



Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 86

September 2022

For Private Circulation Only

MARY'S
BIRTH, THE
DAWN OF
SALVATION



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: 8433605226)

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

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

Dental Clinic: (Tel. 9324384676)

Monday to Saturday - 1.00 pm to 4.00 pm

Homoeopathy Clinic: (Tel. 9930889594)

Monday to Friday - 5.30 pm to 7.00 pm (by appointment only)

Saturday - 5.30 pm to 7.00 pm

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

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FORTHCOMING EVENTS

13th Sept	Memorial - St. John Chrysostom, Bishop & Doctor
14th Sept	Feast - Triumph of the Cross
15th Sept	Memorial - Our Lady of Sorrows
16th Sept	Memorial - Sts. Cornelius & Cyprian, Martyrs
18th Sept	Celebrating Life with Hope & Life members - CLOC
20th Sept	Memorial - Korean Martyrs: St. Andrew Kim & companions
21st Sept	Feast - St. Matthew, Apostle & Evangelist
27th Sept	Memorial - St. Vincent de Paul, Priest
29th Sept	Feast - St. Michael, Gabriel & Raphael, Archangels
30th Sept	Memorial - St. Jerome, Priest & Doctor
October	Rosary Month
1st Oct	World Elder's Day - Senior Citizen's cell
1st Oct	Memorial - St. Therese of the Child Jesus, Virgin & Doctor
2nd Oct	Thanksgiving Sunday
4th Oct	Memorial of St. Francis of Assisi, Religious
7th Oct	Memorial - Our Lady of the Rosary
15th Oct	Memorial - St. Teresa of Avila, Virgin & Doctor
16th Oct	Care for Creation Contest - SCC
17th Oct	Memorial - St. Ignatius of Antioch, Bishop & Martyr
18th Oct	Feast - St. Luke, Evangelist
19th Oct	Memorial - Sts John de Brebeauf & Isaac Jogues, Priest & Martyr and companions
23rd Oct	Mission Sunday
24th to 28th Oct	Vacation Bible Joy - Bible Cell
28th Oct	Feast - Sts. Simon and Jude, Apostles
1st Nov	All Saints day
2nd Nov	All Souls day
4th Nov	Memorial - St. Charles Borromeo, Bishop
9th Nov	Feast- Dedication of the Lateran Basilica.
10th Nov	Memorial - St. Leo the Great, Pope & Doctor
11th Nov	Memorial - St. Martin of Tours, Bishop
13th Nov	Parish Day Celebration
17th Nov	Memorial - St. Elizabeth of Hungary, Religious
20th Nov	Christ The King Feast
21st Nov	Memorial - Presentation of Mary
22nd Nov	Memorial - St. Cecilia, Virgin & Martyr
24th Nov	Memorial - Sts Andrew Dung-Lac, Priest & Martyr and Companions
27th Nov	1st Sunday of Advent / Bible Quiz
30th Nov	Feast - St. Andrew, Apostle
3rd Dec	Memorial - St Francis Xavier, Priest
5th Dec	Christmas Party for Senior Citizens - Senior Citizens Cell
7th Dec	Memorial - St. Ambrose, Bishop & Doctor
8th Dec	Solemnity - Immaculate Conception
12th Dec	Feast - Our Lady of Guadalupe
13th Dec	Memorial - St. Lucy, Virgin & Martyr
14th Dec	Memorial - St. John of the Cross, Priest & Doctor
17th Dec	Christmas Extravaganza by SCC & CLOC
18th Dec	Sunday School Christmas Party & Christmas Float
19th - 21th Dec	Advent Confessions

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

FROM THE PASTOR'S DESK

My Dear Parishioners,

Happy month of September!

Come September and we all are excited. September is not just another ordinary month. Personally, I feel, the month of September is special to us for various reasons. This month has heaps of events and celebrations.

To mention just a few: 5th September is celebrated as Teachers Day, a day dedicated to honour and felicitate our teachers and keep them in our prayers. Teachers make the most significant contribution in the life of a child by imprinting the spirit of service in them so that they grow up committed to make a difference in the world around them.

Again, on the 8th of September, we celebrate Girl Child Day, a day which promotes awareness about the rights of a girl child, a reminder to respect, love and appreciate the girl child because she is a gift of God to every parent.

Another reason why the month of September is special to us, Catholics, is because of the feast of the Nativity of the Blessed Virgin Mary - the Birthday of our dear Mother. Her Birthday is the most popular feast of Mother Mary in the city of Mumbai because it leads us to reflect on Mary's 'FIAT' which stands for

Fidelity to God and family

Intimacy with Jesus

Availability to others

Trust in God.

The Blessed Virgin Mary was a faithful daughter of God. She was open, honest and straightforward. Her life was transparent, clean and trustworthy. Her "Yes" to God was a 'Yes' in the face of sacrifice, service and suffering. She did not doubt God's ways nor did she ask for some concessions or for any privilege. Rather, she accepted everything in her heart.

What gift can we offer her on her birthday?

The best gift we can offer is "The gift of imitating her"

Following the example of the Blessed Virgin Mary, we are called to always turn to God and trust Him. Relying on God means that we should not depend on luck, strength, wealth, connections, abilities or skills. On the other hand, we must accept that everything is due to the goodness of God and a result of God's abounding grace. Our gratitude to God should find expression through our responsible service to others that is respectful, clean, caring and selfless. In doing this, we truly become faithful children of God and living witnesses of the Gospel. Indeed, Mary is our model, our loving mother and our refuge. So, on her birthday, let us spend some time contemplating her life of humility, obedience and charity.

Along with my Clergy team, I wish each of you and your precious families a blessed Feast Day of our dear Mother.

Happy Birthday to you our Blessed Virgin Mary!

Immaculate Heart of Mary, Pray for us!

Praying for you, dear parishioners.

Fr. Innocent Fernandes SVD
Parish Priest



Publisher: Fr. Innocent Fernandes SVD

Editorial Team: Fr. Callisto Gomes SVD, Fr. Ciril D'souza SVD, Fr. Ezekiel Rakesh D'souza SVD, Fr. Sandesh Patil SVD, Antonette D'sa, Sarita Almeida and Annie Sebastian

Bulletin Design: Savio Rebello

e-mail: h2h.bulletin@gmail.com

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MARY'S BIRTH, THE DAWN OF SALVATION

In a family, a child's birth brings great joy and happiness. Imagine a married couple is blessed with the gift of a child after several years of waiting and longing! Such a couple would experience boundless joy. The Holy Bible contains numerous examples of such enormous blessings.

Abraham and Sarah were childless for many years. It was when Sarah was 90 years old, that God promised Abraham that Sarah would be **"a mother of nations"** (Genesis 17:16) and that she would conceive and bear a son. Sarah was sceptical initially. Isaac was born to Sarah and Abraham in their old age as the fulfilment of God's promise to them.



Zechariah was married to Elizabeth, who herself was of priestly stock and a cousin of Mary. They had no child because Elizabeth was barren, and they both were well advanced in years (Luke 1: 7). Elizabeth was almost 90 years old when she gave birth to John the Baptist.



When these couples had lost hope and given up on having children, God changed the course of their life by making the impossible, possible for them. For sure, for them, the gift of a child in their old age brought great joy and hope for a bright future. It assured them of the continuity of their family lineage. Divine intervention can change any hopeless situation and change the destiny for the better.

Mary's birth brought great happiness and joy to her parents who hoped only in the Lord. As it was in the case of Abraham and Sarah, Zechariah and Elizabeth, Mary's birth brought new life and hope to the family of Joachim and Anna.

There is nothing written in Scripture about the birth of Mary or about her parents. The apocryphal "Gospel of James", written in 2 AD, mentions Joachim and Anna as Mary's parents. According to this account, Joachim and Anna were also beyond the years of child-bearing. They fasted and prayed for the gift of a child. Mary was born in their old age, as a gift of their fervent and persistent prayers. She was offered to God in the Temple as was customary and there she learnt prayers, hymns and psalms; and served in the Temple until her teenage years. Her parents then gave her in marriage to St. Joseph, the carpenter.

God is doing something unusual through the birth of Mary and Jesus - the Saviour of the world. Matthew's genealogy breaks from convention and on four occasions traces Jesus' descent through women. They are - Rahab, Ruth, Bathsheba, and Tamar. All of them were sinful and insignificant from the human point of view, but they all had something in common: each was an instrument of God in the life of the Jewish people. Matthew's inclusion of them here signals that God is again going to do something significant through the fifth woman mentioned - Mary. That is why the Nativity of Mary is a very special moment in the history of human salvation.

On September 08, we celebrate the Solemnity of the Nativity of our Lady. Among the many Marian feast days celebrated in the Catholic Church, the Solemnity of Mary the Mother of God, the Presentation of Our Lord in the Temple, the Annunciation, the Assumption, the Immaculate Conception and the Nativity of our Lady are the principal ones. They help us to understand the role of Mary in human salvation. Mary's birth was a ray of hope and indeed, the dawn of salvation.

In celebrating the Birthday of Mary, Christians anticipate the Incarnation and the birth of her Divine Son and give honour to the mother of our Lord and Saviour. It enables us to enter into God's plan for the salvation of the world. Mary is the symbol of the hope and expectation of people. She is the beginning of a new hope, the beginning of the dawn of that newness which her Son would bring for all creation. With Mary's birth, sorrow and darkness begin to fade.



All of us believe that Mary had a special role in our salvation. The Catholic tradition and the Litany of the Blessed Virgin Mary acclaim her as the Morning Star because, like the star that rises early in the morning to reveal the day (Venus), the Mother of God, ***"Mary appeared on the horizon of salvation history before Christ,"*** as Pope St. John Paul II puts it in 'Redemptoris Mater'. She reflects the light of the Creator and Redeemer and exalts His glory. In other words, ***Mary's birth paves the way for Christ's birth.***

You must have noticed in many pictures of the Blessed Virgin Mary that she is often represented by the moon. She does not emit any light of her own, but rather, like the moon, she reflects the light of Jesus.

