



Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 87

December 2022

For Private Circulation Only

The Incarnation – God's love story



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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- Caution to verify bonafides of advertisers is exhorted.

FORTHCOMING EVENTS

19th - 21st Dec	Advent Confessions : (Morning - 7.00 am to 7.30 am & 8.00 am to 9.00 am Evening - 6.00 pm to 7.00 pm & 7.30 pm to 9.00 pm)
24th Dec	Christmas Eve: Carol Singing - 9.15 pm; Vigil Mass - 10.00 pm
25th Dec	CHRISTMAS Konkani Mass - 7.30 am, English Mass - 8.45 & 10.00 am (No Evening Mass)
26th Dec	Feast of St. Stephen, Martyr
27th Dec	Feast of St. John, Apostle and Evangelist
28th Dec	Feast of Holy Innocents
30th Dec	Feast of the Holy Family, Celebrating life with Children/infants & Parents (CLOC)
31st Dec	NEW YEAR'S EVE Thanksgiving Holy Hour - 9.00 pm Holy Eucharist - 10.00 pm
1st Jan	Solemnity - Mary, Mother of God Konkani Mass - 7.30 am English Mass - 8.45 am & 10.00 am (No Evening Mass)
2nd Jan	Memorial - Sts. Basil the Great and Gregory Nazianzen, Bishop & Doctor
8th Jan	Solemnity - Epiphany of the Lord
9th Jan	Feast - Baptism of the Lord
11th - 13th Jan	Triduum in preparation for the feast of St. Arnold Janssen
14th Jan	Memorial - St. Devasahayam, Martyr
15th Jan	Feast of St. Arnold Janssen
16th Jan	Memorial - St. Joseph Vaz, Priest
17th Jan	Memorial - St. Anthony, Abbot
21st Jan	Memorial - St. Agatha, Virgin and Martyr
22nd Jan	Confirmation Word of God Sunday (Recommissioning of Bible Cell Members)
24th Jan	Memorial St. Francis de Sales, Bishop & Doctor
25th Jan	Feast - Conversion of St. Paul the Apostle
27th Jan	Memorial - Sts. Timothy and Titus, Bishops
28th Jan	Memorial - St. Thomas Aquinas, Priest & Doctor
29th Jan	All Associations Day
31st Jan	Memorial - St. John Bosco, Priest
2nd Feb	Feast - Presentation of the Lord, Day of Consecrated Life
4th Feb	Memorial - St. John De Britto, Priest and Martyr
5th Feb	Parish SCC Rally
6th Feb	Memorial - St. Paul Miki and Companions, Martyrs
7th Feb	Memorial - St. Gonsalo Gracia, Martyr
10th Feb	Memorial - St. Scholastica, Virgin
11th Feb	World day of the Sick (Health Cell)
12th Feb	World Marriage Day (Family Cell & MFC)
14th Feb	Memorial - Sts. Cyril, Monk & Methodius, Bishop
18th Feb	First Holy Communion; Memorial - St. Kuriakose Elias Chavara, Priest
19th Feb	Deanery Training programme for SCC's
22nd Feb	Ash Wednesday
8th Mar	Women's Day
6th to 8th Mar	English Missions
14th to 17th Mar	Konkani Missions
20th Mar	Solemnity - St. Joseph Spouse of the Blessed Virgin Mary
25th Mar	Solemnity - The Annunciation of the Lord

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



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FROM THE PASTOR'S DESK

Dear Parishioners,

Loving Greetings!

I thank God Almighty for the many blessings and graces He has showered upon each one of you and very specially for God's presence with our Parish. I must say that you dear parishioners of Sacred Heart are blessed with enthusiasm, dedication and zeal for the Lord Jesus Christ. We are all truly blessed to be a part of this vibrant Parish with so many activities and events happening all through this year and in the years gone by.

Though the pandemic brought life to an unprecedented standstill and churches and religious institutions had to be physically closed, yet, we at Sacred Heart Parish could remain connected with our parishioners constantly through the net-working of SCC Coordinators, Animators and the members of the Parish Pastoral Council. The members of the Clergy team and the lay partners of the Divine Word Missionaries went about doing great works of charity during the pandemic, even by risking their own lives, purely for the love of Christ and His people. We did not let the pandemic seclude us from others. Life in the Kingdom of God never comes to a standstill. Life is a mission entrusted to us by God and the mission continues!

