



Heart to Heart

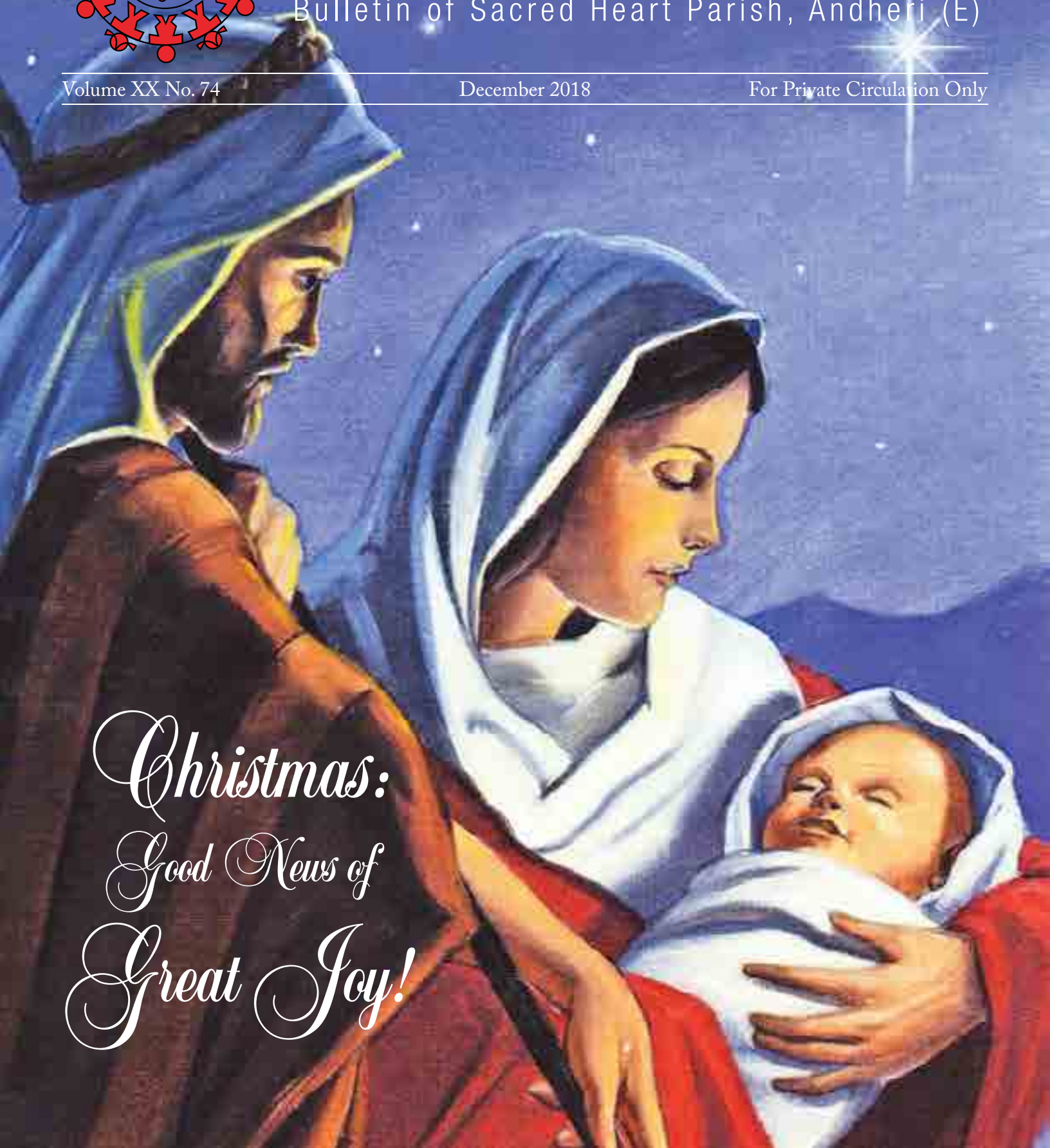
Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 74

December 2018

For Private Circulation Only

*Christmas:
Good News of
Great Joy!*



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

Last Friday of the month

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 AND LITURGICAL FEASTS/MEMORIALS

16th Dec	Sun	Sunday School Christmas Party Christmas Float
17th - 19th Dec	Mon - Wed	Advent Confessions (Morning - 7.00 am to 7.30 am & 8.00 am to 9.00 am; Evening - 6.00 pm to 7.00 pm & 7.30 pm to 9.00 pm)
24th Dec	Mon	Christmas Eve Carol Singing - 9.15 pm, Vigil Mass - 10.00 pm
25th Dec	Tue	Christmas Konkani Mass - 7.30 am English Mass - 8.45 am & 10.00 am, No Evening Mass
26th Dec	Wed	Feast of St. Stephen, Martyr
27th Dec	Thurs	Feast of St. John, Apostle and Evangelist & Special Children's Party
28th Dec	Fri	Feast of Holy Innocents - Blessing of Children
30th Dec	Sun	Feast of the Holy Family, Family Mass (10.00 am)
31st Dec	Mon	New Year's Eve Thanksgiving Holy Hour - 9.00 pm Holy Eucharist - 10.00 pm
1st Jan	Tue	Solemnity - Mary, Mother of God English Masses - 06.30 am, 07.30 am & 07.00 pm
2nd Jan	Wed	Memorial - Sts. Basil the Great & Gregory Nazianzen, Bishop & Doctor
6th Jan	Sun	Solemnity - Epiphany of the Lord
9th - 13th Jan	Wed - Sun	Fun Cricket (PYC)
12th - 14th Jan	Sat - Mon	Novena in preparation for the feast of St. Arnold Janssen
13th Jan	Sun	Feast - Baptism of the Lord
15th Jan	Tue	Feast of St. Arnold Janssen
17th Jan	Thurs	Memorial - St. Antony, Abbot
20th Jan	Sun	All Association day
21st Jan	Mon	Memorial - St. Agatha, Virgin and Martyr
24th Jan	Thurs	Memorial St. Francis de Sales, Bishop & Doctor
25th Jan	Fri	Feast - Conversion of St. Paul
26th Jan	Sat	Republic Day - Flag hoisting / Reach out Activity
27th Jan	Sun	Dream Big
28th Jan	Mon	Memorial - St. Thomas Aquinas, Priest & Doctor
31st Jan	Thu	Memorial - St. John Bosco, Priest
2nd Feb	Sat	Feast - Presentation of the Lord
4th Feb	Mon	Memorial - St. John De Britto, Priest
5th Feb	Tue	Memorial - St. Agatha, Virgin and Martyr
6th Feb	Wed	Memorial - St. Paul Mikki and Companians, Martyrs
7th Feb	Thurs	Memorial - St. Gonsalo Garcia, Martyr
10th Feb	Sun	Couples Day (Family Cell)
11th Feb	Mon	World Day of the Sick
14th Feb	Thurs	Sts. Cyril, Monk & Methodius, Bishop
17th Feb	Sun	Training programme for SCC's
22nd Feb	Fri	Feast - Chair of St. Peter
23rd Feb	Sat	Memorial - St. Polycarp, Bishop
3rd Mar	Sun	Bible Sunday
6th Mar	Wed	Ash Wednesday
18th - 20th Mar	Mon - Wed	Konkani Lenten Missions
19th Mar	Tue	Memorial - St. Joseph Spouse of the Blessed Virgin Mary
25th - 28th Mar	Mon - Thurs	English Lenten Missions
25th Mar	Mon	Solemnity - Annunciation of the Lord

My Dear Parishioners,

It is hard to believe that the month of December is upon us and almost coming to an end! It marks that busy time of year when we commence Christmas shopping, drag out the decorations, and put together holiday party plans.

There is a word that we'll hear repeatedly this month i.e. the word 'gift'. You will be out frantically searching for gifts, finding the right gift at the right place at the right price. Where did all that come from anyway? The tradition of gifting, began because God gave you a gift at the very first Christmas. God has a gift for you and His gift is a person. He is Jesus Christ! Then, what is the message of this gift we call Christmas? The message of Christmas is: "You matter to God." You matter to God so much that He sent His only son Jesus Christ to live with you. That's the whole message of Christmas.

Reflecting on the Scripture, I think it's significant that the very first thing the angel said to people when he announced that Jesus is born is **"Don't be afraid."** Some people are afraid of God. But Jesus Christ came to earth not to scare us but to save us. That is why He came as a baby. Whoever is afraid of a baby?

If God wanted to relate to badgers, He would have become a badger. If He wanted to relate to a deer, He would have become a deer. But no, He wanted to relate to human beings so He came to earth as a human being. He came into the world the same way all of us came into the world. Through birth. This Christmas I invite you to accept God's gift of happiness, of hope and of harmony. These are the side benefits of receiving God's gift, Jesus Christ.

According to the Gospel, the angel said, **"I bring you the most joyful news ever announced."** He says, I want you to be happy. God says, **"I come to give you good news of great joy."** And the first gift God wants you to have is the opportunity to be happy and joyful. Jesus said, **"I came to give life -- life in all its fullness."** Enjoy it! God wants you to make the most of your life, not to waste it or abuse it, but to make your life count. Have you accepted God's gift of joy?

The scripture says, **"Today your Savior is born."** God sent us a Savior. What is salvation? What does it mean? It means three things. It means forgiveness for your past, it means freedom from the problems that mess you up in the present, and it means fulfillment in eternity. Forgiveness, freedom and fulfillment. That's what it means. But you've got to accept God's gift. Then it says, **"Let there be peace among the people."** God wants you to have good relationships with other people, not just with Him.

Christmas is a time for reconciliation. It's a time to break down barriers, build bridges, restore relationships that have been broken and damaged. It's a time to say, **"I'm sorry. Will you forgive me?"** For many people, Christmas is a very tense time because it means dealing with relatives you have unresolved issues with. Christmas is a time for reconciliation. First you make peace with God and once you've made peace with God, then you get the peace of God in your life. Once you've got the peace of God then you can have peace with other people. I encourage you this Christmas, to open the gift God has given you and receive Him into your life. It's really simple. All you do is ask Him. May the child of Bethlehem be our model and inspiration for all that we do this Christmas and throughout the New Year.

I Wish You And Your Family A Blessed And Joyful Christmas!

May Christ be born anew in your hearts this Day and in the Coming Year!

**- Fr. Innocent Fernandes SVD
Parish Priest**

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Christmas: Good News Of Great Joy!



Christmas is once again upon us - Good News of Great Joy!

For many, Christmas is a celebration of family and friends, the exchange of gifts and giving back to our community. It is a reminder once again to us that God is with us and with Him all things are possible.

"And the angel said to them, Do not be afraid; for behold, I bring you good news of great joy...." (Luke 2:10).

For the average person, ever so often there is 'Good News' and it comes in the form of either a job promotion, a negative report (especially after a medical test), a prize or a selection for an overseas project. 'Free wi-fi' goes beyond good and is excellent news!

But then, we suddenly wake up to the reality of today. 'Breaking News!' which is mostly sad and very often depressing. Random violence, terror and wars continue; an increasingly hostile political climate. The rapist stares us in the face. Then we have to contend with fake news, rampant corruption at the highest levels, favoritism, bluffing at the wink of an eye, the violation of human rights, disregard of the minorities, the attacks on Christians, scandals, silencing of any criticism, unjust laws, terrorism, and the list which is endless can go on. Give us back our 'burre din' (bad days) is the longing of people today. It is difficult not to feel at times that the world is full of bad news.

