



Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 68

June 2017

For Private Circulation Only

Sacred Heart Of Jesus, Unite Us In Love



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

For additional details, kindly refer to the Parish Weekly Announcements.

Forthcoming Events And Liturgical Feasts/ Memorials

23 rd June	Feast of the Sacred Heart of Jesus
24 th June	Solemnity of Birth of St. John the Baptist
28 th June	Memorial of St. Irenaeus, Bishop & Martyr
29 th June	Solemnity of Sts. Peter & Paul, Apostles
03 rd July	Feast of St. Thomas, Apostle & Martyr
11 th July	Memorial of St. Benedict, Abbot
15 th July	Memorial of St. Bonaventure, Bishop & Doctor
22 nd July	Memorial of St. Mary Magdalene
25 th July	Feast of St. James, Apostle
26 th July	Memorial of Sts. Joachim and Ann, Parents of Mary
29 th July	Memorial of St. Martha
31 st July	Memorial of St. Ignatius of Loyola, Priest
01 st Aug	Memorial of St. Alphonsus Liguori, Bishop & Doctor
04 th Aug	Memorial of St. John Vianney, Priest
06 th Aug	Feast of Transfiguration of Jesus & Vianney Sunday
08 th Aug	Memorial of St. Dominic, Priest
10 th Aug	Feast of St. Lawrence, Deacon & Martyr
11 th Aug	Memorial of St. Clare, Virgin
14 th Aug	Memorial of St. Maximilian Kolbe, Priest & Martyr
15 th Aug	Solemnity of Assumption and the Independence Day
21 st Aug	Memorial of St. Pius X, Pope
22 nd Aug	Memorial of Queenship of Mary
24 th Aug	Feast of St. Bartholomew, Apostle & Martyr
28 th Aug	Memorial of St. Augustine, Bishop & Doctor
29 th Aug	Memorial of Beheading of St. John the Baptist
30 th Aug to 07 th Sept	Novena in Preparation for the Nativity of Our Lady
08 th Sept	Nativity of Our Lady – Girl Child Day & Anniversary of the Dedication of the Church Building

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From the Pastor's Desk

My Dear Parishioners,

We are back after the summer break to begin the New Pastoral Year. I wish and pray that this New Year brings with it, abundant peace and blessings from the Lord, on your families and the Parish as a whole.

As I am penning these few lines, the appointment list is out. I am glad to inform you that Fr. Innocent Fernandes SVD, is appointed the new Parish Priest of Sacred Heart Church, Andheri East. This is therefore my parting message to you, as the Parish Priest of this Church.

Being a missionary priest, I have served in different places and in different capacities both, in India and abroad. I have spent about 26 years of my priesthood in Mumbai. I thank God for having blessed me with a lot of capacities and abilities and for enabling me to put them to good use in this Parish. I thank God for the opportunity to serve you as the Pastor, from June 2014 to May 2017. At the same time, as a human person, I humbly acknowledge, I have had my limitations. As I say 'good bye' to you, I go with a sense of fulfillment, satisfaction and happiness that I have done my best and been faithful to the mission entrusted to me.

As I look back, I am grateful to all of you, because without your unstinted co-operation and support, it would have been impossible to serve such a huge, vibrant and wonderful Parish. In my opinion, most of you have been very supportive, some have been very caring, some have contributed with your constructive criticism and a few, I feel, have judged me wrongly. All of this has helped me to function effectively, grow as a person and made me humble. I take along with me both the joyful as well as sad experiences of this tenure in the Parish, as part of my missionary and priestly life.

I would like to sincerely thank you all, especially the Bishops of the Archdiocese of Bombay for their guidance and assistance, my Clergy Team for their whole hearted support, PPC members, SCC Co-coordinators and animators, the Finance Committee, CCO Team, Heads and members of all Associations, Cells, Committees and Groups in the Parish. I am grateful to all of you.

As I bid farewell to Sacred Heart Parish, I handover the mantle to Fr. Innocent Fernandes, your new Parish Priest. I am sure, he will be a great Pastor to you, the parishioners of the Sacred Heart Church. I wish him and the new Clergy Team the very best and God's blessings. Under Fr. Innocent's leadership, may the parish always remain united, peaceful, blessed and grow in faith.

Finally, I request your prayers for me, as I move ahead to take up the new assignment. Parting is difficult; leaving behind so many good people with whom I was interacting constantly for a period of three years. But I need to move on to serve elsewhere, in the spirit of my missionary commitment. Though I leave, I carry with me plenty of good memories. Thank you again for your love, support and prayers. May God be with you, and bless you and your families abundantly.

Dear Parishioners, I wish each one of you a very happy feast of the Sacred Heart of Jesus!

Good bye, till we meet again!



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- Fr. Lawrence Correa SVD
Parish Priest

Sacred Heart Of Jesus, Unite Us In Love

We are privileged to have our Church dedicated to the protection and patronage of the Most Sacred Heart of Jesus. We are abundantly enriched and blessed to receive all the treasures of love, mercy, grace, sanctification and of salvation which springs from the Sacred Heart of Jesus.

Normally, when we use the word 'heart' it is to designate a person. In symbolic language it is intimately connected to emotional and moral life of an individual. It indicates the idea of courage and love; for example, the expressions "to open one's heart", "to give one's heart", etc.

St. John, the beloved disciple of Jesus, tells us that the nature of God is "Life" and "Love". God is the source of them all (John 3:16), from whom we receive the fullness of life (John 10:10). We are not creators, we are only receivers and transmitters of the life and love of God, and we can transmit only as much as we receive.

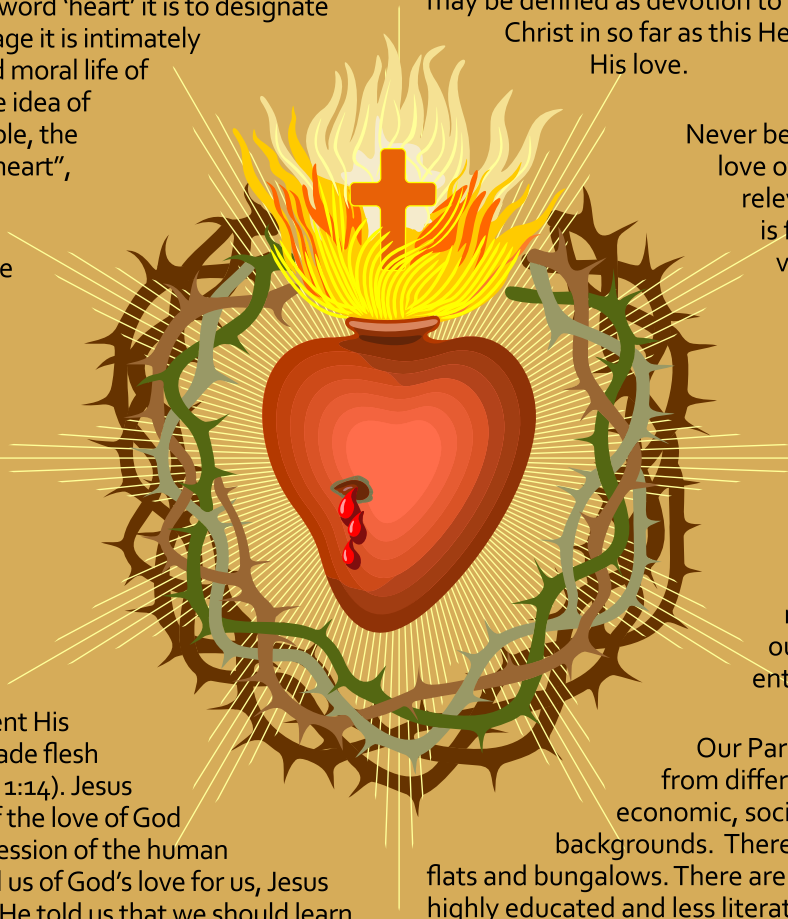
To manifest His love, God sent His only Son. "The Word was made flesh and dwelt among us" (John 1:14). Jesus is the greatest expression of the love of God for us and the greatest expression of the human response to that love. To tell us of God's love for us, Jesus used the symbol of "heart". He told us that we should learn of Him as He was meek and humble of heart and we would find rest for our souls.