The year 2022, brought us new hope - hope that the pandemic with its unpleasant and gloomy outlook has ended and fresh green shoots of new life with new hope began to sprout again. This was an invitation to '**Celebrate Life**'. Celebrating Life together with our fellow parishioners as God's one big family. This is how 'Celebrating Life' the theme for the year 2022 was chosen, with the objective of including each and every one of our parishioners, from every walk of life.

We celebrated life with programs for the differently abled, the domestic workers, ones who have lost their beloved spouses, the teachers and for many others. These events certainly brought about new meaning and joy to their lives. Life becomes more meaningful when we express our love and gratitude towards

others, encouraging one another with kind words. Life becomes enriched when we reach out to others in love with genuine concern and empathy. As Jesus said, **"It is more blessed to give than to receive."** (Acts 20:35)

And you, my dear friends, have been truly blessed - for all your love, support and contribution toward our Parish Community. I thank each one of you for your love, commitment and dedication and I am grateful for all the contributions you have made towards the enhancement of our Parish Community. Your generosity is truly commendable and that enabled us to celebrate our Parish Day, after a gap of two long years on 13th November 2022 with great grandeur.

The concelebrated Eucharistic banquet led by His Grace, Bishop John Rodrigues and the magnanimous gathering of around 3500 for the Holy Eucharist was a beautiful celebration of thanksgiving. I appreciate and acknowledge the wholehearted efforts put in for the cultural program and for your participation in the family meal. Each of you **"gave as you had decided in your heart, not regretfully or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work."** (2 Cor 9:7-8)

May the Lord continue to shower His blessings upon each of you and your families.

As we celebrate the birth of Jesus who is the manifestation of God's love, I, along with the Clergy team wish you a Joyful and Blessed Christmas and a graceful New Year 2023.

May the peace and blessings of Christmas be yours and may the New Year 2023, be filled with happiness!

Fr. Innocent Fernandes SVD
Parish Priest

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The Incarnation – God's love story

*Love came down at Christmas,
Love all lovely, Love Divine,
Love was born at Christmas,
Star and Angels gave the sign.*

These words of a popular Christmas Carol presents a beautiful image - Incarnate Love personified in Jesus Christ descending to the earth heralded by stars and angels.

The birth of a child is awaited with excitement, and rightly so, when the baby is born, it's a joyous event to be celebrated. Every new born child is a miracle to behold. The birth of Jesus Christ, however was no ordinary event. It was the birth of the most unique person in history. It was the Incarnation of God Himself. God and yet man in one adorable Person.

Christmas is the celebration of Jesus taking on our humanness and becoming like us in every way, but sin. This involved more than leaving Heaven's glory and entering earth's history. He came to 'save His people from their sins' (Matthew 1:21). Like a parent who risks his life to protect his children, God Himself came to rescue us. The Son of God became flesh, because there was no other way.

St. Paul called Him **"the Son of God, who loved me, and gave Himself up for me."** (*Galatians 2:20*) It meant dying in our place and paying the awful debt of our sins. There simply is no greater love. (John 15:13) His willingness to offer Himself was the summit of sacrificial love.

God proved His love conclusively and irrefutably by sending His Son into the world in order to die on the cross as an atoning sacrifice for our sins. He did this in spite of the fact that we did not deserve it. The best-loved verse in the Bible says, **"For God so loved the world..."** (*John 3:16*) which means the whole world, not in general abstract terms, but referring to each individual sinful person whom the Bible categorizes as God's enemies- people who have wilfully set themselves against Him (Romans 5:10). That is sacrificial love, the Agape Love which we celebrate at Christmas. There is nothing we can do to make Him love us anymore, and nothing we ever do will cause Him to love us any less. He loves us perfectly and completely regardless of how we perform. His love is unconditional and the love story continues eternally.

There is an air of anticipation and joy in the unique and special season of Christmas. It is not just a time for festivity and merry-making but a time to contemplate this divine love which took our Lord Jesus from the manger of Bethlehem to the Cross of Calvary.

St. Edith Stein says, **"For the Christian, mysteries are an indivisible whole. If we become immersed in one, we are led to all the others. Thus, the way from Bethlehem leads inevitably to Golgotha, from the crib to the cross."**

Therefore, Christmas is a journey to the love incarnate...because God has become man and hence man has been lifted up into the very life of God. Through the Incarnation, we are made sons and daughters of the Heavenly Father, whom we can now address as 'Abba, Father'.