Saint Augustine connects Mary's birth with Jesus' saving work. He exhorts the earth to rejoice and shine forth in the light of her birth. ***"She is the flower of the field from whom bloomed the precious lily of the valley. Through her birth, the nature inherited from our first parents is changed."***

Our Lady's birthday has been described as ***"the hope of the entire world and the dawn of salvation"***. That is why the Liturgy on the birthday of Mary says: ***"Let us celebrate with joy the birth of the Virgin Mary, of who was born the Sun of Justice.... Her birth constitutes the hope and the light of salvation for the whole world.... Her image is light for the whole Christian people"***. The opening prayer at Mass speaks of the birth of Mary's Son as the dawn of our salvation and asks for an increase of peace.

Birthday celebrations are special; they bring happiness to the celebrant as well as to family and friends. Next to the birth of Jesus, Mary's birth offers the greatest possible happiness to the world. Each time we celebrate her birth, we can confidently hope for an increase of peace in our hearts and the world at large.

Every human birth brings the world enormous joy and new hope. When a child is born as a result of the love of two people joined together by God, they take part in the creative work of God. Every new born baby has the potential to be a channel of God's love and peace to the world. This is very much true in the birth of Mary. If Jesus is the perfect expression of God's love, Mary is the foreshadowing of that love. If Jesus has brought the fullness of salvation, Mary is its dawning. If Jesus is the Sun, Mary is the Morning Star that indicates the dawn of salvation for the world. May Mary intercede for us and inspire us to become the messengers of peace and hope in the lives of others.

Fr. Ciril D'souza SVD

**WISHING ALL
PARISHIONERS
A HAPPY
FEAST OF THE
NATIVITY OF
OUR
BLESSED
MOTHER!**



CCO ON THE MOVE

As we celebrate the Nativity of our Blessed Mother Mary, we seek her blessings to help us to walk in Jesus's way and reach our heavenly abode. 8th September is also a memorable day for our Centre for Community Organisation (CCO). It was on this day that the CCO was inaugurated and its different activities commenced in the Parish. The CCO team continues in its commitment to the work set out, in a humble way.

As the CCO celebrates its **18th anniversary** on the Feast of the Nativity of Our Lady, we thank God for His immense blessings extended to the entire parish, through our Centre. We also thank Mother Mary for guiding us in our tasks and endeavours.

Following is an update on the activities undertaken by the various Cells and Associations:

The Parish Association Council (PAC) meeting was held on 30th June 2022, attended by the heads of the various Cells and Associations. The newly appointed Spiritual Directors of Cells/Associations for the current academic year were announced.

The Legion of Mary members conducted the Rosary at the Grotto on 31st May 2022 at 6.00 pm.

Laity Sunday: 26th June being Laity Sunday, all the members of the Parish Pastoral Council (PPC), Small Christian Community (SCC) and Parish Association Council (PAC) were recommissioned during the 10.00 am Mass.

The Senior Citizens Cell celebrated Parents and Grandparents Day on Sunday, 31st July 2022, in honour of the feast of St. Joaquim and St. Ann which was on July 26th. Fr. Callisto Gomes SVD was the main celebrant for the Holy Eucharist along with the clergy team. The Holy Mass was celebrated in the Community Centre at 4.30 pm. This was followed by a well-organised and well-attended get-together

The Health Cell in collaboration with the Holy Spirit Hospital organized a Blood Donation Drive in our Parish on 19th June, 2022 from 8.30 am to 12.30 pm.

The Health Cell also organized a random blood sugar and blood pressure check on 17th July 2022 on the 1st floor of the Community Centre.

The Bible Cell has commenced regular offline Bible Study Classes from 21st June 2022 which are held every Tuesday at 8.00 pm on the Gospel of St. John.

The Sunday School Pastoral Team has commenced Catechism classes for Children from 1st to Xth Std from 12th June 2022. The Confirmation classes commenced on 21st June 2022. Pre-Confirmation Classes for the students of Std Xth commenced on 3rd July 2022.

The Eucharistic Ministers were recommissioned on 19th June 2022 during the 8.45 am Mass, being the feast day of Corpus Christi, the BODY AND BLOOD of our Lord Jesus Christ.

The Missionary Family of Christ (MFC) had their scheduled household meetings, Chapter meetings, and MFC-Kids meetings. Our Parish MFC Members also attended and participated in 'All Mumbai Couples Conference' held at the St. Pius X Seminary, Goregaon on 19th June 2022. MFC-Kids organized the Liturgy for the 10.00 am Children's Mass on 19th June 2022.

The St. Vincent de Paul Association (SVP) continues to help the adopted families of our parish and also people belonging to other faiths. The distribution of rations and other outreach work is carried out regularly.

The Community Welfare Committee in co-ordination with the Centre for Community Organization (CCO) assists the needy and marginalized of our parish with funds for their educational, medical and housing needs.

Details of help rendered for the period April 2022 to July 2022

Education	-	27
Medical	-	20
Housing	-	13
Total	-	60 Cases

The **Dental Clinic** and the **Homoeopathy Clinic** are functioning well.

The working hours are as follows:

Dental Clinic:

Monday to Saturday - 1.00 pm to 4.00 pm

Homoeopathy Clinic:

Monday to Friday - 5.30 pm to 7.00 pm
(by appointment only)

Saturday - 5.30 pm to 7.00 pm

The CCO continues to help those who are seeking jobs as house-help and patient attendants. Many who needed jobs as housemaids were successfully placed in employment.

Matrimonial: The CCO also registers eligible girls and boys from our parish as well as from other parishes who wish to get married in the near future

The CCO team takes this opportunity to wish all of you a very happy and blessed feast of the Nativity of Mother Mary. May the Blessed Mother keep your family, our Parish, and all of us steadfast in the Lord.

Ida Quinny
CCO Co-ordinator

“ Mary was the first person to take the 'way' to enter the Kingdom of God that Christ opened, a way which is accessible to the humble, to all who trust in the word of God and endeavor to put it into practice.

- Pope Benedict XVI

HEARTY LAUGHTER

PEACEFUL RELATIONSHIP

They asked him "Why is your relationship with your wife is always peaceful and no fight ever?!" He replied that is because we agreed since the beginning that she takes decisions on small issues leaving me the big ones. For example, she takes decisions on: What house or car to buy; what school we choose for our kids; what destinations to travel to; the suitable husbands for our daughters...

They yelled, "What's left for you then?!"

He replied "I told you, I give my opinions on big and strategic things only such as war, international peace processes, World Food distribution crisis, environmental pollution, ozone hole, and so on...!!!!!!

OFFICIAL

A boss tells his new employee, "I'll give you 15 bucks an hour starting today and in three months....,

I'll raise it to 18 bucks an hour. So when would you like to start?"

"In 3 months," the employee replies.

A company owner was asked a question, "How do you motivate your employees to be so punctual?"

He smiled & replied, "It's simple. I have 30 employees and 29 free parking spaces. One is paid parking."

OVERHEARD IN OFFICE

"I always arrive late at the office, but I make up for it by leaving early."

"Sometimes the best part of my job, is that the chair swivels."

RESTORING PEACE

A man on his retirement purchased a house situated near a high school. He spent the first few weeks in peace, and then the new school year began.

One afternoon early into the first semester, three young boys came down the street, beating merrily on every bin they passed.

They did this daily for a week until the man decided it was time to take some action.

The next afternoon, he walked out to meet the boys as they banged their way down the street. Stopping them, he said, "You kids are a lot of fun. In fact, I used to do the same thing when I was your age. Would you do me a favour? I would give you each a dollar if you promise to come around and do your thing."

The boys were more than happy to accept this and continued to bang the bins. After a few days, the man came out to meet them with a sad smile, and said, "This recession really is putting a dent in my income. From now on, I will pay you each 50 cents to continue."

The boys were unimpressed by this but continued to do the same afternoon activities.

A few days later, the man approached them again and said, "Look, the recession has again reduced my income, so from now on, I am afraid I can only pay you 25 cents each."

The leader then exclaims angrily, "That's it? If you really think we are going to waste our time banging the bins for 25 cents each, you must be a fool. No way that's going to happen. We quit."

The man then enjoyed peace and serenity for the rest of his days.

RANDOM INSIGHTFUL LIFE

1. When one door closes and another door opens, you are probably in prison.
2. To me, "drink responsibly" means don't spill it.
3. Age 60 might be the new 40, but 9:00 pm is the new midnight.
4. The older I get, the earlier it gets late.
5. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
6. I had my patience tested. I'm negative.
7. If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
8. When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
9. I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
10. When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
11. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
12. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.
13. My luck is like a bald guy who just won a comb.

FAMILY BIBLE QUIZ - SEP 2022

I) GUESS THE BIBLE CHARACTERS FROM THE PICTURES:

1.  _____
2.  _____
3.  _____
4.  _____
5.  _____
6.  _____
7.  _____

II) A) MATCH THE SYMBOLS OF THE IMMACULATE HEART OF MARY AND THEIR MEANING :

- | | |
|--------------|-------------------------------------|
| 1. Her Heart | a) Burns with love for Jesus and us |
| 2. The Fire | b) Her Purity |
| 3. The Sword | c) Her maternal love |
| 4. The Roses | d) Her Sorrow |



II) B) MATCH THE MESSAGES OF MOTHER MARY WITH THE PLACE OF HER APPARITION:

- | | |
|---|----------------------|
| 1. "I am the Immaculate Conception" | a) Fatima, Portugal |
| 2. "A child of Mary does not reject suffering" | b) Lourdes, France |
| 3. "Am I not here who am your Mother?" | c) Kibeho, Rwanda |
| 4. "Pray a great deal and make many sacrifices" | d) Guadalupe, Mexico |

- Email the answers to h2h.bulletin@gmail.com OR Drop the responses in the LETTER BOX in front of the sacristy, latest by 8th October, 2022.
- Three prizes will be awarded by drawing lots from the correct entries.
- The decision of the Editorial board will be final and binding.