The Sacred Heart of Jesus is the symbol of the fidelity of the love of God. It reminds us that God loves us unconditionally with a love we cannot earn or ever be worthy of. He loves us for ourselves, not for what we should be, or possibly could be, but as we are with all of the physical conditions, psychological idiosyncrasies and spiritual infidelities.

Hence, the devotion to Sacred Heart of Jesus is based entirely upon the symbolism of the heart of God, which is the source of life and love. It is this symbolism that imparts to its meaning and its unity, and this symbolism is admirably completed by the representation of the Heart as full of love. Consequently, devotion to the Sacred Heart may be defined as devotion to the adorable Heart of Jesus Christ in so far as this Heart represents and recalls His love.

Never before has the unconditional love of the Sacred Heart been as relevant as it is today. Our world is filled with hatred, jealousy, violence and death. People are killed in the name of religion, culture and nation. There is increasing intolerance in the world. As Christians, we need to be a sign to the world. We need to embody the love of God manifested in the Sacred Heart of Jesus in our everyday life. This love must permeate our families, our neighbourhood and the entire Parish Community.

Our Parish is made up of Christians from different regional, ethnic, economic, social, linguistic and cultural backgrounds. There are people living in chawls, flats and bungalows. There are rich, poor and unemployed; highly educated and less literate. But, we all share in the common faith in the love of the Sacred Heart of Jesus. In the Christian community, ethnic distinctions make no sense. "There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus (Gal 3:28). Our discord, disrespect and discrimination of each other will be a counter witness to the love of the Sacred Heart of Jesus. It is human to see these differences but it is divine to grow in the love of the Sacred Heart of Jesus. The more we grow in the love of the Heart of Jesus the more joy, peace and happiness we will experience. Because, it is not the wealth, the position, the achievements which bring inner peace and joy but



Heart Of My Saviour

our inner attitude of love, respect and concern for each other which builds our personality. If we grow in the love of the Sacred Heart of Jesus, then we will be an effective sign to the afflicted world of today. Our Christian community in order to flourish and grow, it must witness to the joy of the Gospel.

The relevance and importance of the devotion to the Sacred Heart of Jesus will be valued if we understand the predicament of today's world. The contemporary world is not only information-centered society, but it is also an age of stress, anxiety, fear, insecurity and despair. In fact, hypertension is now the most prevalent chronic disease in India. Every year 2.6 lakh die due to hypertension and heart attack. More than a million and a half Americans suffer heart attacks every year. Heart failure is the leading cause of death in India and several other countries.

Heart failure is also the most avoidable cause of death because long before the patient is rushed to the emergency room trouble has been going on in the heart: in the fearful heart, the anxious heart, the discouraged heart, the lonely heart, the rejected heart, the angry heart and the sinful heart. The root cause of all of this heart trouble is the failure to know and trust the meek and humble Sacred Heart of Jesus who says with outstretched hands, "Come to Me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light" (Mt. 11:28-30).

As we celebrate the solemn feast of the Most Sacred Heart of Jesus, let us grow in the devotion to the Sacred Heart which is full of love and compassion. All our parishioners, men and women, families and young people troubled by the many afflictions of modern life, discover the greatest source of spiritual and temporal help, graces and blessings from the very fountain of the love and life of the Sacred Heart of our Lord.

I wish you a Very Happy Feast of the Sacred Heart of Jesus.

- Fr. (Dr.) S.M. Michael SVD
Institute of Indian Culture

Heart of my Saviour,
Heart of my Lord,
A burning furnace of Love
Is the heart of my God!

Burning away all impurities,
Melting away all deformities,
Burning anger, rage, strife and hate
All melt away in the furnace most chaste.

Casting all my burdens, upon the heart of Love,
His heart gladly holds it close.
Melting away the burdens,
Infusing in me, His Love.

Love calls me close to Him to stay,
Hiding me in flames of His Love each day.
The flames of love ever keep burning,
Burning away all hatred, guilt, pain and shame.

Hide me in the shelter of His Love,
No safer place than His flames of Love.
Which forever keep burning,
Melting me, molding me, guiding me with His love!

Josephine Fernandes
St. Paul's, Community No: 21

*Do not let the past disturb you, just leave
everything in the Sacred Heart and begin again
with joy.*

- Mother Teresa

CCO On The Move

The Sacred Heart of Jesus, which is the symbol of everlasting love, beckons us to become the signs of God's everlasting love, in the present world. Our motto in the Centre for Community Organization (CCO) is to reach out to our parishioners with love and understanding and help them accordingly.

The CCO networks with all the Cells and Associations of our parish, and vice-versa, to ensure the envisioned projects are carried out in a timely and effective manner. We would like to brief you of the different activities taken up by the various Cells and Associations during this quarter.

The **Senior Citizens Cell** organized the Station of the Cross on 6th March, 2017 at Atma Darshan, at 4.30 pm for the seniors of our parish.

The **Parish Association Council (PAC)** meeting was held on 16th March, 2017. The meeting was well attended. The forthcoming planned activities of Cells and Association were announced.

The **Bible Cell** conducted special Lenten Sessions on the topics. 1. Authenticity and Duplicity 2. The Three temptations of Jesus 3. After Lent, what?

The **Divine Mercy Cell** of our Parish conducted the 9-day Novenas in honour of the Divine Mercy from Good Friday onwards. Triduum in preparation of the Divine Mercy feast was held from 19th to 21st April, 2017. Divine Mercy feast was celebrated on 23rd April, 2017, with a solemn Mass at 10.00 am. Pictures of Divine Mercy were duly incensed and venerated.

The Youth ministry of our parish in collaboration with the **Parish Youth Animation Team (PYAT) and youth members** organized 'Sacred Heart Throw ball League' for the girls of our parish from the age group of 15 to 30 on 6th and 7th May, 2017. The tournament was conducted area-wise. There was a good participation from all the areas. Area 2 was the winner and Area 5 runner-up.

EMPLOYMENT: The CCO maintains a register of un-employed housemaids and many have been well placed irrespective of their caste/community. The unbridled joy and delight in successfully placing unemployed people with gainful employment is priceless. We are happy that we were able to place many of them in different positions, namely office staff in companies, house-maids, caretakers for patients etc.

MATRIMONIALS: CCO has received applications from within the parish and also from other parishes in Mumbai. The process of coordinating with singles among those registered is ongoing and some have succeeded in finding their life partners. We hope and pray that many more may be blessed by God to find their partners in life.

Every week, we reach out to the needy of our Parish through the **Community Welfare Fund**, by filling forms for their Medical, Education and Housing needs. The **SVP** too, renders help to the needy parishioners and also the needy people of other faiths by giving ration, medicine and clothing.

All the activities of the CCO in collaboration with the cells and associations are functioning smoothly. We extend our heartfelt gratitude to all the members for the commendable work done this year and look forward to an equally wonderful year ahead.

As we celebrate the feast of Sacred Heart of Jesus, let us be messengers of the love of Jesus to all those people whom we encounter in our day to day life. May the Sacred Heart of Jesus shower His blessings on each and every one of our families to build a vibrant parish !

