



By Love Serve One Another

JOTTINGS

Faith in God the Father Almighty
and in Jesus Christ His Only Son Our Lord and Saviour
and in the Holy Spirit

Purpose

- Promotion of the full development of women and girls through its programmes
- To develop a membership that is responsive through service to the changing needs of the community in a changing world.



Live, Laugh, Learn

& keep the Child within you alive...

HAPPY CHILDREN'S DAY!

For Private Circulation Only

No. 272 November 2021

YMCA and YWCA Week of Prayer and World Fellowship

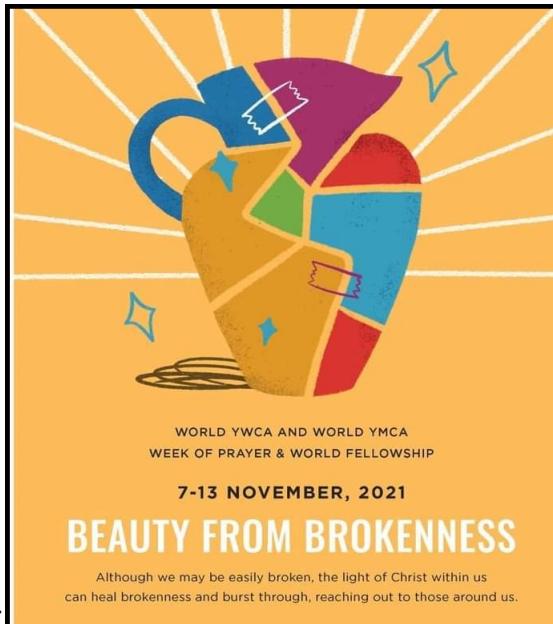
A joint message from the Presidents of World YMCA, Patricia Pelton and World YWCA, Mira Rizeq

As we steer through the troubled waters of COVID-19 and all the pain and disruption it has caused, we have seen rays of hope and resilience in communities, especially as vaccination is becoming available worldwide. The pandemic has severely affected our YMCA/YWCAs. In parts, we have been broken; in parts, we are putting the pieces back together again. Our ways of doing things may have changed, but our goals remain the same.

“Beauty from Brokenness” is the theme chosen for this year’s World YWCA and World YMCA Week of Prayer and World Fellowship. The story of our Christian foundation is that we are like pots of clay, made from earth, moulded into beautiful beings, sometimes we break. Each of us can contain the light of God within us, a light that can heal this brokenness and reach others.

As Paul the Apostle writes: “... we have this treasure in jars of clay, to show that this all-surpassing power is from God, and not from us. We are hard pressed on every side, but not crushed; perplexed,

but not in despair; persecuted, but not abandoned; struck down, but not destroyed.” 2 Corinthians 4, 7-9.



During the Week of Prayer, we will be reflecting on many aspects of our COVID life: on healing and restoration, on serving our communities, on forgiveness, inclusivity, and dignity. This year, we also reflect on two defining issues critical for us to move towards a co-created future: the need for decent working environments and the need for Climate Justice.

The YMCAs and the YWCAs continue to strive for a just world. We envisage a community of people where each of its members enjoys the fullness of life, living in dignity based on equality, regardless of religion, race, or gender.

We invite all our members worldwide, our friends and partners, to come together in one spirit during this Week of Prayer and Fellowship, reflecting on God’s unconditional love for us and renewing our commitment to love all as our own.

Schedule

Date	Day	Topic/Passage	Time	Venue	Resource Person
7 th Nov 21	Sunday	Beauty is Being Loved by God	8:30 am	Sushanti Church	Rev. Susheel Sumitra
8 th Nov 21	Monday	Beauty is Healing and Restoration	2:00 pm	Bandra YMCA	Sis. Josephine Silveira
9 th Nov 21	Tuesday	Beauty is Dignity and Inclusion	5:00 pm	Online YWCA	Ms. Elizabeth Peters
10 th Nov 21	Wednesday	Beauty is Forgiveness	7:00 pm	Belapur YMCA	Rev. Sophia Christabel
11 th Nov 21	Thursday	Beauty is in Serving Others	5:00 pm	Online YWCA	Dr. Pearl John
12 th Nov 21	Friday	Beauty is Renewal	10:00 am	Ghatkopar YMCA	Ms. Vaishali Raj
13 th Nov 21	Saturday	Closing Ceremony: Beauty from Brokenness	5:00 pm	Online YWCA	Rev. Arpana Rangayya

