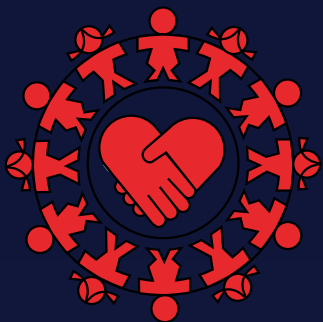




Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 83

December 2021

For Private Circulation Only

Baby Jesus The Face Of God's Love



OUR REGULAR PROGRAMME

SUNDAY MASSES

Morning

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

Evening

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

Weekday Masses:

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

Wednesday

Novena to Our Lady of Perpetual Succour after all Masses

Thursday

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

First Friday:

Holy Hour 6:00 pm to 6:45 pm

Fourth Friday:

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

Catechism for Children:

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

Confessions:

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

Baptism:

2nd and 4th Sundays at 11:00 am

Pre-nuptial Enquiry:

by Appointment

Wedding Mass Timings:

Monday to Saturday
Disparity of Cult and Mixed Marriage: 3:00 pm
Catholic Weddings: 5:00 pm
All Thursdays and First Fridays: 4:30 pm
Sunday: 5:30 pm (Scheduled Mass)

Sick Calls:

At any time

Centre for Community Org., (Tel: 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

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



*May your heart be lifted in
praise this Christmas for the
wonderful gift of Jesus and the
joy He brings to our lives. Have
a wonderful Christmas and a
blessed New Year 2022!*

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FROM THE PASTOR'S DESK

My Dear Parishioners,

As we approach Christmas Day and the celebrations of our Saviour's birth, I am happy to share with you a few thoughts.

Many of us had a Christmas last year when many of the traditional ways we celebrate the season were suddenly denied to us due to the Covid-19 pandemic lockdown.

This year, of course, we hope and pray that many of the familiar experiences that help Christmas come alive will return to our homes, our Churches and communities. But whatever else Christmas brings, it will provide us with an opportunity to enter deeply into the joyful mystery that lies at its heart: GOD becoming Human in the Birth of Jesus; the Face of God's love.

There is a touching story about a small orphan boy. Once a troop of army men were guarding a territory in their country and it was Christmas and of course very cold. It was late at night and they heard carols being sung in a distant place. They couldn't resist it and they decided to go there and join in. As they went closer, they found an orphanage where children were singing carols. The officers were dressed in their uniforms and were carrying guns. When they entered the orphanage, the children were terrified to see these men but the army men told them not to fear. They join in merriment in the singing and dancing along with these children. Among these children there was an orphan boy who was quite small. He said to one of the army men "uncle, uncle please hug me". The army officer was perplexed by this. The boy saw in him his father. The army man hugged him tightly and kissed him repeatedly, so did the boy.

The arrival of Jesus into the world was similar to this situation in which the entire human race awaited a hug from GOD. A hug of love, hope, peace, forgiveness, care, and concern, among other things.

Yes, like the army men and Jesus, we must embrace those who are exploited, marginalised, oppressed, and ostracised.

Let us look for the boy who desired a hug among these suffering people.

Secondly, this Christmas, I would like to express my heartfelt love and hope to those among us in our parish communities, who are elderly or homebound, as well as the lonely, who are often trapped in a vicious cycle of isolation.

Allow this Christmas to be a time for you to experience God's love through the caring actions of others in your life. This is how we can go about it, if you are young, you can share God's mercy this Christmas by patiently listening to your grandparents' stories, or, offering them a hand in a way that says, "you are important to me". If you are a grandparent, consider, which one of your children or grandchildren is waiting for your affirmation or your words of wisdom. Even if you are infirm or in need and believe that you have nothing to give, you can still offer your smile, your thanks or a word of kindness to those who assist you. These simple actions can give birth to a renewed spirit or renewed life in us, breaking down the walls of solitude that may have been built up over time and opening us up to the joy of Christmas and celebrating the Birthday of Jesus – first in the manger and now in our hearts.

I along with my Co-Pastors, wish all of you and your families,
A Joyous Christmas 2021 and the blessings of the Babe Jesus.



Publisher: Fr. Innocent Fernandes SVD

Editorial Team: Fr. Callisto Gomes SVD, Fr. Ciril D'souza SVD, Fr. Magimai Sundar SVD, Fr. Ezekiel Rakesh D'souza SVD, Antonette D'sa, Sarita Almeida, Irene Menezes, Annie Sebastian and Sharon Pinto

Bulletin Design: Savio Rebello

e-mail: h2h.bulletin@gmail.com

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Fr. Innocent Fernandes SVD
Parish Priest

BABY JESUS – THE FACE OF GOD’S LOVE

One of the biggest refugee camps in Lebanon is located in the outskirts of Beirut which is greatly assisted by Caritas Internationalis, the charity wing of the Catholic Church. All those who live in this camp are Muslim brothers and sisters. Some time ago, Cardinal Luis Antonio Tagle, the president of Caritas, was on an official visit to this camp. During the welcome speech, the Imam of the camp posed a question to Cardinal Tagle, “We are all Muslims and you are all Christians, why are you here among us? What makes you help us, feed us and take care of us?” Cardinal Tagle responded, “Because our Lord Jesus has shown what it means to believe in a God who is love and who has commanded us to love. You are our brothers and sisters, and so we have no option but to show our love for you”.

When we encounter the Child Jesus in the manger, the WORD who has become flesh (Jn 1:14a), we can also ask, as the Imam did, “You are a mighty God and we are weak human beings, why are You here “among us” (Jn 1:14b)? what made You become one of us?” The Baby Jesus’ natural response in His silence would be, “because that is what happens when GOD IS LOVE” (1 Jn 4:8). So far, God has demonstrated His love for humanity through various events in Israel’s life and history, but now God has BECOME LOVE. The love of God for the world that has been brewing since the time of creation has burst into the human story. God’s love for humanity is no longer abstract, metaphysical, or simply theological, it has become a tangible reality – it is flesh and blood that we can touch and feel. When our God chose to be among us and reveal His love for us, He did not choose tall statues, beautiful pictures, eloquent poems, or intelligent people; instead, He chose to be among us in the form of a new-born child, a child who smiles, cries, sleeps, plays..., the face of this child is God’s face, the presence of this child is God’s presence.