As St. Paul prayed for the Ephesians, may we too "have the power to comprehend, with all the saints, what is the breadth and length and height and depth and know the love of Christ that surpasses knowledge".

This Divine love calls for a response from us. St John tells us, 'Beloved, if God so loved us, we also must love one another.' (1 John 4:11)

Jesus' love for us is the standard and source of our love. Jesus singled out two out of the many commands in the Bible as the greatest of all:

"Love the Lord your God with all your heart and with all your soul and with all your mind."

"Love your neighbour as yourself." (Matthew 22:37-39)

Jesus also told His followers, ***"Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you."***

If we dream of a better world, love is the one and only answer. Love is a strong force that can destroy the hate, selfishness and greed that we see enveloping the world today.

Love entails action and being loving towards the unloving, the destitute, the oppressed, the lonely, the elderly, the difficult members of our own families' means being Christ-like. That quality of love, Jesus said, will be the sign to outsiders that we are His disciples. In our love they must be able to glimpse His surpassing love.

As Oscar Hammerstein says,

"A bell is not a bell till you ring it. A song is not a song till you sing it. Love in your heart isn't put there to stay. Love isn't love till you give it away."

It is this message of love and hope that resonates around the world during the season of Christmas.

Keep being a blessing even when your actions seem to go unnoticed.

May the God of Love bless us all.

Fr. Sandesh Patil SVD

“

... Christmas reveals the immense love of God for humanity. From that flows also the enthusiasm, the hope of us Christians, that in our poverty we know that we are loved, we are visited, accompanied by God; and we see the world and history as the place in which we journey together with Him and amongst ourselves, towards a new heaven and a new earth.

- Pope Francis

”

***Wishing all Parishioners
a Grace-filled Christmas and
a blessed New Year 2023!***



CCO ON THE MOVE

The true meaning of Christmas is the celebration of God's ultimate gift; the birth of Jesus, the Christchild. So, enjoy the season but remember to rejoice as well! Make time for the people around you and give a helping hand to the ones in need.

The Centre for Community Organization (CCO) networks with different Cells and Associations to ensure the proper functioning of the Parish activities. Enumerated here below are the activities held by the various Cells and Associations:

The Parish Association Council (PAC) meeting was held on 29th September 2022 and was attended by the Heads of Cells and Associations. The forthcoming activities planned by the various Cells and Associations were announced.

On 28th August, 2022, Bishop Barthol Barretto celebrated the 10:00 am Mass followed by an interactive input training session for all the **Small Christian Communities (SCC)** animators and PAC members. It was well attended.

The Senior Citizens Cell conducted the following activities:

- On 27th August 2022, the Senior Citizens Cell organized a visit to the Basilica of Mount Mary, Bandra. Two busloads of about 100 Seniors made the trip.
- 1st October, being the International Day of the Elderly, the Senior Citizens cell celebrated the World Elders Day. The 7:00 pm Mass was dedicated to the Elderly, and the seniors planned and implemented the Liturgy. It was well attended as it was a scheduled mass.
- On the 1st and 2nd October, Games were organized for the Seniors of our parish titled 'Autumn Leaves' (on the lines of Minute to win it). 21 communities participated with teams comprising of 5 members each.
- 13th October, being the commemoration of the final apparition of Our Lady at Fatima, boiled gram was served to the parishioners after Mass.

The Legion of Mary organized the Rosary making competition on 30th October, 2022 with an aim to promote devotion to our Lady. 19 communities and Cells and Associations participated with enthusiasm and zeal. Community No. 14 was declared the winner and Community No. 5 and 32, the first and second runners up respectively.

The Youth ministry of Sacred Heart organized 'Splash Fiesta 2022' from 16th to 18th September, 2022. There was good participation. Community No. 7 was the winner and Community No. 35 the runners up.

BOMBAY CATHOLIC SABHA (BCS):

- On 15th Aug, 2022, the BCS organised the flag hoisting ceremony on the 75th Independence Day of our country, after the 7:30 am Mass on the church grounds.
- On 25th September, 2022, a session on the importance of Wills & Succession (Essential Estate Planning Tools) was organized by the BCS. The speaker was Adv. Sharon Pinto, our parishioner.
- On 6th November at 6:45 pm BCS organized an Awareness Talk on Cyber Crime and Cyber Security in the Community centre. The talk was well attended. The speaker was Wilson D'Souza who concluded by helping to modify the phone settings on WhatsApp to make it more secure.

