



Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 78

December 2019

For Private Circulation Only

*Jesus, the Light,
the darkness could
not overcome!*



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: 9324384676)

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 - 18th Dec	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)
22nd Dec	Christmas Float (Youth)
24th Dec	Christmas Eve Mass - 10 pm
25th Dec	Christmas Konkani Mass - 7.30 am English Mass - 8.45 am & 10.00 am No Evening Mass
26th Dec	Feast of St. Stephen, Martyr
27th Dec	Feast of St. John, Apostle and Evangelist
28th Dec	Feast of Holy Innocents - Blessing of Children
29th Dec	Feast of the Holy Family, Family Mass (8.45 am)
31st Dec	New Year's Eve Thanksgiving Holy Hour - 9.00 pm Holy Eucharist - 10.00 pm
1st Jan	Solemnity - Mary Mother of God\New Year Morning Mass - 6.30 am & 7.30 am Evening Mass - 7.00 pm
2nd Jan	Memorial - Sts.Basil the Great and Gregory Nazianzen, Bishop & Doctor
5th Jan	Solemnity - Epiphany of the Lord
12th Jan	Feast - Baptism of the Lord
12th - 14th Jan	Triduum in preparation for the feast of St. Arnold Janssen
15th Jan	Feast of St. Arnold Janssen (Founder of the Society of the Divine Word - SVD)
16th Jan	Memorial - St. Joseph Vaz, Martyr
17th Jan	Memorial - St. Antony, Abbot
18th Jan	Ordination of Dn Cyril Edward SVD (5 pm)
19th Jan	All Association day (SCC Rally)
21st Jan	Memorial - St. Agnes, Virgin and Martyr
23rd - 26th Jan	Rink Football
24th Jan	Memorial St. Francis de Sales, Bishop & Doctor
25th Jan	Feast - Conversion of St. Paul
26th Jan	Republic Day
28th Jan	Memorial - St. Thomas Aquinas, Priest & Doctor
31st Jan	Memorial - St. John Bosco, Priest
2nd Feb	Feast - Presentation of the Lord
3rd Feb	Memorial - St. Blaise, Bishop & Martyr, Blessing of the Throat
4th Feb	Memorial - St. John de Britto, Martyr
5th Feb	Memorial - St. Agatha, Virgin and Martyr
6th Feb	Memorial - St. Paul Mikki and Companians, Martyrs
7th Feb	Memorial - St. Gonsalo Garcia, Martyr
9th Feb	Couples Day (Family Cell)
10th Feb	Memorial - St. Scholastica, Virgin
14th Feb	Memorial - Sts. Cyril, Monk & Methodius, Bishop
16th Feb	Workshop for Animators (SCC)
19th - 23rd Feb	Fun Cricket (PYC)
22nd Feb	Feast - Chair of St. Peter
23rd Feb	Bible Sunday
26th Feb	Ash Wednesday
16th - 18th Mar	Konkani Lenten Missions
23rd - 25th Mar	English Lenten Missions

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For Additional Details, kindly refer to the Parish Weekly announcements.

BORN TO GIVE...

My dear Parishioners,

The very word “December” soothes and calms us, filling our hearts with joy, hope, expectation and love. Say “December” and the mind cannot help conjuring up the magic of Christmas and New Year, reviving both our spirits and our zest for life. Yet, is it just the celebration and goodies that rejuvenates and enlivens us in body and mind?

Well, Christmas is a time, which reminds us of ***the importance of giving and sharing***. “For God so loved the world that He gave His only Son”. From our own experiences, we know that often giving is difficult and painful. However, our celebration of Christmas can become meaningful only when we cultivate an attitude and habit of giving. We can do it in many ways.

Firstly, Christmas reminds us of ***the importance of giving of our material things***. The true Christmas spirit is kept alive because there are many people in the world who give, who share. Many a time it is the poorest people who are ready to share out of their meagre material things. It is not important how much you give, but what makes the difference is the attitude with which you give. Whenever our Sacred Heart parish has made an appeal for funds for needy and noble causes, there is a flurry of donors who give, many of whom give generously in small amounts, making great sacrifices on their part because they want to contribute. It is these small donors who make a huge difference. They give happily even from the little they have. That is the spirit of Christmas!

Secondly, Christmas reminds us of ***the importance of giving of our talents***. Jesus, though He was in the form of God emptied Himself taking the form of a servant and offered Himself as a sacrifice for the entire humanity. Christmas can be meaningful to us when, we too, like our Master, are willing to give and use our talents in the service of others. We are fortunate to have many parishioners who joyfully use their talents in our Small Christian Communities, Parish Cells, Associations and for every need and community work. Sadly, there are also many intelligent and talented individuals who have not considered giving or using their talents in the service of others.

Thirdly, Christmas reminds us of ***the necessity of giving of our time***. The Bible depicts our Lord and Master, Jesus always busy in serving the needy, to the extent of depriving Himself of rest and sleep. He gave all His time for others. Christmas reminds us that despite our busy schedules, we must give of our time for others. While in the pursuit of one's ambitions and material needs, there is always a paucity of time. In spite of that, we see many people who are committed to apportion their time specifically to be of help to others. Giving of even a little of one's time for others is truly experiencing the Christmas spirit.

As we celebrate Christmas and express our joy to God the Father for sending His only Son, Jesus into the world, we will remember to make Christmas 2019 meaningful by committing to give and share of our material things, our talents and of our time, knowing well that true happiness comes not from acquiring and possessing, but from sharing and giving.

I, along with my co-pastors, wish all of you and your families, a joyous Christmas 2019 and a grace-filled New Year 2020!

Fr. Innocent Fernandes SVD
Parish Priest

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Bulletin Design: Savio Rebello | **Printer:** Richard's Printing Establishment | **e-mail:** h2h.bulletin@gmail.com



Jesus, the Light, the darkness could not overcome !

The birth of Jesus could not have been clearer. It happened at the time of the Roman census, and everyone was told to be registered in his/her own city. It was precisely at such a time that Jesus, the Son of God, was born. It was as if, He came to be listed in His city, and the Son of God was registered as a citizen of this world. He thus became part of the human family and tabernacled (pitched His tent) among us. It is not shocking, then, that there was no room for Him in the inn. Those who stay in the inns are travelers and tourists, who come and go. But the Son of God did not come for a short visit; rather He came to stay with us, to be part of human life and history. Hence, He is 'Emmanuel', God-with-us.

From the moment God became human, every aspect of human life assumes significance. Human history is no longer merely human; everything – nature, world, history – brings to light the divine aspect in human life. Accordingly, water poured in baptism transforms us into children of God; the ordinary bread and wine are transformed into Christ Himself during the Eucharistic celebration.

From the moment that the Son of God was born a child — vulnerable, weak, poor — a child covered in swaddling clothes and in a manger, the preference of God becomes clear. God opts not the way of power but the way of love; not the way of authority but the way of humility. Yes, God chooses the human path — no matter how laborious, tortuous, dangerous it may be. God delegates His plan for this world, to the imagination and effort of human beings. In doing so, God also entrusts His plan for this world to

the weakness and ambiguity of human nature. Indeed, the history of salvation is a testimony to this choice. God entrusts His salvific plan to weak and sinful human beings — Judah, David, Tamar in the Old Testament; Peter, Thomas, James in the New Testament. God's trust in human beings can surprise us. But this is the way chosen by God. God's salvific plan will not be carried out without the collaboration of human beings.

It can certainly be said that Christmas, the feast of the birth of the Son of God, is a feast of light. The text from the prophet Isaiah suggests this:

"The people who walked in darkness have seen a great light. Upon those who dwelt in the land of gloom, a light has shone. You have brought them abundant joy and great rejoicing. For a child is born to us, a son is given us; upon his shoulder dominion rests. They name him Wonder-Counselor, Mighty God, Everlasting Father, Prince of Peace" (Is 9:1-6).

'Emmanuel', God is with us, hence every aspect of human life has sacredness attached to it. Everything can lead us to God. From the time the Son of God became flesh and registered as a citizen of this world, there is something sacred, divine about humans. God came to meet us in this world, in the flesh. God is with us. We do not have to abandon our humanity to be with God, but God came down to us; abandoned His sacred abode and made this world a sacred dwelling.

Arise, all ye nobles and peasants; Mary invites all, rich and poor, just and sinners, to enter the cave of Bethlehem, to adore and to kiss the feet of her new-born Son. Go in, then, all ye devout souls; go and see the Creator of heaven and earth on a little hay, under the form of a little Infant; but so beautiful that He sheds all around rays of light. Now that He is born and is lying on the straw, the cave is no longer horrible, but is become a paradise. Let us enter; let us not be afraid.

- St. Alphonsus Ligouri

Said the King to the people everywhere, "Listen to what I say: A Child, a Child, shivering in the night, He will bring us goodness and light. He will bring us goodness and light." Christmas means that He the Son of God has come, the Kingdom of God has come. The Child has made the night bright. He has turned the night of darkness and anxiety into Christmas light. The night of the world has become bright! God is greater than evil and darkness.