Therefore, children are the centre of Christmas not only because they love to celebrate it with their Santa and gifts, but more because God’s love became one of them. God has become a child to save the world.

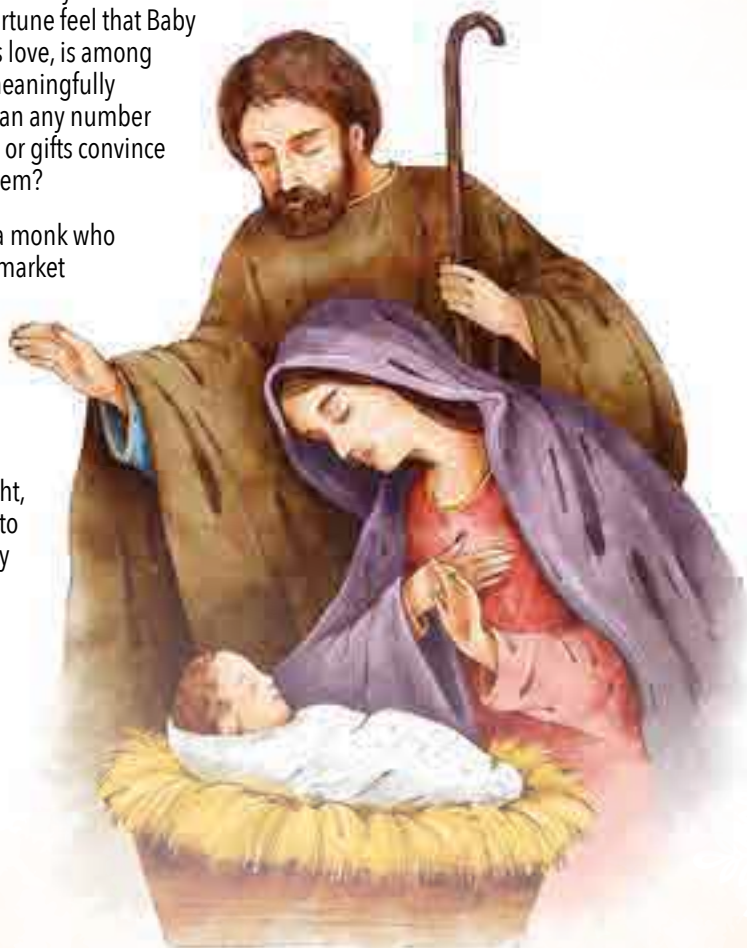
Can the children in India confidently know and celebrate that this God-became-love is among them? In the last two decades, our nation has achieved phenomenal growth in human development. Yet the status of the children in our country is precarious. A simple google search for ‘Indian Children’ will reveal the sad state they are in. According to reports more than 10 million children below the age of 14 go to work without going to school. Every day, over 300 crimes are being committed against children, and an increasing number of children are kidnapped, raped, abused, bought and sold for begging and prostitution. Every year approximately fifty thousand cases of crimes are committed by children – they are forced to steal, murder, even rape. Such crimes have increased many folds during the COVID-19 pandemic. For instance, according to UNICEF, the sexual abuse of children in India has doubled during the past two years. How can these children of misfortune feel that Baby Jesus, the face of God’s love, is among them? How can they meaningfully celebrate Christmas? Can any number of carols, lights, sweets or gifts convince them that God loves them?

An anecdote is told of a monk who was once walking in a market street. He saw many children abandoned, crying in hunger, begging for food and sleeping on the road. Pained by the sight, the monk complained to God in his prayer: “Why do You allow these things? What are You doing, Oh God, for these children?” Soon the monk heard a response from God, “What am I doing for them? Well! I have created you”.

Our Christmas celebrations can be meaningful only when we become aware of the situation of children in our neighbourhood, feel in our hearts their longing for freedom and life and stretch our hands proactively to do something for them. Only then can these children truly feel that baby Jesus, the face of God’s love is among them. God has created each one of us to be a shadow of His loving face. May the celebration of Christmas become meaningful to us. May baby Jesus bless us always!

Fr. Wilson Wilfred SVD

(Fr. Wilson has been co-pastor in our parish from 2014 to 2016. He has completed his Licentiate studies at Biblicum, Rome and is presently serving at Divine Word Seminary, Pune.)



CCO ON THE MOVE

Christmas is the day that holds all time together. It gives us an opportunity to pause and reflect on the important things around us - our faith, our family and our friends.

The following activities were carried out in the previous quarter:

The Bombay Catholic Sabha along with the Clergy Team organized the flag hoisting ceremony after the 7.30 am Mass on the Church grounds on 15th August, to commemorate our country's 75th anniversary of Independence.

Fr. Callisto Gomes SVD, the guest of honour hoisted the National Flag. In the speech, that followed, he expressed the need for each of us to have independence in our hearts too. The National Anthem was sung saluting the national flag. There were over a hundred parishioners in attendance.

The Missionary Families of Christ (MFC) formerly known as 'The Couples For Christ' (CFC), organized their monthly online meetings on a regular basis. *'Our Basic Commitment', 'Functioning as a Body', 'Governance and Personal Guidance' were the topics covered during the talks given by the core team to the members.*

Household meetings were conducted in the 2nd and 4th week of every month where the teaching talk was discussed.

Chapter meeting of all the members was held on the 3rd Sunday of every month. A Bible quiz was conducted on Chapters 11 to 24 of the Book of the Acts of the Apostles.

The Kids for Christ (KFC) meetings were conducted on the 4th Saturday of every month.

The Sunday School Pastoral Team conducted online catechism classes, making use of videos and PowerPoint presentations which led to more interactions with the children. This also resulted in very good feedback from the parents. The students from class I to X participated in conducting the Novena in preparation for the Nativity of the Virgin Mary. The Novena theme focused on the various situations in Mary's life along with the various apparitions of Mother Mary around the world.

The Divine Mercy Cell conducted its monthly meetings virtually in the month of August and September. After the re-opening of the religious places, the members met in the Church premises for their meeting in the month of October. Intercessory prayers were conducted in the Church after the 7:00 p.m. Mass on 29th October.

The Centre For Community Organisation (CCO) assisted needy parishioners in filling the application forms for medical, educational and housing assistance. Some of them were also helped in preparing letters to other parishes seeking medical aid.

