



Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 59

March 2015

For Private Circulation Only

EASTER - THE GLORY OF THE INCARNATION



OUR REGULAR PROGRAMME

SUNDAY MASSES

Morning

6:30 am (English Mass)
7:30 am (Konkani Mass)
8:45 am (Parish Mass)
10:00 am (Children's Mass in the Church)
10:00 am (English Mass in the Community Hall)

Evening

4:15 pm (Hindi Mass)
5:30 pm (English Mass)

Weekday Masses:

6:30 am, 7:30 am and 7:00 pm

Wednesday

Novena to Our Lady of Perpetual Succour after all Masses

Thursday

Holy Hour: 6:00 pm to 6:45 pm (Except Thursdays before 1st Friday of the month)

First Friday:

Holy Hour 6:00 pm to 6:45 pm

Fourth Friday:

Intercession through the Divine Mercy Chaplet at 7:30 pm in the Church

Catechism for Children:

From 8:45 am to 9:45 am every Sunday

Confessions:

Weekday 6:30 pm and Saturday 6:00 pm to 7:00 pm

Baptism:

2nd and 4th Sundays at 11:00 am

Pre-nuptial Enquiry:

by Appointment

Wedding Mass Timings:

Monday to Saturday

Disparity of Cult and Mixed Marriage: 3:00 pm

Catholic Weddings: 5:00 pm

All Thursdays and First Fridays: 4:30 pm

Sunday: 5:30 pm (Scheduled Mass)

Sick Calls:

At any time

Centre for Community Org., (Tel: 28269326)

Mon, Wed, Fri (10 am to 12 Noon)

Tuesday, Thursday (6 pm to 8 pm), Saturday and Sunday-Closed.

Parish Office hours

9:00 am to 12:30 pm (Mon to Sat)

4:30 pm to 8:00 pm (Mon to Fri)

4:30 pm to 7:00 pm (Sat)

Tel: 28362110, 28202087

e-mail: h2h.bulletin@gmail.com

Website: www.sacredheartandheri.net

Forthcoming Events

Blessing of the Palms – Saturday, March 28th

06.45 pm – In front of the grotto, followed by procession and Palm Sunday Mass

Palm Sunday – March 29th

Maundy Thursday – April 02nd

10.00 am – Mass for the sick and elderly

07.30 pm – Mass of the Last Supper of the Lord, followed by Adoration till mid night.

Good Friday – April 03rd

07.00 am – Way of the Cross for all by PYC (English)

09.30 am – Way of the Cross (Konkani)

11.00 am – Way of the Cross for Sick and Elderly by Senior Citizen Cell

12.00 pm – Divine Mercy Novena (Begins this day)

06.00 pm – Celebration of Lord's Passion

Holy Saturday – April 04th

07.30 am – Meditation on the seven sorrows of Mother Mary followed by the Divine Mercy Novena

08.00 pm – Easter Vigil and Mass of the Resurrection of our Lord Jesus

Easter Sunday – April 05th

07.30 am – Konkani Mass

08.45 am – Parish Mass

10.00 am – English Mass

There is NO evening Mass.

Divine Mercy Novena – April 5th to April 11th (after each Mass)

Triduum in Preparation for the Feast of Divine Mercy – 9th April to 11th April (During 07.00 pm Mass)

First Holy Communion – April 11th at 5.30 pm

Divine Mercy Sunday – April 12th (Feast Mass at 08.45 am)

Easter youth gathering for all unmarried youth between the age group of 16 – 30 years – April 19th

Throw ball for girls between the age group of 16-25 years – April 24th to 26th

Rink Football for boys between the age group of 16-25 years – June 5th to 7th

Triduum in Preparation for the Feast of Sacred Heart – 11th June to 13th June

Feast of The Sacred Heart – June 14th

THEME

EASTER - THE GLORY OF THE INCARNATION

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From the Pastor's Desk

My Dear Parishioners,

We have just spent about 40 days in prayer, fasting, abstinence and charity. It was a time for introspection – to look into our own lives, discard things and habits that kept us away from God and from one another and reconnect ourselves with God and with our fellow brethren. It was an occasion to understand 'the cross' being an intrinsic part of our lives, but with a noble purpose. Christ came into this world as our Savior. He was God-incarnate, taking the human form and going through pain, suffering and death on the cross for our sake. But the good news is that all this culminated in His resurrection. In this sense, Easter is truly the glory and crowning of God's incarnation!

So, it is time for us to celebrate Jesus' rising from the dead! It is the greatest feast of all, Feast of all Feasts – the Resurrection of Jesus Christ! As we will gather in the darkened Church grounds to celebrate the Easter Vigil, we will be reminded of the power of one candle. The Paschal candle lit from the Easter fire has the ability to illumine the entire Church grounds and banish darkness. From that one candle the flame is shared and diffused throughout the assembled worshippers until hundreds of reflections of that light will bathe the entire grounds in a warm glow. All of which is a powerful symbol of the power of the resurrected Christ to cast out the darkness from our lives. Easter is the center of Christian faith and worship. All our faith, all our hope rests on the resurrection of Christ. If Christ did not rise, all our sufferings and crosses would have no meaning.

Recently, I read a story about a boy who lost his sister. After a week when he returned to school, seeing him sad and forlorn, the teacher asked him what had happened. He said that his little sister had died and that he had seen people placing her body in a coffin and later burying her in the ground. The teacher who was very sympathetic and a firm believer took the boy to the window still where they had planted a few seeds, about two weeks earlier. She showed the boy the pot where there were new shoots coming up. "Don't you remember what we did some days ago? We planted seeds in this pot. Now pull up one of these plants and see what happened to the seeds." The boy did as asked, and pulled up one and saw the decaying seed. "See," the teacher said, "that seed we planted is dying – but from that a new shoot has come up which will grow into a beautiful plant that will flower and bear fruit. Your sister, even though dead now, will live again in a new manner."

Yes, dear brothers and sisters, this is what we believe. Jesus, the one who was crucified, died and buried, is living now. He has risen from the dead, to a new life in which we rejoice today. And we believe that not only has He risen, but that we too will rise again to a new life after our death. We need to celebrate and praise and thank God for the gift of Resurrected life of Jesus. But, more importantly, we need to see the risen Lord in our everyday life, particularly in our homes.

And how shall we do that? During lent all of us recognized the sins we were in, realized they were no good for our life and for the life of our family, asked forgiveness from God, and made resolutions to turn away from them. Some of us must have gone for spiritual renewals and I am sure, all of us concluded that the best thing for our life is to stick to our resolutions.

Going a little deeper, some of you, especially the ones who were drinking excessively made a resolution not to drink during lent. You got out of that habit for the sake of lent, and that was definitely a way of getting away from a situation or a state leading to sin. I want to ask these men or women, how you felt being there without drinking excessively? Did you not find more time to be with your family? Did you not experience peace and love among you all? Was it not a situation when fear was taken away from the family members and closeness and warmth felt? The Risen Lord is asking you to continue with your new habit of not drinking or drinking in a limited manner so that you experience the resurrected life of Jesus without sin and start loving your family. Instead of creating fear and sadness, bring in joy and laughter. Another definite way to live the resurrected life of Christ is to forgive people who have done you wrong, especially members of your immediate family, and celebrate with them a life of reconciliation, and taste the love of God in your family. The only way to experience forgiveness from God is by forgiving others. Roll away that stone of drunkenness, of hatred, of jealousy and competitiveness, to see the Risen Lord in your life and in the lives of people you hated, did not forgive, was jealous of and competing with.

And finally, my dear brothers and sisters, a strong faith in the Risen Lord is the key to our life with Him, to experience it, to benefit from it and to live by it. Abraham, the father of faith did not hesitate to offer his own son, as willed by God. But God spared his son and blessed him and made him father of nations. Let us be steadfast in our faith. The empty tomb and the folded shroud alone would not have been sufficient for the disciples to accept Jesus' resurrection. The key factor was the gift of faith!

"A dead Christ would have been a great teacher like Socrates or Gandhi, but it is only an alive Christ who could be the Emmanuel; a dead Christ would have commanded our respect, but it is only an alive Christ who could command our worship; a dead Christ would have been a subject of history, but it is only an alive Christ who could be the subject of our faith" (John's Homilies on Seasons – Lent & Easter, pages 163-164).

Yes, my dear parishioners, it is time to celebrate with the Risen Lord. Let us be happy with the Lord and with one another. Let us be part of the resurrected life of Jesus Christ, already here on earth. I wish each one of you a very happy Easter. May the Risen Lord live in your hearts and in your homes!

- Fr. Lawrence Correa, SVD
(Parish Priest)

Publisher: Fr. Lawrence Correa SVD

Editorial Team: Fr. Innocent Fernandes SVD, Fr. Mathew Ezhuparayil SVD, Fr. Wilson Wilfred SVD, Antonette D'sa, Sarita Almeida, Lorna D'silva, Ancy Fernandes, Irene Menezes and Rohit D'Almeida

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EASTER: THE GLORY OF THE INCARNATION



At Easter, we delve on the mystery of the resurrection although it is much beyond the grasp of our human minds. One of my theology professors, Fr. George Soares, would say that resurrection is 'A-Real' meaning, it is beyond any conceivable reality that can be examined and explored. It can never be explained with empirical terms because it surpasses reality.

Christ's earthly life is perfected and is crowned, so to speak, by His resurrection. Easter is a time to see not only what is fulfilled in Christ's death and resurrection but at His incarnation. Incarnation and Resurrection are the two peak points of Christ's life. In Incarnation "the Word made flesh and lived among us". In it, is the personification of God in Jesus, who takes human form and assumes all of our reality in its completion, The self-emptying and embodiment of the Creator within creation is brought to its fullness in the Resurrection, for the entire universe. Thomas Merton says, "For in becoming human, God became not only Jesus Christ but also potentially every man and woman that ever existed. In Christ, God became not only 'this' man, but also in a broader sense and more mystical sense, yet no less truly, 'every man'. The space-less and time-less God enters our history through His incarnation in order to consecrate it and to bring it to its glory by His Resurrection.

Consequently, Easter is about Resurrection not only HIS but also ours. Easter is about our new beginnings and eternity. Easter is about victory and freedom of our lives. It exuberates joy and beauty of our earthly lives. Furthermore, it embraces the human purpose and the meaning of our everyday lives. Christ rising to new life never to die again is the triumph and salvation of all, to eternal life.