III) FILL IN THE BLANKS AND COMPLETE THE SCRIPTURE VERSE:

1. But God proves His _____ for us in that while we still were _____ Christ died for us. (Romans 5:___)
2. Surely God is my _____ I will _____ and will not be _____, for the LORD is my _____ and my _____; He has become my salvation." (Isaiah 12:___)
3. Although you have not _____ Him, you _____ Him, and even though you do not see Him now, you _____ in Him and _____ with an _____ and _____ joy. (1 Peter 1: ___)
4. He saved us, not because of any works of _____ that we had done, but according to His _____, through the water of _____ and _____ by the _____ (Titus 3:___)
5. Even when we were _____ through our _____, made us _____ together with _____ by _____ you have been _____ (Ephesians 2:___)
6. Consequently, He is able for all time to _____ those who approach _____ through Him, since He always lives to make _____ for them. (Hebrews 7: ___)
7. The Lord is not _____ about His _____, as some think of slowness, but is _____ with you, not wanting any to _____ but all to come to _____. (2 Peter 3:___)
8. For God has destined us not for _____ but for obtaining salvation through our Lord _____, (1 Thessalonians 5:___)

IV) SELECT THE CORRECT ANSWER

1. There are four Marian dogmas confirmed and approved by the Catholic church. Which of the following is not a Marian dogma?

a) Coronation of the Blessed Virgin Mary	b) Divine Motherhood of Mary
c) The Immaculate Conception	d) The Perpetual Virginity of Mary.
2. During this Marian apparition of Oct 13, 1917, in Fatima, Portugal, about 70000 spectators saw what miracle occur?

a) Rain of rose petals from the sky	b) Sudden eclipse of the sun
c) The sun spun in the sky and appeared to be falling to the earth.	d) Heavy snow on that day and no clouds in the sky
3. What is known as the "Marian Psalter" or "The Psalter of the Laity" in Christianity?

a) Salve Regina	b) Rosary
c) Regina Caeli	d) Magnificat

Full Name (Head of Family) _____

Names of Participants _____

Telephone/Mobile No _____

Community No _____ Family No. _____

Address: _____

ANSWERS OF FAMILY QUIZ - JUNE 2022

- I. 1. Jesus feeds the 5000 (Mt 14:13-21/
Mt 15:32-39/Jn 6:1-14/Mk 6:30-44/Lk 9:12-17)
2. Lazarus raised from the dead (Jn 11:1-44)
3. Jesus heals Peter's mother-in-law
(Lk 4:38-39/Mt 8:14-16/Mk 1:29-31)
4. Jesus calms the storm
(Mk 4:35-41/Mt 8:23-27/Lk 8:22-25)
5. Zachaeus climbs up a tree to see Jesus
(Lk 19:1-10)
6. First temptation of Jesus
(Mt 4:1-4/Lk 4:1-13)
- II. 1-d); 2-e); 3-b) 4-f); 5-c); 6-a)
- III. 1. Trust, heart, insight (Proverbs 3:5)
2. flesh, heart, strength, portion (Psalm 73:26)
3. pure, see (Matthew 5:8)
4. Lord, heart, soul, mind (Matthew 22:37)
5. new, spirit, remove, stony, flesh
(Ezekiel 36:26)
6. faithful, strengthen, guard, evil
(2 Thessalonians 3:3)
7. tongues, angels, love, gong, cymbal
(1 Cor 13:1)
8. assurance, conviction, seen (Hebrews 11:1)
- IV. 1-d); 2-a) 3-b)



**to the winners of
Family Quiz
June 2022**

1st Prize:

Eric, Rovina, Klint Furtado
Family No. 877
Community No. 12

2nd Prize:

**Joseph, Caroline,
Jayden, Chris Chettira**
Family No 2577
Community No. 1

3rd Prize:

**Veronica, Ronald, Jacintha,
Rohit, Rhea Ferreira**
Family No 1756
Community No. 25

A TRIBUTE OF LOVE

VIANNEY SUNDAY - 07TH AUGUST 2022

We are blessed beyond words in this Parish,
To have a Clergy team so fine;
Be it celebration of the Eucharist, meetings, or any other,
They ensure their presence and time!

Created in God's image and likeness,
With hearts full of kindness and love;
Blessed with a host of charisms,
They are the finest O Lord, from Your Vineyard!

In a Parish as vibrant as ours,
Though kept constantly on their toes,
They cheerfully fulfil their Priestly commitments,
With warm smiles, a kind word and open doors.

Fr. Innocent our beloved Parish Priest,
His memory can outwit the most brilliant computer!
Remembering every Parishioner's name, birthday, wedding anniversary;
Over and above his responsibilities for our Parish's future.

Fr. Ciril our gifted music maestro;
With his own YouTube channel of devotional songs;
Touching hearts and lifting spirits of devotees,
He's an asset to our Parish and the Music World.

Fr. Callisto's homilies flavoured with metaphors and similes,
Captures the attention of the lay faithful at every Mass;
The Financial Administrator at St. Arnold's School & College,
He's blessed with agility, a sharp mind and very committed to his task.

Fr. Rakesh our little-over-a-year team member,
Has adapted brilliantly to the needs of the Parish,
Prompt with decisions and responses as a Spiritual Director,
Charming all with his smile and soft-spokenness.

We warmly welcome Fr. Sandesh our new Priest,
Who for 3 years served the Catholic Tribals at Tala;
Wishing him success in his first Parish assignment,
As Spiritual Director and Youth Mentor.

With gratitude we turn to You O Heavenly Father,
And humbly intercede on their behalf,
To watch over and guide them in their Ministry,
As they dedicatedly fulfil every task.

Blessed Mary our Heavenly Mother,
Help them in their hour of need,
Preserve them from the temptations of this World,
As they struggle in their human frailty.

Candida Mendoza
Parish SCC Coordinator

PARISH ACTIVITIES

MAN PROPOSES, GOD DISPOSES

On the 26th of June, all the Small Christian Community (SCC) animators and animators of all the Cells/Associations were invited for the 'RECOMMISSIONING OF ANIMATORS'. The program scheduled for the day was the Holy Eucharist celebrated by His Grace, Bishop Barthol Barretto, followed by an interactive session of the Animators with the Bishop. All of us Animators took up the seats reserved in the front pews and eagerly awaited the arrival of the Bishop who was unable to make it. The solemn Mass was instead concelebrated by the Parish Clergy Team and special blessings were prayed for all the Animators. Each Animator was given a small silver cross during the Eucharistic celebration.

After the Holy Mass the Animators gathered in the Community Center, where Fr. Innocent Fernandes SVD, our Parish Priest addressed the group. His opening words were 'Man Proposes, God Disposes'. We were informed that Bishop Barthol had taken ill and was therefore unable to be present. Fr. Innocent thanked all those gathered for their dedicated service and their continual effort to keep the parish vibrant. It was also pointed out that the Small Christian Communities are now evolving into Small Human Communities. This evolution was evident particularly, during the pandemic, where the Animators were instrumental in extending relief efforts to all in need, irrespective of their faith.

After a brief time of prayer for Bishop Barthol's recovery and for the repose of his mother's soul, the morning concluded with Fr. Callisto Gomes SVD thanking Fr. Innocent on behalf of everyone for his support towards all the parish activities.

Although the morning did not go as planned, we are eagerly awaiting our interactive session with Bishop Barthol in the near future.

*Marjorie Carvalho
Holy Family, Community No. 13*

OUR VISITS TO THE HOMEBOUND - THE SENIOR CITIZEN'S CELL

In the month of June we, the Senior citizens had our usual meeting. The seed of an idea was put forth and around it, an event was planned. For an event to come to fruition, ACTION is all important.

Then a couple of weeks ago, many of us were taken back to our younger days. Why? Well, with the dynamic office bearers and core group members of the Senior Citizens group we were all part of an assembly line. There were 'skilled paper cutters', 'expert folders', 'quick wrappers' and 'fancy ribbon twirlers' all working to get the gifts of varied hues looking bright and eye-catching! In that bee-hive of activity,

a lovely invitation card was also being crafted for our warm and caring Parish Clergy Team.

All the hustle and bustle was undertaken to celebrate and show appreciation to grandparents and parents in commemoration of the Feasts of Saints Joachim and Anne, the parents of Mother Mary.

The "enthusiastic and energetic" Seenagers then took on the pleasurable activity of visiting the homebound. With life experience under their belts, they know more than anyone, the joy and blessing that "in giving, we receive!"

Their sentiments express the feelings of goodness and warmth they felt in all the places they visited. The eagerness with which they were welcomed. The optimism and positivity, in spite of ailments and physical challenges! Our mobile 'Seenagers' caught their spirit of cheer and smiles despite weakened capabilities. "A picture is worth a thousand words" and you will see that borne out here. Those who attended the culmination of all the groundwork that went into "the Bash" for the 31st of July were in for a "magical" evening.

*Kay Lobo
Senior Citizen's Cell*

SKILLS FOR SCC ANIMATORS – A LEADERSHIP PROGRAMME OF THE BOMBAY ARCHDIOCESE

I am just 18 years old and at my age, very few can claim to have had a life-changing experience. Well, after attending the Skills for SCC Animators, a Leadership Programme of the Archdiocese of Bombay held at St. Pius Seminary, Goregaon, I certainly consider myself among those. The two-day residential programme held on the 9th and 10th of July 2022, was uniquely meaningful to me and my two companions from the Parish.

We were 3 nominees from Sacred Heart Andheri; Purity D'souza, Sharil Abreo and yours truly, Rochelle Pereira. On reaching St. Pius Seminary, Goregaon, we were given our ID cards, allotted our rooms and directed towards the dining hall for a quick breakfast.

Our first session was a formal introduction of one another followed by the opening prayer by Bishop Barthol Barretto. The session included a very meaningful poem titled: "The Chosen Vessel" by R Cornwall – a narrative of how the master chose a vessel of clay among the ones of gold, silver, brass and wood which vied for His attention. He mended, cleansed and filled it saying: ***"there's work you must do, just pour out to others as I pour into you"***.