Assistance was also offered to those seeking jobs in different fields. The unbridled joy and delight in successfully placing unemployed people in gainful employment are priceless. Many of our parishioners as well as people of other faiths have benefitted from the help extended by the CCO in obtaining jobs, especially as patient attendants, day/night caretakers, domestic helps and housekeeping staff, etc.

We have registered for our 'Matrimonial' a number of eligible girls and boys contemplating marriage in the near future, both from our parish as well as other parishes.

The Community Welfare Committee (CWC) in co-ordination with the CCO helps the needy and marginalized of our parish who require aid for their educational, medical and housing needs.

The following are the details of assistance provided through the COMMUNITY WELFARE FUND from August to October 2021:

Educational Assistance	-	14
Medical Aid	-	14
Housing Assistance	-	15
Total Cases	-	43

The St. Vincent de Paul Association (SVP) continues to help adopted families of our parish and also helps the poor belonging to other faiths. The distribution of food ration is carried out regularly.

The Dental Clinic and Homeopathic clinic are functioning well.

It is most truly Christmas when we celebrate it by giving the light of love to those who need it most! The CCO takes this opportunity to wish all our parishioners a Safe and Happy Christmas!

Ida Quinny
CCO Co-ordinator

HEARTY LAUGHTER

HELPFULNESS

It seems a young farm boy accidentally overturned his wagon load of corn. The farmer who lived nearby heard the noise. "Hey Willis!!" the farmer yelled. "Forget your troubles. Come in and eat dinner with us. Then I'll help you get the wagon back up." "That's mighty nice of you," Willis answered, "but I don't think Pa would like me to."

"Nonsense, come on!" the farmer insisted. "Well, okay," the boy finally agreed, "but Pa won't like it."

After a hearty dinner, Willis thanked his host. "I feel a lot better now, but I know Pa is going to be real upset."

"Don't be foolish!" the neighbor said with a smile. "By the way, where is your Pa?"

"Under the Wagon" replied the boy vehemently.

SAVED

On a hot afternoon, Scrooge the miser and his grandson, Tim, were walking home from a party.

Tim complains, "Gramps, it's still a long way back to our house. It's hot and I'm tired. Look, there's a bus stop here. Can we please take the bus home?"

Scrooge is aghast. "It'll cost us six dollars to get home from here! What a waste of money! We'll walk it."

Tim sighs, but he's a good kid, and doesn't fuss about it. They barely walk a few feet, when Scrooge sees a passing taxi and hails it.

"How much would you charge to take us home to Springfield Avenue?", Scrooge asks the cab driver.

"Springfield Avenue? Around twenty bucks.", says the driver.

"Oof! That's too much. We won't be requiring your services, thank you."

The cab drives off. Tim turns to his grandfather, exasperated. "Did you *really* think that a taxi to Springfield Avenue would cost less than a bus ride?", he asks, incredulously.

"Don't be ridiculous, of course not.", Scrooge scoffs.

"Then why did you bother flagging down the taxi, Gramps?!"

"Foolish boy! We would've saved \$6 by not taking the bus, now we're saving \$20 by not taking the taxi!"

CONVERSATIONS OVERHEARD

A doctor asks his patient angrily, "Why did you send my bill back, unopened, Mr. Gunrick?"

Mr Gunrick explains, "But doctor, it was you who told me I must avoid any upsets and stress!"

Father: And, how do you like going to school?

Son: Well, the going bit is OK, the coming home bit is fine too, but the time in between kind of ruins it!

Teacher: "You got a zero in the last exam."

Roger: "I don't think I deserve a zero!"

Teacher: "Neither do I. But I can't go any lower than that."

Teacher: How come you don't have your homework?

Pupil: I lost it when I was fighting this kid who kept saying you weren't the best teacher in the school

The son asks his dad, "Dad, what can I do if I want to live forever?"

Dad replies, "All you have to do is marry."

The son is surprised, "And that will really make me live forever?"

Daddy replies wearily, "No, but the wish dies."

Miss, I think you're fantastic... Will you give me your phone number?

Sure, you can find it in the Yellow Pages.

But I don't know your name?

Oh it's in there too.

Optimist: The glass is half full.

Pessimist: The glass is half empty.

Mother: Why didn't you use a coaster!

FAMILY BIBLE QUIZ – DEC 2021

I) HIDDEN IN THE CROSSWORD ARE 12 NAMES OF JESUS. CIRCLE THE NAMES WHICH MAY APPEAR HORIZONTALLY, VERTICALLY OR DIAGONALLY, BOTH FORWARD AND BACKWARD

A	M	T	S	I	R	H	C	G
D	D	H	R	E	T	S	A	M
R	Z	V	D	L	I	D	R	E
E	A	O	O	D	B	R	P	S
H	C	R	R	C	B	O	E	S
P	D	I	W	J	A	W	N	I
E	B	O	L	F	R	T	T	A
H	U	M	O	V	I	N	E	H
S	A	R	E	R	M	A	R	V
E	M	M	A	N	U	E	L	L

II) UNSCRAMBLE THE ANAGRAMS TO GET NAMES OF PERSONS/PLACES IN THE BIBLE:

- | | |
|--------------------|----------------------|
| 1. HURT _____ | 7. MASONS _____ |
| 2. LIE _____ | 8. ARMY _____ |
| 3. HEAL _____ | 9. VEE _____ |
| 4. EVIL _____ | 10. RICH JOE _____ |
| 5. BALE _____ | 11. MANURE CAP _____ |
| 6. AM AS AIR _____ | 12. A SAD SCUM _____ |

III) CIRCLE THE WORDS WITH MISSING LETTERS. WRITE THE CORRECT WORDS AND THE SCRIPTURE REFERENCE:

- "You will know them by their fruits. Are grapes gathered from horns, or figs from thistles"? _____
- "The Lord is merciful and gracious, low to anger and abounding in steadfast love". _____
- "Pay to all what is due them - axes to whom axes are due, revenue to whom revenue is due, respect to whom respect is due, honor to whom honor is due". _____
- "But while everybody was asleep, an enemy came and owed weeds among the heat, and then went away". _____
- "One who is lack in work is close in to a vandal". _____
- "For you were bought with a rice, therefore glorify God in your body". _____
- "Indeed the word of God is living and active, sharper than any two edged sword, piercing until it divides soul from spirit, joints from arrow; it is able to judge the thoughts and intentions of the heart". _____
- "I am the vine you are the ranches. Those who abide in me and I in them ear much fruit, because part from me you can do nothing". _____