God has become human. Our time, our life and our world have changed. That is, God is irrevocably committed to humanity, to this cosmos; He is concerned about us. From the very first Christmas, God not only watches and protects the world, but has also become part of the world; He is no more a spectator, but an actor, God is Himself within this world. Our lot falls upon Him. God can be born with our children, He can grow with our youth; He can beget with our young married; He can grow old with our seniors; He can suffer with all humanity. God is in our suffering. God is in our anxiety. God is in our helplessness. Not to make it worse but to make it easier and lighter for us. This is kenosis. This is divine fellowship - an astonishing communion between the eternal God and us.

Our world can be terribly shaken, or even completely destroyed – by international terrorism, financial crisis, or political domination. But as long as there are men and women who allow themselves to be awed by the crib, men and women who allow themselves to marvel at the gospel story of the birth of Jesus, there will always be hope for this world. We can lose everything in this world. But for as long as we do not lose the wonder of Christmas, we shall be saved.

In the light of what G. K. Chesterton, the English writer said of Christmas – that to be able to understand Christmas we need to stand on our head. Because there on that night, in the stable in Bethlehem, everything is upside down. The virgin is mother, and the mother is a virgin. The child is God, and God is a child. The angels look down on God who created them, and God looks up to the skies which He had made. We were promised a Messiah, but we never imagined that God Himself would come. We knew that God loved us, but we never dreamt that He loved us so much that He would become one of us. But that is how God loves. That is how God gives. His gifts are never what we expect them to be. They are always greater than what we had hoped for.

It can be said that we can truly accept the message of Christmas only if we are ready for genuine conversion, for an overturning of our lives. In fact, the first who accepted the message of Christmas were simple and poor shepherds, those who had nothing to lose if the world were to be turned upside down. It is the same with us. We can make the message of Christmas truly our own, we can live out the meaning of Christmas only if we are ready to overturn our mentality and change our life.

Christmas is primarily neither a mystery to be understood, nor a truth to be explained. It is a child to be found in haste, a child to be carried in our arms with love who brings light amidst the darkness of this world. As we prepare for the birth of our Lord, let us be close to the people in darkness like Jesus, the Son of God who was born in darkness. The good news is that Jesus shines in the darkness and not out of the darkness. May you be blessed and transformed by His presence. Wish you a joyful Christmas season and a peaceful New Year!

Fr. Raja Reddy SVD

Open wide your door to the one who comes. Open your soul, throw open the depths of your heart to see the riches of simplicity, the treasures of peace, the sweetness of grace. Open your heart and run to meet the Sun of eternal light that illuminates all men.

- St. Ambrose of Milan

The Christmas season reminds us of the eternal immensity of God's bountiful love, hope, peace and faith. The unique and distinctive bliss of this season comes through the love and consideration for one another that binds us together. The year 2019 has been a blessed and beautiful year.

Here is a glimpse of the various activities initiated in the last quarter of the year:

The **Parish Association Council** Meeting was held on 24th October and attended by the heads of all Cells and Associations wherein forthcoming planned activities were announced.

'AquaFest-2019' an event of fun and skillful team games was organized from 31st August - 2nd September by the **Parish Youth Council** with the help of the **Parish Youth Animation Team**. 22 Communities participated. Community No. 7 won and Community No. 35 was the runner-up.

An Outreach for the youth at the foothills of Don Bosco, Karjat, was organized by the Youth ministry. Fr. Allwyn Misquitta SDB animated the outreach which had trek games, spiritually uplifting talks and fun activities. 45 youth along with PYAT members and a priest attended this program.

Taize - a time of meditation and song, with short reflections from Pope Francis' Apostolic letter, 'The joy of the Gospel', was organized on 26th October by the Youth ministry.

'Fun Parenting', an interactive session by Dr. Aarti Pereira from Prafula was organized by the **Family Cell** on 25th August in the Community Centre. It was well attended.

A live-in weekend Retreat at Atma Darshan was organized by the **Senior Citizen' Cell** from 23rd to 25th August for all the seniors and others too.

'Young at Heart: Silver Streak' games for Senior Citizens on 21st, 22nd and 28th Sept was organized by the **Year of the Elders Committee**. 22 communities participated. Community No. 6 were the winners and Community Nos. 9 and 13 were the runners-up. The winners qualified for the Inter-Parish level games in which other parishes of Andheri deanery participated on October 6th and our parish won the event. Kudos to our Senior Citizens!

Flag hoisting ceremony on Independence day was organized by the **Bombay Catholic Sabha** after the 7.30 am Mass. Parishioners attended in large numbers.

The Bible Cell conducted Vacation Bible Joy, a fun way to study the Bible from 30th Oct. to 5th Nov, for children from Std. I-IX. Many children participated.

Faith Celebration day for Std. V&VI students at Deanery level was organized at Holy Family Church by our Sunday school. They also conducted the Novena of the Nativity of Our Lady and Day of the Girl Child at which different themes were taken, the focus being World Day of Refugees. The students and teachers participated in Mission Sunday by putting up stalls with homemade delicacies, decorated jute bags, games etc. The proceeds were sent to the mission villages.

An Empowerment Retreat for Widows from 18th to 20th October at Atma Darshan was organized by **Hope and Life Movement for Widows**.

A half-day recollection was organized by **The Divine Mercy Cell** on 17th Oct.

Rosary making competition was organized by the **Legion of Mary** on October 27th. The 1st prize went to Community No. 32 followed by Community No.6 and Community No. 4 & 28 as runners up. They also conducted rosary on 31st October.

Small Christian Community Deanery training programme was held on 2nd October at our parish. Fr. Nigel Barrett spoke on "Building Communities through Social Media" and Bishop Barthol Barretto spoke on "No one in Want". The program was attended by 90 of our animators and 318 animators of the 10 parishes of Andheri deanery.

Four animators of our Parish attended "Serve the Lord, SCCs to Witness and Share Faith", the Western Region Convention held at St. Gonsalo Garcia College Campus, Vasai West from the 27th-30th October.

CCO continues to help our marginalized families by filling forms for help in collaboration with the Community Welfare Fund for aid in education, housing and medical necessities.

The Dental and Homeopathy clinics are functioning smoothly.

The feast of St. Vincent de Paul (SVP) was celebrated on 19th Oct with Holy Mass and a gathering of all the adopted families, **SVP** members and benefactors totaling 168 persons. 15 students received a scholarship. There was dinner and take-away gifts.

We often tend to be busy but this Christmas let's try to make space to cherish and celebrate the love we share. Wishing you all a Merry Christmas and a prosperous New Year 2020!

Ida Quinny
CCO Co-ordinator



'God has blessed me abundantly' says Jane Lobo, a member of Community No. 18 of our parish, who is a committed, God-fearing and gentle personality. Even at 71, Jane has remarkable energy and has completed 3 terms as a PPC member and is also an active member of the Divine Mercy Cell, and in activities of many associations of the Church like the Senior Citizen Cell.

Early Days: The Sacred foundation

Jane was born in Nairobi, East Africa in a well to do and God fearing family which professed tremendous faith and trust in God. She vividly remembers the righteous and exemplary living of her parents and grandmother. Daily family Rosary was a necessary prayer at home. Attending Sunday Mass, teaching catechism both at home and at the parish were some of the musts in her home and these inculcated in her a strong inclination and love for the Catholic faith.

Family: Platform for true values

Jane was blessed with a mother who cared about her overall growth and was very particular about how the children spoke. Words like 'shut up' or 'idiot' were slang or bad words which if used, had to be apologized for immediately. She was also blessed with a loving grandmother who was a great story teller. She would narrate simple, value based stories of animals and birds that encouraged her to adopt a just, morally sound living. The three values imprinted in her mind are:

- Trust the Lord for all our needs.
- Be humble and do not be proud as nothing in this world belongs to us.
- Live a righteous life.

Difficult days: Growing stronger

Tragedy struck home when Jane was eight years old and her dad suffered a nervous breakdown and consequently they had to settle in Goa for good. Slowly they lost all their wealth and were reduced to a hand-to-mouth existence, almost like a 'riches to rags' situation.

However her mother and grandmother never gave up their faith and hope in God. They both worked very hard; grandmother in the fields, and mother at home. All ten children were admitted to orphanage boarding schools from where they completed their education and started working. Jane moved to Bombay for better career prospects and after working in a few small firms, had a long employment stint in a good company; and today acknowledges, "God blessed me and took care of me all the 40 years of my working life and I praise and thank God for this blessing every day now."

Sacred Heart of Jesus: A Miracle of Love

After her marriage, Jane lived along with her husband and his parents. As the family increased after 2 daughters, when she was expecting her third child, they prayed to God for a bigger house though they did not have enough funds in the banks. The loving and prayer answering God heard their prayer miraculously.

Jane and her husband were part of the Charismatic group in Dabul. During one of the prayer meetings they received a picture of the Sacred Heart of Jesus. It was Jane's desire to have this picture framed and installed in her new house which was merely in their imagination then. To her surprise, within a month or two she got the good news, that through her husband's new company

and through a good friend of his, their home application had been approved by a co-op. society. The building was under construction and her husband's loan was sanctioned. They got the possession of the house just four months after the 3rd child's birth.

Devotion to Sacred Heart:

There are the unexpected twists waiting for those who trust in God constantly. As promised Jane had the miraculous picture of the 'Sacred Heart' of Jesus blessed and placed prominently in the hall of their new house. Later she learnt that their parish is being named Sacred Heart Parish. The ecstasy and happiness that she experienced was unexplainable. She says, 'I felt that it was a mighty miracle in our life that He brought us here in His own heart. He is so benevolent, merciful and loving. I feel drawn to this image of God right from my child hood. I like to sing the hymn 'Sweet Heart of Jesus' from the depth of my heart which brings tears to my eyes. It is in this Sacred Heart Parish that I raised my children, trusting God and His abundant blessings."