Ida Quinny
CCO Co-ordinator

A Christian who lives united to Christ's heart can have no goals but these: peace in society, peace in the Church, peace in his soul, the peace of God which will reach its climax when His kingdom comes.

– St. Josemaria Escriva

Reminiscences Of A Fruitful Pastoral Experience

Fr. Lawrence Correa SVD, having served Sacred Heart Parish as the Parish Priest from June 2014 to May 2017 is moving ahead to embark on his next assignment. Under his dynamic leadership the parish has grown tremendously. He led a parish, rich in ideas and vibrant in its activities, at the same time a gracious community of people who actually live the faith. Various key committees/associations of the parish specifically, PPC, Finance Committee, CCO, Community Welfare Fund, Liturgy Committee, Confirmation and Tala Committee functioned under his able guidance. Fr. Lawrence faithfully shepherded his flock, guiding us along the right path with dedication and spirituality.

Experience in this parish:

Describing his experience at Sacred Heart, Fr. Lawrence says "The Pastoral experience I had during these three years was wonderful and very enriching. This is truly a vibrant Parish, consisting of 34 Communities, 34 Cells, Associations and Committees. We conduct numerous programmes during the calendar year and the collaboration between the Clergy and the laity is admirable. I was amazed and wonderstruck at some of the parishioners' dedication and selfless service. For instance, the members of the Community Welfare Fund and members of the St. Vincent De Paul have made tremendous effort to reach out to the needy and help them to the maximum extent possible.

Although I had to put in long hours of work every day, and deal with various responsibilities and tasks, at the end of the day I was happy that I could do justice to them and that the needs of the parish were taken care of. Every day brought along with it, surprises and unexpected tasks to be attended to, both spiritual and other temporal matters. The Lord guided me to attend to them successfully, most of the times. To me, this was wonderful, and a great experience to see so much involvement and togetherness amongst the people of God."



Treat everyone equally.

To bring justice and equality among his people is what Fr. Lawrence is passionate about. It did not matter for him if someone was rich or poor, he treated everyone equally. This was his motto when he initiated his journey as the parish priest; "All are my parishioners, rich or poor, holy or less holy, and I will treat each one of them equally." He had no favourites. He made every effort to keep the parishioners united in the Lord, even though there were differences. "The mission of my life is to establish the Kingdom of God: a Kingdom of justice, peace and love", Fr. Lawrence states with conviction.

The Lord worked through me:

Fr. Lawrence feels that the responsibility to be a parish priest is quite challenging and great. He was well aware that on his own he would not have been able to do justice to it. There were days and times, when he felt it was too much to handle or too complicated to deal with. But, every morning, as he woke up, he would surrender to the Lord and say "Lord, You have chosen me to be the pastor of this parish, guide me and give me the wisdom to do the right thing for Your greater glory and the welfare of my parishioners." He was never afraid, as he was quite sure that it is the Lord who is working through him, and it was Lord's mission that he was carrying out.

Message to the parishioners:

Focus your life in God, through faith in Him. Experience God's love in your life and share it with others. Make every effort to live as a united Parish community in the Lord. Always look for ways to positively help someone in need, forgive each other, avoid gossip and negative criticism. Do not bring in your political affiliations into Church matters as it may create divisions and conflicts. Look at the prospect of Leadership in the parish as means to render service and not as a position of power.

Support and pray for the Clergy team who serves you continuously. Find time to pray for yourselves and for others. Pray for me, so that I may continue to be a good missionary Priest and proclaim the message of God's justice, peace and love to the people I am entrusted with.

Fr. Lawrence Correa SVD
Interviewed by Sr. Natalia D'Souza SSps

Trusting Life's Unknown To The Divine Master

To get the riches of the ocean, one needs to plunge deep to the bottom of it. Though he didn't have sufficient time to delve deep and get to all the nitty-gritties of the pastoral ministry at the Sacred Heart Parish, in a span of just 12 months, Fr. John Serrao SVD has given us much. He comes across as a soft spoken person, gentle with the youth, caring towards the elderly, tender while dealing with children and one who has love for the people of God. He has been part of every activity, this parish has undertaken, joyfully giving of his time and energy to the mission he has been called to.

Quoting Fr. John, "It is almost after 30 years I came back into this ministry. I began from scratch; I was a complete novice herein. With the help of my confreres in the parish and with the encouragement of the parishioners I was able to learn quickly and perform. I had hardly begun to love and like the ministry when 'the call' came to move to another place. Though short, it was a time of grace for me. I will ever remain grateful to our parishioners for their kindness, trust and generosity".

Experience in this Parish:

The Sacred Heart Parish is a vibrant parish. It is so because of the lively and living faith of the parishioners. The commitment of the parishioners to the parish community is laudable and unquestionable. The variety of activities in the parish keeps everyone, children, youth and the adults engaged and active throughout the calendar year. The shepherds do have the 'smell' of the sheep, but it needs to be intensified. To keep the wheel of activities in motion, we need to be faithful to our mission even in the face of difficulties and failures. Success comes from God but fidelity should come from us.

"His Life is our Life, His Mission is our Mission."

A spiritual life without prayer is like the gospel without Christ. For Fr. John, to pray means to think and live in the presence of God. Prayer is as essential to life as water and air. Silence and prayer are two sides of the same coin. Fr. John says "Silence helps me to prepare my Sunday homilies and daily reflections. It helps me in the confessional. I don't have a better definition to explain my mission in life than the one that my Society has given me: *"His Life is our Life, His Mission is our Mission."*

Life is to Learn, Unlearn and Relearn.

After having received a different mandate for the mission in a different field, Fr. John recollects a quote from Alvin Toffler, in his book, 'Future Shock' which captured his attention. *"The illiterates of the 21st century will not be those who cannot read or write, but those who cannot learn, unlearn and relearn."* He adds "My future ministry is going to be in the Seminary. To be a Formator or a Spiritual Director in a seminary, one needs to be open and ready to learn and unlearn. What matters most in a Formation House is not how much I do but how much I inspire through my life. I never thought, not even dreamt that I'd one day go back to my Alma Mater as Spiritual Director. I know it is a tall order but I trust in God".

Every Cross Experience is a God-Experience:

If you ask Fr. John on how he faces day to day challenges, this is what he says: "Challenges and difficulties are opportunities for growth. Challenges, at times could come across as a cross. But it is in the cross we find our growth; it is in the cross we find our Resurrection. Fr. John states with conviction that every painful experience is a cross experience and every cross experience is a God-experience. He believes that one's convictions should be like the roots of a tree and not like its fruits. Anyone can pluck the fruits and take them away; but the roots, no one can take them away easily. It is only after cutting the tree one can take the roots away. He adds "I never allowed myself to be overwhelmed by challenges and difficulties.

They are always there, they are part and parcel of life, but they pass. God does not expect us to solve all problems; but He certainly expects us not to create them".

Message to the Parishioners :

Expressing his deep and sincere gratitude to the parishioners, Fr. John quotes: *"We come with nothing, we go with nothing. But one great thing we can achieve in our beautiful life is...A little remembrance in someone's mind and a small place in someone's heart."* In my mind I will store a lot of sweet memories of this parish, in my heart I will keep a small place and on my lips I will have a good word and a prayer for our parishioners.



Fr. John Serrao SVD

Interviewed by Sr. Nathalia D'souza SSsP

Our New Parish Priest

Fr. Innocent Fernandes, SVD

The New parish priest of Sacred Heart Church is already a popular personality of our parish. Fondly known as 'Fr. Innu', he has served in our parish as a Co-pastor from 1993-1997, 2002-2005, and from 2011-2017.

He is acknowledged to be a people's man, a simple approachable pastor and loved by all – the children, the youth and the senior citizens alike. He is well known for his pastoral quality to reach out to people with a listening ear.