Building Resilience Among Children

Mercy Itty

Covid19 has brought a change in all our lives including those of children. They have experienced twists and turns from everyday challenges to traumatic events which have a lasting impact. Children being tender, face unique challenges with coping. Returning to school will help children to meet in-person after 2 years and for the children this will be overwhelming. American Psychological Association is working at the individual and community levels to help children effectively cope now and build future resilience.

The two approaches suggested are :

1. helping children and their caregivers by employing stress-reduction strategies.
2. using strength-based approach and policy affecting children.

Kintsugi, an ancient Japanese art, adds flavour to the idea of resilience. Children can be taught to glue broken pieces of pottery with “lacquer inflect-

ed with gold powder,” so that the broken pots emerge with a richness that converts the cracks into beautiful designs. The use of this technique will help children overcome the effects of trauma and redesign their lives to make it meaningful and fruitful.

Ps.34:18 - “The Lord is near to the broken hearted and saves those who are crushed in spirit. “

Some of the measures to nurture resilience are making effective communication, protection from loneliness and isolation, encouraging physical activity, creativity and modelling positive thinking.

Joshua 1:9 - “I repeat, be strong and brave! Don’t be afraid and don’t panic, for I, the LORD your God am with you always.”

For God knows the plans He has for us and the LORD’s declaration plans for our welfare, not for disaster, to give us a hopeful future.

Children's day... a Reflection

Alice Fernandes

On this Children's Day let us consider what this day means to us and our children.

Parents were bringing little children to Him so that He could lay His hands on them. But the disciples did not like this and rebuked the people. However, Jesus said, “Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of heaven belongs. And he laid his hands

on them and went on his way." Mt19:14

Jesus, insists that we bring our children to Him. He even goes one step further and urges us not to stop them. So let us encourage our children to love and follow Jesus.

So, when children want to come closer to Jesus..... maybe by helping the aged or the sick at home or in the community or whatever they are drawn to, we

could encourage them even if it is to be an altar server!

It is a sweet picture that the evangelist paints, as Jesus shows His love for the children and His desire to have them near Him. We would all love to

have our children close to Jesus.

Let's start by giving our children a more valuable Children's Day this year than gifts, food and clothes. Let's give them Jesus.

Optimism or the Lack of It

JMT

Recently I wrote in Jottings about Hope as an important attitude. Today I find some niggling hopelessness. The world was not at peace in Jesus' lifetime and has rarely been so over the succeeding twenty centuries. I just can't honestly feel hopeful about Afghanistan today or other troubled spots where hate goes on and on between communities. We know Jesus is the Hope of the world, but He must be embraced and obeyed and understood. It would seem that neither countries nor religions or even some families can stick to his commands to "love one another". What is more, He insisted we love our enemies!

Instead we thoughtlessly and selfishly (individuals, communities and nations alike) are greedy for power, insist on our rights and pick up a weapon to prove it. Ideologies will always differ. Greed for possessions be it lands or beliefs inevitably leads to strife. In the end everyone suffers. Who knows if the Taliban will soften, will accept equality between the sexes and put down their guns. Perhaps this is the time for us to hear again Jesus saying love those that hate you. It is a big ask. May God soften our hearts for spreading love where there is hatred and peace instead of war.

Is Retirement Planning Necessary?