9. "His head and his hair were white as white wool, white as now; his eyes were like a lame of fire" _____

10. "Like living tones, let yourselves be built into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ". _____

IV) A VERSE FROM THE BOOK OF PROVERBS IS HIDDEN IN THIS SHAPE. TO FIND IT YOU WILL NEED TO READ EVERY SECOND LETTER, GOING IN ANTI-CLOCKWISE DIRECTION. MENTION THE SCRIPTURE REFERENCE:

H	U	T	I	S	P	I	A	D
L			E	F	G	D	D	S
E							B	R
C							E	Y
B							A	O
V							L	B
E							I	L
S	B						W	O
T	G						U	E
A	N						O	C
R	I						R	H
T	M						N	P
I	N						V	T
T	P						K	Y
V	N						E	F
H	K						F	H
B	I	T	N	Q	G	W	O	E
E	I	F	P	E	Y	A	M	R

Full Name (Head of Family) _____

Names of Participants _____

Telephone/Mobile No _____

Community No _____ Family No. _____

Address: _____

▪ Email the answers to h2h.bulletin@gmail.com latest by 13th January 2022 along with the above details.

▪ There are 3 prizes. If there are many right answers the prizes will be determined by casting lots.

▪ The decision of the Editorial board will be final and binding.

ANSWERS OF FAMILY QUIZ -SEP 2021

- I. 1. Solomon 2. Elijah 3. Peter 4. Hosea 5. Paul 6. Zechariah 7. Jonah 8. Ananias 9. Ezekiel 10. John
- II. 1) DANIEL 2) ISRAEL 3) LEVITICUS 4) ANDREW 5) SAMARITAN
- III. 1) Golden jar holding the manna, Aaron's rod that sprouted, Tablets of the Covenant, 2) Obed-Edom 3) Jericho 4) Dagon 5) Mercy seat 6) Philistines 7) Kiriath Jearim 8) Uzzah 9) Michal, daughter of King Saul
- IV. 1) Abraham & Sarah 2) Rachel & Leah 3) Martha & Mary 4) Boaz & Ruth 5) Ishmael & Isaac 6) Abigail & Nabal 7) Paul & Silas 8) Andrew & Peter 9) Esau & Jacob 10) Joseph & Mary
- V. 1. Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. (Ephesians **4:32**) 2. Hear O Israel The Lord is our God, the Lord alone (Deuteronomy **6:4**) 3. Look to Him and be radiant, so your faces shall never be ashamed. (Psalm **34:5**) 4. The name of the Lord is a strong tower the righteous run into it and are safe ((Proverbs **18:10**) 5. So whether you eat or drink or whatever you do, do everything for the glory of God (1Cor **10:31**) 6. He will wipe every tear from their eyes (Rev **21:4**) 7. Cast all your anxiety on Him because He cares for you (1Peter **5:7**) 8. Heaven and earth will pass away but my words will not pass away (Luke **21:33**) 9. Obey my voice and I will be your God and you shall be my people (Jeremiah **7:23**) 10. If we ask anything according to His will He hears us (1John **5:14**)

Hearty Congratulations to winners of Family Quiz September 2021



**1st Prize : Valerian, Saniya, Sherwin
and Sylvia Saldanha, Community No. 30**

**2nd Prize : Mark, Arlinda and Ezekiel Barretto,
Community No. 24**



O LIGHT DIVINE



On that Holy Night, the earth opened its womb
A Virgin Mother gave her 'SON' to the world
Out of deep darkness, the 'Light' shone forth
The Light that shines bright and darkness can never overcome it
The Light reached out to the ends of the earth
Reaching out to millions of people around the world
Touching and healing thousands across the globe
The Light shone forth in all directions
North, South, West and East
The barren wombs brought forth life
The hungry mouths were satisfied
The crippled and lame were made whole
The deaf and blind remained no longer the same
Entire creation marveled at the sight
HOPE was given to those in despair
The warmth of LOVE melted frozen hearts
Healed the strained relations between wives and husbands
Healed wounded relations between son and father
The young and old both felt its warmth
The closed buds began to bloom
Mountains and valleys rejoiced with shouts of JOY
The seas and rivers extolled with JOY
All creation felt HIS presence

Life and life in abundance was given to all creation
The Light shines in the deepest darkness
And darkness has never overcome this Light
Nothing can escape this Light
Yet the Light was rejected by nations
This Light created an uproar among kings and intellectuals
The Light made people see their own misery and sin
Humanity! The greatest in all creation was brought to light
Nothing could escape this Light so bright
The Light filled every valley and hill
This Light was and is, and forever will be
The Light that pierces through the darkest soul
Thus, making it whole
The Light which is thousand times
Ten thousand times brighter than the sun
This Light is 'Light Divine'
Born on that 'O Holy Night'
The Virgin Mother gave birth to her SON Divine
Gave a Saviour to the world on that, O Holy Night
A Saviour, Redeemer was born on that Holy Night
O Night! O Holy Night! O Light Divine!

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



PARISH ACTIVITIES

A SPECIAL DEEPAVALI BY IRDC

On 1st November 2021, the Inter Religious Dialogue Cell (IRDC) members of Sacred Heart Parish, Andheri, visited the Hindu community, accompanied by our Spiritual Director Fr. Ciril D' Souza SVD.

The IRDC members visited six poor families in the neighbourhood, residing at Paper Box, Pump House, Meghwadi, Sanjay Nagar and Parsi-wada. The families we visited were from beyond our borders and boundaries, and they included a widow, a Nepali family,

a Bengali family and two families of security guards from UP.

On the joyous festive season of Diwali, we wished the families and extended our support to them with prayers and gifts. Mother Teresa said, **"Not all of us can do great things. But we can do small things with great love."** What we did was a small gesture of kindness and thoughtfulness, but it did make a huge impact on them.

Each family that we met had a different story to share. Hearing them, gave us a sense of purpose to bring light into people's lives in this time of despair. It also helped to strengthen our faith and witness the presence of Christ, giving us much fulfillment to see the smiles on their faces as they welcomed us.