Today, the world has an unprecedented ability to communicate ideas and an extraordinary capacity to produce goods. Science has made giant strides into space as never before. Medical research has advanced insights regarding health issues, yet we find ourselves limited and often faced with the reality of our mortality. There is no triumph as great as to answer the ultimate question in life. In resurrection, the triumph of life is manifested. In the risen Christ, it is conquering death and overcoming the limits of life. We victoriously claim that there is no grave deep enough to leave us buried or a stone too heavy that cannot be lifted or an evil too strong to be overcome! In Christ, mortality bows to eternity. Resurrection brings in hope in Christ, "This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun." (2 Cor 5:17). No, in all these things we are more than victorious through Him who loved us. (Rom 8:37)

Is there hope? Is there life? Is there reason for joy?

Fr. Joaquim Fernandes, SVD

THE SON HAS RISEN



'Early on the first day of the week while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb.' (John 20:1)

What drew Mary to the tomb while it was still dark? Certainly, her profound love for Jesus drew her to the tomb; most daringly she went to the tomb while it was still dark. Mary Magdalene's heart which was filled with love for the Lord, instilled in her great courage; for 'There is no fear in love, but perfect love casts out fear.' (1John 4:18)

What could have been Mary's disposition as she was approaching the tomb? Pain may have been piercing through her already pierced and wounded heart; bitter tears must have blinded her eyes, grief may have been gripping her heart as she approached the tomb. Mary Magdalene had witnessed the crucifixion of Christ; she had seen His brutally bruised body, she had also seen the place where they had laid Him. Certainly, she did not expect to find an empty tomb and Jesus raised up to glory. Our human mind is too small to comprehend the marvels of God. Jesus had told these two sisters of Lazarus, Martha and Mary that they would see the glory of God if they believed (John 11:40). All that Jesus wanted of them and of

His apostles was to believe. Jesus wants us, also to believe in Him; trust Him totally and trust His Word and believe in all His promises. His promises are true; each of these promises have already been fulfilled for the Word of God tells us, "For as the rain and the snow come down from heaven and do not return there until they have watered the earth... so shall My word be that goes out from my mouth; it shall not return to me empty..." (Isaiah 55:10-11). Sometimes, we do not really understand how God works in our life, mysteriously and marvellously. We may panic as soon as we see things going wrong, but He knows the Best, He has a better plan for us even if things are going wrong according to our human thinking. God has a better plan for our future, He will not reveal everything to us at one time but little by little, He will show us the way as we begin to place our trust in Him. Even if we do not see any light in our situation, even if it seems to be the most hopeless of all situations, let us hold on to Him, let's place our trust in Him, He will see us through our darkest situation. The Cross of Christ was the darkest of all deaths but there was a great light that shone on the day of Resurrection; that light has redeemed us all. "For surely I know the plans I have for you, plans for your welfare and not for harm, to give you a future with hope (Jeremiah 29:11)."

**Josephine Fernandes
Community No. 21 - St. Paul's**



The glory of the incarnation is that it presents to our adoring gaze not a humanized God or a deified man, but a true God-man – one who is all that God is and at the same time all that man is: one on whose almighty arm we can rest, and to whose human sympathy we can appeal.

- Benjamin B. Warfield

CCO ON THE MOVE...

A FRUITFUL LIFE BLESSES OTHERS AND RECEIVES GOD'S BLESSINGS IN RETURN



In order to experience all the blessings God has in store for us, we must step out of our small box and dive into the large box of God's love. Sometimes it's difficult to have a God sized life view and experience God but when we learn to really trust God, we'll see Him do great things for us.

The annual All Association's Day was celebrated on 8th February 2015. The CCO team sincerely thanks our Parish Priest and Director of the CCO, Fr. Lawrence Correa SVD, and our Clergy Team for their constant support and guidance in all our activities. We also wish to thank all the members of our parish Cells and Associations who attended the program. We hope they enjoyed it as much as we enjoyed organizing it.

The PAC meeting was held on 19th February 2015. The forthcoming planned activities of Cells and Associations were announced and discussed.

The Community Welfare Fund Committee and St. Vincent de Paul in coordination with the CCO help our needy parishioners in a smooth and seamless manner. All other Cells/Associations/Groups and Committees are functioning well and to their optimum, by conducting many activities which are published in the bulletin from time-to-time.

SARPI an organization working for women's empowerment had put up a stall on our parish grounds for the sale of their products, made by the women members of SARPI. They have thanked all our parishioners for patronizing their wares.

Fresh registrations for the various Government Schemes in different fields of education have been announced. All our student parishioners who are appearing for Class Xth and Class XIIth Board Examinations can now register their names for these schemes. After their official results are declared, they are required to fill the appropriate forms and submit the same to the CCO office during office hours. Kindly take advantage of these schemes and avail of the facilities made available to Christian Minorities by the Government.

We may often find ourselves being too busy for our own good. We need to slow down and take a pause when necessary, in order to give our best in whatever we do. We thank our Lord for His Grace and Love and for deigning us to be fruitful!

Sandra Cranston
CCO Coordinator

HE IS THE WIND BENEATH MY WINGS



Christianity is acquainted with suffering and grief – and from this arises a hope in the fidelity of God (Isaiah 53). How can we keep our faith alive? As Christians, we need to share our Resurrection experience with one another which in turn would encourage us to strengthen our commitment in the Lord. Here is one such story, of Sandra Cranston whose indomitable spirit and unwavering hope in God, is truly an inspiration. Read on....

Born to Goan/Portuguese parents, **SANDRA CRANSTON** is the youngest of five siblings and was fortunate enough to have had the best of the material world. Hers was a devout family that emphasized on practicing good values along with a good education. She can still vividly recall as a toddler sitting on her mother's lap and learning to say her prayers. A typical day in their family would begin with Mass and end with the recitation of the family rosary. As a kid, the Church compound back home was the play ground and then as a teenager, taking part in every Church-held activity was a natural progress. Living in the vicinity of the Church, she was in and around the Church premises everyday, so much so, the Church came to mean a second home for her. And hence, it is not surprising to see Sandra in and out of the Sacred Heart Church, very much like old times for her! Armed with a B.A., B.Ed., and Masters degree in English Literature, an educationist and ex-principal of a school in Central Mumbai, Sandra belongs to Community No. 33. She is presently the coordinator of the parish Community Centre Organization.

Sandra fondly recalls those early years of 1990s, when she set up home in Andheri East. Soon enough, she found herself being actively involved with the parish – as a founder member of the Women's Cell, as a Catechist, Lector, Animator and other parish related activities. It is with pure and unbridled nostalgia that she remembers the Masses held at the Canossa basement, then moved to the small tin/asbestos shed and finally to the present magnificent Church. Taking children to the Canossa convent and later to St. Arnold's School for catechism classes and bringing them back to Church for Mass was an amazing experience. She tells, "When I look back, it gives me immense pride, joy and a sense of belonging."

CONSTANTLY RE-DEFINING ONESELF - PERCEPTION TOWARDS LIFE

When asked about her perception and outlook towards life, she said: "There are things known and there are things unknown, and in between are the doors of perception. It's important to be conscious of one's perception because if one is not, someone else will create it for you. Hurdles will always be there, but one has to just keep moving, constantly redefining oneself." For Sandra, when hurdles come her way, she somehow gets the energy from within to overcome them, be it at her work place, in her family life or her personal life. In life, it is important for us not to forget the origin and purpose of one's existence. She adds, "Every person we meet prepares us for a divine unique calling, a calling that is so special, so important, that our ego has to be left behind to serve others."

THE GREATEST GIFT – ONE’S VALUES

The greatest gift one can give one self is imbibing the right 'values'! Being appreciative, having an innate belief in others, being caring and loving, being committed, cooperative, respectful and tolerant, are some of the values that cannot be bought or taught. They have to come from within. When one is happy he/she is honoring his/her values and when one is angry, there is a sharp disconnect seen between one's values and life. She agrees that she encounters several instances every day which tests her patience, her character and her thought processes. Often it affects her peace of mind. At such times, it is her inherent values that guide and shape her priorities and reactions. Being blessed with a generous, kind, reasonable and loving nature, has helped her and her husband to go out of their comfort zone to reach out to the marginalized children and work as volunteers with NGOs in Africa, Dubai, Mumbai and Goa.

CHURCH IS THE ARMS AND HANDS OF JESUS - PRIORITY IN LIFE

For Sandra, Church and God top her priority list. She says she comes to Church to gain much more than she gives, to love and to be loved. All individuals go through troubles, face dilemmas and disappointments in life, and wrestle with discouragement and endless heartaches. Life can be cruel in a fallen world. In this kind of situation, she believes being in the Church means listening to someone, also having someone listen to you, get an encouraging word, a hug, a smile and share your joys and sorrows. For her personally, the Church has become the arms and hands of Jesus in countless ways, and He gives her the opportunity and occasion to do it. She takes it not as a duty, a chore or a burden, but as a learning experience, a renewal of peace and power in the midst of her trials, pains, fears as well as joys. Every day becomes for her a moment of learning something new, something good from the events happening around her.

GOD HAD HIS PLANS – A LIFE TURNING MOMENT

Her world completely fell apart five years ago and life changed overnight, when she lost her only child, her 20 year old son who had joined the merchant navy. Following this personal tragedy, life lost all meaning and stood still for months together for the Cranstons. Unanswered questions, fears, doubts and uncertainty of not knowing what to do and where to go, continued to haunt Sandra every moment. She did not want to join her husband who is based in Dubai, nor did she want to be with her extended family in Goa. After many months

of mourning and after much coaxing and cajoling from her husband, she agreed to visit her sister in London. She stayed there for 4 months. But despite all the comforts afforded to her, Sandra yearned to be back home, to familiar surroundings. Even after her return to Mumbai, there was no marked change. She did nothing. Gradually, with the passing of time, she grew to accept the invincible reality of her life! She says, "God had His Plans." Since then, life took a 360 degree turn - life was never to be the same again for Sandra!