Every week the Community Welfare Fund Committee in coordination with the CCO reaches out to the needy of our Parish through the **Community Welfare Fund** by filling forms for the medical, education and housing needs. The Community Welfare Team verifies and authenticates the requests and claims received through the respective PPC members in order to finalize them.

Details of Assistance/Aid provided from April 2022 to October 2022:

Education	: 35 cases
Medical Aid	: 28 cases
Housing Assistance	: 13 cases
Total	: 76 cases

The St. Vincent de Paul Society (SVP) renders help to the needy parishioners and also needy people of other faiths by providing them ration, medicine and clothing.

The Dental and Homeopathy Clinics are functioning well. We hope more people would avail of the low cost and safe treatments offered by these clinics.

The joy and delight in successfully placing unemployed people with gainful **employment** is priceless. We also have people from other faiths approaching the CCO for jobs. We are happy that we are able to place many of them in different posts like office staff in companies, house helps, cooks, drivers, day/night caretakers etc.

Eligible boys and girls intending to get married in the near future, belonging to our parish and the neighbouring parishes are registered with the CCO for prospective **Matrimonial** alliances.

All the Cells and Associations of our Parish are functioning smoothly with their various activities.

May the love of baby Jesus, bloom in each one of us during the Season of Christmas. We wish you all dear Parishioners a blessed and joy-filled Christmas and a wonderful New Year.

Ida Quinny
CCO Co-ordinator



HEARTY LAUGHTER

ANGRY WIFE'S NOTE TO HUSBAND

Your dinner is in the recipe book on page 34 and the ingredients are in the store.

RANDOM INSIGHTFUL LIFE

Apparently, when they ask you if you smoke or drink at the doctor's office, It's not an offer.

Every rule has an exception. This rule is no exception.

Intelligent people are full of doubt (I think).

War never decides who is right. War only decides who is left.

The snorers are always the ones to fall asleep first.

A bag of money can be a symbol not only of wealth but also of tremendous inflation.

Of course, I can keep secrets. But the people I tell them to obviously can't.

I'm not lazy. I'm just highly motivated to do nothing.

Doesn't expecting the unexpected make the unexpected expected?

They say good, honest work never did anybody any harm, but I don't want even the slightest risk.

He who wakes up early yawns all day long.

GENERATION GAP

Father used to walk 20 mins to save Rs. 20.

Son spends Rs. 20 to save 20 mins.

(Surprisingly both are correct!)

CULTURAL GAP

If *electricity* goes in *America* they call the powerhouse.

In *Japan*, they test the fuse,

But in *India*, they check the neighbour's house, "power gone there too, then ok!"

SENSE OF RESPONSIBILITY

A man goes to the library and asks for a book on Suicide. The Librarian looks at him and says: "hello who will return the book?"

CONVERSATIONS OVERHEARD

Sister to brother: What are you going to gift grandma on her birthday?

Brother: A football

Sister: But grandma does not play!

Brother: On my birthday she gave me the book 'Saint Companions For Each Day'

Two aliens are flying near earth. The first expressed, "The dominant life form here has developed satellite-based nuclear weapons." The second one enquired, "Are they an emerging intelligence?"

The first replied, "I don't think so, they have it aimed at themselves."

A couple drove down a country road for several miles, not saying a word. An earlier discussion had led to an argument and neither of them wanted to concede their position. As they passed a barnyard of mules, goats and pigs, the husband asked sarcastically, "Relatives of yours?" "Yep," the wife replied, "in-laws."

An elderly man is stopped by the police around 2:00 am and is asked where he is going at this time of night.

The man replies, "I am on my way to attend a lecture about gambling, hookers, alcohol abuse and the effects it has on the human body, as well as smoking, and staying out late."

The officer then asks, "Really? Who is giving that lecture at this time of night?"

The man replies, "My wife."

A man went to the police station wishing to speak with the burglar who had broken into his house the night before.

The desk sergeant replied, "You would get your chance in court."

The man replied, "No, no, no... I just want to know how he got into the house without waking my wife. I have been trying to do that for years."