The session on Deepen your Learning – following the **4C's: Connect, Care, Coordinate and Collaborate**, made me realize that being an animator is much more than just having the authority and ability to take control of a situation. An Animator cannot distance himself/herself from situations but must necessarily and voluntarily get involved. Responsibility must become their ***"second name"***.

Our next session on Emotional Management taught me to stop and reflect on everything I say or do keeping in mind the four key skills of **Self-management, Self-awareness, Social awareness and Relationship Management**. These are important skills for building relationships.

The first day concluded with the recitation of the Rosary at 6:30 pm followed by an evening of light entertainment and finally dinner.

Day 2 was focused on: Effective Communication: people who listen tend to work better. Listening is twice as important as talking. Responding appropriately, making eye contact with the person and appropriate body language are key factors of effective communication. It was much easier when these points were broken down to the acronym **SOLER (Sit squarely, Openness, Lean forward, Eye contact and Relax)**.

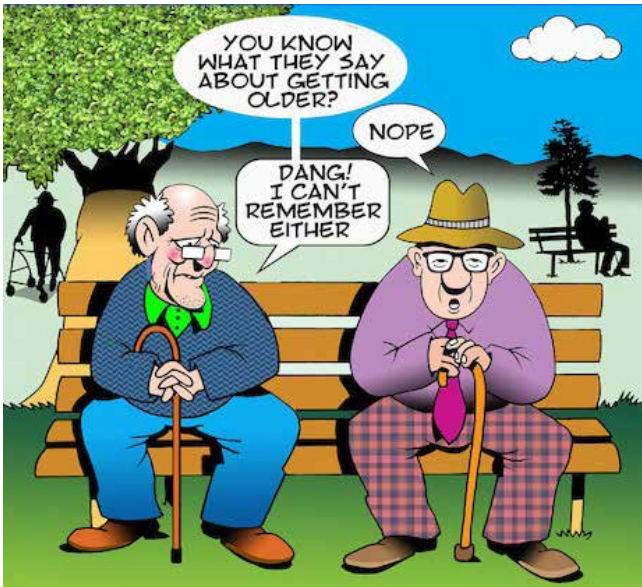
This was followed by another interesting session: Keeping the SCCs running. An animator should be convincing, able to communicate and collaborate, and in the process, inspire people to work towards the goal/solution, thus creating a bond. Another quality of a great animator, I believe, is the ability to identify the right talent in the community and building effective relationships.

The two days were insightful, practical, useful and challenging; the best programme I have attended so far. Day 2 concluded with the celebration of the Holy Eucharist by Bishop Barthol Barretto followed by the Certification Ceremony. I look forward to attending many more such programmes in future.

Rochelle Pereira
Youth Animator – Infant Jesus
Community No. 8



AND THE LEAVES THAT ARE GREEN TURN TO BROWN...



There's a Simon and Garfunkel song that goes; I was 21 years old when I wrote this song, I'm 22 now and I won't be for long..... Time hurries on, and the leaves that are green turn to brown. That was precisely my sentiment when I entered the Community Hall on the 31st July evening for the Senior Citizen's celebration.

All our Senior citizens had one thing in common, we were there before the digital age, enjoyed Gola instead of Mac Donald's burgers and never went for tuition, our school teachers did the needful - and I think I can proudly say I am one of the very few parishioners of Sacred Heart Parish who were there when the Eucharist was celebrated in a small shed at the end of the property, then when the blessing of the new Church took place in 2000 and I am still around to sing with Simon and Garfunkel, 'and the leaves that are green turn to brown'!

There were 161 of us there that evening who came from near and far, some with walking sticks, some with bent backs, yet others with children or maids, but we

were there to make of the evening a fun one. Customized to suit our preferences, we had Pat Boone crooning Oh Bernadine, and a bit later Tequila invited us to join the dance on the floor which was animated beautifully by Conrad's Choir members. 'Texas Stomp' - a line dance was taught to us by them too. Even our Parish Fathers, along with our Spiritual Director, Fr. Callisto Gomes SVD joined in the merriment. But that is not all. Suited to the needs of us 'Oldies' our evergreen

MC Conrad had Lawrence teach us a set of Singapore Acupressure points on our palms to keep all ills, thus harm, away. A bit later we had plenty to exercise our legs too, with musical arms and other such games. Housie had to be there which had us all sweating - waiting for our cards to finish to yell 'yeah' but it was nay for most as is usual.

One thing is clear, you can't help getting older, but you don't have to get old, and the great thing about getting older is that you don't lose all the other ages you've been - that is what the evening was evidence to.

Kudos to the Senior Citizens cell who spent much time planning and then organizing the function. Thanks to all who came to enjoy the evening and of course the evening wouldn't be complete without mentioning the takeaway Chinese dinner for all.

'Hello, hello, hello, hello

Good-bye, good-bye, good-bye, good-bye

That's all there is

And the leaves that are green turn to brown'.

Sr. Noella de Souza mcj

“ Mary goes before us and accompanies us. The silent journey that begins with her Immaculate Conception and passes through the “yes” of Nazareth, which makes her the Mother of God, finds on Calvary a particularly important moment. There also, accepting and assisting at the sacrifice of her son, Mary is the dawn of Redemption; . . . Crucified spiritually with her crucified son (cf. Gal. 2:20), she contemplated with heroic love the death of her God, she “lovingly consented to the immolation of this Victim which she herself had brought forth.”

- Lumen Gentium, 58

ALTAR SERVERS DAY

Altar Servers Day – A set-aside day to especially pray for and appreciate the children who so dedicatedly serve at the Altar during the Eucharistic celebration day after day.

We, at Sacred Heart Parish, Andheri, celebrated "Altar Servers Day" on Sunday, the 12th June 2022. The day began with the Eucharistic celebration at 10.00 am. Around 45 Altar Servers, all dressed in Altar Server's vestments, walked in procession to the Altar and occupied the first few pews in the Church. The liturgy was planned and prepared by the Altar servers themselves and the readings of the day too were done by them. The Holy Eucharist was a beautiful celebration by Fr. Rakesh D'Souza SVD, the Spiritual Director of the Altar Servers Association. A special blessing prayer for the Altar Servers during the Holy Mass made them feel very special.

This was followed by a get-together at the Community Centre. All the children were super excited and looked forward to some fun time. A special Mass and then yummy snacks; what more could they ask for? After they had filled their hungry stomachs, they were all set and rearing to have some

fun time. And they were definitely not disappointed. Their animators had organized games for them. They were given ribbons of different colors and the first task for them was to form teams by finding those with the same-colored ribbon. The team that collected their members together first was given bonus points. This was followed by a few

more team tasks for which points were awarded and the team that scored the highest points won. The next game was "Bursting the balloon" & finally "Housie" which is a favorite with all. Chocolates were given away as prizes to all the winners.

All the children were enthusiastic and full of energy, wholeheartedly participating in all the games and the fun and frolic was truly infectious.

Fr. Magimai

Sundar SVD also joined in the fun for a while. The celebrations ended with ice cream and before we all knew it was 1.00 pm and time for us to leave. The kids were so very happy and thankful to Fr. Rakesh & the clergy team, their animators and the sponsors for organizing a lovely fun-filled day.

Nandita Fernandes
Co-ordinator – Altar Servers



“The design of the Redeemer of our race was to bring about a birth and, as it were, a new creation to replace the one that went before. Therefore, just as in Paradise, He had taken a little clay out of the pure and spotless earth, to fashion the first Adam (Gn 2,7), so, at the moment of bringing about His Own Incarnation, He made use of another earth, so to speak, namely, this Pure and Immaculate Virgin, chosen from among all other beings He had created. It is in her that He, Adam's Creator, has remade us in our very substance and become a new Adam (1Cor 15,45) that the old might be saved by the new and eternal.

– St. Andrew of Crete



TRANSITION PHASE - SUNDAY SCHOOL

The pandemic has brought upon a radical change in many aspects including the learning setup. Thankfully as it gradually subsides, we have reopened for a fresh start this year to an offline mode with better teacher-student interaction, understanding and exposure.

The in-person classes commenced from June with the introductory session of teachers, dispersal of workbooks to the students with the incorporated version based on the lesson plans prepared for the whole calendar year. Every moment is a great celebration and to sustain this, the teachers, students along with their parents had a lovely parents day celebration. The parents

shared their joyful experiences and the students expressed their gratitude by making beautiful cards and showcasing their talents with their outstanding performances.

This year we have started Pre-confirmation classes for the students of std 10th conducted by the confirmation Catechists. The objective follows a two-years process in preparing them for the Sacrament of Confirmation.

Great plans ahead!!

Loveleena Desmond D'souza
Catechist - Std 9th

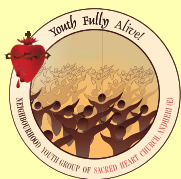
“ Mary means enlightener, because she brought forth the Light of the world. In the Syriac tongue, Mary signifies Lady.

- St. Isidore of Seville

“ The world being unworthy to receive the son of God directly from the hands of the Father, He gave His son to Mary for the world to receive Him from her.

- St. Augustine of Hippo





**YOUTH FULLY
A L I V E**

REIGNITING THE LEADERSHIP SPARK - YOUTH LEADERSHIP DAY

John C. Maxwell, an American author once said, "A leader is one who knows the way, goes the way, and shows the way". Thus, to rekindle the quality of leadership within the youth, the Diocesan Youth Centre (DYC), Bandra, organised the Youth Leadership Day on 3rd July 2022, at Dr. Antonio Da Silva Hall, Dadar West. Many Deaneries from Mumbai and Navi Mumbai were in attendance for the event, so much so that the hall was filled with 500+ vibrant youth.