Jacinta Lobo

“YES”. Everyone should plan for their retirement and do so early on in life, rather than waiting to accumulate a lumpsum amount. This is because time is the biggest wealth creator. Life expectancy has increased with improved quality of healthcare facilities. Silent killer- inflation - is hitting us slowly. Increase in inflation reduces our purchasing power. Healthcare prices are also sky rocketing. Retirement age is fixed but the time to earn is limited. If we enjoy our wealth in our prime, and do not save methodically, then we will end up with old age poverty. One should always have health insurance. Most insurance companies refuse to give health insurance to senior citizens, especially those with comorbidities. The premium is too high as well. Just having enough money to take care of

one's necessities after retirement is not enough. Fixed returns are safe, but such returns never beat inflation. Accordingly, one needs to invest some portion in equity but do it with guidance. On retirement, the risk-taking capacity is very limited, therefore, start investing now, however small the amount. Let the power of compounding help. Asset allocation is the key to retirement planning. When you are younger, invest in equity and as you start aging, slowly reduce the quantum of investments in equity and increase it in debt.

By retirement, a major portion would be in debt, but you would have gathered a handsome amount to face your golden years of Retirement, where you are self-sufficient and mentally at peace, just as you are financially secure.

Rare Facts from Around the Globe

Sourced by Rekha Joshi

The best place in the world to see rainbows is in Hawaii.

If you're an avid rainbow gazer and want to get your fill of the beautiful phenomenon,



look no further than the state of Hawaii. A study published by the American Meteorological Society in 2021 noted that the area's 'mountains produce sharp gradients in clouds and rainfall, which are key to abundant rainbow sightings.' Air pollution, pollen, and a large amount of cresting waves also help to put Hawaii at the top of the list when it comes to rainbow quantity and quality.

Birthdays in November

Date	Member	Area	Staff
1 st November			Sachin Namaye
2 nd November			Vidula Raj
2 nd November			Ranjana R. Panchal
4 th November	Serena Ubale	Y Deepa	
5 th November	Tiara Kundar	Bandra	
6 th November	Joise Fernandes	Andheri	
6 th November	Helen Noronha	Bandra	
6 th November	Antoinette Pereira	Bandra	
6 th November			Bindu Singh
7 th November	Iris Rodricks	Fort	
7 th November	Jayshree Jethwani	Bandra	
11 th November	Joycia Thorat	Byculla	
13 th November	Sandra Francis	Fort	
15 th November			Asha More
16 th November	Lavina Shirsat	Byculla	
16 th November			Namrata Shelar
17 th November	Carol Monteiro	Byculla	
18 th November	Aneela Rao	Fort	
18 th November	Anugraha Thorat	Byculla	
20 th November	Chandraprabha Nundy	Belapur	
20 th November			Manish Chirankar
22 nd November	Susan Dias	Bandra	
25 th November	Meena Sathe	Andheri	
26 th November	Vanita Patel	Bandra	
26 th November			A. Robinson
27 th November	Susan Thampi	Chembur	
27 th November			Vaishali Shinde
29 th November	Kamalini Suchitta	Andheri	
30 th November			Dinkar More

**Celebrate Your Day & Be Happy Always. May the year ahead bring
Loads of Happiness**

HAPPY BIRTHDAY!

Sweet Notings
Sharon Pires

Every child is a different kind of flower, and all together make this world a beautiful garden.

Each child is a blessing from God, a beautiful creation, with unique talents and capabilities. We as adults need to recognize this and nurture them and help each child blossom and grow into the person God wanted them to be. Let their personalities flourish and together create a beautiful world, of colour, charm and grace. Don't we love to see a variety of flora when we take a walk in a park or relax in a nearby garden... flowers, fruits, leaves and grass in a variety of colours, shapes, sizes and textures --- truly a sight to behold! Let us encourage unity in diversity... a beautiful garden for our children to experience and enjoy.

While we try to teach our children all about life, our children teach us what life is all about.