Andrew D'Souza
Inter Religious Dialogue Cell



MFC YOUTH – LIFE LIKE NO OTHER

Evangelization is not a choice for a few, but a calling for everyone.

The present-day scenario has made it increasingly difficult for us Catholics to live out this calling of making Christ known to the world. We try to offer our time and service to the Parish community by being a part of the Choir, Legion of Mary, PYC, NYG, PYAT etc., however, it is imperative to reflect and understand whether our participation contributes to our personal growth as well as the growth of God's Kingdom.

'Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity.'
1 Timothy 4:12.

Earlier known as Youth For Christ (YFC), the **Missionary Families of Christ - Youth (MFC Youth)** exists to provide an environment for us to:

- Honour God through a life of holiness,
- Empower us to act in humble service,
- Encourage us to Relate in joy with our family, community and the Church

- and Testify God's love.

In a nutshell, **our Mission** is to make Christ known to all Youth.

Our Culture in the MFC Youth mainly focuses on 4 aspects – **FACE**.

- 1. Fun** – Being youth ourselves, we make sure that all the meetings are kept light by including games and entertainment that promote bonding and social growth.
- 2. Acceptance** – Being brothers and sisters in Christ, every member is welcomed in the ministry irrespective of who he/she is, what he/she has done without any judgments
- 3. Christ Centered** – We look up to Christ as our guide and strive to be more like Him.
- 4. Excellence** – Everything that we do is for Christ and His glory. Hence, we aim to give our best in everything that we do and grow into better individuals.

In Mumbai, the MFC Youth is active in 4 regions viz Andheri, Santacruz, Mira Road and Virar. We have our In-take Camp

usually in May for youth who want to join us. After joining, we all meet on Sundays for meetings and fellowship. Besides the meetings, we have camps, picnics and various programs/sessions that help us grow in holiness and our relationship with God. We also organise camps and confirmation retreats for youth from different parishes.

The most beautiful aspect of this ministry, in my opinion, is the people you meet here. Initially, I felt everyone here was too "holy" for my liking but eventually, I realised that these are ordinary individuals just like me, struggling with their own weaknesses and sin. It was effortless to build a bond with them since they were always so accepting, kind and supportive. This facilitated a safe, encouraging environment where I felt free to share whatever I wanted to and never once hesitated asking them for prayers/help. My involvement in the MFC Youth Community over the last four years has also impacted my personality and encouraged me to live a life based on Christian values and teachings, a life like no other.

Jayden Chettiar
Immaculate Conception
Community No. 1



**SUNDAY
CATECHISM**



STRENGTHENING ONLINE SUNDAY SCHOOL LEARNING'S - A CONVERSION PHASE!!

We thank the Lord for wrapping His arms around the Sunday school teachers and students during this pandemic period and keeping us safe.

A switch from offline to online Sunday school this year has been a significant experience for the teachers and students on an unprecedented scale in making the most of digital learning. Initially, going digital was challenging for most of the teachers so the concept of 'train the trainers' was incorporated in imparting training to the teachers on the effective ways of using the Google Classroom app., their special features and functions. Teachers could easily grasp and adapt themselves to this change.

The Diocesan Catechetical Centre (DCC) YouTube videos which were the only source of learning for our students have now comprehensively transformed into improved virtual communication between the teachers and the students which demonstrated self-motivation for our students. Different teaching techniques are being used like a PowerPoint presentation, videos, brainstorming quizzes, activities etc. to deliver these sessions. The teachers are not only adhering to the DCC lesson plans but rather developing their own skills in bringing out the spiritual, value-based and informative topics to our students for making the online sessions more interesting and fruitful. We also had the privilege of arranging guest speakers for

delivering the sessions, as our primary objective was to reinforce and inspire a positive change. Quarterly, class tests in the form of MS Forms, spinning wheel, quizzes and bamboozle quizzes are used to incorporate fun-filled learning. With all of these, the class attendance has been in full swing. It also provides for a two-way learning as there are a lot of takeaways for our teachers as well as gaining and enhancing their knowledge.

Although the year seemed different than expected, the festivities and celebrations must go on! **PARENTS AND GRANDPARENTS' DAY** was virtually celebrated in which parents and grandparents participated wholeheartedly. Students also showcased their talents in singing, dancing, cooking, playing instruments and displaying some artistic work. Teacher's day celebration too was a highlight reel.

The month of September kept teachers and students on their toes once more as they prepared for the **NOVENA TO MARY OUR MOTHER**. Our topic was "Mary's Apparitions," which focused on the various situations in Mary's life. The students sincerely participated in the liturgy, acted out the various roles assigned to them, prepared PowerPoint presentations, gave voice over, made creative cards, and generously contributed to the love offerings made over the course of nine days.

Not forgetting our **SUNDAY LITURGY SERVICES**, every class has been allotted the liturgy on a rotational basis. The online children's Mass is celebrated class-wise on google meet, where the children participate along with their parents. Last but not least the parents played a vital role in encouraging their children to attend the online classes. With the cooperation of the parents, we were able to vigorously complete this mid-term. Positive feedbacks kept pouring. The hard work of the teachers and the effective methods of conducting the sessions were greatly appreciated.

*Loveleena Desmond D'souza
Catechist - Stds. IXth & Xth*

“The love of God is not something vague or generic; the love of God has a name and a face: Jesus Christ.
- Pope Francis

SACRAMENT OF FIRST HOLY COMMUNION – A DAY TO REMEMBER FOREVER



“

And so when God's birth is proclaimed to you, keep silent. Let Gabriel's word be held in your mind for nothing is impossible to this glorious Majesty, who humbled Himself for us and was born of our humanity.

- Saint John Paul the Great

"The Eucharist is the source and summit of the Paschal Mystery", this was the opening line at the First Holy Communion Mass held at our Church, on Sunday, 14th November 2021 at 10.00 a.m.

Due to the lockdown imposed in view of the pandemic, the Communion batch of 2020-21 had to adopt the online mode of education. The teachers did their best to train these children by dividing them into groups of ten, with each group under a different mentor teacher.

We almost completed the academic year and considering the change in the situation, the First Holy Communion date was fixed for April 2021. However, in a few days, lockdown was imposed again. Our dear children who had just about started to visualize their big day, had to wait for a little longer.

As the situation got better, 14th November 2021 - 'Children's Day' was confirmed to be the day for First Holy Communion.