As I contrast the bad news of our world with Luke's message of good news, I have to wonder if it's just wishful thinking; what is so good about the *good news*?

Notably, the angel proclaims that salvation has come in one *"born this day in the city of David, who is our Messiah."* For those poor shepherds, this was indeed good news! Their deliverer had come to rescue them from Roman oppression, and not all of Israel would be restored under the rule of God's Messiah. But this good news would go beyond the boundaries of ethnic Israel to the whole world. So often, perhaps influenced by bad news all around us, many of us struggle with a foreboding sense that God is angry with us, smoldering with rage and wrath against us. But the angels declare the exact opposite—and this is indeed, good news! The Messiah coming as one of us, Emmanuel, God with us is the greatest good news we could ever hope to receive. One of my favorite passages in the Bible is when Jesus says, *"For God so loved the world that He gave His only, begotten son; that whosoever believes in Him will not perish but have everlasting life"* (John 3:16). God indeed loves us and wants us to be happy, to believe Him and to be with Him forever.

Then, in the face of the bad news of our world and in our lives, the good news of God should resound in our hearts and minds as we enter the Christmas season: God is with us, God is pleased with us (imperfect and human as we are), and God loves us! Jesus inaugurates the reign of good news, His *shalom*, even in the face of bad news. All are invited to share in this good news. The good news of God's reign exists even in the midst of crisis. The good news of God's reign offers hope that Emmanuel has arrived in Jesus. And even when the news is overwhelmingly bad, the promise resounds: *"In the world, you will have trouble, but take heart, I have overcome the world"* (John 16:33). This is indeed good news.

But why is it 'great joy'?

This is so because, the Prince of Peace offers a solution to all that's going wrong in today's world. He is the answer to our deepest longings and desires. His message is simple and to the point, *"I have come,"* He says, *"to give you life, life in abundance"* (it is a different story that we choose to ignore the message). But, in spite of our indifference to His message, He insists, *"Fear not, I have overcome the world."* And then, in all my turmoil and confusion and anger, I realize that 'He who is within me, is greater than the one outside!' and this gives me courage to take the next step forward.

We are challenged to carry the right attitude. As Catholics, we are called to put on the attitude of Christ, one of Trust, of Peace, of Humility, of Surrender, of Courage to stand up for what is right, of Forgiveness, of looking beyond the possible to the Impossible, of Love, of Compassion, of Empathy and of Hope.

Nearly 2,000 years after Bethlehem, I pray for ears to hear again the angel's voice; for a purified heart to believe with all my strength; and for a courageous tongue to shout out to all creation that Jesus Christ is born. The long centuries of sinful misery and bondage have ended. Let hope fill our hearts. Let all sadness be banished. The child in the manger is the Son of God, the one spoken of by the prophets, the liberator of captives, and the victor over death, the joy of the nations.

The Christmas messages give us an opportunity to step back and remind ourselves that we are Christians, and they'll know us by our love. Christmas indeed then, we must agree, is A Good News Of Great Joy!

Fr. Brian Moras SDB

We consider Christmas as the encounter, the great encounter, the historical encounter, the decisive encounter, between God and mankind. He who has faith knows this truly; let him rejoice.

- St. Pope Paul VI

Ask the Lord to help us see through the superficial glitter of the season and to discover behind the CHILD in the stable in Bethlehem so as to find True Joy and True Light.

- Pope Benedict XVI

CCO ON THE MOVE

The Best Way Of Celebrating Christmas

Christmas is a celebration of the birth of Jesus Christ and conveys His message of love, tolerance and brotherhood. It is a celebration of humanity and mankind. Though Christmas is a primary festival of the Christian calendar, it does have a special significance in everyone's life.

We would like to place before you the activities carried out in the last quarter of 2018.

The **Health Cell** of our parish in collaboration with Holy Spirit Hospital organized a free Cardiac Camp on 5th August 2018, followed by a talk on '*How to Prevent Heart Attacks and Live Healthier Lives*'.

The Health Cell also organized Divine Health Seminar on Sunday, 21st October 2018, an awareness talk by Fr. Robin.

The **Senior Citizens' Cell** of our parish as part of their monthly activity organized a talk on '*Home Remedies*' with a power point presentation, by a qualified nurse on 13th August. This talk helped the parishioners in coping up with everyday health issues like aches and pains, etc.

On 22nd September, 2018, the Senior Citizens' Cell organized a pilgrimage to Mount Mary's Church, Bandra, for all the senior citizens of our parish.

The Senior Citizens' Cell celebrated World Elders Day on 1st October 2018, with Mass at 4.30 p.m. followed by a get-together.

The **Bombay Catholic Sabha** held a *Chorus Line* singing competition on 19th August 2018. It was a well-organized event with good participation.

On the occasion of Independence Day, the annual flag hoisting ceremony was organized by the Bombay Catholic Sabha, after the 7.30 am Mass.

The **Small Christian Communities** organized '*Monsoon Melodies*', a community-wise group singing contest on 30th September 2018. The event elicited a good response from our parishioners.

The **Youth Ministry** organized *Taizé Prayer* for all our parishioners, on 22nd August 2018, after the 7 pm Mass. The large turnout of parishioners including the youth at this prayer service was very encouraging.

'*Cloudburst Fiesta 2018*', an event featuring games of fun, skill and laughter was organized by the Youth Ministry, from 13th to 16th September 2018. It was a well organised event with good participation.

Discover 2018 – a Session titled 'Enduring Positivity in A Negative Reality' was held on 2nd October, for the youth of our parish. This was followed by a range of engaging activities, to help our youth grow spiritually, explore and hone their talents and interact with each other.

On 14th October 2018, the Year of the Youth Committee in collaboration with the Parish Youth Animation Team organized a talk on Catholic Apologetics, i.e. Defending our Faith, by

Fr. Vincent Barboza. It was a well-attended program with a very inter-active audience.

On 7th October, the **Bible Cell** of our parish screened a film on Mother Mary titled 'The Fatima Apparitions'.

A session for the National Scholarship Scheme for girls studying in Std. 9th to 12th, was conducted in our CCO office by Mr. Anthony Chettiar on 22nd August 2018.

The **Parish Association Council (PAC)** meeting was held on 25th October 2018, and was attended by the Heads of Cells and Associations. The list of the forthcoming activities planned by the various cells was announced.

At this meeting the Office of the Lay Collaboration Ministry (OLCM) conducted a session on the topic '*Leadership*', by a 3 member' resource team of Anthony Correa, Reuben and John Misquitta. The jigsaw puzzle activity gave participants a deep insight into reflecting on how individuals who come together to form groups are considered as misfits. We were encouraged to give a thought on how we could use the capabilities and talents of everyone without labelling them as misfits. The workshop made us realize that we must not easily give up on people but be patient and help them to catch up and walk together with the rest.

Many people have benefitted from the help extended by the CCO in obtaining jobs, especially as domestics and house-keeping staff.

The **Dental and Homeopathy Clinics** are functioning smoothly.

The registrations for matrimonial's keep pouring in. A number of girls and boys have registered themselves at the CCO, not only from our own parish but other parishes as well.

The **Centre for Community Organisation (CCO)** has been assisting in filling forms for parishioners who are in need of financial aid towards school fees for their children, medical and house repairs/rent through the Community Welfare Fund.

Saint Vincent de Paul Association (SVP) is helping the poor and needy. This help is rendered to not only to those belonging to our parish but also people of other faith. A get-together was organized by the SVP on 20th September 2018, for the adopted and aided families of our parish.

The **Legion of Mary** conducted the annually held and much looked forward to 'Rosary Making Competition', on October 28th 2018 in which 22 Communities/Associations participated. The results of the competition were announced on 31st October evening after the Rosary conducted at the Church grotto.

This Christmas season, let us vouch to help the poor, underprivileged, spend time in an elderly home and most importantly, let us not forget to say good bye to our hurts and resentments. Let the feel good moments of these concerted efforts, not only lead to beautifying ourselves and our homes but the larger home, that the whole universe makes.

The CCO takes this opportunity to wish all our parishioners, a *Very Happy Christmas!*

Ida Quinny
CCO Coordinator

All For The Glory Of God



Lily Santis! A well-known name and face in our parish. She is someone who goes about doing good silently, without looking for name or fame. To put it in her own words *"I do everything for HIS GLORY"*.

Lily Santis, has been a very active member in our parish even before the present Church building was built and when it was just a small shed. A teacher by profession she has been teaching catechism to our parish children for over 25 years. She is someone who has been associated with her Community, St. Paul's, Community No. 21, for a long time. She has served the SCC as a PPC member for 2 terms, coordinator for 2 terms and is still serving her Community as an active animator. She continues to be a dynamic worker which is reflected in her being part of many cells in the parish like the Divine Mercy Cell, attending intercessory meetings and Senior Citizen' Cell.

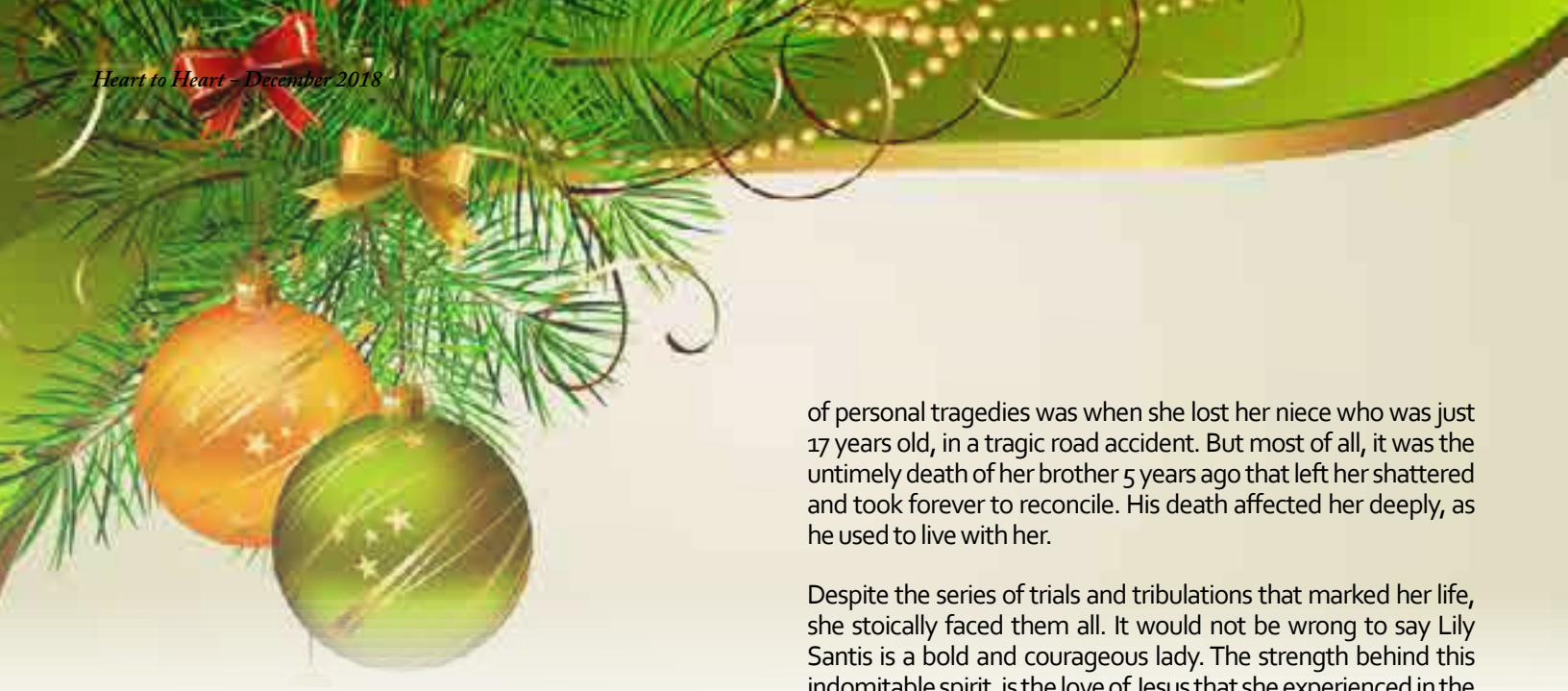
Life So Far

Life is a challenge says Lily Santis, confidently. She was a primary section school teacher for 41 years. On reaching retirement, she was given the honor of a 4 year extension in recognition of her

teaching skills and later on she was asked to teach for a further period of 3 more years, in a different school. She was truly a committed teacher with a profound love for children and the teaching profession. She would constantly take extra classes for children found weak in studies. She also taught catechism to catholic children in school.