Fr. Innocent Fernandes, SVD was born on 28th December 1955 to Late Juze Paul and Constantine Fernandes. He hails from Goa and is the eldest of his four brothers and one sister. Fr. Innocent joined the SVD Minor Seminary in 1971 when he was studying in Std. VIth. In school, college and in the seminary, he was fond of sports and also excelled in athletics. He has a good ear for music.

He was ordained on 12th May 1988 at his parish Church, St. Ann's, Agonda, by Bishop Raul Gonsalves. He was the parish priest of Holy Family Church, Marcella, Goa from 2005-2008 and St. Theresa's Church, Bandra West from 2008-2011.

Some of the previous assignments in his Priestly ministry have been at the newly opened Mission station in Toopran village, Medha District in Andhra Pradesh, for a year, in St. Britto's Parish, Andhra Pradesh as an Assistant Priest from 1989-1991, at the Minor Seminary Raia, Goa from 1991-1993 as a prefect for the seminarians and once again from 1997 – 2002 as Procurator and Farm In-charge.

Dear Fr. Innocent, we the parishioners of Sacred Heart Church, take this opportunity to congratulate you as you take charge as our new parish priest. With our assurance of whole hearted co-operation and support, we pray for God's choicest blessings on you in all your endeavours, in your priestly ministry.

“...Since there is in the Sacred Heart a symbol and a sensible image of the infinite love of Jesus Christ which moves us to love one another, therefore is it fit and proper that we should consecrate ourselves to His most Sacred Heart—an act which is nothing else than an offering and a binding of oneself to Jesus Christ, seeing that whatever honor, veneration and love is given to this divine Heart is really and truly given to Christ Himself.



Welcome Fr. Valerian Pius Fernandes SVD

We are happy to welcome Fr. Valerian Fernandes SVD, fondly known as 'Fr. Vally', to our Parish Clergy Team.

Born on September 01, 1961, to Late Monthu and Bridget Fernandes in Rayee, Karnataka, Fr. Valerian, is the youngest of his 9 siblings, one brother and seven sisters of whom one is a religious. He completed his elementary schooling in 1975 and joined the Society of the Divine Word, at Kirem. He wanted to be a priest and his family's prayer, for vocations, helped him to take this step. He studied in Pompeii High School, Talipady, Aikala. He excelled in studies and in fact he stood first in his Xth Standard examinations. He continued his Pre-University Studies, taking up Science, in Pompeii Junior College. After completing PUC, as per the programme of the Society of the Divine Word, he went to Palda, in Indore City, M.P. for one year of training. Later, he went to Mysore for his College studies where he pursued the Science stream. Here too, he stood first in the Degree examinations. After completion of his degree in St. Philomena's College, Mysore, he continued the seminary training, finishing his Philosophical and Theological studies in Jnana Deepa Vidyapeeth, Pune. Because of his interest in studying the Bible, he was given special permission to continue with his studies immediately after his Priestly Ordination in 1992. Thus, before going for mission work in distant Papua New

Guinea, he completed his Master's in Theology (Sacred Scripture) in Jnana Deepa Vidyapeeth, in 1994.

Once in Papua New Guinea, he taught in the seminary for three years and he worked also as the Dean of Studies, for three years: from 1997 till 1999. Since he was asked to take up formation work by his superiors, he went to do his Doctorate in Sacred Scriptures in Ateneo de Manila University in the Philippines. He completed his Doctoral studies in October 2004. Back in Papua New Guinea, he taught again in the seminary for six years, and during this period, he was appointed, again, as the Dean of Studies for two years. But he could not stay too long in Papua New Guinea. Due to frequent attacks of malaria and the side-effects of the medicines, he had to return to India. He took this as God's plan for him and returned to India at the end of 2010. He was appointed to the SVD Formation house in Mysore for three years. Then he was asked to take up the retreat ministry in Divine Call Centre, Mulki, as the Director of the Centre. Now, he is appointed as co-pastor of Sacred Heart Church, Andheri, Mumbai.

Fr. Valerian, is known to be a meticulous and disciplined person. Dear Fr. Valerian, We accord a warm and hearty welcome as you take charge as a co-pastor of our parish and wish God's choicest blessings upon you !



Congratulations and Welcome Dear Fr. Praveen Aranha SVD

The Sacred Heart Parish Community Congratulates Fr. Praveen Aranha, SVD on his priestly ordination on 2nd of May 2017 at the Divine Call Center, Mulki, Mangalore. Most Rev. Dr. Leo Cornelio SVD, Archbishop of Bhopal, conferred on him the Sacrament of Priestly ordination.

'To be His Witness' is his pastoral motto.

Fr. Praveen Aranha SVD, hails from Nakre, Udupi district in Karnataka. He was born on 29th December 1986 and is the youngest of the three children of late Mr. Francis Aranha and Mrs. Regina Aranha. He has an elder sister and brother. Soon after pursuing his elementary education at Nakre, He joined St. Peter's Seminary SVD in Kirem. After the orientation course, he joined for his PUC at the Pompeii pre university college, Kirem. Later, as part of the SVD formation in 2005, he was sent to Catholic Ashram Palda, in Indore for the SIS course (Spirituality, Integration and Studies). In 2006, he was sent to SVD Vidya Niketan Mysore for graduation. During studies, Fr. Praveen represented St. Philomena's College for many sports activities. In 2009 he did his Novitiate at the Catholic Ashram Kurdha, in MP where he took his first temporary vows. Then he was sent to SVD Vidya Bhavan. Bhopal for his Philosophical studies. Along with which he completed MA in Philosophy in

Barkathulla University Bhopal. In 2012, he was sent for Exposure Immersion Program to Sarva Seva Sangh, Pune, an NGO run by SVD's where he experienced the life of poor people by living with them. During that time, a tragic incident took place in his personal life, his father met with an accident and passed away. He completed his Theological studies at Divine word Seminary, Pune. During this period, for one month he was given a chance to experience the life of simple Kathkari Tribes in Mangaon, Raigad district of Maharashtra.

Fr. Praveen was ordained as a Deacon on 2nd of January 2015 and was assigned to our parish for his diaconate Ministry for 6 months. During this period, he has been involved with the youth activities, SCC's various cells and associations and in administering Sacraments. He is fondly known to be a friendly person and a live wire at picnics and functions. Fr. Praveen was also very cooperative and helpful during various functions and meetings in the Parish.

As His first appointment, Fr. Praveen is appointed to the Sacred Heart Parish Andheri East, as a Co-pastor. Dear Fr. Praveen, we wish you a fruitful ministry and a pleasant stay in our parish!

SAINT'S SPECIAL

This saint said, "May the darkness of sin and the night of unbelief vanish before the light of the Word and the Spirit of grace! And may the Heart of Jesus live in every heart!"

The devotion to the Sacred Heart of Jesus escalated due to the fervor surrounding the apparitions of our Lord to this Saint.

This saint said, "Do not be afraid to be saints. Follow Jesus Christ who is the source of freedom and light. Be open to the Lord so that He may lighten all your ways".

This saint said, "In this life we cannot always do great things. But we can do small things with great love".

This saint said, "If you are what you should be, you will set the whole world ablaze!"

This saint said, "Pray as though everything depended on God. Work as though everything depended on you". _____

This saint said, "To one who has faith, no explanation is necessary. To one without faith, no explanation is possible".

This saint said, "Be kind to all and severe to thyself".

This was one of the resolutions made by this saint on his First Holy Communion Day-“Death rather than sin”.

This saint said, "I do not consider missionary life as a sacrifice I offer to God, but as the greatest grace that God could ever have lavished upon me"

The Beatitudes are found in two of the Gospels, State the Chapter and verses of the Bible where they are found?