Joy knew no bounds for the children and their parents.

The intensive training was conducted for the children during which the Sacrament of Reconciliation was held.

Finally, on 14th November 2021, fifty-six children of our parish received their First Holy Communion.

Fr Ezekiel Rakesh D'souza SVD, our Spiritual Director was the main Celebrant at the Eucharistic Celebration. The Homily by Fr Ciril D'souza SVD was just apt. The melodious singing by Osmond Pereira and his choir filled the Church.

An emotional moment for all was when the children sang the 'hymn of surrender' as everyone knew how much they had waited for this day to receive the Eucharistic

Lord Jesus for the very first time into their hearts. It was heartening to see the eagerness of our children.

The entire congregation had a smile on their face when our little angels sang the action song which was choreographed by Osmond. The children sang in the most melodious and meaningful way, spontaneous applause had to follow. After the Eucharistic celebration, each child received the Certificate, scapular and a Rosary.

A get-together was organized at the community centre for seven of our First Holy Communicants along with their families. A cake-cutting ceremony was planned, and they received gifts, snack boxes, and a sapling. Thanks to the generosity of our parishioners, these children and their families were able to return home with joyful hearts.

Our heartfelt gratitude goes to Fr Innocent Fernandes SVD, our Parish Priest, Fr Ezekiel Rakesh D'souza SVD, our Spiritual Director, and the entire Clergy team for their unwavering support and guidance in making this day a success.

We thank all the Parents, Teachers, Prayer Guardians, Community members and Co-ordinators, Ushers, Altar services, Choir, Technical support team for the live streaming, Max Studio for the photography, and everyone who helped to make this a memorable day for our First Holy Communicants.

All Thanks and Praise to the Lord who made this day possible for all of us. The beautiful memories of this day will be cherished for a lifetime.

Nirmala Almeida
Catechist - First Holy Communion



YOUTH FULLY
ALIVE



PREPARING OUR HEARTS AND MINDS TO SERVE GOD

The second part of the Orientation for the Parish Youth Council (PYC) members was held on Sunday October 24, 2021. Its purpose was to acquaint us with our new journey; to instill in us a sense of responsibility and good leadership. At this session, the PYC Elects, as well as members of the Parish Youth Animation Team (PYAT), met in person, for the first time.

The session began with the Eucharistic celebration, after which we were introduced to all the members. Fr. Magimai Sundar SVD then gave a brief overview of the PYC life. For fun and enjoyment, we played a few games, wherein we got to know the other members. PYAT member, Jesse Monteiro took over for a time of further briefing and teaching. He gave us ways to become good leaders. He spoke about the abilities that a PYC member

must inculcate, such as responsibility, the importance of teamwork and the need to have a vision. Biblical Personalities such as Abraham, Moses and King David were presented as role models, to motivate us. Then, Stalin Mathias highlighted the significance of PYC members, their roles and responsibilities.

We were taught in this session to be broad-minded, determined in our actions, good listeners, good communicators and to strive to reach out to people. We must consider others and their points of view without being biased or selfish. We must consider the opinions of others when making decisions. The most important takeaway from this session was that it is not 'me' alone who can build a strong community, but 'we,' that is the entire team or community, who can together contribute to establishing the team's spirit and vibrancy.

The entire session was indeed inspiring and helped us imbibe many values as we embark on this new journey. It provided us with a platform for not only 'leadership' but also 'Discipleship in Christ'

Moving forward, we were commissioned as PYC members, along with PYAT members and Youth Animators, during a Eucharistic Celebration on October 31, 2021. We took the oath in the presence of God. As we began our new journey of faith, service, and leadership, we were showered with blessings. It was a wonderful experience and feeling when Fr. Innocent Fernandes SVD, on behalf of the entire Clergy Team, welcomed us into the Parish Youth Council family.

Terence Fernandes
PYC member - Divya Jyoti
Community No. 4

“

In Jesus
Christ, God
took on a
human face

and became our friend
and brother.

- Pope Benedict XVI



PYC COMMISSIONING 2021

As things were settling into the new normal, the Sacred Heart Parish Youth were also adapted to this change. On October 31st, the newly elected Parish Youth Council (PYC) and their Parish Youth Animating Team (PYAT) Animators were commissioned during the 5.30 p.m. Eucharistic Celebration in Church.

The celebration commenced with the youth and the Animators entering the Church in a procession. They were blessed and commissioned by Fr. Innocent Fernandes SVD, our Parish Priest and took the oath together to help other youth members to partake in the Church activities and grow closer to God.

After Mass, a small felicitation ceremony was held in the Community Centre, where the old and new PYC members and PYAT Animators congregated together. The former Youth Members and Animators were remembered for their contributions to the Church.

Rachel Noronha, Nicholas D'Souza, and Pearl Raphael – the outgoing PYC members shared their experience and learning as Youth Leaders, which has personally helped them become responsible individuals and leaders. They also shared their thoughts with the new PYC members on how joining the PYC has benefited them thus far.

The Clergy Team members, particularly the Youth Director, Fr. Magimai Sundar SVD, thanked the outgoing PYC members and PYAT Animators for their wholehearted service.

The outgoing PYC members received a Certificate of Appreciation and a special letter for all of their assistance and expertise in planning events, carrying out activities for the youth in the Church, and helping to spread God's message.

'The Youth are the future of the Church', hence, the outgoing PYC members would still continue to serve the Church in every way possible in order to bring more youth closer to God.

Personally, being a youth member of the Parish for over five years has helped me improve in public speaking, event management and working with other members to achieve the same goal collectively. These fundamentals have helped me become a better person in my career and also in the corporate world.

Being in the PYC, also helped me be a part of DYC's CLAYM (Leadership) program and represent my parish at the Andheri Deanery level. The Leadership program helped us CLAYM participants to interact with other youth from all the other deaneries in Mumbai. Overall, my experience as a PYC member has helped me understand myself, grow as an individual while also bringing me closer to God.

Shallon Lewis
NYG Member - Holy Trinity
Community No. 27

MY EXPERIENCE AS A PYC

The 2018 Parish Youth Council (PYC) batch was invited to the felicitation on October 31st, Sunday 2021, as we welcomed the new 2021 batch of PYC members. We also received certificates of appreciation from the Parish Youth Ministry for completing our term as PYC members and were asked to share our testimony with the new batch who were taking our place.