She joined the parish CCO as a coordinator and slowly began to perceive life in a different way. It helped her grow and made her alive. The tears and pain of losing her son still remain but she has realized that God is always there with her, guiding and directing every step and what could be more comforting than this? To hear the Lord say "Be strong and courageous, I will grant you strength to overcome this adversity and any other." She strongly believes in the saying: "He heals the broken hearted and binds up their wounds" (Psalm 147:3)

EASTER IS A TIME OF JOY, CELEBRATION AND NEW LIFE

Asked what Easter means to her, she had this to say: "Easter is a time of joy, celebration and new life. Jesus' resurrection shows us that nothing is impossible with God and this fills us with great hope." Therefore, she feels that this experience of Easter can be shared, by working together for the less privileged and bear the fruits of love, joy and peace, to make this world a better place for everyone to live. She is of the view, in all our efforts to move towards the future in Hope, the Church needs to walk, worship and work together, to energize the journey of faith.

KEEP GOING & GROWING - MESSAGE TO THE READERS

"Be thankful for what you have, you'll end up having more. Everything that irritates us about others can lead us to an understanding of ourselves. Change the way you look at things and the things you look at will change."

"The purpose of life is to discover your gift. The work of life is to develop it. The meaning of life is to give your gift away"

"God didn't promise that life would be easy, but He did promise to be with us on every step of the journey. So keep going and have a fruitful life."

Interviewed by Sr. Natalia D'Souza, SSps

ENHANCING LIVELIHOOD OPPORTUNITIES AMONG THE TRIBAL COMMUNITY AT TALA

Janseva Society, Tala is an initiative of the Society of the Divine Word (SVD) of India Mumbai Province (INM) working in the Archdiocese of Bombay. Tala is one of the 15 blocks/talukas of Raigad District of Maharashtra State, which is situated 150 km away from Mumbai. It has 26 Gram Panchayats and 170 villages, out of which 22 villages are Adivasi hamlets (primitive tribe) and 3 Dhangar villages (shepherd group). Their population is around 10,000 in number.

These tribal communities are the most marginalized as they do not hold land of their own. They live either on the mountainous terrain or in the fringes of forest area away from the modern world. In most of the villages there are no approach roads, electricity and running tap water. During the rainy season they work as landless laborers and at other times, 95% of them migrate to distant places in search of livelihood and work as bonded laborers for almost 5-7 months. When migrating, school going children are forced to quit school and go along with their parents in order to look after their younger siblings while their parents are out on work.

Janseva Society strives towards the holistic and sustainable development of the Kathkari tribe and the Dhangar community and is also open to other deserving poor group of Marathas. Fr Cosmos Ekka, SVD, is an enthusiastic and dedicated person who is presently in charge of Janseva Society, Tala. He and his team, through their constant visits to the villages attend to the needs and development of the tribal communities.

Some of the socio-economic and cultural activities undertaken by Janseva Society Tala are as under:

Educational Programs

Objective: To promote integrated and sustainable education.

Activities: Supplementary class, computer class, value/adult/health education, English coaching, sponsorship of children's education, forming children's parliament (Bal-Sansad).

Livelihood Programs

Objective: To promote sustainable livelihood opportunities based on people's needs.

Activities: Promote small scale (IGP) income generation program, skill training (education linked to livelihood), tailoring, driving, promoting livestock development (goat rearing, chicken farming), promoting organic farming as a means of livelihood, linkage between bank and financial institution.

Panchayat Raj (PRI) and Govt. Schemes

Objective: To promote good governance at the local level.

Activities: Awareness campaigns, training in Local Self Government, regularization of government documents, organizing visits for wider exposure, availing of government schemes, viz., housing, electricity, roads, promotion of lay leadership and facilitating rural development programs.

Women Empowerment Program

Objective: To empower and promote dignity of women.

Activities: Formation, strengthening and sustaining of self-help groups (SHGs), tailoring and embroidery, pickle and papad making, chicken farming and group goat rearing.

Youth Empowerment Program

Objective: To pool the resources of youth who make important decisions for their own society.

Activities: Training in leadership, personality development, livestock development, capacity building programs, brick making and vocational training.

Environment and Ecology

Objective: To promote healthy environment through restoration, regularization and preservation of natural resources and addressing disaster issues.

Activities: Sensitizing people on the utilization of natural resources through awareness campaigns, encouraging tree plantation, vermin-culture, composting, networking with like-minded NGOs, awareness on issues like global warming, climate change, bio-diversity and ecological imbalances.

We, as a parish community, are keen in helping Janseva Society Tala in some of their economic, social and cultural projects. Our aim is to help Janseva Society in enhancing livelihood opportunities, curb distress migration, promote education, environment awareness, and encourage self-sufficiency and sustainable development in the tribal communities. Thus, not only making a difference in the lives of the tribals in Tala, but also giving us an opportunity to becoming more aware and a socially responsible people!

Susan Noronha Chettiar
Community No. 07 - Good Shepherd

HOW TO BOOST YOUR SELF ESTEEM AND ACHIEVE OUR GOALS IN LIFE

Gautama Buddha, confirmed self esteem, when he mentioned, "You yourself, as much as anybody in the entire universe, deserves your love and affection."

Children, right from age four onwards, exhibit their skills, techniques and talents in some way or the other. A boy of four clearly shows his leaning towards football, bat and ball, doctor's set, toy cars, airplanes etc. When presented with any of these toys, he is quick to dismantle and then struggle to reassemble the same. For girls between the ages of 3-5, it's mostly dolls, a doll's house, kitchen or a dining set or picture story books that they are drawn to. In today's day and time, gadgets like video and techno games seem to catch the fancy across genders. Parents observing their child's interests are quick to conclude their future aspirations. These interests if tapped early and channeled in the right direction in their growing up years, help children to zero on their subjects of interest and build on their future choice of careers.

Much is said of what constitutes one's personality. Let's not confuse it with career choices. Teenagers often build on the characteristics of their favorite hero! Some emulate persons closer home and society. Generally, individuals with strong and attractive personas coupled with good looks and smartness, are considered to have a strong personality often reflecting their upbringing!

'Optimism', 'good self esteem' and 'self discipline' are qualities that help you to formulate your goals. "If we cannot do great things in life, we certainly can do small things in a great way." This saying indeed epitomizes optimism. Optimism is something we need to cultivate with great hope, expectation and confidence, even if it means working against the odds.

"Wanting to be someone else is a mere waste of the person you are." – Marilyn Monroe. Self esteem can be described as the opinion one has of oneself and values it. On the other hand, self discipline is the ability to control, conduct and train oneself. It certainly is will power that helps to correct, regulate and discipline oneself.

A person with an optimistic attitude automatically develops other aspects that go to make up a well-rounded personality. In fact, they are linked to one another. Therefore, an optimistic person

is able to love himself/herself, the way God created him/her and appreciate God's creation of self. If a person does not like himself/herself, he or she can never appreciate the good qualities in others and compliment them. Self esteem helps boost one's image of self. If self esteem is absent, one cannot develop one's personality to the optimum and fails to appreciate others.

I know from experience, how we teenagers often tend to go off track in life and are brought back through the kind and right advices of our parents, counselors or by our own peers. If we continue to be absorbed only with academics, we will find it difficult to build on our personalities due to our lack of exposure to the outside world.

Nevertheless, we Christians should consider ourselves a privileged lot. We are given plenty of exposure and opportunities to mingle with other teenagers, youth and elders. At Sunday school, holiday clubs and camps, we are encouraged to come out of our shells, to tap and develop our talents and creative skills as well as praise and thank our Lord for His marvelous gifts and blessings that He showers on us daily.

Habitual reading, sports and music also help boost one's self esteem and personality and enables us to recognize our inner selves. As the proverb goes, "Successful people don't do different things, they do things differently". Success is personal prosperity. A good home, vacations, travel, innovations, financial security, winning praise and admiration and having leadership qualities, are other aspects that help boost our personalities and pave the way to achieving our long term goals in life. Of course, it's hard to develop a sudden change. It does not occur overnight, though a little effort on our part, faith in God and oneself and in our capabilities coupled with self discipline, will gradually bring about the positive changes desired.

So friends, let's build up on our confidence, rid ourselves of all fears that stand in the way of boosting our self-esteem and achieving our goals. Let's target what we have set out to do!

Maya Sodder
Community No. 09 - Divine Mercy

He by Whom man was made had nothing to gain by becoming Man; it was our gain that God was incarnate and dwelt among us, making all flesh His home by taking upon Him the flesh of One. We were raised because He was lowered; shame to Him was glory to us. He, being God, made flesh His residence, and we in return are lifted anew from the flesh to God.

– St. Hilary of Poitiers



BIBLE QUIZ No. 34 THE BOOK OF LEVITICUS (CHAPTER 1-27)



I) Fill in the blanks choosing appropriate word from the bracket

- On the ____ day the child should be circumcised. (6th, 7th, 8th, 12th)
- The Lord called to Moses from ____ of the Lord's presence and gave him the rules. (tabernacle, tent, camp, house)
- Put ____ on every grain offering. (salt, honey, yeast, ashes)
- Aaron had to bring ____ for sin offering. (young bull, young cow, sheep, goat)
- Leaven and honey were forbidden to be used with ____ offerings. (sin, fellowship, repayment, grain).

II) Answer the following

- What were the two things forbidden to be eaten for the people of Israel?
- Name the 3 places Aaron was anointed?
- Who were Aaron's sons?
- After how many days could the new born baby (female) be purified?
- Name the animals that were considered unclean?

III) Give Chronological Order

- Release of slaves.
- The year of Restoration.
- New Year Festival.
- Passover and Unleavened Bread.
- Harvest Festival.

IV) Give The Verse For The Following

- Do not curse a deaf man or put something in front of a blind man so as to make him stumble over it.
- If you still continue to resist me and refuse to obey me, I will increase your punishment seven times.
- One tenth of all the produce of the land, whether grain or fruit belongs to the Lord.
- Take twelve kilograms of flour and bake twelve loaves of bread.
- Proclaim the following festivals at the appointed time.

Full Name _____ Class _____

School _____ Telephone/Mobile No _____

Family Card No. _____ Address: _____

Please Note:

- The Quiz is only for children of our Parish who are studying in Std. 10th and below. Only one entry per child will be accepted. The answers need to be written clearly, on this sheet only.
- Elders please refrain from providing answers to children.
- Write your name, class, school, Telephone number, Family number and home address clearly
- Drop the answers in the letter box in front of the Parish Sacristy, latest by 11th April 2015
- There are three attractive prizes. If there are many with right answers the prizes will be determined by casting lots.
- Editorial Board's decision will be final and binding.