Ten members of the Parish Youth Council (PYC) leadership team, along with Fr. Sandesh Patil SVD, represented our parish. We registered ourselves and were welcomed with some mouth-watering refreshments. The event commenced with some exhilarating action songs lined up by the zealous organising team of the DYC. We all geared up to show off some of our dancing skills as we grooved to the songs. The games that we played not only encouraged us to make new friends but also pumped us up for the rest of the event.

Deacon Ivan Fernandes, Director of the Diocesan Youth Centre gave us a briefing on the various events that the DYC has planned for the youth this year. Later, Shirley Coutinho, a resource person, expounded on the topic of leadership. Her approach towards the concept was new and enticing. The youth were captivated by the abbreviations of the Gen Z slang like LOL, PPF, BAE and NVM which she used to discuss the subject.

The points she mentioned were completely relevant to today's time and age. According to her, a leader must "listen O listen" (LOL) to what others have to say. The ability to lend a listening ear is not just an important leadership trait but is also a crucial component of human relationships. A leader is the one who keeps his/her "people first" (PPF) and is open to differences rather than the one who promotes homogeneity. As leaders who have had their upbringing in the Christian faith, we the youth must look up to Jesus who is the quintessential leader.

We were also obliged to witness the presence of His Eminence, Cardinal Oswald Gracious who addressed some questions which were put forth to him anonymously. The questions covered a wide range of topics such as the teenage dilemma, the Church's view of contemporary issues like abortion and LGBTQ+ and the significance of the books of the Bible. The answers provided by the Cardinal were prompt and satisfactory. His Eminence also presided over the elections to the DYC and bestowed the youth with his blessings. The DYC anthem which had us all dancing our hearts out and burning off some calories in the process brought the evening to a close.

The event was a huge success as we brought home with us life lessons, memories and of course a takeaway meal. It helped us identify the leader within ourselves and motivated us to lead others onto the way of Christ.

*Janice Lobo
Morning Star, Community No. 6*

“

Mary, having merited to give flesh to the divine

Word, and thus supply the price of our redemption, that we might be delivered from eternal death; therefore, she is more powerful than all others to help us to gain eternal life.

- St. Augustine of Hippo



SIT DOWN MASS - JULY, 2022

"When the time is right, I the Lord will make it happen" - Isaiah 60:22

On Sunday, July 17, 2022, at Canossa Ashram in our parish, the Youth of Sacred Heart Church planned a unique Mass for the youth - A Sit-down Mass.

A Sit-down Mass is a kind of informal Mass wherein the entire congregation including the Celebrant as well as the choir, sit down throughout the celebration.

The Holy Mass began at 10:00 am and there were about 50 youth i.e., members of the Parish Youth Council (PYC) and the Neighbourhood Youth Groups (NYG). The Eucharistic celebration was led by Fr. Sandesh Patil SVD and the youth came together to celebrate this joyful event after a long, long gap of two years. The beautiful bright Sunday morning was perfect to set the right mood for us to grow even stronger in our faith by understanding God's Word in a more interactive way.

The Holy Eucharist focused on celebrating the joy of being together after the COVID pandemic. This was much needed after the forced isolation caused by the lockdowns.

The PYC were responsible for making the venue arrangements whereas the others contributed, by sharing God's Word through the Liturgy, by their melodious singing and of course by their wholehearted participation.

The interactions continued later over tea and snacks through an exchange of thoughts and views. All in all, the morning turned out to be a success, helping the youth take a step closer to GOD

Anoushka Amber D'souza
Divine Mercy, Community No.9

“

Mary desired, sought, and obtained the salvation

of everyone; nay, she even effected salvation of everyone!

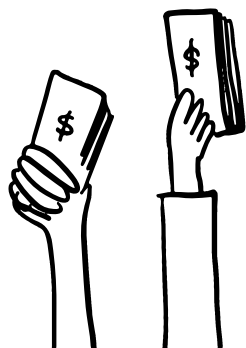
- St. Alphonsus Maria Liguori



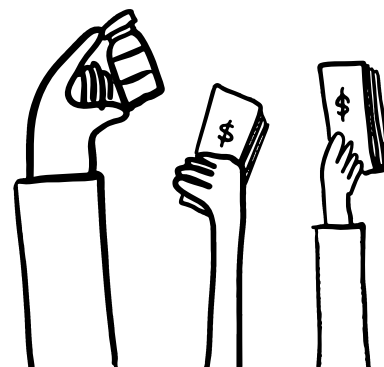
A PROFESSIONAL OPINION

MONEY MATTERS

5 Simple Personal Finance Rules we all should better know and follow. While the world of Finance can throw up mind-blowing number crunching data, it usually causes an analysis paralysis when you dive deep. So, here's a simple take on a complex subject. Please take a minute to assess your personal situation with regard to these thumb rules.



- 1. 50-30-20 Rule**
- 2. 40% EMI Rule**
- 3. 3X Emergency Rule**
- 4. 4% Withdrawal Rule**
- 5. 20X Life Insurance Rule**



1. 50-30-20 Rule - about the allocation of income to expense.

Divide your income into:

50% - Needs (Groceries, rent, EMI, etc)

30% - Wants (Entertainment, vacations, etc)

20% - Savings (Equity, MFs, Debt, FD, etc)

At least try to save 20% of your income. You can definitely save more.

2. 40% EMI Rule - Never go beyond 40% of your income into EMIs.

Say you earn, 50,000 per month. So, you should not have EMIs more than 20,000.

This Rule is generally used by Finance companies to provide loans and consider repayment capacity. You can use it to manage your finances.

3. 3X Emergency Rule

Always put at least 3 times your monthly income in Emergency funds for emergencies such as Loss of employment, medical emergency, etc. 3 X Monthly Income.

In fact, one can have around 6 X Monthly Income in liquid or near liquid assets to be on a safer side.

4. 4% Rule for Retirement Income

Corpus required = 25 times of your estimated Annual Expenses.
E.g.- if your annual expense after 50 years of age is 500,000 and you wish to take VRS then the corpus with you required is 1.25 cr.

Put 50% of this into fixed income & 50% into equity. Withdraw 4% every year, i.e. 5 lac.

This rule works for 96% of the time in 30-year period.

5. Life Insurance Coverage Rule

Always have Sum Assured as 20 times of your Annual Income for those between 30 to 45 years of age.

Say you earn 5 Lacs annually; one should at least have 1 crore insurance cover by following this Rule. This amount available to the family on the demise of the bread-winner will generate an income to take care of the expenses (E.g. 1 crore in FD will provide 5 lacs of annual income at even a conservative 5% interest rate. A 1 crore Term cover costs approx. 8000/- per annum). Whatever risks you cannot manage yourself or burden your family, transfer them to an insurance company that can.

Following these simple 5 golden rules of Financial Management can hold you and your family in good stead and you can look forward to a financially fulfilling life.

Vincent Dsouza
Practitioner and Educator in Personal Finance Domain
Shalom, Community No. 30

A PROFESSIONAL OPINION aims to provide guidance by experienced Professionals, from their respective fields of expertise, on various matters of importance that affect our day-to-day living. We invite professionals with an experience of above 15 years in a particular field, who are the parishioners of Sacred Heart Parish, Andheri East, and are willing to contribute articles for this space; to send an introductory email to h2h.bulletin@gmail.com providing your contact details and the area of your expertise.

The editorial team will contact you, as and when required, to share your expertise, advice/information on matters of relevance for the benefit of the parishioners. Articles for this space will be considered ONLY from those specifically invited by the Editorial Team

HEALTH SPACE

THE ASPECT OF HEALTH; TREASURE IT LIKE A DIAMOND!



What is "health"? Ever considered coming up with your own definition of health? I decided to do so. For me, health is not a single phenomenon. It is more than just being free from sickness; it is a clay mix of capacity and control and of physical, emotional, social, spiritual and intellectual development that is in the Potter's hand, held as a complete human sent out into His creation. So to say, our human existence takes its shape when we find something to live for.

For all of us, every day is a fresh start. A start that indicates that everything said above is fine! To keep this health fit and sound and in order to be considered "well," it is important for these areas to be cared for. Therefore, friends, keep a regular check on the following conceptions of health:

CAPACITY

Capacity is about having aptitude and being able to make one's own decisions about the information to be received, retained, implemented, and shared. It is totally their decision and time-specific. We all make decisions every day, and most of us are able to make these ourselves. Sometimes, we may lack the capacity to make a big decision. So health is about being enveloped by the supreme capacity and ability.

Tips to etch capacity are to

- Communicate a decision.
- Understand the expectations and needs of others and your own health.
- Appreciate the goodness of all.
- Reason out the importance of healthy living.

CONTROL

Although our ancestors and genes contribute to some extent to who we are, we cannot allow them to define who we are. Many studies reveal that we have 80% control of our health. So, what is control in terms of health? It is about having control over our desires, greed, possessiveness, negativity, and vanity. Healthy control over health depends on the awareness of the fact that natural forces within us are the true healers of disease.

Do's to take charge of your health and way of life

- Pay attention to your body and think positively. That will push you in the right direction of health.
- Deep breathing exercises that will decrease your stress.
- Move regularly. Do not over-exercise.
- Minimize screen time. Maximize family time. Capitalize on Divine time.
- Get good quality sleep.
- Keep a person in your circle who positively pushes you forward and wants to see you grow in life and excel in your profession.
- Get the right support at the right time.

PHYSICAL

Be physically active. It is not only great for your physical health and fitness; it can also improve your mental wellbeing. It will enhance your self-esteem. It will help you to have a great aim and set goals and achieve them. As well as, helps to change your mood positively.

Points to reminisce

- To get at least 6-8 hours of sleep daily
- Keep fit by exercising. Even walking for 30 minutes a day.
- Eat Healthy. Include fruits and vegetables in your daily diet.
- Keep away from fried foods, soft drinks, processed meats, and sweets.
- Do not skip meals, especially breakfast, because it slows down your metabolic rate and can cause weight gain.
- Avoid heavy drinking and drug use.
- Be in the company of uplifting individuals.