All For The Glory Of God:

Jane is ever grateful to God for all He has done for her family. She says "Gratitude to God for His love and mercy to me and all my family members in holding us united through all the high and lows in our lives. I like to sit in front of Him in the Blessed Sacrament and I believe that He waits for us there and answers all our prayers. I attend the Holy Eucharist daily because I know Jesus offers us His Body and His Blood and is ever present for us there, so should not we too make ourselves available to be with Him? I feel blessed and strengthened by being with Him."

At the Service of Sacred Heart Church:

With all His love and blessings, Jane was encouraged to give her best to God. Hence when the Small Christian Communities (SCC) started in our parish in the 1990's, she joined as an

Animator first and later she was able to serve as PPC member of her community, 'Good Samaritans' for three terms. She says she will continue to work as an animator as long as she can.

When she retired from her job, in order to give more of her time for God's glory and love, she joined the Divine Mercy cell. She worked as a coordinator for five years. "I will continue to work in this cell as long as life permits" she quips.

After retirement she also regularly started attending the Bible Study Classes conducted by the Bible Cell of our parish and here she gained a lot of knowledge about God through His Word. The Old and New Testament reveals a God who loves us unconditionally and desires us to remain close to Him. With a very knowledgeable and committed Bible team, Jane has grown stronger in faith and love for God.

Jane attends workshops and training programmes organized by our Parish Clergy Team from time to time for spiritual growth and Community activities.

All this has been possible because Jane is blessed with a family that is tremendously supportive of her. They have been an integral part of her journey and encouraged and helped her carry out her responsibilities well.

Message to the Parishioners:

- Live our lives righteously with the love and fear of the Lord.
- Depend on God alone for all our needs because everything comes to us from Him.
- Let the heart of Jesus live in the hearts of all, as said St. Arnold Jansen, because when Jesus lives in our hearts, we too live with love, peace and compassion with all our surroundings.

We should give a little from the lot of time that God has generously given to us , for His glory by joining any one of 35 cells of our parish.

Jane Lobo - Good Samaritan, Community No. 18

Interviewed by Sr. Nathalia D'souza SSPS

Respect

Elders passing by your side,
Do respect them but do not hide.
If you see a blind person on the road,
Do help him, don't act old.

If you don't have any respect for yourself,
Then I know you will not respect anyone else.
Try to respect everyone next to you,
Then you will know that God is with you.

Parents tell us to respect elders,
But we don't listen to what they tell us.
Give respect to your parents who gave you birth,
Cause they deserve it on this earth.

Ryan Bosco Fernando

Altar Server, Sacred Heart - Community No. 32

FAMILY BIBLE



I) IDENTIFY THEM:-

1. A minor prophet and the son of Cushi _____
2. Wife of Elimelech _____
3. They brought food for the prophet Elijah morning and night _____
4. This man was six cubits and one span tall. _____
5. She was the youngest daughter of King Saul _____
6. The first born son of Joseph, the son of Jacob. _____
7. She was the wife of Tobit _____
8. This prophet was the son of Neriah and the Secretary of Jeremiah. _____
9. This king fell from the balcony of his palace. _____
10. These two were sent to Canaan to spy and were not punished by God _____

II) ANSWER THE FOLLOWING

1. Why were Joseph and Mary in Bethlehem when Jesus was born?

2. Which Old Testament Prophet had the most to say about the birth of Jesus?

3. Name two of the four Gospels which do not mention the birth of Jesus.

4. What was the sign given to the shepherds to find Jesus?

5. Herod's slaughter of children under two, fulfills the prophecy of which prophet?

6. Which Gospel contains the Magnificat?

7. Herod wanted to know the location of Jesus' birth because of which prophet's prophecy?

8. What was the first thing the shepherds did after they saw baby Jesus? (Clue : Luke 2)

9. How many angel appearances in the Gospel of Matthew chapter 1 & 2 and Luke 1 & 2?

10. What was the reason given by the wise men for coming in search of the babe?

Full Name (Head of Family) _____
 Names of Participants _____
 Telephone/Mobile No _____
 Community No _____ Family No. _____
 Address: _____

III) FILL IN THE BLANKS AND QUOTE THE SCRIPTURE VERSE

1. "Do not be _____ to this world, but be transformed by the _____ of your minds, so that you may _____ what is the will of God-what is _____, _____ and _____." (Rom ____:____)
2. "Let the _____ of Christ dwell in you richly; _____ and _____ one another in all wisdom; and with _____ in your hearts sing _____, _____ and _____ to God." (Col ____:____)
3. "Be _____ of the word and not merely _____ who _____ themselves." (James ____:____)
4. "If you continue in My word, you are truly My _____; and you will know the _____ and the truth will make you _____." (John ____:____)
5. "Like _____, long for the pure, _____, so that by it you may grow into _____." (1Pet ____:____)

IV) NAME SEVEN THINGS THAT GOD HATES ACCORDING TO SOLOMON (Clue- Book of Proverbs)

V) ANSWER THE FOLLOWING

1. Although the entire Bible is a love letter, which is the one chapter known as the 'Love Chapter' of the Bible?

2. Which is the shortest of the four Gospel accounts in the Bible?

3. What book of the Bible means 'beginning'?

4. Which 5 books of the Bible have only 1 Chapter each?

ANSWERS OF FAMILY QUIZ NO. III:

I) 1. Mother Mary 2. Mary Magdalene 3. Anna 4. Herodias 5. Queen Esther 6. Joanna 7. Lydia 8. Priscilla & Aquilla 9. Judith 10. Athaliah

II) 1) gold, rich, garments, nakedness, ointment (Rev 3:18)

2) love, perfect love, punishment, perfect, love (1John 4:18)

3) faith, flaming, evil, salvation, sword, Word, God (Eph 6:17)

4) grumbling, questioning, innocent, blameless, blemish, crooked, perverse, Lights (Phil 2:14,15)

5) promises, silver, seven (Ps:12:7)

III) 1) Gen 3:15, 2) Micah 5:2, 3) Is7:14, 4) Hosea 11:1, 5) Jer 33:15,

6) Is 9:5, 7) 2Sam 7:12,13, 8) Ps 40:8,9, 9) 1Pet 2:7, 10) Is 9:1

IV) 1-b, 2-b, 3-b, 4-c, 5-d

V) Reuben, Simeon, Levi, Judah, Dan, Naphtali, Gad, Asher, Issachar, Zebulun, Joseph and Benjamin

VI) 1. Genesis, Exodus, Leviticus, Numbers, Deuteronomy

2. The hymn of Zacharias concerning his son, John the Baptist

3. Amos -father of Isaiah; Amos -one of the Minor Prophets

4. John the Baptist, John the Apostle, John Mark

Drop the answers in the letter box in front of the Parish Sacristy, latest by 7th January 2020.

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

The decision of the Editorial Board will be final and binding.

We thank all the Participants of the Family Bible Quiz III

Hearty Congratulations To The Winners Of Family Quiz III !!

1st prize: Philip & Mabel Crasto, Shalom Community No. 30

2nd Prize: Richard, Tressy, Terina & Jestina Peris, Our Lady of Nazareth, Community No. 16

3rd Prize: Mabel, Jackson, Karen & Kirsten Castelino, Apostles of Christ, Community No. 12

Hearty Laughter

The Wisdom of Solomon

Two women came before wise King Solomon, dragging between them a young man in a three-piece suit. "This young CPA agreed to marry my daughter," said one. "No! He agreed to marry my daughter," said the other. And so they haggled before the King until he demanded silence. "My sword! Bring me my biggest sword," said Solomon, "and we shall hew the young man in half. Each of you shall receive a half." "Fine. Sounds good to me," said the first lady. But the other woman said, "Oh Sir, do not spill innocent blood. Let this other woman's daughter marry him." The wise king did not hesitate a moment. "Indeed, the accountant must marry the first lady's daughter," he proclaimed. "But she was willing to hack him in two!" exclaimed the king's court. "Precisely!" said wise King Solomon. "That shows she is the TRUE mother-in-law."

Signs of The Times

Plumber: "We repair what your husband fixed."

Billboard on the Side of the Road: "Keep your eyes on the road and stop reading these signs."

At an Optometrist's Office: "If you don't see what you are looking for you've come to the right place."

On a Butcher's Window: "Let me meat your needs."

On a Fence: "Salesman Welcome. Dog food is expensive."

On a Desk in a Reception Room: "We shoot every 3rd salesman and the 2nd one just left."

In a Restaurant window: "Don't stand there and be hungry, come on in and get fed up."

In the Front Yard of a Funeral Home: "Drive carefully, we'll wait."

In a Counselor's Office: "Growing old is mandatory, growing wise is optional."



Great Confusions Still Unresolved

1. At a movie theatre, which armrest is yours?
2. If people evolve from monkeys, why are monkeys still around?
3. Why is there a 'D' in fridge, but not in refrigerator?
4. Who knew what time it was when the first clock was made?