Matthew Chapter Verses : Luke Chapter Verses

What does the word Beatitude mean ?
Blessedness b) happy attitude c) joylessness

The Beatitudes are part of a wonderful teaching of Jesus which is called?

How many Beatitudes are there in the Gospel of Mathew?

What are the names of the 2 children to whom the Virgin Mary appeared for the first time on 13th May 1917 and Pope Francis arrived in Fatima on 13th May, 2017 to canonise them (make them saints).

"UBT SA EH OHW DLLEAC UOY SI YLHO, EBYLHO SLVERUOYS NI
RYVEE CTEPSA FO UORY TUCNOC

()
(1Peter :)

Who is the rock on which Jesus said He would build His church?

a) John b) James c) Peter

Statue of Christ the Redeemer which is 30 metres tall overlooks the city of _____ in the country of _____

a) Guadalupe, Mexico b) Sao Paulo, Brazil c) Rio de Janeiro, Brazil

The Divine Mercy image is a depiction of Jesus based on the devotion initiated by which saint?

a) Saint Agatha b) Saint Faustina Kowalska c) St Alphonso

The Divine Mercy feast is celebrated on

a) Easter Sunday b) Sunday after Easter c) Pentecost

The Quiz is only for children of our Parish who are studying in Std. 10th and below.

Drop the answers in the letter box in front of the Parish sacristy
latest by 15th July, 2017

There are three attractive prizes. If there are many right answers the prizes will be determined by casting lots.

Editorial boards decision will be final and binding.

Full Name _____ Class _____

School	Telephone/Mobile No
--------	---------------------

Family No. _____ Address: _____

1) 1) Water was changed to wine at a wedding in Cana, 2) Jesus Feeds five thousand men. 3) Thirty eight years, 4) Five loaves and 2 fish, 5) Walking on the water, 6) Bartimaeus 7) Lazarus, 8) Pool of Siloam

II) 1. Prophet (John 6:14) 2. wind, waves (Matthew 8:27),

3. Twelve, touch, faith (Matthew 9:20-22), 4. clean (Mark 1:40)

5. forgive, paralysed, pick (Matthew 9:6), 6. Jericho, David
(Luke 18:35-38) 7. sickness, disease(Matthew 8:17)

**III) IF YOU HAVE FAITH AS BIG AS A MUSTARD SEED YOU CAN SAY
TO THIS HILL GO FROM HERE TO THERE AND IT WILL GO
(Matthew 17:20)**

IV) 1) Mary of Magdala 2) Chile 3) Commandment

Winners of Quiz No. 2017-01 :

1st prize - Janice Lobo. Std X, Canossa High School

2nd prize - Sharon Dsouza. Std III, Canossa primary school

3rd prize - Elida Dsouza Std IX, Canossa High School

HEARTY LAUGHTER

Letter Home

Dear Dad, \$chool i\$ really great. I am making lot\$ of friend\$ and \$tudying very hard. With all my \$tuff, I \$imply can't think of anything I need, \$o if you would like, you can ju\$t \$end me a card, a\$ I would love to hear from you.
Love, Your \$on.

The Reply:

Dear Son, I kNOW that astroNOmy, ecoNOmics, and oceaNOgraphy are eNOugh to keep even an hoNOr student busy. Do NOt forget that the pursuit of kNOWLEDge is a NOble task, and you can never study eNOugh.
Love, Dad

Anger V/s Exasperation

A young girl who was writing a paper for school came to her father and asked, "Dad, what is the difference between anger and exasperation?"

The father replied, "It is mostly a matter of degree. Let me show you what I mean."

With that, the father went to the telephone and dialled a number at random. To the man who answered the phone, he said, "Hello, is Melvin there?"

The man answered, "There is no one living here named Melvin. Why don't you learn to look up numbers before you dial them?"

"See," said the father to his daughter. "That man was not a bit happy with our call. He was probably very busy with something, and we annoyed him. Now watch . . ."

The father dialled the same number again. "Hello, is Melvin there?" asked the father.

"Now look here!" came the heated reply. "You just called this number, and I told you that there is no Melvin here! You've got a lot of nerve calling again!" The receiver was slammed down hard.

The father turned to his daughter and said, "You see, that was anger. Now I'll show you what exasperation means."

He dialled the same number, and a violent voice roared, "HELLO!"

The father calmly said, "Hello, this is Melvin. Have there been any calls for me?"

Wanted

A group of elementary school students were on a field trip to the local police station. Several of the children were fascinated by the wanted posters on the wall.

Little Billy raised his hand and asked the police officer giving them the tour who the people on the wall were.

"Those are pictures of criminals we are looking for," answered the policeman. "We call those wanted posters."

Little Billy looked puzzled. His hand shot back up into the air. "Well," he wondered, "why didn't you just keep them when you took their picture?"

Parish Activities

SCCs as a Paradigm for a Participatory Church

Small Christian Communities (SCCs) are not a current phenomenon. One can find them in the life of the early Church; in the way the twelve apostles lived their lives. The communitarian thrust of the apostolic Church had its roots in the example of Jesus. He formed communities of men and women and empowered them to preach the Good News. Today, there is a cry to bring back this vitality with renewed strength and vigour. SCCs are means by which the Church is brought into the daily life and concerns of the people, in their very own neighbourhood.

On this note, our Parish has declared the year 2017 as the **“Year of the Small Christian Communities”** with the objective of inculcating a spirit of oneness and awakening among the families of the Parish to the **“new way of being Church”** and a reminder that by virtue of our Baptism, we are automatically an integral part of the SCCs.

To take the theme forward, a special committee consisting of the Parish Clergy, the SCC Project Team and a few others has been constituted, with Fr. Innocent Fernandes, SVD as the Spiritual Director of the SCCs.

The **“Year of the SCCs”** opened with the 7 Areas of the Parish organizing and conducting the Stations of the Cross (SoCs) in English, in the Church, every Friday, during the season of Lent, through meaningful and powerful power-point presentations, video clippings from the movie Passion of Christ, themes, prayers and reflections. The Parish Choirs added to the solemnity with their music.

The area-wise preparation and practices week-on-week served to bring the members of the Area closer to each other and more involved in parish activities. The SoCs every Friday concluded with a special blessing by Fr. Innocent.

For greater impetus, a Prayer has been composed and a logo designed symbolising us, the faithful, interrelating and interacting with one another to experience the kingdom of God tangibly through prayer, self-sacrifice and communitarian service. The Heart in the background symbolizes our Parish. The logo was also developed into a poster.

The Prayer Card and Poster were unveiled at the Easter Vigil Mass by our parish priest Fr. Lawrence Correa SVD. The poster has been installed on the wall at the main door of the Church, serving as a constant reminder of the theme. The prayer cards have been distributed to every family and community with a request to include this prayer in their daily prayer routine and at the monthly community core group meetings, respectively. This prayer is also being prayed at every Eucharistic celebration on Sundays and important days as per the Church calendar.

The newly constituted committee, in consultation with the Parish Clergy Team, will roll out a plan for the year which will be a holistic blend of spiritual, socio-cultural and communitarian service activities.

Candida Mendoza
SCC Project Coordinator



This divine heart is an abyss filled with all blessings, and into the poor should submerge all their needs. It is an abyss of joy in which all of us can immerse our sorrows. It is an abyss of lowliness to counteract our foolishness, an abyss of mercy for the wretched, an abyss of love to meet our every need.

– St. Margaret Mary Alacoque



O sweet Jesus, it is here You established the throne of Your mercy

To bring joy and hope to sinful man.

From Your open Heart, as from a pure fount,

Flows comfort to a repentant heart and soul.