For those who want to learn age is not a factor. We can find this aspect very much alive in Lily Santis' life. She is a constant learner. In 2008, after her retirement, she joined for the Catechism Teachers Course conducted by the Diocesan Catechetical Centre. She says, I learnt something new every day. It was a time of enlightenment. I gained knowledge on various things about faith, religion, the Bible, both the Old Testament and the New Testament.





Holy Spirit, Enlighten Me

Holy Spirit, enlighten me! This is one of the constant prayers of Lily Santis. When she used to be a school teacher, she used to often encounter all kinds of questions from her students. Many of their questions used to take her by complete surprise. During such times, she strongly believes that it was sheer grace from the Holy Spirit that saved her from many an embarrassing moment! This was very much evident how her answers seemed to satisfy the young impressionable minds!

Hurdles In Life

Being the eldest child in the family, Lily Santis had to shoulder family responsibilities quite early in life. Our disappointments are HIS appointments. This truth was amplified through the hard and difficult times, experienced by her. In 1974, while vacationing in Mangalore, her Dad suddenly went missing.

Sometime later, she lost her mother too.

In one of her many trips to Mangalore to trace her missing husband, her mother suffered a fatal heart attack and died. Family tragedies continued to haunt Lily Santis. She lost her sister too. The most troubling



of personal tragedies was when she lost her niece who was just 17 years old, in a tragic road accident. But most of all, it was the untimely death of her brother 5 years ago that left her shattered and took forever to reconcile. His death affected her deeply, as he used to live with her.

Despite the series of trials and tribulations that marked her life, she stoically faced them all. It would not be wrong to say Lily Santis is a bold and courageous lady. The strength behind this indomitable spirit, is the love of Jesus that she experienced in the most trying of times. *"Jesus kept me going; He helped me through it. May the Lord be praised and glorified."*

Devotion to Sacred Heart of Jesus

Lily has a special love for The Sacred Heart of Jesus. She was born in Worli, and the Church she belonged to was the Sacred Heart Church. Later, the family shifted to Santa Cruz and to her amazement the Church there too was named after Sacred Heart of Jesus. Meanwhile, she booked a flat at Sher-e- Punjab and used to visit the building site occasionally, to oversee the construction. At that time, the area came under Holy Family Church, Chakala. She was a bit saddened learning this fact. One day, during one of her routine visits to the building site, she saw a group of Catholics all moving in one direction. On enquiry, she found that they were all going to a shed like Chapel nearby. She too followed them. To her surprise, she discovered that the Church there is named after Sacred Heart of Jesus. She experienced a sense of great joy. She can never forget that day, as it is etched in her mind and heart. The joy of belonging to the Sacred Heart of Jesus is incomparable! Life did seem to come full circle for Lily then!

Message to the Parishioners

We need to pray. Pray for children right from the time they are in their mother's womb. Encourage vocations in families. Be faithful to family prayer time. Be truthful always and lead righteous lives

- Lily Santis

Interviewed by Sr. Nathalia D'souza SSps

"Any one thinking of the Holy Child as born in December would mean by it exactly what we mean by it; that Christ is not merely a summer sun of the prosperous but a winter fire for the unfortunate."

- G.K. Chesterton, Theologian

"For God So Loved The World....."

"Tell aching mankind to snuggle close to My merciful Heart, and I will fill It with peace."

"Tell all people My daughter, that I am Love and Mercy itself. When a soul approaches Me with trust, I fill it with such an abundance of graces that it cannot contain them within itself, but radiates them to other souls."

"The flames of mercy are burning Me. I desire to pour them out upon human souls. Oh, what pain they cause Me when they do not want to accept them!" (Diary No. 1074)

God is love. God's love was revealed among us in this way: God sent His only Son into the world so that we might live through Him. In this is love, not that we loved God but that He loved us and sent His Son to be the atoning sacrifice for our sins. (1 John 4:9-10.)

God of great mercy, who deigned to send us Your only-begotten Son as the greatest proof of Your fathomless love and mercy, You do not reject sinners; but in Your boundless mercy You have opened for them also Your treasures, treasures from which they can draw abundantly, not only justification, but also all that a soul can attain. Father of great mercy, I desire that all hearts turn with confidence to Your infinite mercy. No one will be justified before You if he is not accompanied by Your unfathomable mercy. When you reveal the mystery of Your mercy to us, there will not be enough of eternity to properly thank You for it. (Diary No.1122).

Just then a lawyer stood up to test Jesus. "Teacher", he said "what must I do to inherit eternal life?" Jesus said to him, "What is written in the law? What do you read there?" He answered, "You shall love the Lord your God with all your heart, and with all your

soul, and with all your strength, and will all your mind; and your neighbor as yourself." And Jesus said to him, "You have given the right answer; do this, and you will live." (Luke 10:25-28).

I know well, O Lord, that You have no need of our works; You demand love. Love, love and once again love of God – there is nothing greater in heaven or on earth. The greatest greatness is to love God; true greatness is in loving God; real wisdom is to love God. All that is great and beautiful is in God; there is no beauty or greatness outside of Him. O you sages of the world and you great minds, recognize that true greatness is in loving God! Oh! how astonished I am that some people deceive themselves saying: There is no eternity! (Diary No.990).

As long as we live, the love of God grows in us. Until we die, we ought to strive for the love of God. I have learned and experienced that souls living in love are distinguished in this: that they are greatly enlightened concerning the things of God, both in their own souls and in the souls of others. And simple souls, without an education, are outstanding for their knowledge. (Diary No.1191).

Be adored,
O God of mercy,
Because You have deigned to descend
from heaven to earth.
Most humbly we adore You
For Your having vouchsafed to exalt all mankind.
(Diary No. 1746)

Sandra D'souza
Divine Mercy Apostolate



BIBLE QUIZ NO 2018-04

I) CIRCLE THE CORRECT ANSWER

- Which 2 different kinds of birds did Noah send out of his ark after the waters receded?
a) Dove and Sparrow b) Raven and Pigeon c) Raven and Dove
- Name of Abraham's nephew with whom he travelled.
a) Nahor b) Lot c) Haran
- Who was with Paul in prison when there was an earthquake?
a) Silas b) Timothy c) Silvanus
- What gift did the wise men not give Jesus?
a) Gold b) Silver c) Myrrh
- Which of these are not books in the New Testament?
a) 2 Thessalonians b) 3 John c) 3 Peter
- Who wrote the Acts of the Apostles?
a) Matthew b) Luke c) Paul
- Who was the mother of King Solomon?
a) Bathsheba b) Abigail c) Abhital
- Who sold his birthright for a meal?
a) Cain b) Esau c) Abhimelech
- Which parable did Jesus tell after speaking with Zacchaeus?
a) The Prodigal Son b) The Ten Gold Coins c) The Good Samaritan
- Which Jewish woman married the King of Persia Ahasuerus?
a) Esther b) Naomi c) Judith

II) FILL IN THE BLANKS:

- "Jesus Christ is the same _____, _____"
(Hebrews 13:____)
- The city had no need for sun or moon to shine on it, for _____ gave it light and its lamp was _____ (Revelations 21:____)
- _____ I leave with you, My _____ I give to you. Not as the _____ gives do I give it to you. Do not let your hearts be _____ or _____ (John 14:____)
- It is more blessed to _____ than to _____ (Acts 20:____)
- And _____ does not disappoint us because the love of God has been poured out into our _____ through the _____ that has been given to us (Romans 5:____)
- He shall sit as a _____ and a _____ (Malachi 3:____)
- "I am the _____ and the _____" says the Lord God, "the one who _____ and who _____ and who is _____, the _____ (Revelation 1:____)
- "No _____ should come out of your mouths but only such as is good for _____ that it may impart _____ to those who _____ (Ephesians 4:____)
- "I will give you a new _____ and place a new _____ within you, taking from your _____ your _____ hearts and giving you _____ hearts (Ezekiel 36:____)

- "They that hope in the Lord will _____ their strength, they will _____ as with _____ wing's; they will _____ and not grow _____, walk and not grow _____" (Isaiah 40:____)

III) UNSCRAMBLE THE WORDS AND FIND THE SCRIPTURE VERSE.

ORF EW REA SIH KRWDHIAN, TCAERED NITRHCIS SSUJE OFR ETH OODG SKROW TTAH OGD PPDREEAR NI CEDVAAN, AHTT EW DSHLUO EILV NI METH (Ephesians 2:____)

(_____)

IV) CIRCLE THE CORRECT ANSWER

- Two of the Gospels do not mention the birth of Jesus. Which are they?
a) Matthew & Mark b) Luke & John c) Mark & John
- Name the first Christian martyr.
a) St. Nicholas b) St. Stephen c) St. Maximilian Kolbe
- Name the feast celebrated on the Sunday before Advent?
a) Corpus Christi b) Christ the King c) Presentation of the Lord

Please Note:

- 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 12th January, 2019
- There are three attractive prizes. If there are many right answers the prizes will be determined by casting lots.
- Editorial board's decision will be final and binding.

Full Name _____ Class _____

School _____ Telephone/Mobile No _____

Family No. _____ Address: _____

Answers of Quiz No. 2018-03

- I) 1. b) 2. c) 3. b) 4. c) 5. c) 6. b) 7. b) 8. a) 9. b) 10. a) 11. a) 12. b)
- II) 1. Sheep 2. earth 3. Faith, evidence 4. sacrifice, holy, pleasing, worship 5. marry, angels, heaven 6. flesh, glory, field, withers, wilts, forever 7. Alpha, Omega, is, was, to come, Almighty 8. opened, naked, fig, loincloths 9. fruit, love, peace, kindness, faithfulness, self-control 10. all, good, love, purpose
- III) "IF GOD IS FOR US, WHO CAN BE AGAINST US?" (Romans 8:31)
- IV) 1) b. 2) b. 3) c.

III) "GO THEREFORE AND MAKE DISCIPLES OF ALL NATIONS, BAPTIZING THEM IN THE NAME OF THE FATHER AND OF THE SON AND OF THE HOLY SPIRIT, TEACHING THEM TO OBSERVE ALL I HAVE COMMANDED YOU, AND BEHOLD I AM WITH YOU ALWAYS UNTIL THE END OF THE AGE" (Matthew 28:19, 20)

IV) 1) b. 2) c. 3) a. 4) b.