The boss pulled up to work in his sweet new car this morning and the staff complimented him on it. He replied: "Well if you'll work hard, set goals, stay determined and put in long hours, I can get an even better one next year."

FACTS ABOUT THE ENGLISH LANGUAGE

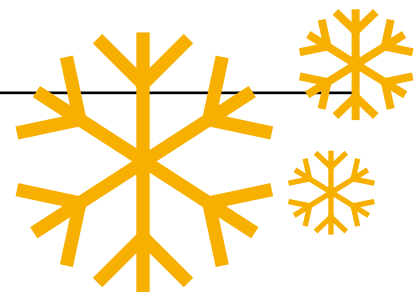
'I do.' is the shortest sentence in the English language and is also the longest.

SOME REAL LAWS OF THE UNIVERSE

CANNON'S KARMIC LAW: If you tell your boss, you were late for work because you had a flat tire, the next morning you will have a flat tyre.

O'BRIEN'S VARIATION LAW: If you change queues, the one you have left will start to move faster than the one you are in now. The same goes for car lanes.

Family Bible Quiz - December 2022



I) FIND THE TITLES OF JESUS FROM THE SCRIPTURE REFERENCES:

a.  O (John 1:1)

b. T Y (John 14:6)

c. I L (Isaiah 7:14)

d. T G E (John 10:7)

e. A E (1John 2:1)

f. T B O L E (John 6:35)

g. G S D (John 10:11)

h. A A O A (Rev 22:13)

i. L O T W D (John 8:12)

j. R K (1Cor 10:4)

k. T V E (John 15:1)

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

- The true _____, which _____ everyone, was coming into the _____. (John 1:____)
- But when the _____ of time had come, God sent His _____, born of a _____, born under the _____. (Galatians 4:_____)
- For a _____ has been born for us, a _____ given to us; _____ rests upon His _____, and He is named _____. (Isaiah 9:_____)
- May the _____ of Tarshish and of the _____ render Him _____; may the kings of _____ and _____ bring _____. (Psalm 72:_____)
- Every _____ act of giving, with every _____ gift, is from above, coming down from the _____, with whom there is no _____ or _____ due to _____. (James 1:_____)
- May the God of _____ fill you with all _____ and _____ in _____, so that you may _____ in hope by the power of the _____. (Romans 15:_____)
- _____ I leave with you; My _____ I give to you.... Do not let your hearts be _____, and do not let them be _____. (John 14:_____)
- Therefore God _____ Him even more highly and gave Him the _____ that is _____ every other name, so that at the name given to _____ every _____ should bend, in _____ and on _____ and _____ the earth (Philippians 2:_____)
- To the _____ of the ages, _____, _____ the only _____, be _____ and _____ and _____ Amen. (1Timothy 1:_____)
- _____ to God in the highest _____, and on earth _____ among those whom He _____ (Luke 2:_____)

III) SELECT THE CORRECT ANSWER:

- Which prophet said, 'Behold a virgin shall be with child and shall bring forth a son'?
a) Isaiah b) Jeremiah c) Ezekiel d) Daniel
- The angel said to Mary that Jesus would reign over the house of this Old Testament person?
a) Abraham b) David c) Jacob d) Solomon
- Who succeeded Herod after his death?
a) Caesar Augustus b) Archelaus c) Herod Antipas d) Alphaeus
- What did prophet Micah say about Jesus' birth?
a) He would be laid in a manger b) He would be raised in Nazareth c) He would be visited by shepherds d) He would be born in Bethlehem
- Who said, 'A light for revelation to the Gentiles and for glory to your people Israel' when he saw Jesus?
a) Simeon b) Zechariah c) Philip d) Joseph

IV) GUESS THE CHRISTMAS CAROL:

-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____

Full Name (Head of Family) _____

Names of Participants _____

Telephone/Mobile No _____

Community No _____ Family No. _____

Address _____

- Email the answers to h2h.bulletin@gmail.com OR drop the responses in the LETTER BOX in front of the sacristy, latest by 23rd January 2023.
- Three 3 prizes will be awarded by drawing lots from the correct entries.
- The decision of the Editorial board will be final and binding.