EMOTIONAL

Acts of giving and kindness improve your emotional health. Definitely, it creates positive feelings and a sense of reward. It gives you a feeling of purpose and self-worth and helps you connect with other people.

Something that you could try is

- To express gratitude to someone for something they have done for you.
- Checking in with friends, family or colleagues about how they are.
- Be patient while listening to their response and spending time with friends or relatives who need support or company, even when you don't want to.
- Try to maintain a positive attitude even when problems arise.
- Discover your personal stress reliever.
- Manage your time wisely because it will help lower stress.
- Find someone that you trust and who you can openly share your feelings with.
- If you feel the need to talk, look for peer support or professional assistance.

SOCIAL

Connect with other people: Because, good relationships are important for your social health, and wellbeing. They can help you build a sense of belonging and self-worth, give you an opportunity to share positive experiences, provide emotional support and allow you to support others.

To embrace it, you need to

- Balance your social life with your professional or academic responsibilities.
- Be acquainted with who your best friends are.
- Recognize when a relationship is unhealthy.
- Get involved in the activities organized by the community, offices, and schools because you will discover something that interests you.

SPIRITUAL

Spiritual health is achieved when you feel at peace with life. It is when you are able to find hope and comfort in even the hardest times. Paying attention to the present moment can improve your spiritual well-being. This includes your thoughts and feelings, your body, and the world around you. This kind of awareness is called "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

So, you should do it as well

- Find a quiet place and spend time there every day.
- Contemplate the meaning of your life.
- Read and live the Bible truths and books on values.
- Hang around, appreciating the nature and natural world around you.

INTELLECTUAL

Be imaginative! Being open to and exploring new ideas. Thinking critically and seeking out new learning opportunities and challenges can also boost your confidence and help you to build a sense of purpose. Being a good intellectual involves a commitment to lifelong learning.

Therefore;

- Reading for fun, working on puzzles such as jigsaws, crosswords, or Sudoku, writing in a journal, and playing a musical instrument are means to promote mental wellbeing.
- Keep abreast with current affairs.
- Consistently learn. The words in the paper will connect you to the world.
- Read between lines to grasp the feelings of others.

The Secret to health and wellbeing:

- Worship the Lord your God and His blessing will be on your food and water. I will take away sickness from among you. Exodus 23:25
- A peaceful heart leads to a healthy body. Proverbs 14:30
- Mahatma Gandhi: It is health that is real wealth, not pieces of gold and silver.
- Give God your weakness and He will give His Strength.

Dr. Sr. Lalitha Rosali SSps
Holy Spirit Institute of Nursing Education, Holy Spirit Hospital

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.



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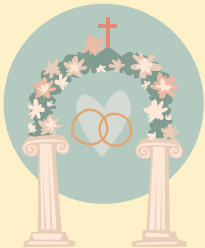
FROM THE PARISH REGISTER

Baptized in Christ



Reagan Monteiro	S/o	Evraldo & Sheron Lobo	22-May-22
Adairah Jansz	D/o	Jonathan Stephen Jansz & Janice Jonathan Jansz	22-May-22
Nathaniel Swamy	D/o	Abrahamraj Swamy & Vijaya Kumari Swamy	12-Jun-22
Abigail Sequeira	D/o	Kevin Sequeira & Jenifer Anisha Kevin Sequeira	12-Jun-22
Daniel Fernandez	S/o	Sebastian Fernandez & Giselle Fernandez	24-Jul-22

United in Christ



Karan Umralkar	To	Saviera Juliana Lourdes Barretto	20-May-22
Joshua Creado	To	Sheryl Veigas	21-May-22
Khiyal Shivanani	To	Monaliza Florie D'Souza	28-May-22
Joel Rebello	To	Harriet Vaz	28-May-22
Angelo D'Mello	To	Tanya D'Souza	07-Jun-22
Stuart Zhen Fernandes	To	Serena Simone Dias	01-Jul-22
Irudayaraj Chettiar	To	Claudine Pereira	06-Aug-22

Resting in Christ



Celestine Quadros	94 years	B - 1, Neelima Apts, M. C. Road	26-May-22
Lenin Puthusseri	33 years	2, Shankar Niwas, Subhash Nagar 1	27-May-22
Fr. Jose Arayathel SVD	61 years	Gyan Ashram	9-Jun-22
Mary Raju Pereira	57 years	223 / 6, Siddhivinayak CHS	13-Jun-22
Annie Carvalho	86 years	C / 009, Saroj Apartments, M.C. Road	15-Jun-22
Coral Raja	75 years	G1 / 201, Poonam Kirti, Poonam Nagar	14-Jun-22
Leopoldine Fernandes	53 years	E / 10, Uttarayan, M.C.Road.	27-Jun-22
Tereza D'Silva	83 years	R. No 11, Usha Kunj, M C Road	29-Jun-22
Aileen Pinto	92 years	A / 204, Twin Towers CHS, Pumphouse	2-Jul-22
Anthony John Dsouza	66 years	I - 202, Railway Mens Apna Ghar, Jogeshwari	4-Jul-22
Tarcis D'Souza	69 years	C / 10, Kanti Welfare, M.C. Road	19-Jul-22
Sr. Jasmine Violet Fdccc	62 years	Canossa Convent, Nirmal Ashram	18-Jul-22
Nelson Lewis	72 years	11 B / 5, Takshila CHS, Off M.C.Road	22-Jul-22
Caitano Isidoro Sieiro	79 years	D 3 / 31, Greenfields, JVL R	24-Jul-22
Cynthia Pereira	75 years	D / 5, Gracious CHS, Off M.C. Road	6-Aug-22

For the 8.45 am Mass Schedule, Youth Mass Schedule and the Holy Hour Schedule
kindly look up the Parish Website: www.sacredheartandheri.net

GUIDELINES FOR SUBMISSION OF ARTICLES TO BE PUBLISHED IN THE BULLETIN

1. Articles should be sent strictly **by e-mail only to h2h.bulletin@gmail.com** to reach the Editorial Board, within the stipulated deadline, as announced in the Parish Weekly Announcements. Please do not send handwritten articles.
2. Articles written by Individuals or on behalf of Cells/Associations/Communities should compulsorily be approved by both, the Spiritual Director & the Head of the respective Cell/Association/Community. It will be their sole responsibility and discretion to ensure that the Article is factually and morally correct.
3. Articles must have an appropriate title, the full name of the author and the name and number of their community. A contact telephone number should also be mentioned so that clarification(s) if any, can be easily obtained.
4. Please ensure Articles are submitted by the prescribed date to avoid disappointment as those received after the announced deadline, would be published in the current issue, subject to availability of space. The same will not be carried forward to the next issue.
5. Articles on the activities of the parish should be restricted to a maximum of 500 words only.
6. It is important for Cells/Associations/Communities to report their activities and the Heads and Spiritual Directors of Communities/Cells/Associations should encourage their members to contribute articles to the Bulletin. A maximum of one article per person, per issue will be considered.
7. Please note that it will not be possible to entertain any request for change(s) in the Article, once submitted for publication.
8. 'The Health Space' / 'The Professional Opinion' space aim to provide guidance by experienced Professionals, from their respective fields of expertise, on various matters of importance that affect our day-to-day living. Professionals (parishioners only) with an experience of above 15 years in a particular field and are willing to contribute articles for this space; are invited to send an introductory email to h2h.bulletin@gmail.com providing your contact details and the area of your expertise after which the Editorial Team will get in touch with you. Only submissions from those who have been formally invited by the Editorial Team will be taken into consideration for this space.
9. The 'Photograph Page' is to give a visual representation of events and aims to display the variety of activities taking place in the parish, organized by the parishioners of different age groups, Cells, Associations, Communities etc. Photographs of the parish activities sent for publication should be of High-Definition quality. Please do not send Collages but only individual horizontal photographs. The discretion to publish the photographs sent will be the prerogative of the Editorial Team
10. Internet forwards or anonymous articles will not be published.
11. The Editorial Team reserves the right to edit or reject Articles as it deems appropriate.

GUIDELINES TO BOOK ADVERTISEMENTS IN THE BULLETIN

1. Booking of advertisements to be published in the Bulletin can be done at the Parish Office by paying the requisite fee by Cheque within the stipulated deadline for submission of articles as mentioned in the Parish Weekly Announcements.
2. Send an email to **h2h.bulletin@gmail.com** containing the following information:
 - Artwork of the advertisement in a vector format with any of the following file extensions only (jpeg, .ai, .eps and pdf). Word documents will not be accepted.
 - Payment Receipt Number
3. Subsequently submit a hard copy (printout) of the Artwork to the Parish Office.
4. The Editorial Team will exercise its discretion when publishing commercially supported content. The Editorial Team reserves the right to reject any promotion it deems to be misleading or controversial.