Answers of Quiz No. 33: I) FILL THE BLANK 01) Zechariah (Luke 1:5) 02) Quirinus (Luke 2:2) 03) Simeon (Luke 2:25) 04) Jerusalem (Luke 2:41) 05) Annas & Caiphas (Luke 3:3) II) ANSWER THE FOLLOWING 06) Holy Spirit (Luke 1:15) 07) 2 days (Luke 2: 46) 08) had seen a vision (Luke 1:22) 09) 5 months (Luke 1:24) 10) dove (Luke 3:22) II 11) desert (Luke 1:80) 12) strips of cloth (Luke 2: 7) 13) 7 days (Luke 2:21) 14) pair of doves or 2 young pigeons (Luke 2:24) 15) Nazareth in Galilee (Luke 2:39) III) MATCH THE COLUMNS 16) Prophetess from tribe of Asher (Luke 2: 36) 17) angel who visited Mary, Elizabeth and Zechariah 18) governor of Judea in the 15th year (Luke 3: 1) 19) Son of the Most High (Luke 1:32) 20) King of Judea (Luke 1:5)

Winners of Quiz No. 33: 1st prize : Godwin Fernandes (Std X, Holy Family) 2nd prize : Karen Maria Dsouza (Std IV, Canossa) 3rd prize : Donna D'costa (Std IX, Jamnabai Narsee)

HEARTY LAUGHTER!

Tough Teacher

A school teacher injured his back and had to wear a plaster cast around the upper part of his body. It fit under his shirt and was not noticeable at all.

On the first day of the term, still with the cast under his shirt, he found himself assigned to the toughest students in school. Walking confidently into the rowdy classroom, he opened the window as wide as possible and then busied himself with desk work.

When a strong breeze made his tie flap, he took the desk stapler and stapled the tie to his chest. Discipline was not a problem from that day forth!

Penny Problems

After tucking their three-year-old child Sammy in for bed one night, his parents heard him sobbing. Rushing back in, they found him crying hysterically. He managed to tell them that he had swallowed a penny and he was sure he was going to die. No amount of talking was helping.

His father, in an attempt to calm him down, palmed a penny from his pocket and pretended to pull it from Sammy's ear. Sammy was delighted. In a flash, he snatched it from his father's hand, swallowed, and then cheerfully demanded, "Do it again, Dad!"

Tim Robbed

One night, Tim was walking home when, all of a sudden, a thief jumped on him. Tim and the thief began to wrestle. They rolled about on the ground and Tim put up a tremendous fight. However, the thief managed to get the better of him and pinned him to the ground.

The thief then went through Tim's pockets and searched him. All the thief could find on Tim was 25 cents. The thief was so surprised at this that he asked Tim why he had bothered to fight so hard for 25 cents.

"Was that all you wanted?" Tim replied, "I thought you were after the five hundred dollars I've got in my shoe!"

Tea For Two

Little Johnny was left to fix lunch. When his mother returned with a friend, she noticed that Johnny had already strained the tea. The two women then sipped their tea happily while having lunch.

"Was it hard finding the tea strainer in the kitchen?" Johnny's mother asked. "I couldn't find it Ma, so I used the fly swatter," he replied. His mother nearly fainted, so Johnny hastily added: "Don't get excited, Ma, I used the old one!"

Ahh . . . Friendship

A man, fond of practical jokes, decided late one night to send his friend a telegram which read: "I am perfectly well."

A week later, the joker received a heavy parcel for which he had to pay considerable charges. Upon opening it, he found a big block of concrete which had this message: "This is the weight your telegram lifted from my mind."

Vacuum Manure

A little old lady answered a knock on the door one day, only to be confronted by a well-dressed young man carrying a vacuum cleaner.

"Good morning," said the young man. "If I could take a couple of minutes of your time, I would like to demonstrate the very latest in high-powered vacuum cleaners."

"Go away!" said the old lady. "I haven't got any money!" and she proceeded to close the door.

Quick as a flash, the young man wedged his foot in the door and pushed it wide open. "Don't be too hasty!" he said. "Not until you have at least seen my demonstration."

And with that, he emptied a bucket of horse manure onto her hallway carpet. "If this vacuum cleaner does not remove all traces of this horse manure from your carpet, Madam, I will personally eat the remainder."

"Well," she said, "I hope you've got a good appetite, because the electricity was cut off this morning."

PARISH ACTIVITIES

VISITORS FROM THE EAST

Ever since Mary climbed up that hill country to visit Elizabeth, 'visitation' has taken an altogether different meaning! Any visit that we undertake, is an expression of our faith, love and concern. With these noble values, our parish had a rare opportunity of being visited by thirty five delegates from the SVD Asia-Pacific Zone, on 16th November 2014. SVD Asia-Pacific Zone comprises of SVD provinces and regions present in twelve countries of the Asia and Oceania continents. The Provincial Superiors and Zonal Coordinators of various departments, along with Fr. Heinz Kuluke, the Superior General of the SVD Congregation had gathered at Atma Darshan, Mumbai for their triennial meeting from 13th to 18th November 2014.

As part of this well planned gathering, the evening of 16th November was dedicated by the delegates to visit our parish, the Sacred Heart Church. Various committees were formed to organize the evening celebrations in order to make our visitors from the east feel welcome and experience our Indian hospitality. It was our endeavor that they have an enjoyable evening and leave with a 'wow' and 'feel good' feeling!

The evening's program began with the solemn Eucharistic Celebration presided over by Fr. Heinz Kuluke. The theme of the celebration was, "Go to the Whole World and Proclaim the Good News". Fr. Kuluke with his vast experience of life and dedicated work in the Philippines, inspired the congregation with his homily. His reflection was centered on two questions: (1) What does God want from us? and (2) What do we want from God? The Eucharistic celebration was followed by a short and beautiful cultural program which was tuned to the theme of evolution of Christianity in India. Truly, this cultural program was an exhibition of talents from our parish and the Sangeet Abhinay Academy.

The visitors indeed felt that they belonged after all to one single Catholic family and in particular to the extended SVD family, though they all come from different countries and cultures. They were also exuberant in expressing their immense delight over the faith, talents and vibrancy of our beautiful parish.

May this time of togetherness and reflection, enable us to work for His mission with deeper commitment and zeal.

Fr. Wilson Wilfred, SVD

“

...the Lord was made sin for this, that He might take away the sin of the world, in order that we might all be the righteousness of God in Him, no longer beholden to guilt, but certain of the reward of righteousness.

- St. Ambrose of Milan

BRIMMING WITH LIFE - DAY OF CONSECRATED LIFE AT SACRED HEART

2nd February of every calendar year is marked as the day of Consecrated Life in the Catholic Church. This year, the day earned more significance with his Holiness Pope Francis, dedicating 2015 to all consecrated persons. Pope Francis invites all of us to participate in this jubilant celebration and encourages us to explore our own vocations and encourage and goad the next generation of Catholics to be "courageous and wake up the world!"

Since, 'Consecrated Life' is also one of the themes chosen by our parish for 2015, we celebrated the Consecrated Life Day in our Parish, on 2nd February 2015. The evening put us in a festive mood where all religious members were made to feel one with each other in Jesus Christ. More than 130 religious men and women living and working in institutions around our parish, participated in this celebration. The celebration began with a meaningful hour of thanksgiving and adoration conducted and led by the Holy Spirit (SSps) sisters. The special Eucharistic Celebration commenced with all of us entering the house of the Lord with lit candles in our hands, thus symbolizing Christ as the light of the world! While walking in the procession, I remembered the day of my religious profession and the recollection brought tears of joy in my eyes.

The meaningful liturgy was conducted by the Fatima sisters and the melodious voices of the Canossian sisters added more joy to the celebration. The homily by the main celebrant, Fr. Crispino D'souza SDB was inspiring and had a familial touch with all the religious present, as each one's vocation story was unique and different from the other! After Mass, we had a small get together at the parish Community Center where the Canossian sisters conducted some fun games, before we partook of the fellowship meal.

I seize this opportunity to thank Fr. Lawrence and the clergy team of our parish, for making this day a memorable event that will linger on in our memories for several years to come. We are grateful to them for appreciating the services rendered by us religious, thus boosting our spirits with encouragement to further serve God and His people.

May the blessings of the Almighty God grant us all peace and the joy of Easter with the presence of the risen Jesus in our midst. We pray that even in times of turmoil and turbulence, we continue to bear witness to Christ as true Christians, by leading exemplary lives. Happy Easter!

Sr. Lavhi, FS

CELEBRATING LIFE – A SMALL CHRISTIAN COMMUNITY EVENT

It was sheer fun and joy indeed to experience two days of togetherness with family and friends on 13th and 14th December 2014. The Theme 'Celebrating Life' was apt, the ambience spectacular and experiencing the feelings of joy, peace and togetherness in the air. The fun and frolic amongst the children, getting their faces painted, hair braided was a scene which will be cherished for years to come.

The time and the hard work invested by the Small Christian Community (SCC) Coordinators of Sacred Heart Parish witnessed the joy of seeing happy faces of young and old and there was a Christmassy feeling. On day one, drawing and card making competitions were held, catering to the various age groups. The response to the competition was overwhelming. Day two had the presence of a Live band playing Christmas Carols and games stalls, a fancy dress competition was held for the tiny tots. The game stalls were full of fun and had decor showcasing the theme. The attractive Kid's Corner and Gift Stall were crowd pullers. The cafeteria had lip smacking items with affordable prices and everyone was seen enjoying their favorite items. The creative crib prepared by the Youth had a innovative theme.

Two weeks before the event, the SCC project team were totally focused on the infrastructure arrangements, coordination and held continuous meetings with the Games, Cafeteria and Gifts/Kid's Corner Committees. Team spirit was brimming and enthusiasm was at its peak with everyone working hard, especially the SCC Coordinators heading the various committees. They did a commendable job which needs applause from every corner. Despite Christmas preparations, work, family commitments, the teams had marathon meetings to see that everything was in place. It is no wonder, the clergy team of Sacred Heart Parish calls the SCC animators the lifeline of the Parish. Surely, you have lived your call, worked selflessly and put into practice the vision Mission Statement of the Parish "Vibrant with the Spirit of the Risen Lord, towards a community of deeper faith, worship, love and service."