Out Of The Mouth Of Babes

- Mona had been rude to her parents and the punishment meted out to her was that she eat her dinner alone at the small table in a corner of the kitchen. No one cared to pay any attention to her until the family heard the grace she was saying aloud, "I thank Thee Lord, for preparing a table for me in the presence of my enemies."
- The Sunday School Teacher, after teaching her pupils the importance of saying grace before meals turned to a boy, whose father was an elder and a pillar of the Church, and said, "Now, Johnny, what is the first thing your father says when he comes to the dining table?" To her dismay, Johnny replied, He says, "Go easy on the butter, children, its two dollars a pound."

Christmas Shopping

It was just before Christmas and the magistrate was in a happy mood. He asked the prisoner who was in the dock, "What are you charged with?" The prisoner replied, "Doing my Christmas shopping too early." "That's no crime", said the magistrate. "Just how early were you doing this shopping?" "Before the shop opened", answered the prisoner.

Vagaries of the English Language

- Wonder why the word funeral starts with FUN?
- Why isn't a Fireman called a Water-man?
- How come Lipstick doesn't do what it says?
- If money doesn't grow on trees, how come Banks have Branches?

Silver Streak Games – A Ringside View

Despite the inclement weather we Mumbaikars experienced in September, 22 teams of enthusiastic seniors geared up for '**Silver Streak**', a fun-filled series of tele-games organized by the Senior Citizens' Cell, to commemorate the Silver Jubilee of the existence of their Cell in our parish.

Silver Streak was held over two weekends - September 21- 22 and on the September 28. This was the first time that such an event was ever organized, especially for our beloved elders and senior citizens - and the excitement in the air was highly palpable!

It was with unbridled anticipation in the air that Mrs. Clara D'Souza (Resource Person - BASCA) kicked off the event with a prayer and a word of encouragement to the teams.

The games conducted were not only a lot of fun but also unique. Games like *Stack Attack*, *Rapid Fire*, *Breakfast Scramble*, *Separation Anxiety* - to name a few, looked deceptively simple but kept everyone on their toes! Each team eagerly waited to see the flag being raised at the end of each game.

It was really interesting to watch our parish communities cheering for their teams with their custom-made outfits and hats which clearly proved that donning the oft used colour coded Tee Shirts is passé.

For the cheering squad and those not participating, the cafeteria was a delight! The 'Golden Girls' were back with a bang with an array of scrumptious treats.

From 22 teams down to 4, the finals were a fun tussle between communities No 6, 9, 13 and 16. Although Morning Star, Community No. 6 emerged victorious, everyone present had a blast! The winning team will represent our parish against 5 other Andheri East Deanery parish teams.

Even though Fr. Valerian, the spiritual director of the Senior Citizen Cell, was in Rome, he was able to catch the action live, and give us a few words of wisdom, via WhatsApp video call.

As our parish celebrated 2019 as The Year of the Elders, this was a beautiful event - meticulously planned right down to its last detail. Kudos and our deep appreciation go to Anita and Conrad D'Sa, the entire organizing team not forgetting our volunteers who made this event a resounding success.

The Senior Citizens' Cell has been bringing the senior citizens together for the last 25 years and has become even more active in the last couple of years. It's exciting to see all the events and programs they have in store for the elders of our parish in the time to come!

Joan Kapur
Good Samaritan, Community No.18

Inter Parish - Silver Streak Games

The Andheri East Deanery Inter Parish "*Silver Streak: Minute to Win It*", games for senior citizens, was organized on 6th October 2019 by the Senior Citizens' Cell of the Sacred Heart Parish who were celebrating their Silver Jubilee Year in the Parish.

Five parishes in the Andheri East Deanery accepted the invitation to participate in the event and a five-member team from each of these parishes took part in the games.

All the teams were accorded a warm welcome and the rules of the games were explained to them in detail. The excitement seen among all participants was very obvious for everyone to see. Everyone's eyes were glued to the scoreboard which recorded the points as the teams performed. Loud and never-ending cheering by the large audiences buoyed the spirit and stamina of all the participants throughout the duration of the games, irrespective of the Parishes they belonged to.

Finally, the games came to an end and the results announced! The winning teams ranked 1st, 2nd and 3rd were presented with medals and a trophy. Everything was so well organized by the Senior Citizens' Association and they extended their hospitality by serving us delicious refreshments.

I take this opportunity to thank the organizing team for their hard work and thoughtful gestures in giving the seniors of the Andheri East Deanery, a memorable and enjoyable evening.

Margaret Vas (St. Vincent Pallotti Parish)
Deanery Head - Andheri East.
BASCA

*The Lord is my light and my salvation;
whom shall I fear?*

*The Lord is the stronghold of my life;
of whom shall I be afraid?.*

- Psalm 27:1

World Elder's Day

1st October 2019, was celebrated as World Elder's Day in our parish. There was a large gathering of senior citizens in the Church to celebrate the Holy Eucharist. Our Parish priest Fr. Innocent Fernandes SVD was the main celebrant along with Frs. Sunil Soreng SVD and Magimai Sundar SVD and Deacon Cyril Edward SVD as concelebrants. We missed the presence of Fr. Valerian Fernandes SVD, the Spiritual Director of the Senior Citizen Cell. Deacon Cyril rendered a beautiful and meaningful homily, on the lives of the elders and their existence in this fast-paced world. He complimented the seniors who participated enthusiastically in the recently held "Silver Streak: Minute To Win It Games".

After the Mass, we were directed to the Community Center for a get-together, where we were greeted by the members of the Senior Citizen Cell. Once settled we were served a hot cup of tea and cake, which was so refreshing. Meanwhile, there was some light entertainment by the children of our parish who danced and performed for us. Next was a surprise item by our very own Sacristan Alwyn and his team who entertained us with a comedy skit in Konkani.

Indeed it was such a joy to see old friends meeting and greeting each other, while others made new friends. Once the music began playing, our oldest senior citizen Mrs. Antoinette Miranda, aged 94 got to her feet and danced to unforgettable old melodies, appropriately chosen by Andrew.

This is the message we have heard from Him and proclaim to you, that God is light and in Him there is no darkness at all.

- 1 John 1:5

The fun time was pepped up when Conrad D'Sa, took over the dais. The game Bombing the city, played with a twist kept all of us, old folks on our steady and wobbly feet, scampering for a partner. Oh, it was pure fun! Then we played a game of housie, again with a twist, and it brought out the competitive spirit in us, as we played to bag the first prize.

None of us sensed the time flying by and even before we knew it, it was time to wind up, thanking the Lord for the enjoyable evening. We were overwhelmed by the love and felt so special.

On behalf of all those who attended, we offer our special thanks to Fr. Valerian, Anita, Conrad and the core group members of the Senior Citizen Cell for organizing this eventful and happy day. To add to our happiness, we were also handed delicious, mouth-watering Biryani as take away. A big 'Thank You' once again to all the organizers and May God bless you all! We eagerly await the "Grand Finale" and the Silver Jubilee celebration of our parish Senior Citizen Cell on Sunday, 17 Nov 2019.

Mary D'souza
Senior Citizens' Cell

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, Lay Theologian



Communion, Costumery & Camaraderie!!!!

Invoking the blessings of the Sacred Heart of Jesus for the success of our Parish Annual Day was more than ever needed this year, with the weather becoming unpredictable just a couple of days before the celebrations. Fervent prayers were sent heavenward and ultimately our steadfast faith was rewarded with the rains thankfully staying away!

The **2-day festivities** were inaugurated on **November 9th** with a short prayer by our Parish Priest, Fr. Innocent Fernandes SVD. Our theme for this year **"Rooted in Faith, Growing in Love"** was well emphasized through a Prayer dance by the Couples For Christ members, as the opening act. The captivating performances by the 7 Areas comprising dances, fashion pageants and skits included representation of select states of India, certain countries of the world, specific eras etc. The themes served as a timely reminder of our corrupt practices, behaviour, unmindful treatment of the environment and the repercussions and havoc of global warming. Great emphasis was paid to costumes that brought authenticity to the performances.

The highlight of Day 1, however, was the performance by our very own Clergy team. Kudos to the Clergy Team for being such a good sport and for encouraging talent with an open mind!

As the adage goes "Nothing brings people together like good food!"; the sumptuous, reasonably priced assortment of home-cooked food items and short eats, the chaat counter, beverages etc. brought people together in happy chatter while simultaneously satisfying their hunger pangs. The evening concluded with a keenly contested game of housie.

Day 2, November 10th, began with Holy Mass at 5.30 pm celebrated by His Lordship Bishop Allwyn D'Silva and concelebrated by 20 priests and Deacon Cyril, during which His Lordship delivered a powerful and inspiring homily. The Eucharistic Celebration was followed by a harmonious medley of English and Hindi songs by the Sacred Heart Junior Choral Ensemble comprising 55 children, including cute tiny tots. Next, we had the youth enacting a humorous skit titled "To judge or be Judged" with the underlying message: that the PYC rocks!

Following Fr. Innocent's brief message, the vote of thanks by Fr. Valerian Fernandes SVD and the Grace before meals by the SVD Provincial, Fr. Richard Mathias SVD, the buffet dinner counters were declared open. Spice Caterers were in attendance for the 3rd consecutive year. The festivities continued with the crowd scorching the dance floor to the best of Western and Bollywood numbers spun by DJ Izel.