Angela Schwindt

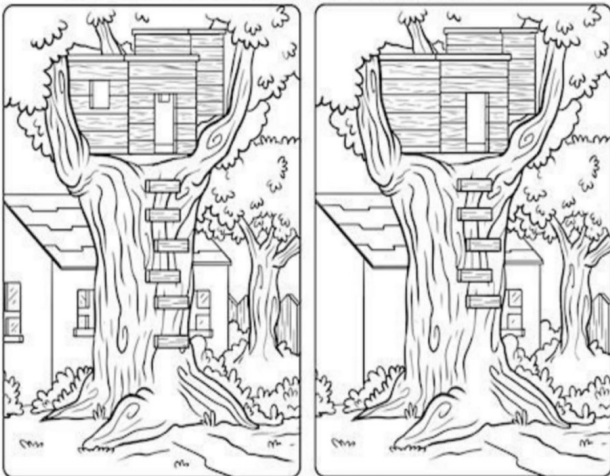
We as parents and elders, are always giving advice and direction to our children. Yes, we want what is best for them, we love them and want to protect them, but in doing so, we often limit them, question their capabilities and curb their dreams. Times are changing rapidly. We are living in a Volatile, Uncertain, Complex and Ambiguous (VUCA) world

where resilience needs to be built. We need to let our youth experiment and take risks. There is so much we can learn from our children. They are exposed to new technology and ways of doing things quite different from what we experienced. We have taught our children when they were young, now let us be open to learning from them, and there is so much they can teach us about life, if we are open to making some changes. I repeatedly noticed that when something spills in the kitchen, I get so upset especially if a meeting is coming up, my teenage son will just clear up the mess in a second. Forget it mum you cannot use it anyway. Oh, how cool is that, I got to learn this trick from him. My daughter has taught me so many good tips on cooking and quick and easy ones at that. It's not rocket science mum, if you know it you can do it. As a parent or teacher we are not perfect, we make mistakes, we get upset, we lose our patience... just as we would like the benefit of doubt, can we give that to our children, they too have to face so much in this competitive world, very different from the one we grew up in. Let's build them up, learn and grow with them. Wishing every child a Happy Children's Day and a fulfilling childhood.

Wisecrackers

SPOT THE DIFFERENCE

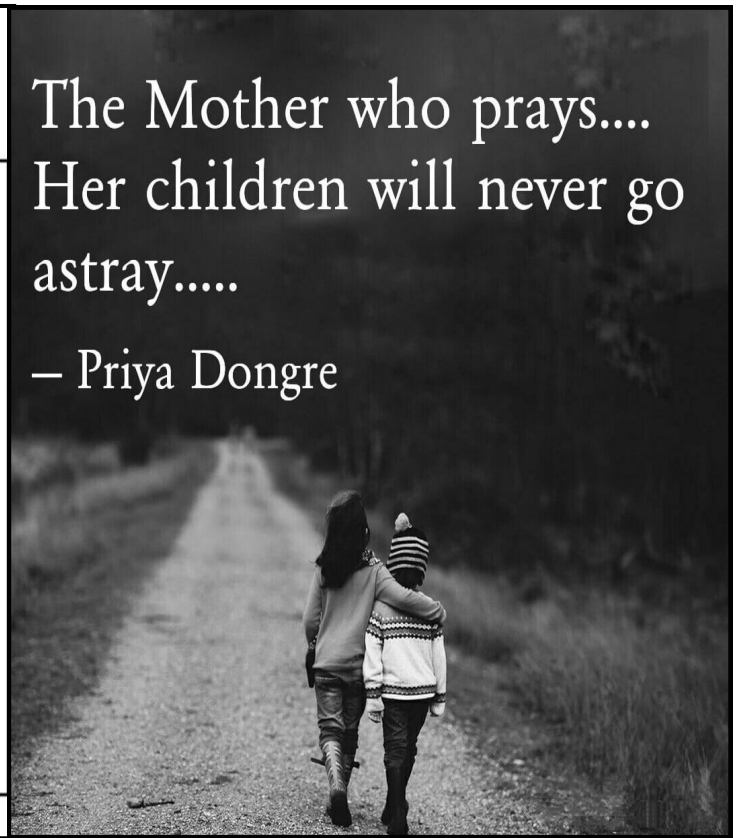
Can you spot the 8 differences between these two pictures?

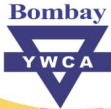


Free printable courtesy of PrintFree.net

The Mother who prays....
Her children will never go
astray.....

— Priya Dongre





YWCA OF BOMBAY

**On this Children's Day
gift a child basic needs
& bring Joy**

Donations will be used for the welfare of children in communities and shelter homes.