The SCC Project Team of Sacred Heart Parish is truly thankful to all the SCCs for their whole-hearted support rendered to various parish activities. A 'Big Thank you' to each and everyone who came and celebrated life and brought Jesus into our Celebration! Kudos to our Clergy Team for their guidance and support at all times. May Sacred Heart Parish, Andheri East, remain vibrant and commendable in the Archdiocese of Bombay!

Flavy Dsouza
SCC Project Coordinator

HEARTS IN GOD'S SERVICE - PARISH DAY CELEBRATION

We celebrated our Parish Day with a lot of pomp and joy. An evening of togetherness and sharing, love and compliments, performances by our talented parishioners and a sumptuous meal to end the evening!

The Parish Day kicked off with Fr. Lawrence taking the aisle with his team of fellow priests and Deacon Joseph following with the melodious children's choir. During his sermon, Fr. Lawrence spoke about love and the importance of love in our relationship with God and how we ought to be amongst our families. By embedding the love of God in our hearts, we can go out into our communities, society and country, to serve and to reach out to the poor and needy. The children's choir with their amazing voices set the mood for the rest of the evening's celebration!

After Mass, we got to enjoy some fantastic performances by our very own parishioners. Charles & Helen Carvalho introduced the 'Prayer Dance', performed by the children of 'Gyan Ashram', followed by a Konkani dance by some children. The NYGs of our parish enacted a very good and a thought provoking musical skit. Kudos to them for thinking out of the box and bringing out something that was never before seen in our parish! The nursing students of the Holy Spirit Hospital, put up a scintillating dance performance which had our parishioners enthralled while watching the sisters dance so beautifully to synchronized music! The dance was followed by two scintillating performances by Osmond's singing troupe 'Youthful Voices of India'. The juniors just sparkled with their melodious voices, while its youth members sang with much grace and enthusiasm. At the end of the entertainment program, we had a Bollywood performance enacted by little girls who set the stage on fire with their energized dance number. The vibrancy of our parish was very much there for all to see!

We had children, youth, men and women of all ages taking to the stage and dancing away to the beats of the DJ.

It was a fun filled evening which ended with the fellowship meal with all parishioners partaking of the meal, as one big family. Our parish day, served as an excellent occasion to meet, build-on and cement ties with new friends and family! A lovely evening which ended with each parishioner taking the message of walking out with our hearts in God's service!

Sanket Nanal
Community No. 18 - Good Samaritan

ALL ASSOCIATIONS DAY 2015

Four hundred members, representing the many cells and associations of our Parish, participated in the annual All Associations Day on Sunday, 8th February 2015.

The program commenced at 5.30 pm, with Holy Mass celebrated by our Parish Priest, Fr. Lawrence Correa SVD. The readings for the day couldn't have been more apt considering the occasion! The Book of Job speaking of service, St. Paul writing to the Corinthians about the commission entrusted to him. In his homily, Fr. Lawrence spoke about the need for us to be servant-leaders and community builders. Avoiding negative criticism and a dominating attitude, we should forgive one another's occasional failures. Fr. Lawrence emphasized that we must work for God and for the values enshrined in the Gospel.

After Mass, the participants moved on to the Church grounds, where arrangements were made for the evening's entertainment, which began at 7 pm. Welcoming all those who had assembled, Fr. Lawrence expressed his appreciation of the selfless work being done by the members of cells and associations to make our Parish a model one. He prayed for God's blessings on all.

The comperes for the event, Ida Quinny and Rosita Fernandes, then took over to guide the participants through the many games and events that had been planned. All the events of the evening witnessed an active and enthusiastic participation from all attendees, despite the nip in the air and the chilly winds! The traditional 'March' jump-started the evening, with both the young and the old on their feet. There were 'Spot prizes' galore for men and women! It was hilarious to watch women running around collecting men's belts, vying for wearing the lowest heels, carrying the most colourful purse and men running helter skelter to collect the maximum hairpins from the ladies, fighting off contenders to show the price tag still sticking to their shirt, trousers or shoes! There were some innovative games too like 'I Love You', which not only encouraged maximum participation but also saw maximum dismissals whenever the music stopped, until the last two found standing were declared winners! Another game, which needs a mention, was when a young man was blindfolded and required to move within a circle of people and randomly choose someone to dance with. It was a heart warming sight to see persons of all age groups, and even religious sisters, taking part in the game and in the dancing, with much gusto and aplomb!

With the fun and games over, Sandra Cranston, CCO Head, thanked our Parish Priest and Director of CCO Fr. Lawrence and the clergy team, the support staff, Frank Sound System,

Galaxy Caterers, volunteers, the MIDC police personnel and all those who attended the evening's program. As the evening drew to a close, Fr. Mathew spoke a few words and led the gathering into saying the grace, before declaring the buffet open for the fellowship meal!

The program ended well before 10 pm. Kudos to Sandra and her team for an evening well planned and executed!

Edward Fernandes
Community No. 09 - Divine Mercy

CONFIRMED IN THE HOLY SPIRIT

We started on our journey to prepare ourselves for the Sacrament of Confirmation from June 2014. We attended classes that were conducted every Sunday after the 8.45 am Mass. The sessions comprised of various activities, interactions, games, quizzes and a lot of learning. We also participated in the Deanery level Eucharistic Rally at Versova, two days of recollection conducted by 'Jesus the Real Vine' Team and a visit to the Carmel Monastery. The sessions and the other programs helped us learn more about our faith. Then on 14th December 2014; eighty seven of us received the Sacrament of Confirmation.

The Sacrament of Confirmation was administered by His Lordship, Reverend Bishop Percival Fernandez. Our parents, godparents and community members, all gathered to celebrate and witness this solemn event. The ceremony began with our parish priest Fr. Lawrence Correa SVD, assuring the Bishop that we were prepared and ready to receive the Holy Spirit. Bishop Percy in his thought provoking homily then shared with us the difficulties we might have to face in the future and gave us tips on becoming better adult Christians. All of us promised him to live a fruitful Christian life and serve God in every way we can.

We then renewed our baptismal vows, which was followed by the administration of the Rite of Confirmation, where our spiritual parents prayed for us and we were anointed with the oil of Chrism by the Bishop. We were blessed with the fruits and gifts of the Holy Spirit as Osmond's Choir sang, invoking the Holy Spirit to fall afresh on us. This was the time when we felt the Spirit of the Lord entering into our hearts and we presented our love offerings and commitment to spending some alone time with God everyday and at least an hour every week in the service of the community, by joining some of the organizations in the parish. At the end of the service, the whole congregation prayed for us. The ceremony ended with us receiving our Confirmation Certificates from the Bishop.

Our Parish Fathers, Catechists, and Animators helped us a lot in our journey of getting to know God at a more intimate and deeper level. During the course period, each one of us were interviewed and guided by the Parish Fathers. Members of the confirmation team were with us at every step; on a personal level, our animators took time to visit our homes and meet our family members.

On behalf of all the 2014 batch of confirmands, I would like to take this opportunity to appreciate and thank them for their unstinted support and help. This has indeed been a wonderful and enriching experience which has helped in strengthening our faith in the Triune God!

Mavis D'souza
Confirmand - 2014 Batch

LECTOR TRAINING PROGRAM

A total of 85 lectors from the English, Konkani and Hindi groups attended the 'Lector Training Program' in two batches, conducted on 3rd October and 19th November 2014. This workshop was designed and conceived by the newly elected Lector Core Committee, in line with similar sessions held overseas.

The 'Lector Training Program' was conducted inside the Church itself because it is the 'Holy Ground' where the Lector is rooted.

Terence Fernandes, the workshop's main coordinator proceeded with the training by asking the volunteers to go up to the ambo and practice a sample text from the lectionary and demonstrate the manner in which the reading is normally done in our parish. We were then shown video clips of lectors practicing abroad and in each case 'common errors' which often occur, were pointed out e.g. reading in a drab and monotonous way; pronunciation and articulation; pacing and rate of speech; volume of speech; dropping of key words and voice and facial expressions along with bowing, walking to the ambo and back. All this and more, were later explained to us in much detail in the sessions that followed.

This exercise surely gave the new joiners attending the workshop, a clear perspective (of what lies ahead) and the experienced - a reflection into the nuances involved in the way lectors go about their task. From there on, the organisers put together a set of 'dos and don'ts' for us, including reverential bowing; posture and maintaining a decent dress-code!

Proclaiming the day's reading would have no meaning if the parishioners are unable to hear us properly. Thus, how best to use the 'microphone' which can be our friend or foe! Each person's voice and every mic is unique, hence, positioning it correctly is of paramount importance so as to avoid blows or thumping sounds of certain syllables, reducing echo and increasing the volume of our voice.

Some of the initiatives taken by them presently include – creating a WhatsApp Group of all Lectors where related information is disseminated and immediate solutions are sought; weekly mass readings are sent by email with detailed 'Lector Proclamation Notes' and having a practice session for lectors every week (optional for regular days and compulsory for solemn occasions); where the finer aspects of proclamation are fine-tuned according to the specific needs of each lector and to fit accordingly with the literary genre of scripture being proclaimed.

The committee members, Hazel Mendoza, Elizabeth Chettiar and Terence Fernandes along with Fr. Matthew SVD, had painstakingly put together this Workshop and the fruits of their labour will surely be felt in our Parish, in the days to come.

Leston Alvares and Shawn Colaso
Lectors

AN EVENT THAT LEFT ITS MARK ON ME!

Well you may think there's a printing error in this title but I assure you there's none. The event I speak about is the Bible Quiz organized by the Bible Cell of our parish on Sunday, 9th November 2014. Through announcements and posters the parishioners were informed that their knowledge on the **Gospel of MARK** would be tested. There were about fifty participants; some of them were the Bible Class students, whereas I'm not a Bible student. The allurements of a prize was something that first led me to enlist my name for the quiz.

The Quiz was just two weeks away when I first checked the Bible (something I had not done in a long time). I said to myself, "How naive of the organizers to take the shortest gospel for a Quiz!"

For the first time (because of the Quiz) I read the entire gospel of Mark; not once but twice! It was a unique and transforming experience! I would like to list below the advantages I gained preparing for the Bible Quiz.

1. It motivated me to read the Bible

I always thought of spending time reading the Bible but given other pressing challenges of life and sheer laziness it never happened, but for the Quiz, I utilized the time I usually waste while travelling in trains and rickshaws - to read the Bible.