When I received my Certificate of Appreciation from Fr. Rakesh D'Souza SVD, I couldn't help but reflect on the four years I had spent as a PYC member, serving two terms, and how it seemed like only yesterday that I had been elected as a PYC member. Time truly flies!

My experience as a PYC member for these four years may differ from that of other PYC members because each member creates their own unique memories and experiences. Some may see their term as merely an experience in which they were forced to participate, whereas others may see it as a doorway to new opportunities and personal growth.

As Catholic youth, we are truly blessed with a platform that allows us to experiment with our God-given talents and develop our leadership skills. PYC does not have any prerequisites for membership such as academics, connections, or family status. It is an open platform where everyone is treated on equal grounds. The only requirement for becoming a PYC member is commitment and the desire to share your talents with others and to learn. Being a PYC member, I not only got to share my talents with others but I also got to learn a lot from other members of the PYC, the Neighbourhood Youth Group (NYG) as well as the PYAT members. Many of the things that I had learned proved useful later on in college events and in my career.

There will be many times when you will be challenged and may fail, however, the good thing about the PYC is that you are allowed to fail, as the saying goes 'without failure, there is no success'. PYC has taught

me the first steps in what it is like to take responsibility for not just others but also one's own self and has encouraged me to foster a 'can do attitude'.

By the time you reach the end of your term as a PYC member, you begin to notice how much you have changed. You will find yourself having more confidence and developing a leadership attitude that you can take with you.

Of course, this comes at a price and that price is commitment, but what you gain is more valuable as it is a lifetime experience making new friends, learning new skills and building yourself up for your future.

Joshua D'Souza
Prem Sagar, Community No. 22

HEALTH PAGE

ALLERGIES

The word Allergy was coined in the year 1906, 'Allos' means different or strange + 'Ergon' means work or activity. It refers to an exaggerated or heightened response to an allergen. An allergen could be a particular food, pollen, fur or dust to which the body produces a hypersensitive response. Sensitive persons could come in contact with an allergen either by inhalation, ingestion, skin contact or by injection. An allergen causes the production of Immunoglobulin E (IgE) in the body, which is an antibody, that all of us have in small amounts. Allergic persons, however, produce abnormally high levels of IgE that in turn stimulates the production of a chemical called Histamine, which triggers inflammation in the body at various levels and gives rise to typical allergic symptoms.

Some of the most common allergic conditions include Allergic Rhinitis, Asthma, Allergic eczema, Urticaria and Allergic Conjunctivitis.

Allergic Rhinitis is one of the commonest allergic conditions. The symptoms are runny nose, sneezing and itchy nose. It usually occurs due to inhaled allergens like dust mites, pollen, molds or animal fur.

Asthma is also an allergic condition characterised by difficulty in breathing, wheezing, coughing as a result of inflammation and narrowing of air passages due to exposure to certain allergens.

Urticaria is an allergic skin reaction, the typical symptoms are intense itching along with raised red patches (hives) on the skin. It can be triggered by certain foods or medications.

Allergic conjunctivitis (Allergic eyes) is an inflammation of the membrane that covers the surface of the eyeball. Common symptoms include redness of eyes, watering and itchy eyes.

The Allergic tendency is usually genetic, which means it is inherited and runs in families. If one of your parents is suffering from an allergy you have a high chance of suffering from the same. If both your parents have allergies, the risk is twofold. Once you are diagnosed with allergies it is most important to find out what you are allergic to and avoid the allergens as much as possible. There are several medications available in Homoeopathy, to control and manage an acute allergic reaction. Homoeopathic constitutional treatment helps the body to deal with the allergens in a better way and prevent acute flare-ups so that over time the acute responses are seen to reduce both in frequency and intensity. With regular constitutional treatment, most patients recover completely and no longer show an allergic response even when exposed to the allergen and thus tide over their allergic tendency completely.

Dr Nishel Lobo M.D. (Hom.)
Consultant Homoeopath
Sacred Heart Parish Clinic

Disclaimer: All information contained in the Health Page is of a general nature and the opinion of the authour 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.

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It is no magic formula He brings, because He knows that the salvation He offers must pass through human hearts. What does He first do? He laughs and cries and sleeps defenseless, as a baby, though He is God incarnate. And He does this so that we may fall in love with Him, so that we may learn to take Him in our arms.

- Saint Jose Maria Escriva

FROM THE PARISH REGISTER

Baptized in Christ

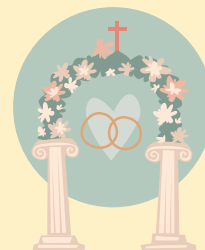


Elena Nelson Thomas D'souza	D/O	Nelson T. P. D'souza & Lata Babu Kolluri	29-Aug-21
Kailen Asha	S/O	Zubin D. & Sabeena Asha	4-Sep-21
Jaziel Lobo	S/O	Anthony & Jasmine Lobo	5-Sep-21
Simone Chakalpadth	D/O	Justin Chakalpaopth & Smita Roque Britto	3-Oct-21
Jayden Dmello	S/O	John & Melisa Dmello	10-Oct-21
Uhtred D'souza	S/O	Richard & Diana Dsouza	24-Oct-21
Stella Nitin Bhalerao	D/O	Nitin & Ashwini Bhalerao	31-Oct-21
Raphael Rohan Soans	S/O	Rohan J. B. Soans & Anisha J. Fernandes	7-Nov-21
Kyrie D'silva	D/O	Savio Peter D'silva & Kamakshi Pandey	14-Nov-21
Norah George	D/O	Jeff J. George & Virgil Fernandes	14-Nov-21
Diandra Plakal	D/O	Benny & Vaishali Plakal	15-Nov-21
Daniel Plakal	S/O	Benny & Vaishali Plakal	15-Nov-21

Vinit Max Mendonca
Ronald Main
Vernon Venzil D'Almeida
Lloyd Menezes
Joshva Michael Sequeira
Grenville Ohol
Alex Kondurkar
Elson Serrao
Praveen Lawrence Gomes
Sean D'costa
Benny Clement Palakal