Winners of Quiz No. 2018-03 :

- 1st Prize - Chris Chettiar; Std VIII ; Holy Family High School
2nd Prize - Nicola F Pereira; Std V; Canossa High School
3rd Prize - Akash Patwa; Std V; Holy Family High School

HEARTY LAUGHTER

Mellowing Mom

Joan had five siblings, three sisters and two brothers. One night she was chatting with Mom about how she had changed as a mother from the first child to the last. Her mother told Joan she had mellowed a lot over the years: "When your oldest sister coughed or sneezed, I called the ambulance. When your youngest brother swallowed a dime, I just told him it was coming out of his allowance."

Murphy's Laws for Parents

1. The tennis shoes you must replace today will go on sale next week.
2. Leak proof thermoses - will.
3. The chances of a piece of bread falling with the grape jelly side down is directly proportional to the cost of the carpet.
4. The garbage truck will be two doors past your house when the argument over whose day it is to take out the trash ends.
5. The shirt your child must wear today will be the only one that needs to be washed or mended.
6. Gym clothes left at school in lockers mildew at a faster rate than other clothing.
7. The item your child lost, and must have for school within the next ten seconds, will be found in the last place you look.
8. Sick children recover miraculously when the pediatrician enters the treatment room.
9. Refrigerated items, used daily, will gravitate toward the back of the refrigerator.
10. Your chances of being seen by someone you know dramatically increase if you drive your child to school in your robe and curlers

Curve Hand

A guy was on the side of the road hitchhiking on a very dark night and in the middle of a storm. The night was rolling on and no car went by. The storm was so strong he could hardly see a few feet ahead of him.

Suddenly he saw a car coming toward him and stop. Without thinking about it, the guy got into the back seat, closed the door and then realized there was nobody behind the wheel! The car started slowly; the guy looked at the road and saw a curve coming his way. Scared, he started to pray begging for his life. He hadn't come out of shock, when just before he hit the curve, a hand appeared through the window and moved the wheel. The guy, paralyzed in terror, watched how the hand appeared every time right before a curve.

Gathering his strength, the guy finally jumped out of the car and ran to the nearest town. Wet and in shock, he went to a restaurant and started telling everybody about the horrible experience he went through.

A silence enveloped everybody when they realized the guy was serious. About half an hour later, two guys walked into the same restaurant. They looked around for a table when one said to the other, "Look John, that's the dummy who got in the car when we were pushing it".

A Subway Drop

The Manhattan Commuter train was packed. Suddenly there was a jingle on the floor. Most necks were craned. One elderly gentleman, however, bent down and picked something up. He then asked, "Did anyone drop a half dollar?" "I did, answered three men at once. "Well," said the elderly gent with a smile, "here's a dime of it."

Parish Activities

Together Towards Transformation

'Together Towards Transformation', was the theme of our 2018 Parish Day celebrations, which was celebrated on 10th and 11th November. The preparations for which began a few months ago with a committee being formed. Hearts and minds worked together, to make it an event to remember!

Finally, the Day, 10th November evening was upon us. Our parish priest Fr. Innocent Fernandes SVD declared open the Parish Day celebrations by having a few parishioners of different age groups release red and white balloons into the air. The master of ceremonies took over and the crescendo of music that followed set the mood for the rest of the evening!

The 'Lion King' made a grand entry adding to the excitement of the crowds. It was a Choral Melody performed by members of the various choirs of our Parish. This was followed by 'Sacred Heart Got Talent', a contest of 90 seconds to fame! There were some great awe inspiring performances of 90 seconds performed by kids and the youth; which were judged by a panel of eminent judges.

The hard to resist strong aromas of homemade snacks and goodies by our parishioners, soon wafted in the air, making it difficult not to stop at the various Food Fiesta stalls. Spot prizes announced at periodic intervals kept the crowds ever alert. Both, the young and old went on to win many spot prizes. The Indo-Western dancers with all their lively dance performances and attractive attire kept our feet tapping. The evening ended with a game of Housie - the proverbial favourite game for the majority of us! The lucky ones went home happy as winners of the various Housie games and there were a few parishioners who had the elusive Lady Luck smile on them as well, so went home as winners of the Lucky Draw!

The second day of our Parish Day celebrations began with the Thanksgiving Eucharist by his Lordship Bishop Dominic Savio Fernandes, who preached a very meaningful homily on the theme 'Together Towards Transformation'. He stressed on how we all need to work together towards transformation, keeping aside our selfish motives and egos and thus transforming ourselves into the likeness of Christ.

The evening's program began with a hilarious act put up by the very energetic and enthusiastic youth of our Parish, followed by a surprise act by five of our very own SVDs. It was a wonderful performance which captured the hearts of the parishioners!

In the midst of all the merriment, time just seemed to fly. Very soon it was time for dinner. After praying the

Grace, the buffet was declared open. For many of us the night was still young, so we continued dancing under the scintillating lights. Some went on to win prizes as Best Dancers of the evening.

Our 2018 Parish Day celebrations ended with happy keepsake memories for all parishioners!

Josephine Fernandes
PPC – Executive Committee

World Elders' Day

The Senior Citizens' Cell of our Parish commemorated International World Elders' Day on 1st October 2018, at the Community Center with a get together of its senior members. It was an event which was not only well organized but enjoyed by all those who attended.

The evening began with the celebration of the Eucharist by our Parish Priest, Fr. Innocent Fernandes SVD. Fr. Innocent thanked all members for their attendance at the Mass and appreciated their active participation at the Senior Citizens' Cell monthly events. In his homily, he gave us key pointers of aging gracefully and accepting old age with an open mind. The Mass was offered for the intentions of all our elders present and for the homebound. Fr. Innocent expressed his gratitude for the support and time devoted at the various activities conducted by the Cell.

After Mass, the statue of Our Lady of Fatima, the patroness of our Cell, was taken in a procession from the Community Center to the Church and placed in an appropriate place to enable all parishioners to venerate the statue, it being the Marian month in the Church calendar.

The Seniors then gathered at the Community Center for a get together, where snacks and tea were served, followed by a short entertainment program and a game of Housie which the elders always look forward to.

The fun filled evening ended with a take away dinner for all members and guests. Cheers to all our elders who made 'World Elders' Day', a stupendous success.

Hermione Pinto
Senior Citizens' Cell

Health Cell Happenings

At 6.30 pm on Sunday, 21st October 2018, the Health Cell of Sacred Heart Church organized *Divine Health Seminar* a health awareness talk. The resource person for this talk was Fr. Robin Mantode from the Pune Diocese.

The talk was well attended by over 120 parishioners. Fr. Robin spoke and explained in great detail the importance of alkaline pH level readings in blood to be between 7.35 to 7.45, in order to maintain optimum health and fitness.

In major chronic and life threatening diseases such as the different Cancers, Heart Disease, Thyroid Disorders, Diabetes, Obesity, Hypertension, etc., it is the blood pH level, which initially tends to become acidic (Blood pH level reading below 7).

When blood is acidic, it tends to become thicker and causes cellular death due to low oxygen saturation in the cells. This produces various diseases such as cancers and heart attacks.

Also, over the years, the Indian diet which has been primarily vegetarian, has now slowly changed into a more non-vegetarian fare together with junk food making the blood pH levels turning acidic.

God has provided in nature food substances such as broccoli, carrots, cucumbers, spinach, and other green vegetables which are highly alkaline and disease protective.

Wheat grass which is cultivated for a week, is a highly rich nutrient containing more than 94 minerals and vitamins, required by the body to maintain fitness and carry out various metabolic processes.

Fr. Robin emphasized on the use of Divine Wheat Grass in powder form, specially prepared in the most purified way to be taken every day for a period of 3 months for the prevention of disease, and for a period of 6 months to treat major illnesses such as cancer, heart disease, etc.

The talk was well appreciated by all attendees. It was truly heartwarming to see the support received for Divine Wheat Grass.

Also, Fr. Robin spoke about the importance of prayers in our daily lives. There is a great need to practice gratefulness as a habit and thank the Almighty for blessing us with good health. We need to take better control of our health by maintaining fitness by going for regular walks, do some light exercises, yoga and meditation.

Divine Wheat Grass powder can be used as a supplement for our daily requirement of minerals and vitamins.

Dr. John D. Rodrigues MD
Health Cell Coordinator

Through the course of history, the light that shatters the darkness reveals to us that God is Father and that his patient fidelity is stronger than darkness and corruption. This is the message of Christmas night.

- Pope Francis



Our Saviour, dearly-beloved, was born today: let us be glad. For there is no proper place for sadness, when we keep the birthday of the Life, which destroys the fear of mortality and brings to us the joy of promised eternity.

- St. Leo I

There were only two classes of people who heard the cry Christmas night: shepherds and wise men. Shepherds: those who know they know nothing. Wise men: those who know they do not know everything. Only the very simple and very learned discovered God.

- Venerable Fulton Sheen

Rosary Making Competition

The 'Holy Rosary', since ages has always been one of the most important ingredient adding a distinct flavour to a Catholic's prayer life and devotion, enabling them to reflect over the various crucial biblical incidents. Every such incident represented by the rosary beads parallels the trials and tribulations in everyone's lives.

Hence, in our conscious efforts to further promote the importance and significance of this 59 beaded tool, especially among our youth of today, a 'Rosary Making' competition was conducted by the 'Legion of Mary', of our parish.

Conducted on Sunday, 28th of October in a span of two hours an incredible footfall of devotees were seen, all enthusiastic and energetic ready to manufacture and produce handmade creative rosaries.

A noteworthy participation of members from various Communities and Associations of the Parish was observed. With a minimum of 5 members required to form a team, the turnout was way higher than what was expected.

Out of the box thinking and some crazy creativity was the only mandate required for this competition and guess what, each team, bifurcated community wise had some really mind blowing ideas to create this holy chain. Wow! was the only reaction that could be uttered while

seeing the ingenious display of creativity and skills. Hardly anyone could have ever imagined creating a rosary out of palm leaves, ropes, quilled paper, thread, aluminum foil and many more really unique items like these. One can truly say, it was creativity at its best!

The three Judges judging the competition had a tough time deciding which rosary should be awarded the prize because each one was unique.

What was even more amazing and a rather moving gesture was that each of the groups dedicated their life-size handmade version of the prepared rosary to strong causes like the growing incidents of suicides among the youth and the recent Kerala floods. They also offered prayers dedicated to these causes.

For the Rosary at the Grotto organized by the Legion of Mary on 31st October at 6.00 pm, there were more than 450 devotees. These handmade rosaries were displayed. One could see the astonishment and wonder on the faces of the devotees viewing the display.

Unfortunately, since it was a formally announced competition and every competition needs to have a winner, the winners were announced soon after the Rosary recitation was over, at the Grotto itself. The first place was bagged by, Sacred Heart, Community No. 32 and the first and the second runners up were the Canossa Niketan Sisters and Immaculate Conception, Community No. 1 respectively.

Such events help us tremendously in promoting a greater awareness of the Holy Rosary among the faithful. It also teaches us that it is not just a monotonous repetition of words and phrases but the most dynamic prayer leading to miracles for those of us who recite it with devotion.

We pray that the intercession of Mary our mother creates miracles in each of our lives through the Holy Rosary.