2. I got a broader perspective of the life and times of Christ

I understood the life and actions of Jesus and more importantly Jesus' anger towards the Pharisees. I understood why Jesus was against rituals, marginalisation of tax collectors, injustice meted out by the Pharisees and teachers of law against the poor. I now realised my own folly in following rituals blindly.

3. I found similarities between my life and that of Jesus

Jesus knew the outcome of his clashes with the Sanhedrin. He too felt the fear of death or doom, which so often we face while fighting against unjust practices. Jesus prayed and did the right thing. I realised that I too must overcome my fears and do what is right.

I would have never experienced all this had the Bible Cell not conducted the Bible Quiz. Thanks a million!

All of you must be curious to know the results of the Quiz (the Prizes were given out to the winners, on the following Sunday) No no, I didn't win....but the Bible won me over! Reading the GOSPEL truly T-R-A-N-S-F-O-R-M-E-D me!

Now when I say I am a follower of Christ, it doesn't feel like a text book answer. I say it with conviction and a firm belief! I am not ashamed to say that I truly admire Jesus and want to follow Him and His ideologies. I ardently urge you, my fellow passengers in this journey of life, to make a firm commitment to read one full gospel. Trust me you will never regret it!

Candida Saldanha
Community No. 05 - St. Anthony

AN AWAKENING TRIP

On reading the heading, you may wonder why this title? The reason is, we make our First Holy Communicants (FHCs) awaken to the realization that their parents work very hard, to give them a comfortable life, therefore they should not keep on demanding more and more, rather be happy and grateful to God and their parents, for all that they receive from them. At the same time, they need to see and be aware of the less fortunate children than themselves and hence, learn to care and share.

Keeping the above in mind, on 19th February 2015, we took our FHCs by bus to Shanker Wadi, Pump House at Andheri East, where the SVD Fathers have recently started the 8th Balwadi (a school for street and slum children). 51 FHCs who joined the trip, saw where these poor children have their school, in a small open space in front of a temple. A bigger shock awaited them, when they saw where they resided. Thereafter, along with 26 Shanker Wadi children with whom our FHCs made friends and bonded very well, all went to Aarey Milk Colony Park. All the children were in high spirits and sang the latest Bollywood numbers during the bus journey.

At the Park, some of our FHCs sang English action hymns taught by our Catechist, Christina D'Souza. They also danced along with the Balwadi children much to their amusement. The children were divided into groups for the drawing competition. Each child in the group that had the best drawing won a prize. They also participated in the ribbon game, hoola-hoop game and prizes were duly awarded to all the winners. In between the games, the children played on the slides, swings and see-saws in the Park. They enjoyed the snacks served.

Before leaving the Park, each of the FHCs gave gifts to the Shanker Wadi children. They were very happy to do this, for they realized, there is greater joy in giving than in receiving! All our first holy communicants had a marvelous time, thanks to their parents who contributed in making the trip a memorable one!

Appended below, is the feedback of what some of our FHCs have had to say about the trip:

"I liked the games and the Balwadi children very much. I thank God for giving me everything that I want. May God bless them!"
- Karen M. D'Souza.

"I had gone to the poor people's place. We saw how they live and they don't have anything to eat and no clothes, no footwear. Many of them don't even have a house. I thank Mama and Dada for the food, for the clothes" - Ryan Fernando.

Francisca Saldanha
Catechist

HEALTH WEEK

Health Cell organized a variety of programs during the Health Week which began at the start of February 2015, as the month of February is dedicated to the sick and wellness of human life.

Our first program was organized on 1st February, titled 'How To Add Life To Your Years', by a team of Australian trained Fitness and Physiotherapists led by Drs. Tapan, Dimple, Vaibhav and Rajeshree under the '**REPLAY**' banner. They held a wonderful live demonstration of an exercise session on daily warm ups and stretches that can be done using only a chair, which even the elderly parishioners amongst us, could perform easily. A colorful presentation on modern physiotherapy, exercises for sports related injuries, to be conducted in water, called 'Hydrotherapy' and 'Pilates' was shown.

All in all, parishioners who attended, found the session very informative and practical as one was made aware of exercises which could be undertaken on a daily basis to keep fit and agile and thus add quality to one's life and years!

Next, we had the 'Healing Service With Anointment Of The Sick' on 11th February, it being the Feast day of Our Lady Of Lourdes and commemorated as the International Day Of The Sick. The Health Cell members organized a special Mass for the sick of the parish at 5.00 pm in our Church, followed by anointing. Fr. Innocent Fernandes SVD, our spiritual director led the congregation with an inspiring homily. There were special hymns sung during the healing service by our Health Cell members and well supported by our Choir Master, Cassian. At least 300 parishioners attended the healing service. After Mass, refreshments were served to all those who attended this special service.

Our concluding program for the Health Week was organized on Sunday, 22nd February at 9.00 am, with a 'Diabetic' check-up, followed by an awareness talk on 'Living Happily With Diabetes' by the eminent diabetologist Dr. Rajiv Kovil. At least 50 parishioners participated in the Diabetic Camp and over 75 people attended the talk on 'Diabetes'.

The take home message for all Diabetics to prevent any complications arising out of diabetes was: check your sugar levels regularly, eat in moderation, DO NOT OVER EAT, eat food that is healthy and nutritious, go for regular walks and DO NOT SKIP or forget to take your medications on time.

Rest assured, it is possible for a diabetic to live a complete and happy life !

Dr. John D. Rodrigues, MD
Coordinator - Health Cell

TFE (TRAINING FOR FAMILY ENRICHMENT) COMMISSIONING CEREMONY BATCH XII (2014)

January 3rd, 2015 was a very special day for the 9 delegates of our Parish (Joseph and Mabel Mendonsa, Richard and Yvonne D'souza, Ryan and Leonie D'souza, Antonio and Philomena D'cruz and Lucy Rocha) who successfully completed the Training for Family Enrichment Course (TFE). They were commissioned along with 29 other delegates from various parishes, for the family apostolate at St. Pius College, Goregoan. The ceremony began with a well-planned, participatory Eucharistic service which was celebrated by His Lordship Bishop Agnelo Gracias and Fr. Patrick D'Mello, Director, TFE Program. The homily given by Bishop Agnelo along with the sharing by two participants, drew parallels between the guiding star and the persons and programs that guide us, including the TFE. During the commissioning rite, we solemnly pledged our service to the Family Apostolate.

Post Communion, the testimonies by four delegates, brought out how the program touched and changed our lives. All the topics were useful, but a few of them were highlighted.

- Gender Differences scientifically explained why men and women behave differently. This learning brought about greater understanding between spouses.
- Family Spirituality which included drawing up a Mission Statement, family prayer etc., helped strengthen family bonds.
- Listening skills taught us the art of empathizing with our spouses which took us to higher levels of intimacy.
- Anger Management taught us about the 'Fight or Flight' response and the chemicals at work in our bodies. Negative behaviors like hitting, screaming, yelling, these disappeared and we learnt to express our anger constructively.
- Parenting techniques brought us closer to our children, we have changed our outlook towards them.

The ceremony concluded with fellowship which included fun, frolic, games and dinner. There were mixed feelings – happy that we successfully completed the course inspite of our busy schedules, sad that this would be our last meeting. We parted with a promise that we would cross paths soon.

We took the opportunity at this ceremony to felicitate and thank Fr. Patrick, for this awesome course that he had put together. The faculty members, Dr. Yolande Pereira, Margaret Da Costa, Reena Poddar, Ligia and Jaime, Fr. Cajetan Menezes, Olga Netto, Oliver and Annie, Diana and Baptist and Jeevan D'Cunha, who did a wonderful job in sharing their knowledge and experience which was of great help to us. Sr. Vera who did a fabulous job of taking care of all the logistics required, ensuring the smooth running of the course.

We thank Fr. Baptist and Fr. Innocent for having given us the opportunity to attend this training program.

All the delegates were conferred with certificates by His Lordship for successfully completing this brilliant, invigorating and interactive course (January thru November 2014 – 8 Sunday mornings + 2 weekends).

We encourage our parishioners to attend such training programs in the future organized by the Archdiocese of Bombay.

**Lucy Rocha,
Community No. 15 - Akashdeep
(Delegate of TFE Batch XII – 2014)**

ANNUAL PICNIC - ST. ANNE'S COMMUNITY NO.26

Members were anxiously waiting for the announcement of the community's annual picnic and were more than delighted when the date was finally fixed.

On 15th February, members assembled near the Venus Cake Shop at 7.30 am, all ready and excited to board the bus for their onward journey to 'Farm Regency,' at Gorai.

The journey commenced with a short prayer. Light snacks were served, before we went full throttle at the sing song session.

As we alighted at our destination we were transported to quite another world! The resort was surrounded with various trees, the kind of verdant greenery we do not witness in our concrete surroundings, vegetable farms and in the midst of this greenery were the inviting blue waters of the swimming pool! A very sumptuous breakfast was served. We then settled ourselves free to explore the place. Some jumped into the pool, while others chose to walk around the green lush gardens enjoying pop-corn, candy floss and ice-golas!

After lunch, members gathered in the huge hall, all ready and excited for the round of games that were planned for us. We all stood in a circle introducing ourselves, our names with an adjective to best describe our individual personalities. It was both fun and hilarious! We then had a game of transferring polo mints with the help of toothpicks, and many more innovative games ending with the traditional and much loved game of house! Winners of various games went home with some lovely prizes. Everyone had a good time and enjoyed the picnic tremendously!

As we journeyed back home, Mabel gave the vote of thanks, thanking each one present and especially those members involved in organizing the picnic, with everyone agreeing in unison that it was indeed an enjoyable and memorable one! We returned home safe and sound and content that it was a day well spent in the company of family and friends!

**Rose Almeida
Community No.26 - St. Anne's**

HEARTS ON FIRE - COUPLES' DAY CELEBRATION

What an evening we couples had on 14th February, 2015!