Publisher and Editorial Team
Heart To Heart
Sacred Heart Parish

PARISH PASTORAL COUNCIL (PPC) 2019-2022

I Executive Committee		
No.	Name	Designation
1	Fr. Innocent Fernandes SVD	President
2	Vincent D'souza	Vice President
3	Josephine Fernandes	Secretary
4	Titus Menezes	Jt. Secretary
5	Ida Quinny	CCO Coordinator
6	Candida Mendoza	Parish Coordinator of SCCs
II Ex-Officio Members		
No.	Name	Designation
1	Fr. Innocent Fernandes SVD	President
2	Fr. Callisto Gomes SVD	Co-Pastor
3	Fr. Ciril D'souza SVD	Co-Pastor
4	Fr. Rakesh D'souza SVD	Co-Pastor
5	Fr. Sandesh Patil SVD	Co-Pastor
6	Sr. Neeta Lopes FDCC	Canossa Convent
7	Sr. Arokia FS	Fatima Convent
9	Sr. Merlyn Karikunnel SSPs	Holy Spirit Convent
8	Fr. Brian Moras SDB	SDB
10	Fr. Moncy Xavier SVD	SVD Unit Leader
III Lay Office Bearers		
No.	Name	Designation
1	Ida Quinny	CCO Coordinator
2	Candida Mendoza	Parish Coordinator of SCCs
IV Elected Lay Representatives		
No.	Name	Designation
1	Francis Castelino	Lay Representative
2	Lucy Rocha	Lay Representative
3	Rohit Almeida	Lay Representative
4	Jayesh George	Lay Representative
5	Titus Menezes	Lay Representative
6	Anita D'sa	Lay Representative
V Nominated		
No.	Name	Designation
1	Jaison D'Mello	Youth Representative

VI Elected Community Representatives				
No.	Name	Community	Spiritual Director	Area No.
1	Theresa Nadar	Immaculate Conception	Fr. Callisto Gomes SVD	1
2	To be elected	Our Lady of Fatima	Fr. Rakesh D'souza SVD	3
3	Elayne Pereira	Holy Cross	Fr. Ciril D'souza SVD	3
4	Celine Pinto	Divya Jyoti	Fr. Sandesh Patil SVD	3
5	Sharmila Antao	St. Anthony's	Fr. Rakesh D'souza SVD	1
6	Veronica Barretto	Morning Star	Fr. Sandesh Patil SVD	1
7	Steven Dsouza	Good Shepherd	Fr. Innocent Fernandes SVD	1
8	To be elected	Infant Jesus	Fr. Ciril D'souza SVD	1
9	Roslyn Pereira	Divine Mercy	Fr. Innocent Fernandes SVD	3
10	Caroline David	St. Theresa of the Child Jesus	Fr. Callisto Gomes SVD	5
11	Shobha Nadar	Jeevan Jyoti	Fr. Ciril D'souza SVD	5
12	Lidwin Noronha	Apostles of Christ	Fr. Innocent Fernandes SVD	5
13	Theresa D'silva	Holy Family	Fr. Sandesh Patil SVD	2
14	Carmen Fernandes	Helpers of Jesus	Fr. Innocent Fernandes SVD	2
15	To be elected	Akashdeep	Fr. Callisto Gomes SVD	2
16	Tressy Peris	Our Lady of Nazareth	Fr. Sandesh Patil SVD	2
17	Marcelino Pereira	St. Dominic Savio	Fr. Rakesh D'souza SVD	4
18	Maria Nanal	Good Samaritan	Fr. Innocent Fernandes SVD	4
19	Glacxy Ferrao	Christ the King	Fr. Callisto Gomes SVD	4
20	Irene Sequeira	Dayasagar	Fr. Sandesh Patil SVD	6
21	Josephine Fernandes	St. Paul's	Fr. Ciril D'souza SVD	6
22	Anita Dsouza	Prem Sagar	Fr. Rakesh D'souza SVD	6
23	Jacintha Menezes	Shantidaan	Fr. Sandesh Patil SVD	7
24	Marilyn Barsagade	Emmanuel	Fr. Ciril D'souza SVD	7
25	Florina Dsouza	Pavan Atma	Fr. Ciril D'souza SVD	6
26	Evejin Noronha	St. Anne's	Fr. Callisto Gomes SVD	7
27	Lily Grace Dsilva	Holy Trinity	Fr. Rakesh D'souza SVD	2
28	Chris Dsouza	St. Joseph the Worker	Fr. Sandesh Patil SVD	4
29	Agnes Anil Anthony	Our Lady of Rosary	Fr. Ciril D'souza SVD	5
30	Vincent Dsouza	Shalom	Fr. Rakesh D'souza SVD	7
31	Elizabeth Chettiar	Hosanna	Fr. Rakesh D'souza SVD	6
32	Alisha D'souza	Sacred Heart	Fr. Innocent Fernandes SVD	3
33	Candida Mendoza	Yahweh's Clan	Fr. Sandesh Patil SVD	5
34	Raphael David	Mystical Rose	Fr. Ciril D'souza SVD	5
35	Leon Dsouza	Genesis	Fr. Rakesh D'souza SVD	7
36	Navin Dsouza	St Thomas, the Apostle	Fr. Sandesh Patil SVD	4

PARISH ASSOCIATION COUNCIL (PAC)

1	Clergy Team	Fr. Innocent Fernandes SVD	Parish Priest
2		Fr. Callisto Gomes SVD	Co-Pastor
3		Fr. Ciril D'souza SVD	Co-Pastor
4		Fr. Rakesh D'souza SVD	Co-Pastor
5		Fr. Sandesh Patil SVD	Co-Pastor

Sr.	Cells/Associations	Name of Head	Name of Asst. Head	Spiritual Director
1	Parish Pastoral Council	Vincent D'Souza	Josephine Fernandes	Fr. Innocent Fernandes SVD
2	Centre for Community Organisation (CCO)	Ida Quinny	Anita D'souza	Fr. Innocent Fernandes SVD
3	Small Christian Community (SCC)	Candida Mendoza	Jessie Serrao	Fr. Innocent Fernandes SVD
4	Finance Committee	Ryan D'Souza		Fr. Innocent Fernandes SVD
5	Community Welfare Fund	Necessidade Fernandes	Edward Fernandes	Fr. Innocent Fernandes SVD
6	St Vincent de Paul	Rose Almeida	Cynthia Pinto	Fr. Callisto Gomes SVD
7	Sunday School Pastoral Team	Rosita Fernandes	Philomena George	Fr. Rakesh D'souza SVD
8	Confirmation	Titus Menezes	Prakash Nazareth	Fr. Ciril D'souza SVD
9	Parish Youth Animation	to be elected	Andrew D'souza	Fr. Sandesh Patil SVD
10	Charismatic Renewal (Eng.)	Derick Fernandes	Veronica Fernandes	Fr. Ciril D'souza SVD
11	Charismatic Renewal (Konkani)	Cecilia Nazareth	Angeline Fernandes	Fr. Ciril D'souza SVD
12	Missionary Families of Christ (English)	Stephen & Maria Couthino	Alex & Lolita D'souza	Fr. Callisto Gomes SVD
13	Missionary Families of Christ (Konkani)	Peter Rodrigues	Emelia D'Souza	Fr. Ciril D'souza SVD
14	Eucharistic Ministers	Juliana D'souza	Jacintha Menezes	Fr. Ciril D'souza SVD
15	Usher's Group	Francis Castelino	Vanessa D'souza	Fr. Sandesh Patil SVD
16	Liturgy Team	Susan Noronha	Annupama Subodhan	Fr. Ciril D'souza SVD
17	Lectors Cell	Rohit Almeida	George Kidangan	Fr. Callisto Gomes SVD
18	Legion of Mary (Sr)	Trisha Fernandes		Fr. Rakesh D'souza SVD
19	Legion of Mary (Jr)	Peter D'souza	Shaun Dias	Fr. Rakesh D'souza SVD

Sr.	Cells/Associations	Name of Head	Name of Asst. Head	Spiritual Director
20	Parish Bulletin	Antonette D'Sa	Savio Rebello	Fr. Ciril / Clergy Team
21	Pre-Baptism Team	Jayesh George	Helen Veera Serrao	Fr. Innocent Fernandes SVD
22	Women's Cell	Shaillet Fernandes	Cynthia Barboza	Fr. Rakesh D'souza SVD
23	Health Cell	Dr. Roshni Crasta	Dr. John Rodrigues	Fr. Callisto Gomes SVD
24	Bombay Catholic Sabha	Bryan Dias	Osmond Pereira	Fr. Sandesh Patil SVD
25	Inter-Religious Dialogue Cell	Baptist Fernando	Ponamma Antony	Fr. Sandesh Patil SVD
26	Senior Citizen	Anita D'Sa	Janice Braganza	Fr. Callisto Gomes SVD
27	Divine Mercy	Navidade D'costa	Rosy Pereira	Fr. Sandesh Patil SVD
28	Bible Cell	Titus Menezes	Prakash Nazareth	Fr. Ciril D'souza SVD
29	Parish Youth Council	Jaison Dmello	Royston Dmello	Fr. Sandesh Patil SVD
30	Altar Servers	Nandita Fernandes	Margaret Rayneau	Fr. Rakesh D'souza SVD
31	Hope & Life Movement	Bridget Noronha	Mary Couthinho	Fr. Ciril D'souza SVD
32	Parish Cultural Committee	Rohit Almeida		Fr. Innocent Fernandes SVD
33	St Paul's Guild	Babu Durairaj	to be elected	Fr. Rakesh D'souza SVD
34	Parish Website	Rosita Dias	Rohit D'Almeida	Fr. Ciril D'souza SVD
35	Family Cell	to be elected	Joseph Mendonca	Fr. Callisto Gomes SVD
36	Parish Choirs - English	Conrad D'Sa Sylvester Peter D'Silva Osmond Pereira Marian D'souza / Jayesh George		Fr. Ciril D'souza SVD
	Parish Choir - Konkani	Tressy Peris		
	Parish Choir - Hindi	Vinod Waghmare / Barthol Palande		
	Parish Choir - Children	Jacintha D'mello		

PARISH YOUTH COUNCIL (PYC)

Executive Committee Members			
Designation	Name	Community Name	
Vice-president	Jaison D' Mello	14. Helpers of Jesus	
Secretary	Royson D' Mello	14. Helpers of Jesus	
Jt. Secretary	Joseph Aldrich Fernandes	3. Holy Cross	
No.	Community Name	PYC Member	Area
1	Immaculate Conception	To be elected	1
		To be elected	
2	Our Lady of Fatima	Ciana D' Souza	3
		To be elected	
3	Holy Cross	Aldrich Fernandes	3
		To be elected	
4	Divya Jyoti	Gwyneth Pinto	3
		Terence Fernandes	
		Sarah Stephen Rodrigues	
5	St. Anthony's	To be elected	1
		To be elected	
6	Morning Star	Steffiny D' Souza	1
		Janice Lobo	
7	Good Shepherd	Claranta Fernandes	1
		Ethan Fernandes	
8	Infant Jesus	Vitus Dias	1
		Rochelle Pereira	
9	Divine Mercy	Anoushka D' Souza	3
		Kenan D' Souza	
10	St. Theresa of Child Jesus	Karen Lobo	5
		To be elected	
11	Jeevan Jyoti	Grace Fernandes	5
		Danica D' Costa	
12	Apostles of Christ	Lazarus Fernandes	5
		Sarah Mathias	
13	Holy Family	Raizel Muntode	2
		Sasha D' Gama	
14	Helpers of Jesus	Delaina Fernandes	2
		Jaison D' Mello	
		Royson D' Mello	
15	Akashdeep	Riveria Noronha	2
		To be elected	
16	Our Lady of Nazareth	Jeson D'Souza	2
		Andriana Viegas	
17	St. Dominic Savio	Sarah D' Silva	4
		Ronan Naronah	
18	Good Samaritan	Kaylynn Rodrigues	4
		To be elected	