Marina Solomon
Legion of Mary

Wake up, O human being! For it was for you that God was made man. Rise up and realize it was all for you. Eternal death would have awaited you had He not been born in time. Never would you be freed from your sinful flesh had He not taken to Himself the likeness of sinful flesh. Everlasting would be your misery had He not performed this act of mercy. You would not have come to life again had He not come to die your death. You would have perished had He not come.

- St. Augustine



Annual Day Celebration Of SVP

The Annual Day celebration of Society of Saint Vincent Paul Unit (SVP) of our parish was commemorated on the feast day of their patron, St. Vincent de Paul, on the 27th September. As always, it was an eagerly awaited event in the lives of the adopted and aided families of our parish.

The evening began with the celebration of the Holy Eucharist by our Spiritual Director, Fr. Valerian Fernandes SVD, who in his touching homily preached about reaching out to all in need, irrespective of caste and beliefs. He said that the SVP looks at the human aspect of another human being in need.

The celebration began with a prayer dance by the Study Class students. Scholarships were awarded to all the deserving students from adopted families for their outstanding performance in the last academic year. The compere for the evening made sure that everyone present had a good time, enjoying the games and dances and winning good prizes. Our President, Rose Almeida, was felicitated for her 25 years of dedicated service to the poor.

Soon after, the buffet was declared open, everyone was seen around the tables relishing the dinner sponsored by one of our SVP members. In all there were 144 people including guests. 48 families were given a take away gift of a bedsheet, which was received with great appreciation.

The SVP members would like to take this opportunity to thank our parish priest, the clergy team, the benefactors, sponsors, and all those involved in contributing to '*lightening the burden of another human being in need.*'

Melissa Nazareth
Secretary – Society of St. Vincent de Paul

The Gift of Time

The most precious thing that one human can possibly give another, is TIME. On 12th August 2018, as a member of Community No. 16, I had the opportunity of experiencing the surreal feeling of love and happiness, when I willingly volunteered to give some of my time to inmates of 'Jeevan Jyoti Care Centre' Karjat, a home for the old and abandoned.

I must admit that I had mixed feelings about this trip. Not knowing what to expect. With excitement, we boarded the bus at 6 am. We took along a whole lot of goodies for the inmates (Sr. Rita from the Centre had suggested a few items). We reached Karjat and firstly attended Mass at the Shrine of Our Lady of Fatima, Karjat. The Shrine though small is beautiful, where we experienced the divine presence. Blessings followed (from what I later gathered from our members, who had prayed and put their petitions there).

After Mass, we continued our journey and reached our destination. Sr. Rita and her team gave us a very warm welcome and made us feel very comfortable. We had breakfast and immediately went to meet our new elderly friends at the Centre. It was such a delightful experience to meet such lovely people. They indeed looked old from the outside, however, after interacting with them and hearing their laughter we realized that they were young at heart. My heart was crying from within; I thought how blessed we are to have homes to live in, people to speak to and relatives and friends to interact with. I also realized that God is always watching over all of us. "*Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?*" Matthew 6: 26-34

Despite having no worldly signs of wealth they had everything! They truly made me experience that true happiness does not depend on what we possess but in love and happiness that we share with others.

Our talented youth put up a dance performance to entertain the inmates and their caregivers and taken up with the moment the young and the old joined in. I was surprised to see their energy. It was heartening to see our community members dance and sing along with them as well. Thereafter we all sat down for a small chat with Sr. Rita and the other sisters. After lunch, we met a few more elderly people who couldn't join us earlier.

We left the place with fond memories and admiration for the sisters and the volunteers there who so selflessly dedicate their lives to take care of abandoned people whom society neglects.

We sincerely thank our SCC Animator, Sr. Natalia D'sousa SSps who suggested this trip and made the necessary arrangements and to Fr. Sunil Soreng SVD for encouraging us, as always.

Noel Rodrigues
Our Lady of Nazareth, Community No. 16

Report Of The Inter-Religious Dialogue Cell Program

The Inter-Religious Dialogue Cell of our parish in collaboration with the Canossian Sisters organized a program on 5th October 2018, beginning at 9 am, at Canossa High School Auditorium. It was especially conducted for the students of Canossa School on the eve of 150th birthday of Mahatma Gandhi, Father of our Nation. The theme of the event was Youth - The Future Of Our Nation.

The event started with a beautiful prayer dance by students and a solemn prayer service led by Sr. Alka FDCC. Ms. Vanessa D'souza, the compere of the program welcomed the speakers from different religions by introducing them to the audience and called upon each one of them to light the traditional Samai.

The eminent speakers were Mr. Nikam, a Buddhist and social activist working for the up-liftment of the poor and marginalized. Mr. Mufti Sharif Sabri, a Muslim and President of Jammad-e-Ittehal Ul Muslimeen Foundation, Ms. Priti Ben a Brahma Kumari who practices Rajyoga since 1992 and has dedicated her life for Godly activities since the last 16 years, Mrs. Kay Angeline Lobo, a Christian who is a teacher by profession, and who has worked at Prafula as a Student Counselor and now working as a Counselor. All the speeches were very informative, enriching and inspirational. As the students are the hope and architects of our great nation in the future, they advised them to build upon their foundation, their skills and talents and have them sharpened by a good and proper education. They urged the students to cultivate the virtues of love and forgiveness that will help build up a peaceful co-existence in our multi-religious country.

The students were advised to have a dream/goal and pursue it till it's fully achieved. They depicted some examples from the lives of Gandhiji and Dr. Ambedkar. It was the sincere zeal and hard work for humanity at large, that Gandhiji is remembered as the Father of our Nation and Dr. Ambedkar, as the main architect of the Indian Constitution. The students were encouraged to strive towards a holistic growth of body and mind and to always cultivate an optimistic view in life. Fr. Sebastian Michael SVD, Secretary of the Bombay Archdiocesan Commission for Inter-Religious Dialogue concluded the program by highlighting the finer points from the lives of our great national leaders and Dr. Ambedkar's great contribution to our Nation. Fr. Praveen Aranha SVD, Spiritual Director IRDC of our Parish while proposing the Vote of Thanks appreciated the presence, time and speeches of the distinguished panel of speakers, invited

guests, Canossian Sisters and the IRDC members for making the event a success.

On the whole, the Program was well organized and was a success. All those who attended the event had nothing but words of appreciation. Special thanks to Sr. Alka of Canossa, Ms. Vanessa and all the IRDC members who put great effort in making the event a memorable one.

Ponnamma Antony
Inter Religious Dialogue Cell

Alcoholics Anonymous (AA) in our Parish

Alcoholics Anonymous (AA) is an international fellowship of men and women who once had a drinking problem. It is a non-professional, self-supporting, non-denominational, apolitical and available almost everywhere worldwide. There is no age or educational requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

What does A.A. do?

1. A.A. members share their experience with anyone seeking help with a drinking problem; they give personal counseling service or 'sponsorship' to the alcoholic coming to A.A.
 2. In an easy-to-follow structured methodology consisting of 12 steps, the A.A. program offers the alcoholic, a way to develop a satisfying life without alcohol.
 3. This program is discussed at length at A.A. group meetings.
- a. **Open Speaker Meetings:** Open to alcoholics and non-alcoholics. (Attendance at an Open A.A. Meeting is the best way to wipe out misconceptions and learn what A.A. is, what it does, and what it does not do.) At Speaker Meetings, A.A. members "tell their personal stories." They describe their experiences with alcohol, how they came to A.A., and how their lives have changed.
 - b. **Open Discussion Meetings:** One member speaks briefly about his or her drinking experience, and then leads a discussion on A.A. recovery or any drink-related problem anyone brings up.

- c. **Closed Discussion Meetings** are conducted just as open discussions are, but only for alcoholics or prospective A.As.
- d. **Step Meetings** (usually closed door meetings) : Discussions on one of the Twelve Steps are held.
- e. A.A. members also take meetings into Correctional and Treatment facilities.
- f. A.A. members may be asked to conduct informational meetings about A.A. as part of A.S.A.P. (Alcohol Safety Action Project) and D.W.I. (Driving While Intoxicated) programs. These meetings however, are not regular A.A. group meetings.

What A.A. Does Not Do

1. Furnish initial motivation for alcoholics to recover.
2. Solicit members.
3. Engage in or sponsor research.
4. Keep attendance records or case histories.
5. Join 'councils' or 'social agencies'.
6. Follow-up or try to control its members.
7. Make medical or psychological diagnoses or prognoses.
8. Provide drying-out or nursing services, hospitalization, drugs, or any medical or psychiatric treatment.
9. Offer religious services.
10. Engage in education about alcohol.
11. Provide housing, food, clothing, jobs, money or any other welfare or social services.
12. Provide domestic or vocational counseling.
13. Accept any money for its services, or any contributions from non-A.A. sources
14. Provide letters of reference to parole boards, lawyers, court officials, social agencies, employers, etc.

Conclusion:

The primary purpose of A.A. is to carry the message of recovery to the alcoholic seeking help. Almost every treatment of alcoholism tries to help the alcoholic maintain sobriety. Regardless of the road we take, we all head towards the same destination, i.e. recovery of an alcoholic. Together, we can do what none of us can accomplish alone. We can be an ongoing support system for recovering alcoholics.

A.A. Meetings held in the Mahakali Area, Andheri East Mumbai – 400093

Sunday	
A.A. Shantighar Group Achanak Colony Mahakali Caves Road Time: 11.00 am to 12.20 pm	A.A. ESISC Group ESISC hospital Opp. MIDC Police Station Time: 7.30 pm to 9.00 pm
Tuesday & Saturday	Thursday
Canossa Convent High School Mahakali Caves Road Time: 7.30 pm to 9.00 pm	A.A. Sarva Seva Literature Group Sarva Seva Sangh - Gyan Ashram Sher e Punjab Circle Mahakali Caves Road Time: 7.30 pm to 9.00 pm
Friday	
A.A. Holy Spirit Group Community Centre Holy Spirit Hospital Mahakali Road Time: 7.30 to 9.00 pm	For further help and information please contact: 9820746948 / 9892623695 / 9821422122

Ally M.
Alcoholics Anonymous Association

The mystery of the Holy Night, which historically happened two thousand years ago, must be lived as a spiritual event in the 'today' of the Liturgy. The Word who found a dwelling in Mary's womb comes to knock on the heart of every person with singular intensity this Christmas.

- Venerable Fulton Sheen

The mark of the Christian is the willingness to look for the Divine in the flesh of a babe in a crib, the continuing Christ under the appearance of bread on an altar, and a meditation and a prayer on a string of beads.

- Venerable Fulton Sheen

SCCs - UPDATE

The Season Brings Reason to Celebrate

The much awaited event 'Monsoon Melodies 2018' in the parish annual calendar, brought in showers of joy on what was a rather warm and sultry evening of 30th September 2018. Sacred Heart's Parish witnessed an immense display of varied talent: beautiful voices, gamut of creativity, emotions of every kind, sheer hard work, un-stoppable energy seen in every participant; across the age groups - from children to seniors. They had it all. The enthralling performances of 18 communities of our Parish involved participation from 10 to 25 members in each group, which included everyone from tiny tots and youth to the vibrant moms, dads and grandparents. The event was adeptly hosted by Mr. Titus Fernandes, entertaining the crowd with his endless wit and humour. Honoring us with their presence were the three accomplished judges namely; Mrs. Selma D'Mello, Mr. Nelson D'Cunha and Mrs. Annette Gonsalves, connoisseurs of the music world.