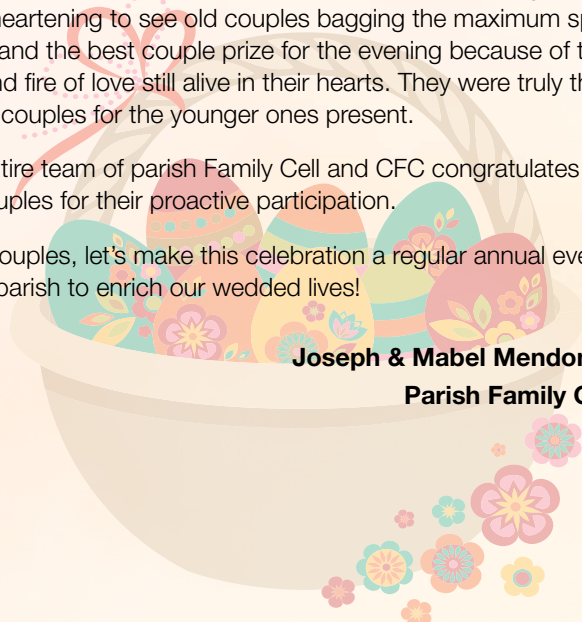
As for me and my beloved wife, we had the most beautiful and awesome Valentine's Day celebration of our lives. The evening began with more than 100 couples gathered in the Church as one body, to thank and praise the Lord for the marvelous gift of our spouses. The introductory prayer explained as to why St. Valentine was known for uniting young couples in the sacrament of marriage. The celebrant, Fr. Donald D'souza SVD, led the couples into a beautiful time of repentance and reconciliation, which paved the way for a meaningful Eucharistic celebration. Renewal of our wedding vows brought alive the nuptial promises and the homily was an inspiring one - asking the couples to blow the ashes of unforgiveness and resentment in their lives, on a daily basis, so that the fire within can get rekindled to set our hearts on fire. The celebrant's prayer of blessing touched the very core of our hearts. The lighting of the candle from the Paschal candle was symbolic of Jesus, the light of the world dispelling our darkness, as we reaffirmed Jesus as the centre of our marriage and source of our covenantal love. Post communion, the recitation of the 'Couples Prayer' was an expression of our earnest desire to further enrich our married lives. A memento of the prayer card was given to all couples present and will surely be cherished and be a part of our daily family prayers!

The program at the Community Center began with our beloved Parish Priest, Fr. Lawrence SVD thanking and encouraging all couples with his beautiful message. The entire event was a real enactment of a wedding reception which was thoroughly enjoyed by the much married old couples as well as the newly married young couples alike. This was evident in the way everyone participated in the march past and the dancing. It was really heartening to see old couples bagging the maximum spot prizes and the best couple prize for the evening because of the zeal and fire of love still alive in their hearts. They were truly the model couples for the younger ones present.

The entire team of parish Family Cell and CFC congratulates the couples for their proactive participation.

Dear couples, let's make this celebration a regular annual event in our parish to enrich our wedded lives!

**Joseph & Mabel Mendonsa
Parish Family Cell**



YOUTH FULLY ALIVE

CHRISTMAS FLOAT 2014

"Christmas is love in action. To cherish and spread love, joy, peace and goodwill, is to have the real spirit of Christmas."

To achieve this and take the spirit of Christmas to the communities the PYC organised the Christmas Float on the 21st of December, 2014.

As soon as the 5.30 pm Eucharistic Celebration culminated, the parishioners were greeted by a delightful spectacle of light, colour and music in the Church compound. The Float, under a tent of intertwined rice string lights and red, green and silver streamers had atop the truck, a quaint Christmas scene. The characters of the Nativity story – Mother Mary, Joseph, and the three Kings adorned in Eastern ethnic garb. All the nuances of the costumes and props were seamlessly executed, to portray our Lord's birth!

It was at 6.45 pm that the truck left the Church compound amidst festive cheer. All through the way, recorded Christmas carols were played. The Float halted at 12 pre-determined stops, and was welcomed by parishioners who had gathered from the encompassing areas. It was indeed a sight to behold, which left awe, goodwill and happiness in its wake. The float was accompanied by the NYG Choir, who with their medley of carols, enunciated the spirit of Christmas and enlivened hearts at the 12 stops.

To foster close community ties help and to decorate our very own Christmas tree, the Float started out from the Church with an unadorned Christmas tree. At every stop, the parishioners from the area gave three or four buntings to decorate the tree. By the time the Float returned to the Church, there was a vibrant and beautifully adorned tree, which was displayed in the Church compound. Some communities had even made the buntings themselves. The presence of a jolly Santa Claus spreading Christmas cheer (and chocolates!) to all the children flocking the stops enroute, was heartening!

The choir members and other volunteers moved between the stops on bikes and cycles. With their Santa hats, reindeer antlers and attire in festive colours, they made the entourage colourful around the float! There were countless parishioners who walked the entire way, while some walked a shorter distance. However, irrespective of the distance, it was a memorable, happy journey.

At every stop, Fr. Lawrence Correa, our Parish priest, gave a warm Christmas message that touched our hearts. We would like to thank the parish pastoral team, our Spiritual Director, Fr. Wilson, the organising committee, and the PYAT for their insightful mentoring which was instrumental in making this event a success. We would also like to express our heartfelt thanks to the NYG Choir, the PYC and all the volunteers who helped streamline traffic - they contributed their time and energy ceaselessly.

The Christmas Float 2014, indeed succeeded in taking Christmas to our Christian as well as our non-Christian brethren, setting the tone for a jubilant and blessed Christmas.

Karishma Kapur
Community No 18 - Good Samaritan

DREAM BIG 2015

The Parish Youth Council in collaboration with the PYAT, organized **'DREAM BIG 2015'** on the 26th of January 2015. The objective of the event was **'DREAM, AIM, ACHIEVE'**. The members of AREA 5, organized this event which turned out to be a great success, surely their efforts paid off. The speaker for the event was Mrs. Priya Agarwal, who educated the young minds about **'INTERVIEWING SKILLS AND GROOMING'**.

Ms. Agarwal, briefed the sixty five youth of our Parish about the basic qualities an employer seeks from a perfect employee, through group work. She helped us very creatively to come up with the answers, instead of giving them to us, on a platter. She took us through both, what are the skills required to appear at an interview for a job, and also, what are the dos and don'ts of grooming, when we appear for an interview.

All participants enjoyed the session, as Ms. Agarwal was not only able to respond and answer to our queries but also helped us learn creatively.

We thank our clergy team – Fr. Lawrence, Fr. Innocent and Fr. Mathew for supporting us. We would also like to thank our Spiritual Director Fr. Wilson, for guiding us throughout this event. A big thank you goes to the PYC and PYAT and all the volunteers who lent a helping hand to make this event unforgettable!

Cyberica Fernandes and Rochelle Gonsalves
Community No. 33 - Yahweh's Clan

In Christ the nature which we have in common with Him, according to the flesh, has obtained the prerogative of the heavenly throne.

- St. Ambrose of Milan

BISHOP BOSCO'S VISIT TO OUR NYGS

On 24th January 2015, His Lordship Bishop Bosco Penha interacted with the NYGs of nine communities of our parish. These communities, despite their busy schedules, prepared and presented a summary of their activities to the Bishop.

He asked each youth member, how the NYG has impacted their lives? The following responses best describe what they felt:

- They were able to break out of their comfort zones and make new friends from the neighbourhood.
- They discovered their confidence
- They've had opportunities to discover and showcase their talents and capabilities.
- The bonding and team work within the community has improved tremendously
- It has cultivated within the youth a missionary spirit
- They've become more responsible and accountable

Bishop Bosco Penha, spoke about how the aim of the new youth methodology is to reach out to all the youth in the parish. And so he told each youth present that they should make an effort to connect with other youth in the community and share their experience with one another for greater success.

Bishop Bosco also impressed upon the youth saying that since ours is considered to be a model parish, whatever is done by our parish NYG movement, will have a cascading effect and influence on the whole of the Archdiocese of Bombay.

His Lordship told the youth to have many friends, but to make Jesus their best friend. The Jesus prayer i.e. repeating Jesus' name is the answer to every problem. Take Jesus' name through the day and before retiring to bed at night, especially when you have any problems.

He also said that their careers are important and the Church is lifted every time they excel at different stages of their careers. However, it is important to get involved in the parish and share our talents. He also quoted Pope John Paul II who said that without the youth the Church grows old.

His Lordship also emphasised that IQ (Intelligent Quotient) is not the only criteria in your career and life, we need to have EQ (emotional quotient), and SQ (spiritual quotient), as well, which can be achieved by being involved with the Church.

The veteran bishop having asked the youth to enumerate their talents suggested that they must prepare a list of their talents, the ones they recognised themselves as well as the ones recognised by their peers and parents. Thus, confidence and self-understanding can be enhanced.

He liked the fact that we have a youth animator in each community who has been selected from the SCC, and that our youth are constantly supported and guided by them.

At the end of the day, when we returned to Church, one of our clergy team members asked Bishop Bosco if he was tired after the long, eventful day. His answer was "Not at all, it was so refreshing to see the way the NYGs are functioning in this Parish!"

Thus, it was a beautiful day of sharing, learning and enlightenment that left everyone present wiser and with a renewed zest for the Lord's work.

**Joan Kapur
PYAT**

For He took upon Him the flesh in which we have sinned that by wearing our flesh He might forgive sins; a flesh which He shares with us by wearing it, not by sinning in it. He blotted out through death the sentence of death, that by a new creation of our race in Himself He might sweep away the penalty appointed by the former Law. He let them nail Him to the cross that He might nail to the curse of the cross and abolish all the curses to which the world is condemned.

– St. Hilary of Poitiers

HEALTH SPACE

PHYSIOTHERAPY AND FITNESS REPLAY

We often hear that good posture is essential for good health. We recognize poor posture as a result of bad habits carried out over years and evident in many adults. But only few people have a real grasp of the importance and necessity of good posture.

What is posture?

Posture is the position in which we hold our bodies while standing, sitting, or lying down. Good posture is the correct alignment of body parts supported by the right amount of muscle tension against gravity. Without posture and the muscles that control it, we would simply fall to the ground.

Normally, we do not consciously maintain normal posture. Instead, certain muscles do it for us, and we don't even have to think about it. Several muscle groups, including the hamstrings and large back muscles, are critically important in maintaining good posture. While the ligaments help to hold the skeleton together, these postural muscles, when functioning properly, prevent the forces of gravity from pushing us over forward. Postural muscles also maintain our posture and balance during movement.

Why is good posture important?