– St. Faustina

Skills for SCC Animators A Holistic Laity Training Programme

The New Way of Being Church through Small Christian Communities (SCCs) is a movement that enables Christians to experience a deeper sense of being Church in their respective neighbourhoods through the invocation of the Word of God as their guiding light and by being humble servants like Jesus in their communities. The “Skills for SCC Animators” is a weekend residential programme that equips animators to better understand this movement, their role and the various integral skills that are required to ensure efficient functioning and constant growth of the SCCs. This year, this programme was organised at St. Pius X College, Goregaon, from April 21-23, 2017 and was attended by 83 animators (including 15 youth animators), from 27 parishes in the Archdiocese of Bombay. Jessie Serrao (Community No.12) and I (Community No.24) were privileged to attend this programme.

Day 1: The training began by placing the Holy Bible at the very epicentre of the program through the Enthronement of the Bible. This profound act reiterated that only through gospel sharing, will the animators be able to discern the will of God for themselves as well as for their communities. Resource person, Elvin Colaco thereafter provided a peek into the history of the SCCs through his session “Perspective of SCCs”.

Day 2: The day commenced with the Holy Eucharist followed by a quick evaluation of the previous day. Through the rest of the day, via the method of role play and interactive discussions our Resource Persons, Anand Castelino (We need SCC's), Lorna Dsouza and Michael Rodrigues (Working Style of Animators / Role of Coordinators), Thomas Lobo (Holistic Growth), brought out the importance for the need, role and growth of SCC animators. The passion for the Word of God, lucidly explained by Sister Manisha (Gospel Sharing), incited a similar passion from the participants thereby, making us very receptive and enthusiastic to learning and practising the 7-Step method of Gospel Sharing. The day concluded with a fun-filled entertainment programme organised by the youth.

Day 3: The final day began with the Holy Eucharist, celebrated by His Lordship Bishop (Emeritus) Bosco Penha. After the celebration of the Eucharist, his Lordship took time to personally greet and thank each animator for being part of the SCCs and doing such a commendable job. It was quite touching to witness this. The rest of the day continued with inspiring sessions by Rueben Fanteiro and Iona Pereira (Enabling Servant Leadership), Augustine Mathana and Reena Poddar

(SCCs vis-à-vis Association), Elvin Colaco (Functioning of SCCs) and Alan Colaco (Visiting Skills). The programme concluded with the submission of parish-wise evaluation feedback by the participants, awarding of certificates and a word of appreciation to the organising team of Lia Sathe, Jennifer Kolhatkar and George Andrade. All 83 animators returned to their Parishes with renewed vigour and purpose, of building and growing the NEW WAY OF BEING CHURCH!

Sharon Pinto
Emmanuel, Community No. 24

DIVINE MERCY SUNDAY – 23rd April, 2017

The nine days Novena, in preparation for the Divine Mercy feast, commenced on Good Friday. The Divine Mercy Cell members took active part to conduct the Chaplet of the Divine Mercy along with the intentions for the day, after every Mass. Triduum was conducted on 19th, 20th and 21st April 2017.

During Mass on 19th April, Fr. Nobert D'souza, spoke on **Holiness**. He explained it is a process whereby we need to cleanse and purify ourselves, and introspect if we have grown as a better person, than before. We need to give ourselves to the service of God. With the help of the Nokia ad as an example, he explained Michaelangelo's best painting, depicting two hands reaching out to each other, though the fingers of both hands are almost reaching near, they are not able to touch. He said, in the same way, God is always reaching out to us and...how do we respond? Holiness involves breaking oneself and is a journey, it can be achieved in the family, community and neighbourhood.

On 20th April, Fr. Donald D'souza SVD, preached on **the Love and Mercy of the Lord**. He spoke on the Gospel reading of the day. He enlightened us on the daily apparitions of Jesus after His Resurrection. Our Lord is full of Love but, if we have fear in our hearts, we will never experience His love. So we need to be at peace within ourselves, if we are to experience His Resurrection, Joy and Peace. We need to ask for forgiveness and repent, only then we will be able to receive the Divine Mercy from Jesus.

On 21st April, Fr. M.T. Joseph SVD, spoke on **Forgiveness and Love**. He said there can be no love or one cannot love if we have 2 types of blocks: viz. guilt and hurt feelings. We feel guilty if we have not truly repented or not asked God to help us. We may be hurt by someone's words or action and then we tend to relive in our minds owing to this, these hurts get rooted deep into our hearts and we are not at peace. We need to place before our Lord – our guilt and hurt feelings and relieve ourselves of these blocks. Only then the Divine Love and Divine Mercy will flow into our being.

On 23rd April, the feast day Fr. Infant Vinodh SVD, gave an inspiring homily on **Mercy**. He said Mercy is a feeling that sparks from deep within.

The Sunday after Easter was a beautiful day to celebrate Divine Mercy Feast. Let us pray that the Lord blesses us, our families, friends and the world at large, with peace. There is no limit to God's mercy. On this feast day the Church proclaims the goodness and mercy of God. Be merciful to others as Jesus is merciful to us.

***Assencion Gracious
Divine Mercy Apostolate***

Christian Life Program (CLP) A Renewed Understanding and Response to God's Call

Knowledge is an important part of our upbringing. We are always in the pursuit of acquiring more knowledge through education and practical experiences. However, when we compare this with our spiritual knowledge, I am sure, most of us would be found wanting in this area.

Spiritual knowledge comes from God – by reading His Holy Word, understanding and meditating on it through the power of the Holy Spirit. But, is our thirst for spiritual knowledge at par with the knowledge of the world? The answer to this question is an emphatic NO, as far as my personal experience is concerned.

In July 2014, after being coaxed by my wife, I participated in the Christian Life Program (CLP) which was conducted by the Couples for Christ (CFC). Prior to attending this program, I had a false notion that I had adequate spiritual knowledge just because I knew the regular prayers and short passages/stories from the Bible. However, on

attending the CLP I realised where I stood in my personal relationship with God and my neighbour. I found myself lacking in my spiritual life.

In the 12 talk series of the CLP, one of the talks was on 'God's love'. There are numerous instances in the Bible demonstrating God's immense love for humans, despite our disobedience and repeatedly succumbing to sin. In God's abundant love and mercy for humans, He sacrificed His only Son – our Lord and Saviour Jesus Christ.

When it comes to understanding God's love, we all know of our Heavenly Father's eternal love for us. But, are we aware that we have to reciprocate to this love? If yes, then how?

Another session of the Christian Life Program, titled 'Loving God' spelt out that, we have to love God with all our:

Heart – by having a personal relationship with God through prayer and scripture reading;

Mind – by keeping our mind and thoughts holy;

Strength – by giving generously of our time, talents and treasure.

This session, as well as the entire series of 12 Talks, certainly increased my awareness; thereby contributing to my overall spiritual knowledge and growth.

The Christian Life Program (CLP) consists of 3 modules of 4 sessions each.

The first module presents the absolute basics of Christian life.

The second module presents the kind of life that God calls us to, and helps couples / individuals to make a reorientation of their lives around Jesus.

The third module helps the couples / individuals to appropriate for their lives the power of the Holy Spirit and provides the basis for continuing spiritual growth.

On behalf of the Couples for Christ (CFC), I would like to invite all married couples (young and old), and married singles to attend the Christian Life Program (CLP), commencing on Sunday, July 2nd, 2017. Thereafter these talks will be held at 7.00 pm, every Sunday, in the Mini Hall.