The atmosphere was rife with excitement, every performance contributing to the building up of the monsoon mood, recreating and making alive every memory of the season; the thunder and lightning, raindrops falling on our heads, getting drenched, singing in the rain, colorful umbrellas, paper boats, clouds surrounding the rainbow, and cute little kiddies like our jumping toad, slow and steady tortoise, chirpy sparrow, dancing peacock, I could go on and on.

What was missing was the garam glass of cutting chai and pakodas!! The melodious voices of our participants took us on a journey from classic English oldies to Hindi and Marathi hits to mixed medleys and innovative self-compositions. Not to forget some amazing dance moves and creative beat boxing which set everyone's feet a-tapping. The energy emanating from the audience was magnetic, supportive to the end which made the event a mega success. The pastoral team surprised us with their moves and singing and Nelson D'Cunha, our esteemed judge, brought the evening to a close with the all-time classic 'The Impossible Dream'. Finally the well-deserved winners of the event! In a well-deserved and hard fought 1st place was St. Joseph The Worker, Community No. 28, in 2nd place was Yahweh's Clan, Community No. 33 and in 3rd place Apostles of Christ, Community No. 12. The winning teams were felicitated with trophies and cash prizes. A truly innovative way of celebrating a season – bidding a fond and nostalgic farewell to the monsoons!

Personally, as a participant myself, this event was more about bringing the community together as a family, learning the importance of team work, getting to know one another better, helping and bringing out the best in each other. Starting from scratch, right from composing the lyrics, setting it to music, regular practices, designing props, prepping the kids, the whole community worked as one big family! I am definitely going to miss our regular evening meet-ups for rehearsals, the fun times and snack breaks. Monsoon Melodies 2018 was truly a memorable experience and most importantly, absolutely worth our while.

Dr. Melvika Pereira
St. Joseph The Worker, Community No. 28

Effective Ways of Animating SCCs - Animators Interact with Bishop Barthol Barretto

Training is an important constituent of an individual's personal and professional growth and an effective tool to develop one's competencies. It helps one to understand the nuances of a task and employ the necessary skills to tide over situations.

The Church, recognizing this, has been making concerted efforts to shepherd its flock through various trainings, held regularly. We at Sacred Heart Parish, Andheri East, with Fr. Innocent Fernandes SVD at the helm, were privileged to have His Lordship Bishop Barthol Barretto with us on 23rd September 2018, for an Interactive Input Session. The Session was from 11.00 am to 1.30 pm, preceded by an Eucharistic celebration by the Bishop at 10.00 am. The theme of the Session: Effective Ways of Animating SCCs. It was attended by 142 participants divided into smaller groups of 12 each.

Each group was given one of the five real life situations enumerated below and was tasked with analyzing the situation and offer an 'out of the box' solution, for each:

1. The bus conductor being rude to a woman passenger who has no change, in a crowded bus
2. An honest, hardworking employee is not promoted but a junior colleague who butters up the management is promoted



Mission Sunday – Sunday School Outreach

Pope Francis, in his message for World Mission Sunday 2018, urged young people to join the Church in bringing the Gospel to all... *"I am a mission on this Earth; that is the reason why I am here in this world"* (Evangelii Gaudium, 273).

World Mission Sunday, is our chance to show and express our love and solidarity towards our less fortunate Christian brethren living in poor countries. We support missionaries everywhere in spreading the Good News of Christ. It is by giving generously that we respond to Christ's call to feed the hungry and clothe the naked.

This year, Mission Sunday was celebrated on 21st October 2018. Following the Pope's message, our Sunday School Catechists got the parish involved in reaching out to the Missions.

Two Sundays prior to Mission Sunday, the teachers informed the children that they could showcase their faith in Christ by their actions. One way to do that was by reaching out to the poor and needy. Different other ways to do so were also discussed, such as making Christmas and birthday cards, book-marks or decorative articles or alternatively their parents could sponsor savory dishes like potato chops, cutlets, pan rolls etc., or sweet treats like cup-cakes/coconut cakes/ brownies/chocolates, etc. If none of the above was feasible, they could contribute by giving a love-offering envelope. The Catechists while driving home the point on the significance of Mission Sunday to the children, stressed that there was no compulsion whatsoever. Many Catechists stepped in to sponsor various savories that were sold on the occasion.

It was with much enthusiasm that our ever committed Catechists manned the Help Desk/Cafeteria on Mission Sunday after the 7:00 pm Saturday Mass and after every morning and evening Mass on Sunday.

As usual, the generosity of our parishioners knew no bounds. All food items were lapped up as soon as the items reached the counters! Many of our parishioners contributed by putting their love-offerings in specially marked boxes. As a token of appreciation they were allowed to pick-up either a card or a bookmark handcrafted by our children. At the end of the day, everything was sold!

3. A 13-year old regularly back answers her mother.
4. A job allotted to an animator is not done
5. The coordinator comes unprepared for the SCC meeting and is humiliated by an animator.

The responses received from the animators were varied; from anger, to calmness, to reasoning, to understanding, to confrontational, to seeking advice, to realizing the importance of prayer and teamwork, to co-operation, to finding logical solutions, to introspection and an apparent display of the Christian values of peace, love, hope and joy.

Bishop Barthol then proceeded to summarize the responses with his inputs and reflections, explaining how Jesus would tackle each situation. He said:

- LISTEN to the other.
- Be care-fronting not confronting.
- PRAYER should be an important aspect of a Christian leader's life. It ENDURES, PERSEVERES. Prayer CAREFRONTS. It fills us With LOVE and CONCERN.
- Each one of us is chosen by God for a mission. As animators, we must visit families in our communities and like Christ who infused life with His every visit, it should be our endeavor to do likewise.
- Focus on Jesus - He gives us the grace to reach out to others. Peace, Joy and Happiness will follow with the blessings of Christ. He also emphasized that: "Training" is necessary to polish the rough edges; get youth actively involved; listening is an important factor too and recruitment of new animators should be a continued endeavor.

In conclusion, Fr. Innocent thanked His Lordship Bishop Barthol for the simplicity with which he drove home the message of being an Animator. He thanked all the participants for their keen interest and for making the Session, both lively and fruitful.

The training concluded with a prayer and blessing by His Lordship Bishop Barthol Barretto.

Carmen Fernandes & Mary Fernandes
Helpers of Jesus, Community No. 14

Our children and their parents went home with a good feeling as also the message of Mission Sunday! It's only in giving and giving generously that one experiences satisfaction that nothing else can give or take away from you.

We wish to thank our parish priest Fr. Innocent Fernandes SVD and our Spiritual Director, Fr. Sunil Soreng SVD who wholeheartedly supported our endeavors to mark Mission Sunday in our parish. We also wish to thank our Sunday School children and their parents who sponsored in every possible way and of course not forgetting our parishioners who patronized our stalls. Last but not the least, a big thank you to our Catechists who translate the teachings of Christ in word and deed.

Francisca Saldanha
Catechist

Confirmands' Trip to St. Pius College

The 2018 Batch of Confirmation candidates visited the St. Pius Seminary, Goregaon East on 4th November.

For our preparation to receive the sacrament of Confirmation, 60 of us were taken to explore and understand the working of the Holy Spirit and the graces we receive in our lives while receiving this Sacrament. The massive 26 acre campus spread with verdant trees and buildings showcasing architecture of the British times, took our breath away. It appeared so vast, open and serene.

We were ushered into the Main Lecture Hall for a round of refreshments, energizing us enough for the time we were to spend there. Fr. Godwin Fernandes, the Bombay Archdiocese Vocation Promoter accorded us a warm welcome. He beautifully spelt out for us the main purpose of our lives and God's calling for each of us. The presentation besides being very informative, made us think and dwell on what should be our aim and purpose in life. We also realized that God helps us and works in many different ways in our lives.

The video of Nick Vujicic, the man with no limbs but a man with a mission was an eye opener. He understood his purpose in life early on. It was amply clear that no matter what you have or don't have in life all you need to do is use what you have to better yourself and the community at large. Fr. Godwin then shared his inspiring testimony about his call to priesthood.

Bro. Melroy, then shared his life's experiences with us. He drove home the point how God calls us in many different ways! It's just that we need to be receptive to His call and work towards it. Like how he was working towards being a successful man, but never seemed to find happiness in anything he did. After a long period of conversations with God he moved on and found happiness in answering God's call. The take-away from both testimonies was that we can only achieve true happiness by accepting God's will for us, in all that we do. I wonder what God has in store for me and have decided whatever my vocation, I need to do the task at hand with all sincerity.

We then toured the Seminary's main building and headed towards what I would consider one of the most impressive chapels I've seen in Mumbai. The mosaic work on the back wall of the Chapel was so beautiful. A seminarian explained to us the history behind the stained glass, the holy images, the multiple smaller altars around the main altar and explained the way Eucharist used to be celebrated during earlier times. We then took the opportunity to pray and experience the tranquility of the Chapel.

We left the seminary feeling happy having understood the in-depth meaning of knowing God's purpose in our lives. As we ready ourselves to be confirmed in the Holy Spirit we pray that God gives us grace to discern His Will in our lives.

Leeroy Soares
Confirmation Candidate - 2018 Batch





YOUTH FULLY
A L I V E

Apologetics – Defending Our Faith

It is a common occurrence of late, to find people from different Christian denominations accosting us on the roads, knocking at our doors, handing out pamphlets, quoting from the holy scriptures verbatim, with an attempt to convince us that some of our religious practices and beliefs, are wrong and go against the Bible! They speak so convincingly that it is very easy to be influenced. In such circumstances, what should be our reaction especially when we have very little knowledge of both, fundamentals and religious beliefs?

Do we shut the door on their faces or give them some lame excuse or timidly put our heads down not sure of what is right and what is wrong? or simply walk away! Why are we not strong enough to defend our actions and our faith?

With this in mind; the Committee for the Year of the Youth organised a session on Christian Apologetics on Sunday, 14th October 2018 at 06.30 pm. The resource person was Fr. Vincent Barboza a well-known apologist from the Archdiocese of Bombay.

Apologetics comes from the word '*apologia*' which means defending religious doctrines through systematic arguments. This defence is done with the help of the three main 'Pillars' of the Catholic Church viz; Scripture, Traditions, and the Magisterium. Scripture being the Word of God (The Bible). Traditions are writings of the early fathers of the Church and practices and customs from the Church since its inception. Magisterium being the Church's authority or office that gives an authentic interpretation of the Word of God. This task of interpretation is vested uniquely in the Pope and the Bishops.

The Session began with Fr. Vincent giving us a general overview of the topic and he briefly covered important points that form the basis and foundation of our faith and which are relevant when we have to dialogue with people on matters of faith. The attendees were attentive and everyone - elders, youth and children alike, were eagerly waiting for a chance to get their doubts cleared. Fr. Vincent did not disappoint them. He patiently gave everyone a chance to voice their doubts. There were a wide range of questions like; Why don't priests marry? Why do we need Baptism if Jesus died for our sins? Does the sin of our ancestors affect us? Why are the followers of Christ not as wealthy as the others? How do you explain the Trinity?

Initially, the questions came in a trickle mostly from the front benchers but as Fr. Vincent started answering questions posed to him, the mood in the room changed drastically and we had questions coming in from all directions. Much to our disappointment we soon realized that this was a scheduled event which had to end by 8.30 pm.