BANK DETAILS

YWCA of Bombay
Name of Bank: UCO Bank
Branch: Nariman Point
A/c No: 03860100009540
IFSC Code: UCBA0000529



Donate and avail of tax exemption u/s 80G.

After making the donation online, kindly send PAN no., address & payment details to acc.manager@ywcabombay.co.in for acknowledgement letter & receipt.



YWCA of Bombay *Diwali Dhamaka*



The Festival of Sweets



- Besan laddoo - Rs 600/-kg
- Methi laddoo - Rs 650/- kg (Rs 25/- per piece)
- Bhajni Chakli - Rs 450/- kg
- Poha Chiuda - Rs 350/- kg
- Karanji - Rs 22/- per piece
- Shankarpali - Rs 350/-kg
- Nankatai - Rs 250/- kg



Minimum order of 6 pieces to be placed for Karanji & Methi Laddoo

CONTACT: 9820907672 / 7507635382

Home delivery is available as per actuals

Orders will be accepted till November 6th, 2021



Learn Culinary Art at YWCA

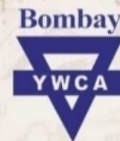


Admissions
open

- Craft Course - Cookery, Bakery & Confectionery
- Craft Course - Bakery & Confectionery
- Affiliated to Maharashtra State Board of Skill Development
- Internship will be provided at 5-star hotels

For more details kindly contact
Nachita Desai - 9969481083 / 9769097448

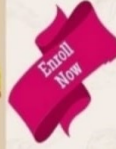
Empowering Women



Empowering Women



Admissions open for
Short-term Bakery Course



Hurry!!!

Batches are filling up fast

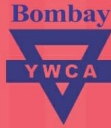
For details, contact

NACHITA -9969481083/9769097448

International Centre : 18, Madame Cama Road, Fort, Mumbai - 400 001.
e-mail: ywcaic@mtnl.net.in

Ph. : 2202 5053 / 22826814

YWCA of Bombay



Online Care-giver Course

Starting soon

Eligibility criteria

Qualification: Passed Std 7

Medium of instruction: Marathi & Hindi

Duration of course: One month

Fee: Rs 500/-



Certificates will be given to all participants at the end of the training.

Contact for more information
Nirmala Samel: 09867683489
Nisha Misal: 09820907672

Empowering women.....
Keep yourself warm & energetic this monsoon



Specially for you.....

1. Puran poli - Rs 20/- (per piece)
 2. Methi Ladoo Rs 600 Kg/- & Rs 25/- per piece
- Once you taste.....you will come back for more

Place your order 2 days prior
9820907672/ 7507635382



All hygiene & safety norms are followed as per Covid-19 protocol.



YWCA of Bombay

Annadata Tiffin Service

We deliver nutritious & delicious meals from Bandra to Churchgate.
Orders are accepted from 9am to 5pm on the previous day on phone.

Lunch: Veg-Rs 140/- & Non Veg-Rs 175/-



Call us on

9820907672/ 022 23096544/ 022 23096555

We also provide tiffin service for the home-quarantined.

All hygiene & safety norms are followed as per Covid-19 protocol.

We are sure you will love the experience.

VACANCY

YWCA of Bombay invites applications for the post of Female Nursing Tutor.

Requirements

- ANM/GNM with knowledge of Computer
- Age: 20 - 40
- Fluency in Marathi, Hindi & English

Please apply to YWCA of Bombay, 75, Motlibai Street, Near Maratha Mandir, Mumbai 400 008 .

Email: admin.secretary@ywcabombay.co.in



Courses available

@

YWCA of Bombay

Basic Beautician - 3 months
Rs. 670/-

Advanced Beautician - 6 months
Rs. 3,150/-

Basic Mehendi - 3 months
Rs. 670/-

For further details contact

Byculla: Sulbha - 07738823178

Fort: Kiran - 09869652178

Belapur: Meenakshi - 08425972871



Women's Development Unit

Neeta Dabre

Community staff's report

Balwadi:

Balwadi teachers distributed monthly meal boxes and Kellogs packets at Belapur, Chembur, Fort, Byculla and Borivali centres for Balwadi and study class children in September.