The festivities of both the days witnessed an awesome participation of approximately 5000 parishioners. The comperes Charles and Fallan Carvalho on Day 1 and Gideon D'Silva on Day 2 kept the audience engaged with their timely humour, the Mega Housie and the numerous spot prizes. The magic moments were frozen through the lens of photographer Christopher Rodrigues besides live streaming of the event on social media via YouTube.

Good beginnings make good endings as we anxiously await next year's Parish Annual Celebrations!!!!

Sheena Pereira
Apostles of Christ, Community No. 12



Sacred Heart Parish Celebrates the Extraordinary Missionary Month

The initiative of Pope Francis to celebrate the month of October 2019 as the Extraordinary Missionary Month aims to awaken the awareness of the meaning of mission and reinvigorate the sense of responsibility for proclaiming the Gospel with new enthusiasm. The theme chosen for the month was **"Baptized and Sent: The Church of Christ on Mission in the World."** To bring awareness of what it means to be **baptized and sent**, we at Sacred Heart Parish invited the Divine Word Missionaries (SVD Fathers) from different Indian Provinces/Region, to share with us their missionary life experience during all Masses on all the 4 week-ends of October 2019.

All the SVD Fathers who visited our parish were overwhelmed by the love and generosity shown by the Parishioners. Fr. Anuranjan Dungdung, SVD from India Eastern Province (INE), after his return to Vikas Deepti, Odisha (Centre for Physically Challenged Children), writes to us; "Truly, the extraordinary missionary month was realized and actualized in the true sense of the word by the SVD confreres - Fr. Innocent, Fr. Sunil and Fr. Sundar along with SVD Lay Partners (DDW members) and the Parishioners of Sacred Heart Parish. The whole-hearted celebration, participation in the mission and overwhelming generosity has very much moved and inspired by the extraordinary efforts and enthusiasm in organizing and executing the missionary activities. We, as missionaries, felt very much welcomed, respected and appreciated. We thank you wholeheartedly for the wonderful experience that we had during our stay in the Parish. Thank you and May God richly bless you!"

The Fathers brought along with them artefacts, handwoven fabric, mementoes, apparels and many other items crafted by the villagers and tribal people. The Parishioners had the opportunity to show their appreciation by purchasing these products that came from different parts in India. All of the items were sold out, thus showing our solidarity towards the mission of Christ.

Amid tough challenges and adversities, the Divine Word Missionaries continue to be engaged in the work of education, running schools, hostels, health care units, socio-economic development, welfare programs for women and youth, dialogue with people of other faiths, evangelization and many more activities in some of the remote tribal and poor villages of India.

We are grateful to the SVD Provincials/ Regional Superior for accepting our invitation and sending SVD missionaries to our Parish during this Extraordinary Missionary Month. It was an enriching opportunity for our parishioners to acknowledge and appreciate the rural and tribal realities of India. We pray that we become courageous and zealous in bearing witness to the Gospel, so that the mission entrusted to the Church, which is quite far from completion, may find new and efficacious expressions that bring life and light to the world. We assure our prayers and support to the missionaries working all over the world.

Susan Noronha Chettiar
Parish Liturgy Team Co-ordinator

Come, then, let us observe the Feast. Truly wondrous is the whole chronicle of the Nativity. For this day the ancient slavery is ended, the devil confounded, the demons take to flight, the power of death is broken, paradise is unlocked, the curse is taken away, sin is removed from us, error driven out, truth has been brought back, the speech of kindness diffused, and spreads on every side, a heavenly way of life has been 'in planted on the earth, angels communicate with men without fear, and men now hold speech with angels.

- St. John Chrysostom



Extraordinary Missionary Month – First Impression from SVD Fathers

During the first weekend of October 2019, Fr. Ivan Felix D'Silva and Fr. Sandesh Patil, from India Mumbai Province celebrated the Eucharist in our Parish and shared about their mission experience in the tribal villages of Tala, Maharashtra. Speaking about it, Fr. Ivan says, "We had a unique opportunity to celebrate the extraordinary missionary month today. We felt the immense love of the Parishioners as they joined hands in reaching out to the Kathkari Adivasis at Tala, thus identifying with the mission of Christ. Sharing our experience during all the Masses was the most enriching part, as it helped the people to understand the poor socio-economic condition of this tribe".



Again on 12th and 13th October, Fr. Alfred Fernandes and Fr. Dominic Veigas from Central India Province, visited our parish and celebrated Holy Mass during which they spoke passionately about their life and mission. Fr. Dominic writes, "I celebrated the Mass and preached about the SVD missionaries and our ministry in Central India Province. Many Parishioners interacted with me after the Mass and congratulated me for the vast mission work in the central parts of India. They encouraged me to continue the good work we do for the poor. It was a homely and friendly day, intermingled with experience from the Parishioners, who were so enthusiastic to listen about the mission".

During the 3rd week-end of October, Fr. Ivan D'Silva, from India Guwahati Region preached at all Masses. The North-Eastern region, referred to as 'the seven sisters', is a home of a mysterious land, surrounded with mountain ranges covered with deep forests and snow-covered peaks. People here belong to the indigenous tribes with many more sub-tribes. This is what he had to say, "I was trying to read the faces of people in the Church. Some were curious, some

enthusiastic, and some others had a questioning look which seemed to suggest, 'What after all can this missionary share? I shared my life experience as a missionary priest which is very challenging at times and prone to difficulties, especially with the current political scenario. I am sure people were touched in the end'".

During the last weekend, Fr. Anuranjan Dungdung, Fr. Sunil Damor and Fr. Donald Lobo visited us from India Eastern Province (INE) and shared with the parishioners their mission experience. They highlighted their missionary work in the tough and problematic regions in Odisha, Chhattisgarh, Jharkhand and West Bengal. After the celebration of the last Mass, Fr. Donald expressed his happiness at being welcomed in our parish. "It was a beautiful experience to be with the people of Sacred Heart Parish, to share about INE mission; our own experience in the mission working for the people who long to experience God in their life. I was happy to witness the eagerness and enthusiasm of the Parishioners to know more about the mission of God in different parts of our country. It was indeed encouraging to see the generosity and love of the Parishioners towards the poor and suffering people."

Fr. Sunil Soreng SVD, Co-pastor



FUN PARENTING

Parenting is not easy and good parenting is definitely hard work. Parenting should be enjoyed and keeping this in mind, the Family Cell organized a session titled 'Fun Parenting' for our parishioners on 25th August 2019

Dr. Aarti Pereira, Pediatric Occupational Therapist from Prafula Psychological Services, A Centre for psychiatric and psycho wellness, did a brilliant job of explaining that parenting can really be an exciting activity.

She explained various ways in which parents could spend quality time with their kids and also presented some apt video clips to demonstrate parenting skills.

Playing with our Children – Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength. It is through play that children are encouraged, at a very early age, to interact with parents and people around them, thus nurturing bonding. Have a family "Fun Day" or "Fun time" playing games like Ludo, Snakes & Ladders, Carom, board games, scrabble, Pictionary etc. which help develop strong bonds with our children.

Listening to Music and Dancing – Dancing with our kids creates a feeling of emotional closeness as it boosts the sense of connectedness between parents and children.

Baking and cooking – Stir the batter, measure one cup of water, roll out the dough...all of these cooking tasks help kids develop necessary academic, cognitive and motor skills. Cooking with our kids offers a wide variety of opportunities to learn and grow!

Prayers – A family that prays together stays together. Get together as a family to pray at least one decade of the Rosary. Reading together with kids about the lives of Saints will inculcate good values and virtues of Christian

life. Encourage children to role-play the character(s) of Bible personalities like Abraham, Zacchaeus, Blind Bartimaeus etc. This will enliven Bible reading and make it very interesting.

Outdoor Activities and Picnics – Take the children to malls, movies, food courts and discourage the use of mobiles during this time. Let the children make the choice of where they would like to go on a picnic and get their perspective. Get them involved in decision making.

Gratitude – Everyday it simply takes a moment to acknowledge all of one's blessings and all that made one happy. Gratitude can transform lives. This can be done best at dinner time.

Empathy – Practice empathy. When children complain, try to understand the underlying message. Empathy means understanding their feeling and the reason for that feeling.

Discipline – is most often understood as punishment. Discipline is enabling your child to understand the do's and don'ts of how to behave. It works best when you have a warm and loving relationship with your child.

The session was animated by the action songs led by Dr. Aarti's 5-year-old daughter Christina. It was amazing to see how well she danced and sang and this goes to prove that Dr. Aarti truly walks the talk with her parenting skills.

Parenting is not tough after all. It can be fun!

Lucy Rocha
Family Cell Co-ordinator

In Him (JESUS) was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it.

- John 1 : 4, 5

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

The Rosary Making Competition

A divine count of prayers recited on beads entwined by thread or metal, invoking the powerful intercession of Mamma Mary - the Rosary is a weapon that many of us sometimes disregard. To reinforce the power of the Holy Rosary, the Legion of Mary Presidium of Sacred Heart Parish took the initiative to help bring salvation to many homes and families with an activity that involved team work and creativity - The Rosary Making Competition!