***Stephen Coutinho
Hosanna, Community No. 31***



FIRST HOLY COMMUNION DAY

Preparation for the First Holy Communion in this academic year, for 72 children, from over eighteen surrounding schools, began from June. To share in Communion for the first time, the children were given "sufficient knowledge and careful preparation so as to understand the mystery of Christ according to their capacity" (Code of Canon Law 913). They were encouraged to explore some of the many God-given "gifts" viz. love, peace, forgiveness, friendship, and creation.

Important events during the preparatory period were:

Rite of Acceptance ceremony was conducted in the SCC's and in the Church. Here the children expressed their desire to receive the Sacrament and the Parish Community accepted their desire.

Through special Eucharistic Celebrations with Rite of Presentation of the 'Lord's Prayer' and 'The Creed', the importance of these prayers was explained.

A special 'Prayer Service' was conducted by a Resource Person for FHC's (First Holy Communicants) the their parents.

Field Trip to the Balwadi (school for poor, street children) was organized. It was an eye-opener, the children learnt to appreciate all that their parents do for them, as well as to care for and share with the less fortunate children, than themselves

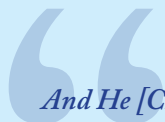
An Intensive week's preparation was conducted, during which the Sacrament of First Reconciliation was held on 20th April.

Finally, the Great Day arrived! Seventy children of our parish, dressed in white/light pastel shades received First Holy Communion on Saturday, 22nd April, during the 5.00 pm Eucharistic Celebration. Fr. Lawrence Correa SVD was the main Celebrant. Tony Dias and his choir with their melodious voices sang the entrance hymn as these little angels entered in procession. The siblings of the FHC's were the lectors for the service, they proclaimed the Word of God and it touched many hearts hearing them. The responses of the FHC's to the Baptismal Promises had the Church resounding. The Homily by Fr. Infant Vinodh SVD, was most appropriate and touching, not only for the children but for the parents as well and hence loved by all. Post Communion, the FHC's meaningfully sang the action hymn "I love you Jesus", it was evident that Jesus had come into their hearts that day and they were radiant with His presence. Blessed Scapulars and Rosaries were given to each of the FHC's. After the group photograph, they received the Certificates and a snack box, the FHCs left with their families, to enjoy the rest of the day in celebrations.

A dinner was hosted by our Parish Priest and Communion Team for eight FHC's along with their immediate families in the mini-hall of the Community Centre. Ten deserving FHC's were given new outfits, thanks to the generosity of some of our FHC parents who sponsored them.

Our special thanks goes to our Parish Priest and Spiritual Director, for their whole hearted co-operation and support during the academic year, the FHC's parents, god-parents, PPC members and the Coordinators for helping in the Faith Formation of our FHC's.

Francisca Saldhana
Catechist, First Holy Communion



And He [Christ] showed me that it was His great desire of being loved by men and of withdrawing them from the path of ruin that made Him form the design of manifesting His Heart to men, with all the treasures of love, of mercy, of grace, of sanctification and salvation which it contains, in order that those who desire to render Him and procure Him all the honour and love possible, might themselves be abundantly enriched with those divine treasures of which His heart is the source.

- from Revelations of Our Lord to St. Mary Margaret Alacoque



YOUTH FULLY
A L I V E

Women's Throw Ball Tournament

Seven Teams comprising of Women players between the age group of 15 to 30 years representing the 7 areas of our parish, participated in the Throw ball tournament held on 6th and 7th May, 2017, organised by the PYC belonging to Area 6 along with the Parish Youth Animation Team. On Day one, all the 7 areas participated intensely. Each team had to register themselves at the registration desk. Before the game on field, each team had to take the oath.

Day one started off with the welcome speech and an opening prayer led by Fr. Innocent Fernandes SVD. It was truly amazing to see women of different age groups come together and play with a lot of zeal and determination to make it through to the winning trophy. During the break time, there was a dance performance by the PYC's and the NYG's which was truly spectacular and lifted up the sportsmanship spirit among the players as well as the audiences. Areas 2, 3, 5 and 7 made it through to play the final on the next day. There were 9 matches at a stretch and were pooled in with lot of challenges, thrill, excitement and enjoyment. Efforts by the volunteers who teamed up together to make the event a grand success were noteworthy.

Day two, began with an increased level of competition than the previous day. To carry home the 'Winning Trophy' was the goal of every team. The game began on an interesting note and each member of every team played rigorously. The growing pressure was on account of the knowledge that they were battling with the Best Teams of Day one. The matches were well played. The amount of persistence, determination, energy, stamina and endurance by every player was highly commendable. It was an inspiring sight to see the tiny Mascots cheerfully encouraging their teams along with the spectators who cheered their respective teams. The Senior Members of the Parish Throw ball Team won the exhibition match played against the PYC members, it was truly fun to witness this match held before the finals. The final match was Area 2 v/s Area 5. The finale was highly unpredictable and truly breath-taking till the end and ultimately Area 2 won and proudly carried home the trophy.

Kudos to Area 6 for making the Women's Throw ball Match a successful one!

Natasha D'souza
Hosanna, Community No 31

Summer Camp 2K17

As a kid, I always began my vacation from school, excited for the Summer Camp that the youth of our parish hosted. Every morning I woke up, fresh and wide eyed, always ready for a new adventure. But this year, it was different. I was on the organiser's side of the event. So instead of waking up, ready for adventure and participation, I woke up fresh and was ready to create an adventure.

Our plan was simple; help the kids enjoy, make them run around and ultimately help them make memories. We started planning for this event, just a month before and on the 8th of May, we began our little journey. Four teams were formed. The Red "Dazzling Diamonds", the "Blue Dragons", the "Green Star Warriors" and the Yellow "Roaring Challengers". The kids put on a show chanting their war cries and enacting skits, showing off their team mascots. All in all, a wonderful first day! During the later days, we had a wonderful blend of indoor and outdoor games cum activities for the kids. We organized a Craft Day, a Quiz Day, two days of Water Games to beat the heat, a Treasure Hunt day and a Talent Day on the last day of the summer camp. The 'best bit' for both the kids and the volunteers, were the water game days. On 20th May, the final day, we asked the kids to dress up as whoever they wanted to and showcase their talents. The volunteers too did the same. By the end of it, both the kids and the volunteers did not want this event to end. But with many a laughs and a few sad smiles around, we concluded this year's Summer Camp for our parish kids, with a bang.

When I was younger, honestly, I did not understand the loads of efforts that went into planning an event. But this year I learnt how to create an environment that lets the kids, have fun. We managed to make quite a few remembrances; from all the war cries, to all the water balloons being thrown at the volunteers. I hope the kids enjoyed the summer camp as much as we volunteers did, organising it.

Lynda Grace Fernandes
Divine Mercy, Community No. 9

Health Page

EXERCISE - WHY IT'S IMPORTANT?

Human bodies were made to move. Over the years, however, humans have devised ways and means to make life easy by limiting physical activity. Unfortunately, this has affected our generation quite adversely, making us prone to various health problems. It is a myth that exercise is only meant for people aiming at losing weight. In reality, regular physical activity is essential for all, irrespective of body weight, age, or gender.

The health benefits of regular exercise are hard to ignore. Here are some of them:

1. Exercise helps prevent many health problems

Regular physical activity helps you manage your lipids better. It reduces the “bad” cholesterol and triglycerides as well as increases the high density lipoproteins (HDL) or “good” cholesterol in your body.

Regular exercise helps prevent many chronic diseases like hypertension, Type 2 diabetes, stroke, cardiovascular diseases, several types of cancers, osteoarthritis, osteoporosis, and depression.

2. Exercise controls weight

Regular exercise burns calories, thus helping you lose weight. It is one of the safest, effective, and natural methods for weight loss.

3. Exercise promotes better sleep

Regular physical activity can help you fall asleep faster and more soundly.

