, and then this small child came into your universe and turned everything upside down. You craved even 15 minutes of peaceful rest, when before, you couldn't have lived without less than exactly 480 minutes. What was it that made you wake up to feed, rock or sing to your baby? Only love has this compelling force and power.

The journey leading up to Easter Sunday from the season of Lent to Holy Thursday to Good Friday is symbolic of just how compelling love is. From the Last Supper, washing his disciples' feet, to enduring betrayal, humiliation, pain, suffering and death, Jesus set the ultimate bar of what love actually means. Love is selfless sacrifice. None of us can imagine what this type of sacrifice entails. Nothing compares. In fact, in our daily life, when we experience adversity, it pales in comparison to any of Jesus' hardship.

The next time we start to feel a sinking sense of depression about the crosses that we bear, let's shake off that ugly feeling of despair. Let us show gratitude for Jesus' ultimate sacrifice by joyfully accepting the lives that we've been given, and initiating our actions from love. After all, love is the ultimate antidote for pain. When we act from a place of love, we somehow become immune to pain and that is when we allow joy to come into our lives. As you contemplate the great mysteries of Jesus' love and sacrifice, may your Easter Sunday be free of self-created pains and sorrows and full of the freedom that comes with knowing God-given love and joy.

After such a solemn Lenten period, one of the things I most look forward to at Easter mass, is the return of the hymn "Gloria in Excelsis Deo." This Easter Sunday, put the Glory in this glorious day permanently back into your lives, while putting the Glory back into Mangalore and making your Sunday particularly Man(glorious). Wishing MCA-EC a joyful and blessed Easter!



-Editor-In-Chief, Diana M. Lewis