On 27th October 2019, the parish grounds welcomed 20 teams, which consisted of a mix of Communities and associations, for the competition, each of them geared up to win the trophy. The theme was a much-needed call of Mother Earth - Environment friendly rosaries. A few teams chose to use the versatility of palm leaves to their advantage, while some used the good old flowers. Other teams chose to recycle disposable waste while yet others took the festive season as their inspiration! The focused minds and dedicated hearts worked tirelessly for two hours to showcase the epitome of creativity through their rosaries. The perfect blend of materials and creativity struck a chord of symphony in the hearts of the esteemed judges. Overwhelmed with happiness and awestruck by the talent in our parish, the judges poured their hearts out while congratulating all the teams for their excellent work.

October being the month dedicated to Our Lady, the Rosary was conducted at the Grotto on the final day i.e. 31st October with more than 300 parishioners who had gathered to pray together with great devotion to our Mother. The Rosaries made by all the teams with a lot of hard work at the Competition were displayed that day for our parishioners to view. After praying together as one community, the time much awaited by all finally arrived. As the participants spent nail biting moments, the winners were announced. Groundbreaking ideas by two communities; Divya Jyoti, Community No. 4 and St. Joseph the Worker, Community No. 28, got them to the 3rd place; the 2nd prize was cheerfully accepted by Morning Star, Community No. 6; and the champions of the competition were once again Sacred Heart, Community No. 32!

Truly, this event was a huge success. But it would not have been possible without love for the Almighty and our dear Mother and helping human hands. Special thanks to our Spiritual Director Fr. Sunil Soreng SVD for always being our support through thick and thin! This day and its significance has surely had a positive impact on both the parishioners and the members of the Legion of Mary.

Ave Maria!

Sonia Rodrigues
Legion of Mary



When we draw near to Jesus, we too see once more the light which enables us to look to the future with confidence. We find anew the strength and the courage to set out on the way. 'Those who believe, see' and they go forth in hope, because they know that the Lord is present, that He is sustaining and guiding them. Let us follow Him, as faithful disciples, so that we can lead all those we encounter to experience the joy of His love. And after the Father's embrace, the Father's forgiveness, let us celebrate in our hearts! For the Lord Himself celebrates.

- Pope Francis

Vacation Bible Joy 2019 - “Hello! This is God calling”

“Hello! This is God calling,” was the interesting and appropriate theme of the **Vacation Bible Joy (VBJ)** program conducted by the Bible Cell of our Parish this year. VBJ is a six-day program, held every year, for children from Std. I – IX during the mid-term vacations. Children eagerly look forward to VBJ, which focuses on getting to know JESUS in a fun-filled way. Around 150 children registered this year. These enthusiastic children came every morning from 8:45 am to 11:30 am and thoroughly enjoyed learning about ‘God’s Call’, through interesting videos and PowerPoint presentations.

Each morning the program began with Praise and Worship led by the Bible Cell members. Children learned to praise and thank God through action songs. The lively choir led by the youth and the youth Animators added zest to the VBJ. The

children were then introduced to the theme and topic for the day. Each day they were taught about two Biblical characters, one from the Old and one from the New Testament who were called by God. They learnt about David & Mary, Samuel & John the Baptist, Jonah & Paul among others. Children were also taught to memorize a verse from the Scripture, which they whole-heartedly learnt and repeated the next morning. They were rewarded with chocolates for their efforts. The next session had the children being divided into three separate classes according to their age group for age relevant comprehensive sessions. This was followed by a break during which snacks and soft drinks were served to the children.

By the end of VBJ, the children had learnt the life-stories of ten different biblical characters **who were called by God; about their encounter with God, their commission, their hesitation or objection to answer God’s call and finally God’s assurance by giving them signs.**

One of the highlights of the VBJ was the ‘**Craft Activity**’. The children were given colourful ‘kite’ paper to create a ‘Burning Bush’ (from the story of God calling Moses). The end products were displayed at the Community Centre on the last day; the best three from each category were awarded prizes.

On the final day of VBJ, the program began with the Holy Eucharist celebrated by the Spiritual Director Fr. Sunil Soreng SVD with Fr. Magimai Sundar SVD and Deacon Cyril SVD as con-celebrants. Deacon’s homily was interactive and he got the children to promise that they would share what they had with the less fortunate. After Mass, there were action songs, housie, with lots of prizes and delicious snacks. Each child who participated in VBJ was awarded a certificate along with a gift.

All this would not have been possible without the help and support of our Parish Priest, Fr. Innocent Fernandes SVD and the entire clergy team, sponsors, Bible Cell members, animators, volunteers, prayer partners and of course the participation of the children. A big thanks to all the parents!

Zelda Fernandes
Akashdeep, Community No. 15



*May we be in this world a ray of that light which shone forth
from Bethlehem, bringing joy and peace to the hearts of all
men and women.*

- Pope Francis

SCC UPDATE

Training: A Vital Aspect For The SCCs

Our Parish hosted the Deanery Training Programme on 2nd October 2019, which witnessed an overwhelming response from 318 animators of the 10 Parishes of the Andheri Deanery. The two-part interactive session comprised important and meaningful topics.

Topic 1: Building Communities through Social Media (SM) by Fr. Nigel Barrett

Fr. Nigel via his presentation and videos explained the nuances of SM viz. pros and cons, addiction, different platforms by different age groups, how it affects our society, personal and family life. While SM serves to encourage people's participation, transform situations, to interact, socialize and educate, it also has its negative effects viz; loneliness, depression, anxiety, FOMO (fear of missing out), unrealistic expectations, unhealthy sleep patterns, general addiction (akin to smoking, gambling etc.).

General Tips

- » Rule of thumb : 9 PM to 9 AM stay off SM – It's family quality time
- » Feel free to exit from unwanted groups
- » Be aware of fake messages

Parenting Tips

- » When requesting or nagging does not work try prevention
- » Avoid giving gadgets to children who are below 12 years of age
- » Have clear rules for screen time – replace screen time with other healthy activities
- » Ensure rational, consistent communication
- » Both parents should be on the same page



Let the just rejoice, for their justifier is born.

Let the sick and infirm rejoice, for their Saviour is born.

Let the captives rejoice, for their Redeemer is born.

Let slaves rejoice, for their Master is born.

Let free men rejoice, for their Liberator is born.

Let all Christians rejoice, for Jesus Christ is born.

– St. Augustine

Tools to check on seniors (implemented in Rosary Church, Dockyard):

- » **Whatsapp group (for senior citizens living alone): Mandatory to say good morning, everyday**
- » **No phone Sunday:** Parishioners enjoy board games, barbeque, singing, dancing, interacting with each other
- » **Mobile Basket:** Everyone at home puts their mobiles in a basket in the evening

Topic 2. “No One in Want” by Bishop Barthol Barretto

Bishop Barthol commenced the session stating Pope Francis' declaration of October 2019 as **Extraordinary Missionary Month**. In 1919, Pope Benedict XV known as the “Missionary Pope”, wrote the Apostolic Letter, “Maximum Illud” highlighting the essential task of every Christian to “**Go into the world and preach the Gospel to all Creation,**” (Mark 16:15).

By virtue of our Baptism we all have 3 important roles to play viz; Priest, Prophet and King. Animators are an extension of the priests and are missionary Disciples of Christ. Can I go out into my community, translate and live the gospel message “**The Church of Christ on a mission world?**”

Mission for SCCs: “No One In Want”

Can I ensure that in my community ?

1. No child is in want of education
2. No one goes to bed hungry
3. No one is deprived of medical facilities

Cluster Formation – Need Of The Hour

- » About 10–12 families geographically connected
- » List out names and families
- » Identify 2 cluster activities
- » Engage with people of other faiths in true a Christian spirit

Bishop Barthol kept us completely engaged with his humour and wit, at the same time ensuring we take home this important message of reaching out to the needy.

Both sessions ended with an animated Q&A. It was an educative morning well spent.

Theresa D'silva
PPC - Holy Family, Community No.13



**SUNday
CATEchism**

Mission Sunday Cafe

October 2019 was declared as the Extraordinary Missionary Month by Pope Francis. So, to bring about awareness in the Sunday School children and to get more and more children and parents involved in this noble mission of Christ, the Sunday school Catechists organized a cafeteria for Mission Sunday on 19th and 20th of October. During the classes, the teachers prepared the children for Mission Sunday by sharing life stories of the priests and nuns engaged in missionary work.

The senior children from Class VII and higher were provided with jute bags by the teachers and they were encouraged to decorate them in their own creative way. These bags were put up for sale along with food items prepared by the parents of the children.

In spite of the unexpected rains, the parents, children and teachers participated wholeheartedly in the stall organized for the cafeteria and our grateful thanks to each one of them. The teachers were amazed that the food items were being sold at a rapid pace and this was an expression of the appreciation of the parishioners for this endeavor.

The bags tastefully designed by the children were the first of the non-culinary items to be sold out. The ingenious creativity of the children was evident in their unique designs and patterns. The teachers who had a different role that day, manning the stall thoroughly enjoyed themselves.

We, the teachers are especially grateful to our Spiritual Director, Fr. Sunil Soreng SVD for his unconditional support. All in all it was a wonderful experience to enable the Sunday School students to contribute in their own special unique little way to this year's Mission Sunday call and encourage more to participate.

**Adrian Noronha
Catechist**



Confirmation Candidates Retreat

A two-day retreat for the candidates of our parish preparing for Confirmation was held on the 26th and 27th October 2019 and conducted by the 'Jesus the Real Vine Team'. The candidates and animators gathered in the Community Centre at 8.30 am on the 26th.