To	Akshita Jadav	1-Aug-21
To	Charmaine Sweta Pereira	28-Sep-21
To	Janet Fernandes	3-Oct-21
To	Shalaka Paul	9-Oct-21
To	Anesha Ann George	24-Oct-21
To	Melissia Soares	4-Nov-21
To	Denizia Vincent	6-Nov-21
To	Rochelle Savia D'lima	6-Nov-21
To	Sheral Fernandes	6-Nov-21
To	Shanice Castelino	7-Nov-21
To	Vashali Sitaram Kharat	15-Nov-21

United in Christ



Resting in Christ



Mary Munes	91 years	Home For The Aged	9-Aug-21
Jayashelan Aloysius	79 years	Home For The Aged	9-Aug-21
Rita Monterio	94 years	Home For The Aged	9-Aug-21
Rosa Flavia Pinto	91 years	B-504, Trans Residency, Blg No.1	13-Aug-21
Dylan Owen Dias	28 years	E/6-403, Landmark Chs Ltd, Poonam Nagar	20-Aug-21
Sr. Diana Pereira	77 years	Fathima Mata Sadan	27-Aug-21
Claudina Alvares	93 years	31/B/2, Takshila	6-Sep-21
Piedade Joaquim Fernandes	87 years	B-10, Gracious Co-Op-Hsg. Soc.Ltd	11-Sep-21
Teresa Carlota Monterio	93 years	24.B, Flat No. 31, Takshila	7-Oct-21
Vilhelmina Anthony	85 years	404/2, Harmony, Poonam Nagar	7-Oct-21
Marshal Rony D'souza	80 years	Sai-Ashish, A/2 2nd Floor	9-Oct-21
Victoria Pereira	86 years	Home For The Aged	19-Oct-21
Santan Pimenta	92 years	Home For The Aged	25-Oct-21
Emelda Alphonso	82 years	21b/Flat No.31, Takshila	1-Nov-21
Francis Gilbert D'souza	67 years	Plot No.238, S1 Concord House, Sher - E- Punjab	3-Nov-21
Joyce John Rodrigues	53 years	703, Trimurti Towers	13-Nov-21



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INSPIRATION FROM SAINTS

SAINT TERESA OF KOLKATA

Feast day: September 5

Patronage : World Youth Day, Missionaries of Charity & Archdiocese of Calcutta (co-patron)

Saint Teresa of Kolkata, was born on August 26th, 1910 in Albania, and baptized Agnes or Gonxha which means 'flower bud'.

She was the youngest of the four children born to Nikole and Dranfile Bojaxhiu. Agnes Gonxha's spiritual life was moulded by her mother who was a powerful example of Christian charity. Her father died when she was just eight years. She was fascinated by stories of the lives of missionaries and their service in Bengal and by age twelve she wanted to commit herself to religious life. When she was eighteen, she joined the Sisters of Loreto at the Institute of the Blessed Virgin in Ireland to learn English in order to become a missionary. Six weeks later, in 1929 she arrived in India as a teacher. She began her novitiate in Darjeeling, where she learned Bengali and taught at St. Teresa's School near her convent. At her final vows, she took the name Teresa, after Thérèse of Lisieux, the Little Flower. As was the custom for Loreto nuns, she took on the title of "Mother" upon making her final vows and thus became known as Mother Teresa. She served there for nearly twenty years and was appointed headmistress in 1944. Although Teresa enjoyed teaching at the school, she was increasingly disturbed by the poverty surrounding her in Kolkata.

In 1946, Teresa experienced what she later described as "the call within the call" when she travelled by train for her annual retreat. "I was to leave the convent and help the poor while living among them". It was an order. To fail would have been to break the faith. She then relocated to the slums she had seen while teaching.

She petitioned the Municipal authorities who gave her a pilgrim hostel, near the Kali temple, where she founded her order in 1948. Teresa adopted Indian citizenship, received basic medical training and ventured into the slums, and began a school in Motijhil, Kolkata. Having no income, she begged for food and supplies and experienced doubt, loneliness and the temptation to return to the comfort of convent life during the early months. Teresa

was soon joined in her effort by a group of young women, and she laid the foundation for a new religious community helping the "poorest among the poor". Dispensaries and outdoor schools were organized. In 1950 her order which would become the 'Missionaries of Charity' received canonical sanction from Pope Pius XII. Their mission was to care for "the hungry, the naked, the homeless, the crippled, the blind, the lepers, all those people who feel unwanted, unloved, uncared for throughout society, people that have become a burden to the society and are shunned by everyone".

In 1952, Teresa opened 'Nirmal Hriday' with help from Calcutta officials by converting an abandoned Hindu temple. Those brought to the home received medical attention and the opportunity to die with dignity in accordance with their faith: Muslims were read the Quran, Hindus received water from the Ganges, and Catholics received extreme unction. Her order also opened numerous centres serving the blind, the aged, the disabled and also a leper colony, called Shanti Nagar near Asansol.



In 1955 Teresa opened Nirmala Shishu Bhavan, the Children's Home of the Immaculate Heart, as a haven for orphans and homeless youth. Teresa singled out abortion as "the greatest destroyer of peace today. Because if a mother can kill her own child – what is left for me to kill you and you to kill me? – there is nothing between."

The 'Missionaries of Charity Brothers' was founded in 1963, and a contemplative branch of the Sisters followed in 1976. Lay Catholics and non-Catholics were enrolled in the 'Co-Workers of Mother Teresa', 'the Sick and Suffering Co-Workers', and 'the Lay Missionaries of Charity'. Teresa then expanded the congregation abroad, opening houses in Venezuela, Italy, Tanzania, Austria, the USA, and many other countries.

Teresa had a heart attack in Rome in 1983 while she was visiting Pope John Paul II. Following the second attack in 1989, she received an artificial pacemaker. On March 13th, 1997 Teresa resigned as head of the Missionaries of Charity and she died on September 5th.

Mother Teresa was canonised on September 4th 2016. Pope John Paul II said that it was in prayer and in the silent contemplation that Mother Teresa found the strength and perseverance to place herself completely at the service of others. Teresa, known as "a living saint" while still on earth, is admired by millions around the world and is regarded as a saint of our time. She was the recipient of the 1962 Ramon Magsaysay Peace Prize and the 1979 Nobel Prize for Peace.

PARISH VISION MISSION STATEMENT

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



Independence Day 2021



Missionary Families Of Christ - Meeting



Parish Youth Council - Orientation



Parish Youth Council - Commissioning



First Holy Communion 2021