ANSWERS OF FAMILY QUIZ - SEP 2022

I. 1) Hannah 2) Isaac 3) Samson 4) Eve 5) David 6) Abel 7) Nehemiah

II. A) 1-c); 2-a); 3-d); 4-b)

III. B) 1-b); 2-c); 3-d); 4-a)

IV. 1. Love, sinners (Romans 5:8)
 2. salvation, trust, afraid, strength, might (Isaiah 12:2)
 3. seen, love, believe, rejoice, indescribable, glorious (1 Peter 1:8)
 4. righteousness, mercy, rebirth, renewal, Holy Spirit (Titus 1:5)
 5. dead, trespass, alive, Christ, grace, saved (Ephesians 2:5)
 6. save, God, intercession (Hebrews 7:25)
 7. slow, promise, patient, perish, repentance (2 Peter 3:9)
 8. wrath, Jesus Christ (1 Thessalonian 5:9)

V. 1-a) 2-c) 3-b)

HEARTY CONGRATULATIONS**TO THE WINNERS OF
FAMILY QUIZ - SEPTEMBER 2022****1st Prize:**

Richard, Tressy, Terina and Jestina Peris
 Community No. 16

2nd Prize:

Janelle, Renuka and Vinson Pereira
 Community No. 30

3rd Prize:

Jacinta, Belinda and Janice Menezes
 Community No. 23



Parish Activities

Senior Citizen's Pilgrimage To the Mount

"I am not old I am just a Senior with special privileges" and one of the special privileges is visiting Mount Mary's Basilica, Bandra, while everyone was still getting prepared for the Feast. With a lot of hard work and taking every little detail into consideration the Senior Citizen's Cell arranged a Special trip for the Seniors on 27th August 2022.

At 8:00 am two big buses loaded with Seniors were ready to take off, but not before Fr. Innocent Fernandes SVD, our Parish Priest blessed us with a short prayer. On the way, we sang hymns and recited the Rosary making our journey truly spiritual and comfortable. Reaching the Basilica, we followed the tradition of buying candles and wax offerings to our Heavenly Mother Mary. It was indeed a lovely feeling to be out of hibernation after two years of the pandemic and to be at the feet of Mother Mary to express our gratitude for protecting and keeping us safe.

After venerating the miraculous statue of Mother Mary of the Mount, Fr. Callisto Gomes SVD Spiritual Director of the Senior Citizens Cell celebrated a Special Eucharist, a solemn service dedicated only to the seniors. Everyone felt the presence of the Lord through the inspiring homily and participation of the congregation. After Mass, delicious snacks and tea was served in the Church Hall.

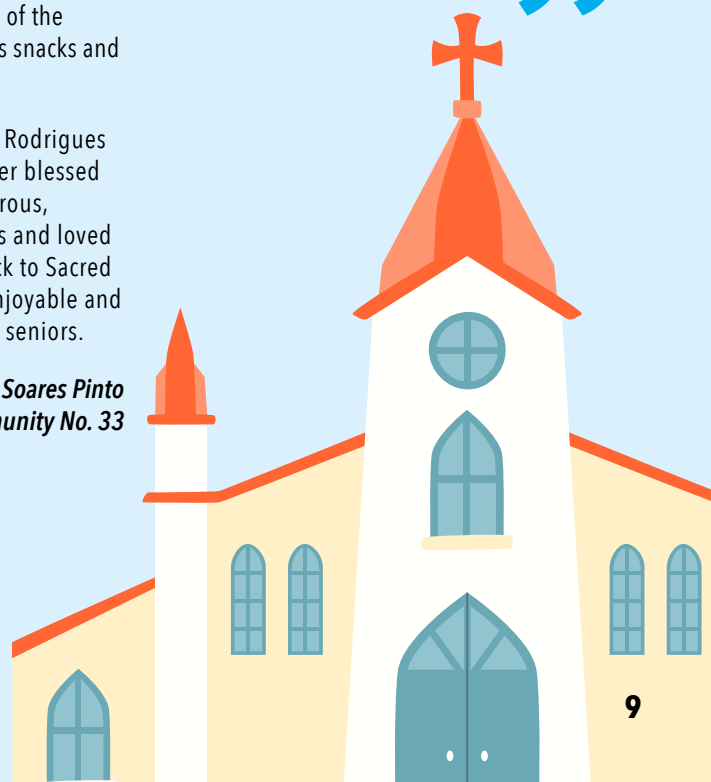
Finally, His Lordship Bishop John Rodrigues with his prayers and healing power blessed us. Everyone felt happy and generous, picking up goodies for our friends and loved ones before boarding the bus back to Sacred Heart Church. It was indeed an enjoyable and memorable experience for all the seniors.