We thanked Fr. Vincent and the entire team for organizing this Session as it was a real eye opener! It helped us to understand the reasons behind some of the practices followed by the Church and matters relating to our faith.

Franklin D'Souza

PYAT Member, Our Lady of Nazareth, Community No.16

Behold on Christmas a new and wondrous reality. The angels sing and the archangels blend their voices in harmony. The Cherubim hymn their joyful praise. The Seraphim exalt Christ's glory. All join to praise this holy feast, beholding the Godhead here on earth and man in heaven. He Who is above now for our redemption dwells here below, and we who are lowly are by divine mercy raised up.

- St. John Chrysostom





Cloudburst Fiesta 2018

Cloudburst Fiesta 2018 was held from 13th-16th September 2018. The event was organised by the Parish Youth Council (PYC). This is one of the most awaited events of the year as it brings together participants from all communities of our Parish.

Preparations for Cloudburst Fiesta began almost two months in advance by the PYC. After a lot of brainstorming, the plan of execution was finalized. 20 teams from various communities registering for Cloudburst Fiesta 2018.

Day 1 began with the Opening Ceremony in which the PYC put up a dance performance which was followed by the Oath Taking ceremony led by the captains of the 20 participating teams.

Our Parish Priest, Fr. Innocent Fernandes SVD, then officially declared Cloudburst Fiesta 2018 open. 10 out of the 20 teams played the first round of qualifier games on **Day 1**. All the teams were enthusiastic to play the games. We had parishioners present in large numbers who came to cheer and support the players/teams. At the end of Day 1, 6 out of the 10 teams qualified for the next round.

Day 2 began with the balance 10 teams playing the second round of the qualifier games. There was profound excitement seen among the participating teams as well as their supporters. At the end of the day, an additional 6 teams qualified and went forward to play the next round.

Day 3 was the day of the quarter-finals. The 12 teams that qualified were divided into two groups of 6 teams each, and played for two rounds respectively. The parishioners kept cheering as the teams played. Finally, at the end of Day 3, 6 teams qualified to play the semi-finals.

Day 4 was the final day of Cloudburst Fiesta 2018. Both, the semi-finals and the finals were held. The excitement level was very high among the teams, parishioners and the PYC. The day began with six teams playing the semi-finals. The games that were going to be played were more challenging as compared to the previous games and required teamwork, focus and speed. At the end of the semi-finals, we got our 4 final teams for Cloudburst Fiesta 2018, who entered the field and battled it out to win the Cloudburst relay which was a special game designed for the finals.

During the duration of the entire final game one could hear huge applause and cheers from the parishioners, egging the teams to give in their best. The four teams played the games with great enthusiasm. At the end, Shalom Community No. 30 was declared the winning team of Cloudburst Fiesta 2018 and Our Lady of Fatima, Community No. 2, as the runners-up. Day 4 concluded with a short Closing Ceremony, felicitating the winning teams. Overall, the event turned out to be a great success, as the main aim of bringing the communities together in spirit was fulfilled.

Vitus Dias
PYC, Infant Jesus, Community No. 8

Enduring Positivity In A Negative Reality

The Youth Ministry of Sacred Heart Church organized a program for the youth of our parish, called '**Discover 2018**' on 2nd October. The program commenced with a welcome address by Nicholas D'Souza, followed by an opening prayer by Vitus Dias. Pearl Raphael then introduced the participants to the resource person for the first session of the day; Mr. Shane Gomes.

The theme for 'Discover 2018' was **Enduring Positivity In A Negative Reality**. Mr. Shane Gomes enlightened us with his wisdom. He spoke about how technology was robbing us of our personal time thereby leaving us with very little time we could call our own, to discover ourselves and be aware of our talents and shortcomings. He further elaborated on the marked difference between what we call knowing our friends and knowing about our friends. This made us think and his words of wisdom did leave an impact on us. He spoke about having a positive outlook to life as he explained John 10:10 from the scripture to the youth. He explained the importance of the Eucharistic celebration and that we may be physically present in Church but mentally absent, not focusing our attention on the Word of God but consciously allowing our minds to wander. This action is equivalent to sitting outside the Church and attending Mass.

After the talk, we broke off for some delicious snacks and refreshments. A group picture was also clicked to capture this lovely memory. After the break, much to our delight, we were led into an ice breaker which was a round of Housie, albeit with a twist. During this activity, we got to interact with each other. Later on we had to get into groups that we were assigned to at the time of registration. We were asked to name our teams after popular movies and enact any popular scene or dialogue from the movie or sing a song. This was really interesting and entertaining.

This was followed by a series of fun games organised to promote creativity, team spirit and camaraderie among the youth. Fr. Sunil Soreng SVD led us into the closing prayer and blessed all those present. The day ended with a fellowship meal of scrumptious biryani.

We all left for home with renewed energy and with our hearts filled with joy and unbridled enthusiasm.

Felcia Fernandes
PYC - St. Joseph the Worker, Community No. 28

Taizé Prayer

A Prayer Service of Song, Silence and Contemplation

The Taizé Community is an ecumenical Christian monastic fraternity in Taizé, France. It is composed of more than one hundred brothers, from about thirty countries across the world. Taizé is a form of prayer that involves the singing of chants and praising the Lord which continue in our hearts even when we are at work, interacting with others or even resting. It is a way of integrating prayer into daily life by praying in the silence of our hearts, even when we are alone.

The youth of our parish along with the Parish Youth Animation Team (PYAT) organised an evening of '**Taizé Prayers**', on 22nd August 2018, for the parishioners of Sacred Heart Church. The evening commenced with a Eucharistic celebration followed by the service. The youth choir of our parish led the congregation into singing prayerful chants and worshipping the Lord interspersed with scripture readings and periods of silence. The ambience created with lit candles greatly enhanced the solemnity of the occasion, signifying thereby, **that even during the darkest hours of the night; Christ's love is a flame that will never go out.** The altar was decorated with drapes of orange and yellow to symbolise the presence of the Holy Spirit and had the Taizé Cross at the centre of it.

Fr. Praveen Aranha SVD the spiritual director for the youth showered upon all the final blessings and thanked all those who made this prayer service possible.

We wish to thank all our parishioners who walked with us in this journey, in giving praise and glory to our Lord and Saviour Jesus Christ.

Stalin Mathias
PYAT Member - Our Lady of Fatima, Community No. 2





BIBLE QUIZ FOR YOUTH (AGE 15-25 years) Gospel Of John



I) IDENTIFY THEM :-

1. The names of the mother and father of the Apostle John. _____
2. The person who had counseled the Jews that it was better that one man should die rather than the people. _____
3. The high priest who questioned Jesus about His disciples and His doctrine. _____
4. In which languages did Pilate write the inscription and put on the cross of Jesus. _____
5. After Jesus was arrested, who was the disciple who stood outside at the gate of the courtyard of the high Priest. _____
6. Another name by which Thomas the Apostle was also called. _____

II) Who Said To Whom In The Gospel Of John? Please Indicate Chapter And Verse

1. "I am the Resurrection and the life; whoever believes in Me, even if he dies, will live." _____ (____:____)
2. "The wind blows where it wills, and you can hear the sound it makes, but you do not know where it comes from or where it goes; so it is with everyone who is born of the Spirit" _____ (____:____)
3. "I find no guilt in him." _____ (____:____)
4. "Rabbouni!" _____ (____:____)
5. "Come, have breakfast". _____ (____:____)

III) Say True Or False

1. Jesus told His disciples the world would not hate them even though it had hated Him. _____
2. Jesus was slapped by one of the officers when Jesus was brought before the high priest. _____
3. Pilate became more afraid when the Jews charged that Jesus made himself Son of God. _____
4. Joseph of Arimathea was a disciple of Jesus. _____
5. The disciple whom Jesus loved (John) never did enter the empty tomb. _____
6. John wrote about all the signs Jesus did in the presence of His disciples. _____
7. Jesus predicted at the sea of Tiberias by what kind of death Peter should glorify God. _____

IV) Please Answer From The Gospel Of John

1. For whom else did Jesus pray other than for His disciples alone? _____
2. What is eternal life mentioned in the prayer of Jesus in Chapter 17 of the Gospel of John? _____
3. State at least four of the "I am" statements of Jesus. _____
4. During the Last Supper discourse why does Jesus tell His disciples that it was better for them that He goes back to the one who sent Him? _____
5. Who were the three Mary's that stood by the cross of Jesus? _____

V) Please Complete: Indicate Chapter And Verse Of The Gospel Of John

1. In the world ye shall have tribulation; but be of _____ (____:____)
2. "Consecrate them in the _____, _____" (____:____)
3. "In the beginning was the Word, _____" (____:____)
4. "And this is the verdict that the light came into the world, but _____" (____:____)

VI) Please Answer:

1. What does I.N.R.I stand for ? _____
2. Which miracle is mentioned only in the Gospel account of John?

Full Name _____ Age: _____
 Profession _____
 Telephone/Mobile No _____
 Community No _____ Family No. _____
 Address: _____

Answers of Quiz No.III:

- I) 1. Theophilus 2. Circumcision 3. Eighteen years 4. Isaiah 5. 3 years 6. "And who is my neighbor?"
- II) 1. Martha to Jesus (10:40) 2. One of the disciples to Jesus (11:1) 3. Jesus to the crowd (11:20) 4. The Rich Fool said to himself in the Parable told by Jesus 5. Jesus' lament over Jerusalem (13:34)
- III) 1. Jesus passed through the midst of them and went away
 2. He spent the night in prayer
 3. Do to others as you would have them do to you
 4. Because even demons were subject to them because of the name of Jesus
 5. The Word of God
- IV) 1. For though one may be rich one's life does not consist of possessions (12:15)
 2. Sit down and calculate the cost to see if there is enough for its completion (14:28)
 3. I no longer deserve to be called your son (15:21)
- V) 1. Faith 2. Returned, glorifying God in a loud voice, fell at the feet of Jesus and thanked him 3. Noah 4. Repay to Caesar what belongs to Caesar and to God what belongs to God 5. To Follow a man carrying a jar of water you will meet in the city 6. Simon Peter

WINNERS OF QUIZ NO. III:

1st prize : Tahirah Fernandes, Community No. 15;

2nd prize : Jayden Chettiar, Community No. 1

Drop the answers in the letter box in front of the Parish Sacristy latest by 12th January 2019

There are 3 prizes to be won. If there are many participants with right answers, the prizes will be determined by casting lots.

The decision of the Editorial Board will be final and binding

Divine Nature Cure

Diet is an important component of one's intake of food during an illness or even when one is enjoying good health. The Father of modern medical science and the great Greek philosopher Hippocrates rightly said, **"Let thy food be thy Medicine"**. Our body has the in-built ability to heal itself, if provided with proper nutrition, environment and exercise.

It is thus essential, to understand, that all diseases are the effects of a weak immune system. When our immune system fails we are prone to fall sick and susceptible to contract diseases. So, we must do everything to make our immune system strong. Once the body is strong, it has its own natural self-healing system. Hence, every attempt must be made to first treat the root cause of the disease, i.e. to cleanse the blood in the human body.

Every cause has an effect. Similarly, every problem has a solution. And to find a solution, one must diagnose what the root cause is, and once the root cause of the problem has been eliminated, the problem itself will disappear.

What is Wheatgrass?