The retreat began with the prayerful recitation of the Chaplet of Divine Mercy. We then had a lovely time of praise and worship with some lively action songs. This was followed by a time of introspection and meditation by listening to God's word through the inspiring talks on 'God's love', 'Sin and Reconciliation', 'Power of the Tongue', 'Personal Prayer', etc. The speakers used meaningful PowerPoint presentations and video clips which engaged our attention and shared their personal testimonies to emphasise that we are all children of God. They highlighted the various ways in which we can return and draw closer to Him when we stray. The day concluded with a beautiful celebration of the Holy Eucharist by Rev. Fr. Daniel Fernandes from Mount Carmel Parish, Bandra who spoke on the topic 'Prayer' in his homily.

The next day commenced with praise and worship. This was followed by adoration of Jesus in the Blessed Sacrament and an 'Inner Healing' session, which was a touching experience and brought many of us to tears. This session enabled us to let go of the hurt, pain and burdens of our life and be emotionally and spiritually healed. Later, there was an interesting and relevant talk on 'Social Media' and an interactive discussion on 'The Person and Power of the Holy Spirit'.

Then we had the 'Infilling of the Holy Spirit' which is a gift offered to the children of God. It is the "Power from on High" (Luke 24:49) which Jesus promised to His disciples. Also called the baptism in the Holy Spirit, the infilling is received through faith and prayer. At the closing, Fr. Daniel celebrated the Eucharist with an informative homily on 'The Holy Eucharist'.

All of us had an amazing time singing and dancing for the glory of God. We sang and proclaimed our love for Jesus loudly with action songs like, 'Yes Lord', 'Jesus is the Rock on which I stand' and many other hymns. We also had an opportunity for confession and counselling.

We enjoyed the delicious food organized for breakfast, lunch and tea. The retreat was a beautiful spiritual experience for us as we prepare to receive the Sacrament of Confirmation. A big Thank You to Jesus the Real Vine Retreat Team Members for leading us through the wonderful life changing spiritual experience!!



**Jynelle Fernandes
Akashdeep, Community No. 15,
Confirmand - 2019 batch**



**YOUTH FULLY
ALIVE**

Vocation and Discipleship

3rd November, was a red-letter day for us, the Confirmation candidates of Sacred Heart Parish as we visited St. Pius Xth College, the Archdiocesan Seminary at Goregaon.

We went in buses arranged for us, at around 3.30 pm and returned by 7.00 pm. We were welcomed at the seminary with snacks and refreshing tea. Fr. Godwin Fernandes, the Vocation Promoter, Br. Denville and Br. Sunil had a few games and fun exercises organised for us.

Then, Fr. Godwin addressed us by narrating his testimony of how he pursued God. His words of wisdom were extremely inspiring for all of us adolescents and we were deeply touched by the way in which he faced life's challenges and this evinced great interest in all of us. He then interacted with us, asking us many questions about our lives and our outlook on it. He discussed the vocation of priesthood and enquired if we would be interested in joining the consecrated life. Next, we were shown some inspirational videos on how to be remembered in life. The session ended with a question-answer session in which we all actively participated.

Thereafter, the seminarians took us on a site tour of the entire campus, the highlight being a small chapel on the top floor, where everybody picked a partner and prayed to God for one another.

The other places on the campus that caught our attention was a pig farm, a large football ground, a farm and an open ground for celebration of Holy Mass for big gatherings. We saw a unique grotto of our Lady which was in the shape of a chalice.

We are extremely thankful for having been given an opportunity to witness the formation place of consecrated priestly life at close quarters. We also got a special time to get closer to God and understand Him and His teachings better.

Jason Menezes

St. Ann's Community No. 26, Confirmand - 2019 batch

AquaFest 2019

AquaFest 2019 was held on 31st August, 1st and 2nd September 2019. The event was organized by the Parish Youth Council (PYC) with the help of the Parish Youth Animation Team (PYAT). This is one of the most awaited events of the year since it gets the whole community together to participate as one family and build better bonds among its members.

Preparations for AquaFest began almost one and a half month in advance. After a lot of brainstorming, the plan of action was finalized. There were a total of 22 teams participating in this event from various communities.

Day 1

Day one began with the *Opening Ceremony*, a march past led by PYC Executive Team along with the captains and vice-captains of the 22 participating teams and the *Oath Taking Ceremony*. Our Parish Priest, Fr. Innocent Fernandes SVD, then officially declared AquaFest 2019 open. 10 out of the 22 teams played the first round of the qualifier games.

All the teams showed great enthusiasm for the games to begin. Parishioners were present in large numbers to cheer and support their teams. On Day 1, there were 2 slots - Group A and Group B, where each group played with 5 teams. At the end of Day 1, 6 teams out of 10 teams qualified for the next round.

Day 2

Day two commenced with the next 12 teams playing the qualifier round. The 12 teams played in 2 slots - Group C and Group D. There was great zeal and bonhomie 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. Next was the quarter-finals at the end of which 6 teams made their way to play the semi-finals.



Day 3

Day 3 was the final day of AquaFest 2019 when both the *semi-finals* and *finals* were played. The day began with six teams playing the semi-finals.

The games that were played were more challenging as compared to the previous rounds and required teamwork, focus and speed. At the end of the semi-finals, 4 teams qualified for the finals of AquaFest 2019. The four teams played the game with great enthusiasm and competitiveness. In the end, Good Shepherd, Community No. 7 emerged as the winning team of AquaFest 2019 and Genesis, Community No. 35, were declared as the worthy runners-up!

Day 3 concluded with a short closing ceremony and felicitation of the winning teams. Overall, the event turned out to be a great success, as the main aim of bringing the communities together in the spirit of oneness, was achieved!

Bridget Fernandes
PYC Member, Shalom, Community No. 30

"The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.

- Isaiah 9:2



Andheri East Deanery Youth day

Every year, the Deanery Youth Day brings the youth from the various parishes of the Andheri East Deanery together to have a fun-filled evening of learning, interaction, bonding and entertainment; an evening exclusively for themselves.

This year the 'Deanery Youth Day 2k19' was conducted at St. John the Evangelist Parish, Marol on 25th August 2019. The theme was "*CHRIST IS ALIVE.*"

The youth from the various parishes were assigned different responsibilities for the event. Our parish was given charge of the backdrop and of organising the icebreakers.

The event started off with a Treasure Hunt in their respective parishes. Tasks were given to solve the Treasure Hunt and group selfies had to be clicked on completion of the task after which they had to proceed to the venue of the Deanery Youth Day - St. John the Evangelist Parish, Marol where they were given the Final Task. The youth of our parish not only completed all the tasks with great excitement and zeal but also won the Treasure Hunt.

The Parish youth conducted an icebreaker titled, "Do you love me?" which ensured that everyone present got an opportunity to interact with each another and have fun doing so.

Later, the dynamic and youthful Deacon Ivan Fernandes had a simple but interactive session with the youth. The topic was 'Why don't the youth like to go to Church'. Deacon encouraged the youth to participate and express their opinions. He also shared his experiences on how he tried to get the youth to Church, even going to the extent of being willing to go to clubs and pubs in search of them.

The youth of Holy Family parish were in charge of the games and everyone participated and had fun. There were a few group dances, singing and even beatboxing performances by the parishes. Finally, everyone came together to put on their dancing shoes and dance their hearts out to the music.

The main aim of having the Deanery Youth Day was to bring together as many youth as possible from the Andheri East Deanery and also to learn something new about each other's parish.

Shallon Lewis
PYC Member, Holy Trinity, Community 27

Taize Prayer

The month of October 2019, being the "Mission Month", the Parish Youth Council found it appropriate to once again organize Taizé on 26th October 2019 as part of our purposeful initiative to enable self-reflection, introspection and to reach out through a meditative service of healing and song. The theme was 'The Joy of the Gospel'. The objective was to use the power of Gospel and song to touch and reach out to the parishioners and Taizé attendees.

Taizé is a style of Christian worship practised by the ecumenical Taizé community in France, characterized by the repetitive singing of simple harmonized tunes interspersed with readings, prayers, and periods of silence.

The scripture chosen was centred on Pope Francis' Apostolic Exhortation, 'Evangelii Gaudium, The Joy of the Gospel'. It speaks about the unending and forgiving love of Jesus Christ towards His people and the Joy it brings to the ones who accept Him. By this Pope Francis aims at encouraging a new chapter of evangelization marked by joy and pointing new paths for the Church's journey in the years to come. The selection of this scripture aimed at understanding the accepting love of God through the eyes of Taizé prayer service. The music chosen for Taizé consisted of chants chosen from the Taizé song book with reference to the scripture in mind. An important aspect of the Taizé prayer service is the ambience created by a specially made Taizé-styled cross surrounded by robes hanging from the ceiling and lighting provided by diya. The overall combination of the right selection of lighting and decoration coupled with the meditative chants and scripture aimed at touching the hearts of the Taizé attendees and helped them to find the relevance of God in their lives.

Taizé style of prayer has attracted many worshipers from around the globe and from many different denominations due to their distinct style of prayer and worship. So, we the youth of Sacred Heart Church wanted to bring the Taizé prayer experience to our very own parishioners as our contribution towards the Mission month.