4. Exercise is a mood elevator

When you exercise, your body releases certain chemicals called endorphins. Endorphins are the “feel good” chemicals and trigger a positive feeling in the body and act as mood elevators. They are also your body’s natural stress and pain fighters.

5. Exercise improves muscle strength and flexibility

Exercise improves blood circulation and helps deliver oxygen and nutrients to your muscles, ensuring stronger and healthier muscles.

6. Exercise improves digestion

Regular physical activity improves digestion, enhances bowel motility, and thus prevents constipation.

Remember:

Doing any physical activity is better than doing none. If you have been sedentary, start by doing some activity, and then gradually increase the time and intensity.

Ideally aim at 30 minutes of moderate physical activity like brisk walking, jogging, running, swimming, or cycling.

Incorporate physical activity in your daily routine. For example, climb stairs instead of using the elevator, walk instead of driving down, get off a train or bus a stop early and walk the rest of the way.

When it comes to exercise routines, regularity cannot be stressed upon enough.

If you are over 45 years of age or suffer from any chronic health condition, always consult your doctor before you start any rigorous exercise regime.

Dr. (Mrs.) Nishel Lobo M.D. (Hom.) Consulting Homoeopath at Sacred Heart Parish Trust



FROM THE PARISH REGISTER

BAPTIZED IN CHRIST



Nathan Jeff George	S/o	Jeff Jimmy & Virgil Jeff George	12-Mar-17
Shanaya Lewis	D/o	Melroy & Sonia Lewis	12-Mar-17
Ranjeet Patwa	S/o	Tribuvan & Indravati Patwa	16-Apr-17
Namrata Patwa	D/o	Ganpat & Maya Patwa	16-Apr-17
Swapna Sharma	D/o	Harish & Bharti Sharma	16-Apr-17
Sneha Rai	D/o	Nandkishore & Saroj Rai	16-Apr-17
Manju Sebastin Gomes	D/o	Ajmal & Anja Shaikh	16-Apr-17
Shabana Angela D'Sa	D/o	Mohammed Yasin & Kausar Shaikh	16-Apr-17
Adrian Fernandes	S/o	Jayraman & Kanniyamal	16-Apr-17
Prashant Kargeti	S/o	T C Kargeti & Mohini Kargeti	16-Apr-17
Akash Patwa	S/o	Ranjeet & Namrata Patwa	16-Apr-17
Roni Fernandis	S/o	Domnic Johan & Mariya Farnandis	16-Apr-17
Navina Choudhary	D/o	Nayan Prakash & Sunita Choudhary	16-Apr-17
Dwayne Ludrik	S/o	Allwyn Duming & Clarina Ludrik	16-Apr-17
Zane Vivaan Zodge	S/o	Sandesh Kishore Zodge & Roshni Dutta	16-Apr-17
Riaan Gomes	S/o	Manuel Gomes & Ruchi Desai	23-Apr-17
Viaan Gomes	S/o	Manuel Gomes & Ruchi Desai	23-Apr-17
Alston Rodrigues	S/o	Vicky I & Antoinette V Rodrigues	23-Apr-17
Heavenly Gorden	D/o	Gorden Norbert & Clotilda	23-Apr-17
Jordan D'Souza	S/o	Danny & Janet D'Souza	14-May-17
Zenovia Kate D'Souza	D/o	Praveen & Sephorah D'Souza	14-May-17

Swethin Ignatius Fernandes	To	Lavina Soans	22-Apr-17
Bertrand John D'Cruz	To	Priyanka Kothari	22-Apr-17
Godwin Ricky D'Souza	To	Raisa Lavita D'Souza	30-Apr-17
Kevin Manoj Sequeira	To	Jenifer Anisha Lobo	1-May-17
Austin Alva	To	Vanessa Viola Lewis	7-May-17
Sanuj Stephen	To	Sneha Rai	20-May-17

UNITED IN CHRIST



RESTING IN CHRIST



Robert James Kennedy	75 Years	D1/13, Greenfields, JVL	11-Mar-17
Ida Rocha	87 Years	12A/1, Takshila Complex	16-Mar-17
Sr. Theresa Adhav	66 Years	Fatima Mata Sadan	7-Apr-17
Joe Lawrence Carneiro	68 Years	299/201, Holy Palace, Sher-E-Punjab	23-Apr-17
Prescilla Alvares	87 Years	21A/23, Takshila	28-Apr-17
Lily Fernandes	87 Years	403, C-I, Wing II, Bindra Rose	5-May-17
Pankaj Choudhary	67 Years	Nirman Residency 'A'-Wing, 402	20-May-17

For the 8:45 am Mass Schedule, Youth Mass Schedule and the Holy Hour Schedule look up the Parish website : www.sacredheartandheri.net

Farewell Dear Fathers

Goodbyes are not forever, Goodbyes are not the end, They simply mean we'll miss you until we meet again!!



Fr. Lawrence Correa SVD

Together in solidarity, we the parishioners of Sacred Heart Parish wish to bid adieu to our beloved Parish Priest, Fr. Lawrence Correa SVD, as he proceeds to Mysore as Rector of Vidya Niketan, SVD Seminary, as part of his next assignment.

Backed with many years of varied experience as a priest, both in India and overseas, Fr. Lawrence took over as Parish priest from June 2014 till May 2017.

Fr. Lawrence is renowned for his excellent administrative and organizational skills. He has been actively involved as the Spiritual Director in the Parish Pastoral Council, Parish Association Council, CCO, Finance Committee, Community Welfare Fund, Sunday School Pastoral team, the Liturgy Team, Heart to Heart Editorial Team, and the various SCC Communities in the Parish. As a pastor, Fr. Lawrence encouraged parishioners to get involved in the various cells and associations of the parish and was a mentor and motivator to all those involved in Church activities. Known to be a man of prompt action, he has also been a source of great help and inspiration, to all who sought his advice. His far-sightedness has helped in making our parish self-sufficient in many ways.

We have witnessed the resounding success of the various events that took place during his tenure, and are greatly indebted to Fr. Lawrence for his committed and persistent efforts towards the running of the parish, as an able leader and a caring shepherd.

Finally, as we express our sincere thanks to Fr. Lawrence SVD, for his dedicated service and love extended towards us during the last three years, we wish and pray that the Almighty shower upon him His choicest blessings and grace always.

Thank you dear Fr. Lawrence. We wish you much happiness, good health and great success in your new assignment!



Fr. John Serrao SVD

It is with much appreciation and heartfelt thanks, we bid good bye to Fr. John Serrao SVD, as he proceeds to take up his new role and responsibilities as the Spiritual Director at the Divine Word Seminary, Pune.

Fr. John, joined our parish as a co-pastor in June 2016; prior to this assignment he has 27 years missionary experience in Africa, Zaire and Kenya and 8 years in Mysore.

During this brief stint of one year in our parish, the calm and prayerful, Fr. John has truly touched the lives of the parishioners by his informative and inspiring homilies. As a Spiritual Director, Fr. John has contributed commendably to the various SCC communities, and the associations / cells under his care viz. Konkani Prayer Group, Eucharistic Ministers, Lectors, Women's Cell, Bombay Catholic Sabha, Inter Religious Dialogue Cell, Senior Citizens and Heart To Heart Editorial Team.

Dear Fr. John, We thank you for your guidance to us. Our best wishes and prayers are with you in all that you do in the Lord's Vineyard!

PARISH VISION MISSION STATEMENT

Vibrant with the Spirit of the risen Lord, towards a community of deeper faith, worship, love and service



Stations Of The Cross - Good Friday



Divine Mercy Sunday



Women's Throw Ball Runners up - Area 5



Women's Throw Ball Winners - Area 2



First Holy Communion 2017