Area Youth Executives			
Area	Name	Area	Name
1	Janice Lobo	5	Karen Lobo
2	Andriana Viegas	6	Sara Fernandes
3	Carmelina Richann D'Souza	7	Valentina Pinto
4	Glevita D' Souza		
No.	Community Name	PYC Member	Area
19	Christ the King	Glevita D' Souza	4
		Christin Rodrigues	
20	Daya Sagar	Valencia D' Silva	6
		Sharon D' Souza	
21	St Paul's	Joshua Fernandes	6
		Mackinley Rodrigues	
22	Prem Sagar	Gloria Nikalje	6
		Danica Fernandes	
23	Shantidaan	Elvina Mascarenhas	7
		To be elected	
24	Emmanuel	Christine Nazareth	7
		Shania Rosario	
25	Pavan Atma	Crispin Quadros	6
		Rahul Vinod Waghmare	
26	St. Ann's	Reni Xavier	7
		Jason Menezes	
		Valentina Pinto	
27	Holy Trinity	Giselle George D'Mello	2
		Wilson James Goes	
		Leon Travesso	
28	St. Joseph the worker	Sharon Salvador D' Silva	4
		Daniel Jhon D' Souza	
29	Our Lady of Rosary	Pragati Toppo	5
		To be elected	
30	Shalom	Franko Fernando	7
		Saniya Saldanha	
31	Hosanna	Justin Abreo	6
		Sara Fernandes	
32	Sacred Heart	Alston Quadros	3
		Carmelina Richann D'Souza	
33	Yahweh's Clan	Roshan Fernandes	5
		Sian D'Souza	
34	Mystical Rose	To be elected	5
		To be elected	
35	Genesis	Ansyll Barboza	7
		Arnold Kiro	
36	St Thomas, the Apostle	To be elected	4
		To be elected	

PARISH ANNUAL CALENDAR (2022-2023)

Month/ Year	Date	Day	Event
Jun-22	1st - 3rd	Wednesday - Friday	Triduum in preparation of Pentecost - Bible Cell
	5th	Sunday	Pentecost
	26th	Sunday	Laity Sunday & Animator's Training Program
Jul-22	3rd	Sunday	Faith Formation Sunday
	26th	Tuesday	Parents Day
	31st	Sunday	Parents/Grand Parents Celebrations by Senior Citizens Cell
Aug-22	7th	Sunday	Vianney Sunday
	14th	Sunday	Prison Ministry Sunday
	15th	Monday	Feast of Assumption
	21st	Sunday	Celebrating Life with differently abled children & adults - CLOC
	30th	Tuesday	Day 1 - Nativity Novena
Sept-22	4th	Sunday	Celebrating Life with Teachers - CLOC
	8th	Thursday	Nativity of Our Lady
	18th	Sunday	Celebrating Life with Hope & Life Members - CLOC
Oct-22	1st	Saturday	World Elders Day - Senior Citizen Cell
	16th	Sunday	Care for Creation Contest - SCC
	23rd	Sunday	Mission Sunday
	24th - 28th	Monday - Friday	Vacation Bible Joy - Bible Cell
Nov-22	1st	Tuesday	All Saints Day
	2nd	Wednesday	All Souls Day
	13th	Sunday	PARISH DAY CELEBRATION
	20th	Sunday	Christ the King Feast
	27th	Sunday	Bible Quiz - Bible Cell (1st Sunday of Advent)

Month/ Year	Date	Day	Event
Dec-22	5th	Monday	Christmas Party for Senior Citizens - Senior Citizens cell
	15th	Sunday	Community Stars to be installed
	17th	Saturday	Christmas Extravaganza by SCC & CLOC
	18th	Sunday	Christmas party for Sun Cats - after 10.00 am Mass
	18th	Sunday	Christmas Float - Youth (5.00 pm onwards)
	19 - 21st	Monday - Wednesday	Confessions
	25th	Sunday	CHRISTMAS
Jan-23	28th	Wednesday	Celebrating life with children/infants/Parents - CLOC
	1st	Sunday	New Year
	11-13th	Wednesday - Friday	Triduum in preparation of St. Arnold's Feast
	15th	Sunday	Feast of St. Arnold Janssen
	22nd	Sunday	Word of God Sunday (Re-commissioning of the Bible Cell Team)
	22nd	Sunday	All Associations Day (CCO)
	29th	Sunday	CONFIRMATION
Feb-23	2nd	Thursday	Day of Consecrated Life
	11th	Saturday	World Day of the Sick - Health Cell
	12th	Sunday	World Marriage Day - Family Cell & MFC
	18th	Saturday	FIRST HOLY COMMUNION
	19th	Sunday	Deneary Training Program - SCC
	22nd	Wednesday	Ash Wednesday
Mar-23	8th	Wednesday	Women's Day
	7th - 10th	Monday - Thursday	English Missions (Tentative date)
	14th - 17th	Monday - Thursday	Konkani Missions (Tentative date)
Apr-23	2nd	Sunday	Palm Sunday
	3rd - 5th	Monday - Wednesday	Confessions
	9th	Sunday	EASTER SUNDAY
	16th	Sunday	Divine Mercy Sunday

INSPIRATION FROM SAINTS

St. Mariam Thresia Chiramel Mankidiyan

Feast Day: June 8th

Patron: The Congregation of the Holy Family

St. Mariam Thresia, a mystic and first stigmatic of India was born on 26 April, 1876, as the third child of Thoma and his second wife Thanda, in the famous and once well-to-do Puthenchira family of Chiramel Mankidiyan in Kerala. Mariamkutty, his first wife, died during childbirth. Thresia's grandfather sold their properties to pay the expensive dowries for each of his seven daughters' marriages which resulted in the family's poverty.

Together with their two boys and three daughters, Thoma and Thanda lived in a small thatched shed. Little Thresia named after St. Teresa of Avila, learned to love Jesus from her virtuous mother Thanda, who narrated to her Bible stories and the lives of saints. Thanda responded to Thresia's queries on divine mysteries which the little one meditated upon and treasured in her memory.

At the young age of 10, Thresia made a private vow of virginity and decided to consecrate herself to God. Thresia embraced Mother Mary as her mother when she was 12 years old, following the death of her mother. She left behind her elementary school education and began her search to discern her own vocation in life. She devised a plan to leave her home for a life of penance in the hills, but soon changed her mind and returned home to her family. She handled all sorrows, pains, and difficulties with surprising calm. When she was tortured by the devil with trials and tribulations, she was consoled by celestial visions, particularly those of the Holy Family. Fr. Joseph Vithayathil, her spiritual father, guided her on the path to sanctity and the Blessed Virgin assisted her and gave her strength in her trials. Since 1904 she desired to be called "Mariam" under the belief she saw Blessed Virgin Mary in a vision and was instructed to add it to her name.

Thresia committed her life to aid the underprivileged, the ill, the dying, and the excluded because she was endowed with a profound sensitivity and compassion for the suffering of people

and for families facing challenging circumstances. Without making any distinctions based on caste or belief, she went out to meet persons and families who were in need and paid visits to their houses. Her focus was on families who were impacted by alcoholism, immorality, and violence.

Jesus often times appeared to Thresia bruised and carrying the heavy cross. Unable to see this sight she repeatedly begged Him to allow her a full share of the cross. Filled with a deep love for the Lord, on 27 Jan 1909, Thresia was given the Stigmata in visible form but kept it hidden from public view. Thresia was also tormented by diabolical attacks and vexations throughout her life for which she was subjected to exorcisms for 3 years under the Bishop's order. She lived with religious congregations but did not feel drawn to them. She felt a need to live a life that was withdrawn and in silent union with God.

Bishop John Menachery, understanding her desire to consecrate herself totally to God, gave her permission in 1913 to build a hermitage "Ekanthabhavan" (The House of Solitude) which became the seat of the "Congregation of the Holy Family". Mariam Thresia, with three friends, founded the order which was inaugurated on 14 May 1914. Thresia was named Mother Superior by the bishop.

At first, there was a lot of opposition to their activities. However, Thresia persisted, and she continued to focus her work on families, particularly struggling, low-income families. Many young women were drawn to dedicate themselves to the new Congregation, which grew over time in size and vigour with new convents, schools, boardings and orphanages due to the reputation of her holy life and her apostolate to the family. People of many backgrounds came out to her, especially with family issues.

Due to the large crowd present during the blessing of the convent and chapel in Thumbur, a section of the sanctuary's railings collapsed and fell on Mother Mariam Thresia's leg as she knelt and prayed there. The wound got worse, and on June 8, 1926, she passed away from complications related to her diabetes. As word of Mother Mariam Thresia's holiness spread quickly, people began to travel great distances to visit her tomb.

On April 9, 2000, Saint John Paul II beatified her. Pope Francis declared Mother Mariam Thresia a saint in the Vatican on 13th October 2019. Her intercession is invoked by families in difficult circumstances and by childless couples.



PARISH VISION MISSION STATEMENT

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



Recommissioning of Animators Eucharist - Distribution of Crosses



Sit Down Mass



Parents / Grandparents Day Celebrations



Blood Donation Drive - Health Cell



Vianney Sunday Celebrations