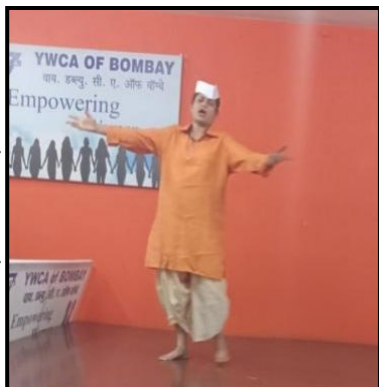
Online sessions/activities were conducted on different topics by the placement students of Xavier's to Fort community and Nirmala Niketan to Belapur, Chembur, Borivali.

Staff Capacity building (Community Staff) :

1. Ms. Neeta Dabre conducted a session on **Effective Team Building at Workplace** with 16 community staff on 17th September.
2. On 17th October a training on Rationing Issues was organized by Goraknath Avhad, Rationing Kriti Samitee for community staff.

Special Event

Teachers' Day programme was organised on 9th September, at Byculla. The cultural programme was presented by the community staff. Neeta Dabre, Assist Co-ordinator and Priya Dongre, Admin Secretary praised all the teachers for their good work and gave them prayerful greetings on behalf of YWCA. Ms. Nachita Desai expressed her thoughts on behalf of the teachers. Games were conducted and



prizes were distributed. The programme ended with the National Anthem.

Capacity Building

On 7th October an awareness on Legal Aid was organised by the District Legal Service Authority, Bandra for 45 beneficiaries at Byculla. Hon. Justice Mali, Advocate Aileen Marques and Mr. Lad, Secretary of DLSA were present.



On 14th and 15th September a two-day **Disaster Management**

training was organised for 50 VTC students at City Civil Institute, Parel.



Health

1. General Medical Health Checkup Camp by L&T was held at Byculla on 8th September.
2. **Eye Checkup Camp** was conducted by Aditya Jyot Foundation at Byculla on 7th October for 58 beneficiaries.



Nursing

Success story of Care-giver course: Ms. Rupam Shettye, a young and enthusiastic lady was working as a utility staff in Salvation Army before the Covid pandemic and was earning Rs. 5,000/- per month. Her husband who was a film editor in the film industry lost his job due to the lockdown. Ms. Rupam and family faced severe financial problems since she was the only earning member. In May, Ms. Rupam and her husband successfully completed the Online Care-giver Course conducted by YWCA. With the skills and knowledge imparted to them during the course, Ms. Rupam could confidently take up the job of a care-giver to look after a senior citizen for 24 hours. She is now earning a salary of Rs.30,000/- per month.

Vocational Board final practical exam of Bakery, Cookery-Confectionary and Nursing Care Batch 2020-21 was conducted at Byculla from 4th to 6th October



Asha Kiran Shraddha More

1. Online session held on 24th September with 6th and 7th Std. students and on 30th October with 8th, 9th and 10th Std. students of Fidai Bagh School. Topic was “Adolescent”. 57 attended from 6th and 7th Std. and 80 attended from 8th, 9th and 10th Std. It was an interactive session.
2. Placement given to Ayesha Shaikh at Animedh Trust Garment Factory, Andheri-E. She is now drawing a salary of Rs.8000/-.
3. Asst. Co-ordinator Shraddha More was selected for Mahila Dakshata Samittee at D.N.Nagar Police Station, Andheri West.
4. Nutrition packets received from Decimal Foundation, were distributed among Study Centre and Crèche students.



5. PSI JijaBai Satpute of D N Nagar Police Station approached us on 7th October to give information about Police Helpline numbers to our Residents & Guests.
6. CHSM (Cooperative Housing Society Management Course) Certificate Distribution was held on 6th October. 15 attended along with Shobha Bhalla CP, Members Komal Oberoi and Flory D'Souza and Staff Anita Singh and Shraddha More. Guest lecture was given by Vijay Samant.
7. Total 16 students have successfully completed the Bridal Mehendi Course. Certificates will be issued.
8. A two-day Bakery demonstration was conducted by Andheri member, Sharon Solomon on 27th and 28th September. 17 students were taught to make cake, biscuits, cookies, khari, nankatai, patties and garlic bread.