Good posture helps us stand, walk, sit, and lie in positions that place the least strain on supporting muscles and ligaments during movement and weight-bearing activities. Correct posture:

- Helps us keep bones and joints in correct alignment so that our muscles are used correctly, decreasing the abnormal wearing of joint surfaces that could result in degenerative arthritis and joint pain.
- Reduces the stress on the ligaments holding the spinal joints together, minimizing the likelihood of injury.
- Allows muscles to work more efficiently, allowing the body to use less energy and, therefore, preventing muscle fatigue.
- Helps prevent muscle strain, overused disorders, back and muscular pain.

To maintain proper posture, you need to have adequate muscle flexibility and strength, normal joint motion in the spine and other body regions, as well as efficient postural muscles that are balanced on both sides of the spine. In addition, you must recognize your postural habits at home and in the workplace and work to correct them, if necessary.

Consequences of poor posture

Poor posture can lead to excessive strain on our postural muscles and may even cause them to relax, when held in certain positions for long periods of time. For example, you can typically see this in people who bend forward at the waist for a prolonged time in the workplace. Their postural muscles are more prone to injury and back pain.

Improving your posture

When standing, hold your head high, chin firmly forward, shoulders back, chest out, and stomach tucked in to increase your balance. If you have to stand all day on a job like that of a cashier or clerk, rest one foot on a stool or take short breaks to get off your feet for a while.

When sitting - use a chair with firm low back support. Keep the desk or table top elbow high, adjust the chair or use a footrest to keep pressure off the back of the legs, and keep your knees a little higher than your hips. Get up and stretch frequently - every hour if possible, if you find yourself sitting for long periods of time. Do not sit on a fat wallet tucked in your back pocket; it can cause hip imbalance!

When working on a computer - take a one or two minute task break every 20 minutes when your work involves staring at a computer screen continuously. Keep the screen 15 degrees below eye level. Place reference materials on a copy stand close to the terminal.

When sitting in the car - adjust the seat forward so your knees are higher than your hips. Put a small pillow or cushion in the small of your back.

When sleeping - sleep on your side with your knees bent and head supported by a pillow, to make your head at level with your spine or sleep on your back, avoiding thick pillows under your head. Use a small pillow under your neck instead. Don't sleep on your stomach.

When bending - never twist from the waist and bend forward at the same time. To lift or reach something on the floor, bend the knees while keeping the back straight.

Dr. Dimple Asher, Dr. Tapan Asher and Team at REWIND

He (Christ) took what is mine in order that He might impart to me what is His. He took it not to overturn it but to fill it.

- St. Ambrose of Milan

FROM THE PARISH REGISTER

BAPTIZED IN CHRIST



Rhys Aaron Rodrigues	S/o	Rodney Leonard & Sonia Banz Rodrigues	23-Nov-14
Caelan Pinto	S/o	Adrian & Marishka Pinto	23-Nov-14
Kaenan Zac Da Costa	S/o	Adriel & Chantal Da Costa	29-Nov-14
Thea Martis	D/o	Staline & Audrey Martis	14-Dec-14
Nikko Cecil Mendes	S/o	Myron Flavian Nathanael & Mitchell Anne Mendes	21-Dec-14
Lucas Brayden Mendes	S/o	Myron Flavian Nathanael & Mitchell Anne Mendes	21-Dec-14
Isabelle Rose Martin	D/o	Michael Joseph & Marinelle Noella Martin	27-Dec-14
Joshua Simon Pereira	S/o	Royce Paul & Khusbu Pereira	25-Jan-15
Hailie Lainez D'Souza	D/o	Francis & Tania Lainez D'Souza	8-Feb-15
Michelle Anisha Fernando	D/o	Roshan & Sherine Fernando	8-Feb-15
Vihaan Singh	S/o	Brahmaditya & Maria Elizabeth Singh	8-Feb-15
Prabir Kumar Dutta	S/o	Shashanka & Purnima Dutta	19-Feb-15
Johan Nathan Alvares	S/o	Reuben John & Tina Diana Alvares	8-Mar-15

RESTING IN CHRIST



Lucy Stanley	84 Years	20-B/22 Takshila	4-Apr-14
Mary Mendonca	81 Years	B-16, Baptistawadi	3-Nov-14
Consessao Rodrigues	88 Years	Home For the Aged	19-Nov-14
Gregory Mark Pinto	94 Years	2B/13 Takshila	25-Nov-14
Bridget Francis Rosario	62 Years	B/21, Balgovind Chawl, Bindra Complex (SRA)	11-Dec-14
Karmeline Santan D'Souza	72 Years	Room No.5, Kantilal Compound, Pandhare Chawl	14-Dec-14
Philipia D'Souza	94 Years	Home For the Aged	15-Dec-14
Magdalene Quadros	73 Years	Bastav Chawl, Shantinagar	23-Dec-14
Antoinette Carualho	94 Years	6-A/12, Takshila Society	27-Dec-14
Cicilia John	52 Years	C/7, Kanti Welfare Sangh, Opp. Satya Saibaba Mandir	29-Dec-14
Dominic Estevio Andrades	77 Years	A/301, Bldg. No.1, Transresidency, Subhash Nagar	15-Jan-15
Eliza Tauro	77 Years	Bldg. No.4, Flat No.2, Gr. Floor, Model Town	20-Jan-15
Allwyn Clifford Pinto	35 Years	55, Prashanti Nagar, Lala Compound	27-Jan-15
Mrs Rose Misquitta	83 Years	44, Munshi Colony	2-Feb-15
Lily Phillips	76 Years	1-B/13, Takshila	5-Feb-15
Libania D'Souza	85 Years	R.No.8, Pandhare Chawl, Kantilal Compound	12-Feb-15
Mary Rodrigues	70 Years	406, Vastu Shilp, Manish Park, Near Pump House	15-Feb-15
Coleta D'Souza	85 Years	305, Poonam Parag, Poonam Nagar	17-Feb-15
Polson Fernandes	88 Years	Home For the Aged	23-Feb-15
Lucy Pereira	56 Years	D-503, Dheeraj Darshan, Nr Kokan Nagar	25-Feb-15
Christine Paul Menezes	69 Years	4/106, Shantinagar CHS Ltd	5-Mar-15
Mary Domnic Marshal	89 Years	2B/102, Shantinagar CHS Ltd	7-Mar-15
John Damas Monteiro	67 Years	D-11, Uttarayan CHS Ltd	10-Mar-15

Olvino Dias	To	Michelle Ludovina Diana Baretto	12-Nov-14
Kuljeet Singh	To	Candida Judith Soares	14-Nov-14
Francis Elogues Fernandes	To	Anita Philomena Fernandes	15-Nov-14
Trevor Fernandes	To	Suchitra Diana Fernandes	15-Nov-14
Ashik Thomas Lobo	To	Fiona Preeti Tauro	22-Nov-14
Adalbert Gonsalves	To	Mitchelle D'Souza	22-Nov-14
Milagres Cassiano Rodrigues	To	Monica Awhad	22-Nov-14
Maxie Marshal Anthony Rapose	To	Jacila Diana Tauro	29-Nov-14
Cleto Cyril Cardozo	To	Genevieve Cecilia Monteiro	7-Dec-14
Rahul Kapadia	To	Sonia Fichardo	12-Dec-14
Mayank Jha	To	Jacintha Rego	13-Dec-14
Vincent John Dias	To	Priyanka Hajare	14-Dec-14
Joseph D'Souza	To	Suzan D'Souza	14-Dec-14
Andrew Theo Mascarenhas	To	Rofina Antonette Fernandes	14-Dec-14
Vinit Roger D'Souza	To	Divya Taneja	15-Dec-14
Joel Faustin D'Mello	To	Marlene Rose D'Souza	20-Dec-14
Ritesh Mathew Sequeira	To	Sonia Fernandes	26-Dec-14
Grason Henry Sequeira	To	Pamela Pinto	27-Dec-14
Julius Kumar Sequeira	To	Jessica D'Mello	27-Dec-14
Nolan Tellis	To	Viola Henrita Rodrigues	28-Dec-14
Kevin Baptist Pinto	To	Sharon Caroline Pinto	28-Dec-14
Aylmer Lourence D'Souza	To	Sharon Elaine Sequeira	28-Dec-14
Karl Miranda	To	Steffi Jenny Fernandes	30-Dec-14
Aaron John Noronha	To	Anju Nair	1-Jan-15
Shelton Felix D'Silva	To	Stalcy D'Souza	3-Jan-15
Elvis Derrick Sequeira	To	Sharon Pramila D'Souza	3-Jan-15
Michael Lee	To	Diana valerie Lewis	3-Jan-15
Savio Rosario Faleiro	To	Sharon D'Souza	9-Jan-15
Jude Francis Gomes	To	Shannon Judith Gita Misquitta	10-Jan-15
Harshad Krishnakumar Nalawade	To	Salome D'Mello	11-Jan-15
Ryan Jashnani	To	Sharon Coutinho	16-Jan-15
Lance D'Mello	To	Giselle Marie Lawrence	17-Jan-15
Nigal Savio Almeida	To	Sharvari Sitaram Patil	23-Jan-15
Bryan Julian Savio Pinto	To	Orlene Pereira	24-Jan-15
Ralph Solomon D'Mello	To	Brianna George Pereira	25-Jan-15
Anthony Mascarenhas	To	Sheetal Saylekar	31-Jan-15
Noel Andrew Lester	To	Alisha Pandora Monsorate	31-Jan-15
Christopher David Serrao	To	Nicole Karen Vaz	1-Feb-15
Craig Savio Furtado	To	Lavina Aranha	1-Feb-15
Amrit Mohan Vishwakarma	To	Richa Loura Dias	2-Feb-15
Ganesh Shukla	To	Chanan Patricia Braganza	4-Feb-15
Siddhesh Rajendrakumar Powle	To	Libby J Fernandes	7-Feb-15
Rolan Rolf D'Souza	To	Kryselle Pinto	7-Feb-15
Sheldon Gabriel Lobo	To	Aida Bunyan	7-Feb-15
Merwyn Mitchael Sequeira	To	Rashmi Vasu Poojari	8-Feb-15
Julius Jason Fernandes	To	Alvita Josphine Mendes	14-Feb-15

UNITED IN CHRIST



I will glory not because I am righteous but because I am redeemed; I will glory not because I am free from sins but because my sins are forgiven me. I will not glory because I have done good nor because someone has done good to me but because Christ is my advocate with the Father and because the blood of Christ has been shed for me.

– St. Ambrose of Milan