Wheatgrass is the young grass of our common wheat plant. This is either made into a juice or can be dried and powdered and created as a multigrain product. Either way, it is a powerful nutrient for the human body.

In modern times, Dr. Ann Wigmore (1909-1994), is considered as the single most chief raw food exponent responsible for popularizing the usage of Wheat Grass juice therapy. She is the founder of Hippocrates Institute, Boston, USA and has done extensive research and experiments to explore the therapeutic value like naturopathic medicine of Wheatgrass. She has hailed Wheatgrass as **'a complete natural food'** and **'Panacea on earth'**, which means it is considered to be a remedy for all diseases. It provides all the necessary nutrition required for the body. Wheatgrass is a 100% Organic Natural Food Supplement having multiple health and wellness benefits.

Divine Wheatgrass

Divine Wheatgrass is a natural, green, organic, nutritious food supplement. It purifies the blood and internal organs and strengthens the immune system leading to good health and healing. Wheatgrass is renowned for its therapeutic value since ancient times under Naturopathy or Nature Cure.

Benefits of Wheatgrass Powder

- Helps strengthen the natural immune system.
- Helps in the detoxification, thus reducing stress, tension, foul odors of breath and sweat.
- Helps maintain blood pH conditions towards alkaline.
- Increases the hemoglobin count in the blood, thus helping combat Thalassemia and Anemia.
- Helps resolving digestion related problems such as Diabetes, Piles, Colitis, Acidity, Ulcers, etc.
- Supplements the intake of dietary fiber, thereby controlling Blood Sugar, Cholesterol level and prevent Constipation.
- Helps in combating diseases such as Cancer, Leukemia, Arthritis, Insomnia, Asthma, Menstrual problems, etc.
- Highly effective for Weight loss/gain along with Diet Plans.
- Helps improving reproductive health in both men and women, increase vigor, vitality and helps women to conceive.
- A paste of Wheatgrass powder, made with milk and a pinch of turmeric, applied to the face as a face pack helps one to overcome skin problems such as Acne, Black/White heads, Freckles, Skin Tan/Burns, etc.
- Helps in the curing of skin diseases, improving the skin and muscle tone etc.



If one consumes medicines continuously for years, your life is in danger. An indiscriminate intake of medicines has irreversible side effects, leading to the damage of one's internal organs. Slowly and systematically it causes the loss of eye sight, kidney failure, gangrene, amputation and multiple organ failure. Divine Wheatgrass works as prevention and cure. It heals the root cause of the disease by detoxifying the kidneys, the liver, the digestive system, blood etc., and strengthens the immune system leading to good health and healing. It is a 3-6 months course. It is a green, natural, raw, nutritious, fiber containing organic powder. Mix a spoon of the wheat grass powder in a glass of lukewarm water and drink it on an empty stomach in the morning and evening.

Since 2010, I, Fr. Robin Mantode at Divine Natures Cure, Pune, have been guiding bishops, priests, nuns, Catholics and others, all over India and abroad with Divine Wheatgrass. My mother was a heart patient for 20 years and in spite of the best treatments, her health went on deteriorating. This prompted and led to the search of Divine Wheatgrass, which is called as *Natures Best Healing Miracle*.

We highly recommend the consumption of Divine Wheatgrass to protect and prevent people from sudden heart attacks, strokes, kidney failures, liver damage, gangrene, brain hemorrhage etc. Please guide, encourage and recommend your friends, relatives and communities who are suffering with diabetes, heart disease and cancers to use Divine Wheatgrass for improved health and healing. Regular intake of Divine Wheatgrass powder helps in the prevention, healing and reversing of existing diseases.

We have received written testimonials from several people who have been healed using Divine Wheatgrass. We have also received a spate of e-mails from Archbishops, Bishops, priests etc., claiming improved health and complete recovery from their chronic illnesses.

We can save millions of rupees and millions of lives, by recommending the consumption of Divine Wheatgrass.

Fr. Robin Mantode
Divine Natures Cure, Pune

**Wishing All Parishioners
A Christ-Filled Christmas
And A Blessed
New Year 2019 !!**



Christmas Day is nothing if not a day of universal joy. Children should rejoice because on this day God Himself became as one of them; virgins, because a Virgin brought forth and remained unstained even after giving birth; wives, because one of their number became the Mother of God; sinners, because their Mediator and Savior and Healer has come to redeem them; the just, because their Reward exceeding great has been born into the world. In fine, all faithful Christians should rejoice that their Creator and Lord has taken on human flesh and begun His reign over the hearts of men, not only as God, but also as the Son of Man among the children of men.

- St. Peter Canisius

FROM THE PARISH REGISTER

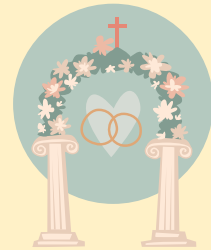
BAPTIZED IN CHRIST



Aneira Gerson	D/o	Darryl Gerson & Melanie D'Souza	2-Sep-18
Thea Gonsalves	D/o	Felix & Gretta Gonsalves	2-Sep-18
Adrielle Max Tellis	D/o	Max Carlo & Kimberley Tellis	23-Sep-18
Isaiah Myron Pereira	S/o	Ryan Pereira & Ishika Ingrid De Silva	21-Oct-18
Mirella D'Souza	D/o	Wayne Raymond & Divya Wayne D'Souza	21-Oct-18
Erin Ingrid Coelho	D/o	Savio Edward Coelho & Vyanka Ruth Medeira	11-Nov-18
Dwayne Nelson Noronha	S/o	Nelson Richard & Nikketta Nelson Noronha	18-Nov-18

UNITED IN CHRIST

Stephen Fidel D'Souza	To	Mishel D'Sa	4-Nov-18
William Lionel Sequeira	To	Desiree Stephanie D'Souza	10-Nov-18
Christopher Jackson Paul	To	Lovey Jain	11-Nov-18
Leroy Martino Savio D'Souza	To	Fareen Shaikh	16-Nov-18
Darrell Sebastian Fernandes	To	Manita Yadav	17-Nov-18
Mikhail Sharad Tigga	To	Chrisann Nandita Sequeira	18-Nov-18



RESTING IN CHRIST



Stephen Sebastine Lobo	77 Years	A-14, Gracious CHSL, M C Road	21-Aug-18
Cecelia Dias	82 Years	5, Kasar Chawl, Malpa Hill 3	28-Aug-18
Urban D'Souza	73 Years	2A/403, Brindaban, Poonam Nagar	28-Aug-18
Rose Anthony	95 Years	108, Dholakia Apts, Poonam Nagar	6-Sep-18
John Francis Pereira	96 Years	10/86 Munshi Colony, M C Road	14-Sep-18
Pauline Hilda D'Souza	82 Years	A7/23, Greenfields, Avillon, J V L R	16-Sep-18
Julia Pawlu Fernandes	88 Years	A-34, Trishul Apartments, M C Road	19-Sep-18
Valentine Lewis	78 Years	B/28, Rooftop CHSL, M C Road	25-Sep-18
Dulcine Saldanha	65 Years	3, Usha Kunj, S V Patel Road	23-Oct-18
Jose Braganza	42 years	Room No.4, Thakur Chawl, MIDC	25-Oct-18
Laura D'Cruz	76 Years	G-5, New Malinee CHSL., M C Road	27-Oct-18
Sr. Eusebia Dantas	80 Years	Fatima Mata Sadan, M C Road	30-Oct-18
Richard Pinto	69 Years	R-16, Adarsh Society, M C Road	4-Nov-18



**Download App from
Playstore, Sacred
Heart Church
Andheri East**

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

Inspiration From Saints

St. Nunzio Sulprizio

Patron Saint Of : Abused Children, the Disabled, Blacksmiths, Workers

Feast Day : 5th May

Nunzio Sulprizio, was born in Southern Italy, on 13 April 1817. By the time he was six, he was an orphan and three years later his grandmother who lovingly cared for him, too died. He was then brought to his maternal uncle's house, a blacksmith, a coarse and cruel man, who exploited his nephew by not sending him to school and forcing him to work for him like an adult labourer but without any pay.

Nunzio suffered from poor health but his unkind uncle sent him on errands, carrying heavy weights over long distances in the hot summers and cold winters. His uncle being a man with a violent temper, Nunzio was severely punished for the slightest of reasons. To add to his misery, blasphemous, unchaste language and obscenities were hurled upon him. The allowance of food was so scanty that Nunzio was forced to beg from compassionate neighbours.

He became extremely emaciated and after a time, a large ulcer appeared on his left leg. But his heartless uncle paid no attention. In spite of all the cruel treatment meted out to him, Nunzio never complained. He never lost his gentleness nor his serenity of soul. Soon he became unfit for work and so his uncle allowed him to be sent to the hospital for the poor. But it was too late. Constant medical attention brought some relief to Nunzio but he could not be cured. On returning to his uncle's home, torture began anew for the poor boy. But undismayed he stood steadfast to the end, bearing all things with heroic patience. *"I will become a saint – a great saint and in a short time."* He consoled himself with these words, in many a dark hour. When Nunzio Sulprizio was ill, he found that sitting in a stream of cool water would help to clean his wounds. While he sat in the stream he would pray the Rosary.

After six years of suffering, a paternal uncle, hearing of Nunzio's plight brought him to Colonel Felix Wochinger, a kind and deeply pious man who was moved with affection for the innocent ill boy. He cared for him as a father and paid for his medical care. Caries of the bones had resulted from long neglected wounds. At the hospital, Nunzio was a favourite because of his cheerful and innocent countenance. He dragged himself to the bedside of other patients to console and encourage them. The spiritual advice which he skilfully wove into his ingenuous conversation was particularly efficacious.



Nunzio learned how to live a holy and faith-filled life by reading the stories of the saints. He had a great and tender devotion to the Holy Eucharist and to the Blessed Virgin Mary. Like all pure souls he was a great lover of prayer. Colonel Wochinger gave Nunzio undivided attention and Nunzio's health showed signs of improvement. Nunzio expressed his desire to serve God in the religious state. Unfortunately, the sickness returned as bone cancer, due to which he lost a leg and which ultimately proved fatal.

In the face of eternity, Nunzio told the Colonel, *"Be cheerful. From heaven I will always be helping you"*. Just as he formidably bore the most bitter form of poverty, so now the greatest of comforts could not withdraw Nunzio's heart from God. Shortly after his 19th birthday, Nunzio died on 5th May 1836 while gazing upon the picture of the Mother of God and exclaiming, *"See how beautiful she is!"*. Miraculously, the disease disappeared

from his body when he died; his body was engulfed by the smell of roses.

Nunzio Sulprizio is indeed a splendid model for the youth of today. At his beatification on 1st December 1963, Saint Pope Paul VI said : *"Nunzio Sulprizio's life will tell you that the period of youth should not be considered the age of free passions, of inevitable falls, of invincible crises of decadent pessimism, of harmful selfishness. Rather, it tells you how being young, is a grace."* On October 14th 2018, during the Youth Synod, Pope Francis canonised St. Nunzio Sulprizio, the 19th century Italian teen as a model saint for the Catholic youth.

PARISH VISION MISSION STATEMENT

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



Prayer Dance - Parish Day 1



Rajasthani Dance



The Lion King - A Choral Melody



Participants of the Sacred Heart's Got Talent



Thanksgiving Eucharistic Celebration - Parish Day 2



Comedy Act by the Youth



Surprise Act by the Priests - Day 2



Jam Session - Day 2