Shelter Homes

Shoba Philip

Nirmala Niketan students conducted sessions with 16 residents on

- Good and bad touch
- General knowledge
- Drawing
- Paper craft
- Movie dialogue

- Menstrual hygiene and how to use sanitary pads
- Action song
- Career guidance

Online session was conducted with residents on Understanding Goal-setting and Vision in life by Arti Mansingka from ICHARS

Area Reports

Christina

In October the newly elected President Sharon Pires, Membership Chairperson Aneesha Reuben, General Secretary Shoba Philip along with Mem-

bership staff attended all the area meetings. The old Committees were dissolved and new Committees formed. The details are given below:

Area	Present	Date	Chairperson	Secretary	Treasurer	Committee Members
Andheri	32	Thursday 7 th	Indira Jenna	Vimala Raichur	Neelam Sharma	Meena D'Souza Juliet Solomon Shama Chatterjee, Tehseen Ahmedabadwala
Bandra	35	Saturday 9 th	Flavy D'Souza	Jacinta Lobo	Clotilda D'Souza	Alice Panikal Helen Mathew Patricia Furtado Fatima Gomes
Borivali	11	Saturday 9 th	Angela Fernandes	Agnes Monteiro	Yvonne D'Souza	Lalitha Fernandes K. G. Kori Kamala Raghupati
Belapur	10	Saturday 9 th	Mercy Itty	Dolly Soloman	Yasmin Kuruvilla	Myrtle Shipley Suneela Arun Kumar Chandraprabha Nundy
Byculla	12	Tuesday 5 th	Vanita Narvekar	Jayshree Bardey	Emema Christy	Vimal Alex SMP Cynthia Lavina Shirsat Rekha Joshi
Chembur	7	Friday 8 th	Mary Cheru	Nisha Gopalan	Lovey Pariyaram	Annie George Nita Susan Jacob
Fort	6	Wednesday 6 th	Elaine Fernandes	Mrudul Raiborde	Prabhavathy Christdoss	Laila Furtado Teofilda Pinto Indira Pimento

ASHA KIRAN : 53, J. P. Road, Andheri West, Mumbai-400 058
e-mail: ywcaandheri@rediffmail.com

Ph. : 26702831/ 26702863

Programmes and Committee Meetings for November 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Byculla Area 11.00 am Spiritual Emphasis 3.00 pm	3 Fort Area 4.00 pm	4	5 Holiday	6 AK & DDH Meeting 2.00 pm Bandra Area 3.00 pm
8 LWH Meeting 2.30 pm	9 ABH Meeting 3.00 pm World Week of Prayer 5.00 pm Online	10	11 Borivali Area 11.30 pm PASI Meeting 2.00 pm Andheri Area 3.30 pm World Week of Prayer 5.00 pm Online	12 Shelter Home Meeting 11.30 am Chembur Area 3.30 pm Anugraha Meeting 6.00 pm	13 PR Meeting 9.00 am International Centre 10.30 am Belapur Area 12.00 noon WDU Meeting 2:00 pm World Week of Prayer 5.00 pm Online
15	16	17 General Hostels 2.30 pm	18 Buildings 3.00 pm	19 Jottings Meeting 4.00 pm	20 Personnel Meeting 10.30 am PIYA Meeting 11.30 am Membership Meeting 2.00 pm
22 Finance Meeting 2.00 pm	23	24	25	26	27 Board Meeting 2.00 pm
29	30				

BYCULLA : 75, Motlibai Street, Near Maratha Mandir, Byculla, Mumbai 400 008.
Achamma Bhavan Hostel, Institute of Nutrition and Baking
Vocational Training Institute. email : ywcajottings@gmail.com
website: <http://www.ywcabombay.co.in>

Ph. : 23096544
23096555
23020469