Merlin Soares Pinto
Yahweh's Clan, Community No. 33



*This day He who is, is Born;
 and He who is becomes
 what He was not.*

- St. John Chrysostom



Celebrating Life with our Special Children and Differently Abled Persons

At Sacred Heart Andheri it's been a trend to choose a theme at the start of every calendar year which is carried forward in every Spiritual, Social and Cultural activity during the year. Our theme for 2022 is: **"Celebrating Life"**. To take this theme forward, a committee called the Celebrating Life Organising Committee, abbreviated to CLOC, was constituted. CLOC is responsible for ideating, organising and executing activities, incorporating the theme, right through the year.

On 15th August 2022, CLOC together with the Parish Clergy organised a celebration for the Special Children (SC) and Differently-Abled Persons (DAP) of the Parish along with their families / caregivers. As a run-up to the day, each SC / DAP and their families were personally contacted followed by each receiving a beautiful personalized hand-made invitation.

During the 10:00 am Mass that morning, specially dedicated to our SC / DAP and celebrated by the Spiritual Director of CLOC, Fr. Callisto Gomes SVD, he fervently interceded for these Special Children and Differently-

Abled persons, entrusting them to the care and protection of our Blessed Mother, as well as praying in a special way, all through the Eucharist, for them, their families and their caregivers. **The readings of the day were beautifully proclaimed by a visually impaired DAP and a polio survivor.** At the end of the Eucharistic Celebration, Fr. Callisto specially prayed for counsel and guidance in their dark times and in happy times, to bless and strengthen them with joy and peace and the grace to help them rise above their circumstances, placing their confidence in God's goodness and compassion.

At the "fun-&-fellowship" later it was heartening to witness our SC / DAP dance away enthusiastically to the latest Bollywood hits; their energy and unabashed moves were infectious enough to force us all onto the dance floor. Delicious refreshments, games, prizes galore and a host of takeaways, a heart-warming prayer card "Heaven's Special Child" and concluding with a hot buffet lunch made the celebration special and significant!

CLOC would like to place on record our gratitude to the Parish Clergy Team: Fr. Innocent Fernandes, our Parish Priest, Fr. Callisto Gomes, Spiritual Director of CLOC, Fr. Ciril D'Souza, Fr. Rakesh D'Souza and Fr. Sandesh Patil for their support and guidance, always! Special thanks to our Youth who willingly offered their services as DJs and photographer, for the event.

"My grace is sufficient for you, for My power is made perfect in weakness." - 2 Corinthians 12:9

We respect; we appreciate; we are proud, and We CELEBRATE THE LIFE of each and every SPECIAL CHILD & DIFFERENTLY-ABLED PERSON....THIS IS OUR PLEDGE TO THEM!!

*Candida Mendoza
Convenor, CLOC*

“Awake, mankind! For our sake God has become man...I tell you again: for your sake, God became man.

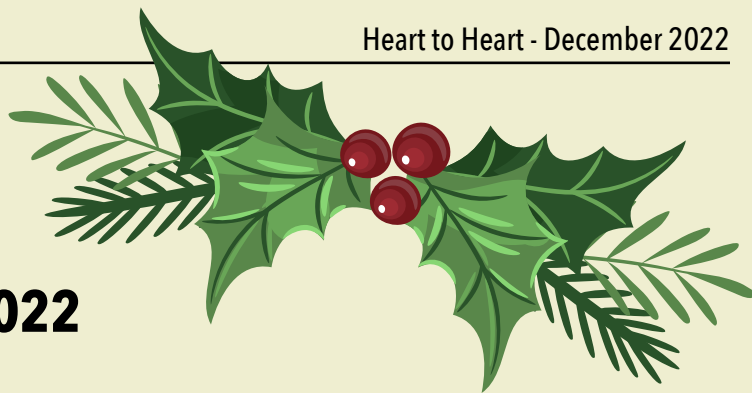
- St. Augustine

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CELEBRATING LIFE



Celebrating the Extraordinary Missionary Month - October 2022



October is recognized as World Mission Month in the Catholic Church; a time dedicated to supporting and celebrating global missionary work all over the world. We invited Divine Word Missionaries (SVD Fathers) to our parish to share their missionary experiences and increase awareness of the SVD presence in India.