For us, the organizing team, it was an opportunity to experience the power of the Gospel closely through the meditative experience that Taizé creates. The planning for Taizé started a month in advance followed by regular practice sessions. The youth of our parish invested their time and talents to make Taizé prayer a successful experience. Taizé prayer service did feel like an overwhelming experience for both the organizing team and the attendees as, we all experienced the healing power of God through Taizé form of worship.

Overall, Taizé proved to be a powerful mechanism to spread the joy of the Gospel through song and scripture and enabled the Taizé attendees to experience the power of God in a new light.

Nicholas D'Souza
PYC Member, Pavana Atma - Community 25

Travel Log of the Sacred Heart Parish Youth To Don Bosco's Karjat

Forty-nine of us including the PYAT members, visited Don Bosco's Karjat on the 17th and 18th of August. As soon as we arrived at our destination, we were greeted by the enchanting hills and the never-ending verdant surroundings!

Selasan Frs. Allwyn Misquitta and Anthony Santarita, welcomed us to their institution very warmly, which was followed by a hearty breakfast. Fr. Allwyn then conducted a session on the power of positive affirmations. The session was an eye-opener and a spiritually fulfilling experience. We learnt of the different ways to appreciate ourselves through positive affirmations and belief in God. Repeating to oneself, "I am blessed, I am special, I am capable" attracts positive vibrations and makes one feel a deep sense of peace and calm. As an example, we were told of Nick Vujicic, a man born without arms and legs and who went from attempting suicide as a teenager, to becoming a motivational speaker, starting a family and living life to the fullest. His story moved and inspired us immensely and enabled us to respect and value the gift of life given to each one of us by God. We thereafter participated in the Eucharistic celebration and thanked God for this unique gift of life.

With our hearts filled with gratitude, we went trekking up a hill which is also a part of Don Bosco's campus. The trek was fun, adventurous and scenic despite it being tiring and me tripping six times! Being in the midst of nature and breathing in the clean air felt so rejuvenating! We had another session that focused on different ways to encourage youth to participate in Church activities like starting a 'Gospel Rock Band' and the important role the youth of today could play in the modern-day Church. After dinner, we bonded over a couple of fun-filled games before we hit the bed.

Rising at the break of dawn was a novelty for most of us. We began the day with Mass where we were once again told inspirational stories of people who made their struggles and heartbreaks their source of strength. A woman who lost her husband and children in a terrorist attack was heartbroken, but she looked at things from a place of forgiveness and peace and is now an 'Ambassador of Peace' working for the United Nations.

Later that day we went to visit a waterfall in a neighbouring village. The waterfall was picturesque. We were specifically instructed not to carry raincoats or umbrellas so that we could get wet and enjoy the waterfall! Drenched to the bones it surely was a fun experience. A brief session as feedback was held before we left for home around 5.00 pm after tea.

The time spent at Don Bosco's Karjat was indeed a good break from the daily grind of our monotonous lives. We reconnected with God, found peace within ourselves and enjoyed God's creation in its natural habitat!

Alvin Mascarenhas 23
PYC Member, Our Lady of Nazareth, Community No. 16

Alzheimers And Dementia - A Challenge To Aging

Dementia is a term used to indicate a state of mental deterioration, seen more commonly in the elderly. It is characterized by failing memory and loss of intellectual and cognitive functions.

Alzheimer's disease is a condition commonly occurring in middle or old age, wherein individuals initially feel as if they are having memory lapses like forgetting familiar words or material that was just read. As the disease progresses, the individual is unable to remember information relating to their own personal life. For e.g. birthplace, birthdays of close ones, past occupation, etc.

Anyone of the below-mentioned happenings frequently could be a possible sign for detecting early dementia.-

- a. Difficulty in thinking and difficulty to correlate or differentiate between two related words (example - year and ear, sun and son, etc.)
- b. Cannot take a decision or do responsible planning at the family level, in inter-personal relationships or at workplace.
- c. Difficulty in speech, language, pronunciation and physical inability to perform bodily tasks or muscle activities.
- d. Difficulty in understanding or copying three-dimensional figures, assembling blocks or to arrange things in a proper pattern or design.
- e. Sudden change in moods and overall personality

Help should be obtained by consulting a health care professional immediately, to ascertain for dementia or any age-related Alzheimer's disease.



GRADES OF DEMENTIA

Mild: Although work or social activities are significantly impaired, the capacity to live independently with adequate personal hygiene and relatively intact judgment remains.

Moderate: Independent living becomes difficult and hazardous and some degree of supervision and caretaking becomes necessary.

Severe: Activities of daily living are so much impaired that continuous 24-hr supervision and caretaking is necessary.

CAUSES LEADING TO DEMENTIA

Repeated head injuries, occlusion of major arteries supplying blood to the head, chronic alcoholism, sustained Vitamin B12, Folic acid and thiamine deficiency, degenerative diseases such as Alzheimer's and Parkinson's disease, Multiple sclerosis etc.

MANAGEMENT OF DEMENTIA

There is no specific treatment for dementia, but homoeopathic constitutional treatment is of great help to relieve the serious symptoms of memory loss and prevents further progress of the disease.

Other alternative therapies such as warm baths under proper supervision, music therapy, especially listening to old favourites bring back old memories and help in bringing joy to the life of the dementia-sufferer.

Regular walks, breathing exercises, yoga and meditation in small groups helps to socialize and be a part of active society which definitely will improve the quality of life of those suffering from dementia or Alzheimer's disease.

Dr. John D. Rodrigues MD
Classical Homoeopath
Pavana Atma, Community No. 25

Disclaimer: All information contained in the Health Page is of a general nature and the opinion of the author about medical conditions should not be construed as medical advice, diagnosis or treatment. Please consult your physician for specific advice and also for continuance/discontinuance of existing treatment based on the information contained herein. The Sacred Heart Parish and/or the Editorial team make no representation and assumes no responsibility for the accuracy of the information contained in the Health Page.

From the Parish Register

Heart to Heart - December 2019

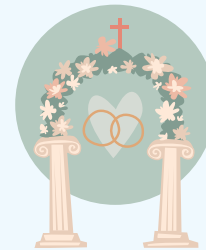
BAPTIZED IN CHRIST



Rufus Carvalho	S/o	Savio & Agnes Carvalho	11-Aug-19
Emily Crasto	D/o	Collin Crasto & Greta Monteiro	25-Aug-19
Kiaan D'silva	S/o	Derrick M.& Deineka D'silva	25-Aug-19
Johan Agustine	S/o	Johnson M. & Nancy J. Agustine	8-Sep-19
Jarvis Kangare	S/o	Savio Kangare & Preeti D'silva	8-Sep-19
Marissa Elena Monteiro	D/o	Allan M. F. Monteiro & Jennifer Santiago	22-Sep-19

Rohan Romanus Almeida	To	Rina Nikhil Pal	28-Sep-19
Mark Jordan Thomas	To	Smriti Yona	12-Oct-19
Daniel Anthony Dias	To	Anisha Kolathettu	19-Oct-19
Reginald Anthony D'souza	To	Natasha Angela D'mello	9-Nov-19
Derick Victor D'souza	To	Rachana Shekhar Mhatre	11-Nov-19
Mario Pinto	To	Smita Chandrakant Sakpal	16-Nov-19
Abel Edwards	To	Stephanie Aurelia Netto	16-Nov-19
Sedrick Carvlho	To	Jonita Pereira	16-Nov-19
Leroy D'souza	To	Kankana Damle	16-Nov-19
Vincent Saldanha	To	Renita D'silva	17-Nov-19

UNITED IN CHRIST



RESTING IN CHRIST



Robert Dcruz	95 Years	Home For The Aged	11-Aug-19
Johnny Philip D'souza	49 Years	A-1, Room - 7, Bindra Complex	16-Aug-19
Gracie Gonsalves	89 Years	1d/2 Model Town	20-Aug-19
Eliza Dmello	92 Years	C1/ Wing 1/202, Bindra Rose, Bindra Complex	24-Aug-19
Annie Hasail Soans	76 Years	12a/21 Takshila	2-Sep-19
Anna Salvador Fernandes	84 Years	8/36, Munshi Colony	8-Sep-19
Ambrose Mendonca	67 Years	251/10 Brindavan, Shere-Punjab	18-Sep-19
Elsie D'costa	68 Years	B7/24, Green Fields	26-Sep-19
Rita Durairaj	62 Years	Pumphouse, Malpe Dongri	5-Oct-19
Cornelius Carvalho	67 Years	B-10, Flat No.19, Satya Darshan Society	9-Oct-19
Lily D'lima	77 Years	11c/14, 1st Floor, Durga Nagar Chsl	13-Oct-19
Simon Sequeira	74 Years	9/75, Munshi Colony	22-Oct-19
Pramila Fernandes	51 Years	B/401, Bindra Marigold Chs	29-Oct-19
Cristaline Viegas	73 Years	B/27, Rooftop Chs	30-Oct-19
Asha Felix Fernandes	67 Years	Subhash Nagar, Rebello Compound,	4-Nov-19

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



Download App from Playstore, Sacred Heart Church Andheri East

PARISH VISION MISSION STATEMENT

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

Scan Code
to view the
PDF online.



Thanksgiving Eucharist - Parish Day



Parish Day Celebrations - Day 1



Parish Day Celebrations - Day 2



Parish Day Celebrations - Day 2



Senior Citizens - Silver Streak Contest



Vacation Bible Joy



World Elders Day Celebrations



Youth Outreach Programme To Karjat