Frs. Mahipal Toppo and Lucas Parkhe came from Tala, Raigad District (India Mumbai Province - INM) and shared their mission experience during the homily through a PowerPoint presentation. They work among the Kathkari Tribes and Shepherd groups (Dhangar) in the areas of Education, Women empowerment and Child development, Availing of government schemes and livelihood programs.

Frs. Clemente Miranda, Gulshan Dungdung, and Petrus Baraik from India's Guwahati Region (ING) joined us on the third and fourth weekends in October. The North Eastern region is an innate part of India, with very distinct and unique people. It is a mission region. Fathers shared their experiences of exploring the treacherous terrains and of the opportunities there and also

the challenges they faced. They are engaged in educational apostolate with schools and hostels for children, Socio-economic development for the tribal people, Dialogue with other faiths, Evangelization, etc.

The last weekend of October 2022 had Frs. Ronnie Pereira and Dixon D'Souza from India East Province (INE). They preached for all Masses and during the homily, spoke passionately about their missionary life. The documentary they presented addressed largely the areas the missionaries are committed to, viz. Pastoral care, Family apostolate, Education Ministry, Justice, Peace and Integrity of Creation, and so on. They serve tribal people and Dalits who are culturally rich but socially, economically, and educationally poor.

We, the parishioners, had the opportunity to meet these priests after Mass. They had brought along some mementoes and artefacts crafted by the tribal people for sale. The proceeds thereof were donated to the missions.

Listening to the life stories of our SVD fathers serving in tribal missions, it is evident that this is the Lord's work! Learning new languages and experiencing trials, hardships and sickness in the missions can be extremely challenging. God allows us to persevere and see His work completed through the difficult challenges we face.

We are grateful that the SVD missionaries visited our parish and spent Mission Month with us. We appreciate you.

Susan Noronha
Coordinator, Parish Liturgy Team



Christ in the flesh, rejoice with trembling and with joy; with trembling because of your sins, with joy because of your hope.

– St. Gregory Nazianzen



There was an exhibition and sale of paintings on Christian stories created by Fr. Petrus Baraik SVD. The pictures themselves communicated to the people. Many of the canvases depicted biblical narratives in the form of paintings. Fr. Petrus is pursuing his studies in Fine Arts and has created art in the form of a visual catechism. The proceeds of the sale were donated to ING Region.

Mission Sharing at Sacred Heart Church, Andheri

It was in fact a wonderful opportunity for me to share my mission work in Arunachal Pradesh at Sacred Heart Church Andheri. After spending more than a decade in the remote villages of Arunachal Pradesh, coming to Mumbai was a bit frightening. But knowing that it is at Sacred Heart Parish, Andheri, was consoling because it is a part of my extended family as a Divine Word Missionary.

When my Regional Superior asked me to travel to Mumbai for a mission sharing, I took the opportunity because I knew it would be a wonderful chance to share my faith experience as a missionary in northeast India, particularly Arunachal Pradesh. I gladly prepared myself to share whatever I have experienced during my journey as a Divine Word Missionary. As a missionary for the last fourteen years, I felt

blessed. In my reflection, I was able to relive many beautiful moments which I had experienced in my journey as a Divine Word Missionary.

I was overwhelmed to see the way people listened as I shared my experience in the mission. After the Mass, many walked up to me to express their solidarity and prayers for the missions. I really felt great being an instrument of God's love and mercy in this remote place in spite of all the hardships that I have to encounter.

Observing how our SVD lay partners (Disciples of the Divine Word) assist the missions has greatly enriched me. I was touched by their energy and enthusiasm. All through our stay, they were there to support and assist us in whatever way possible. Seeing their commitment, I felt within

me the voice calling me to strengthen my own commitment to the cause of the mission.

My journey to Sacred Heart Parish, Andheri in fact became a pilgrimage to me. I was able to witness the manifestation of God who manifests Himself to us in different people and in different situations. Happily, I journeyed back to my mission place, confirmed by the fact that the feet of the messenger, who brings good tidings to the people in the mountains, are really beautiful.

I want to express my gratitude to everyone who supported me throughout my missionary journey to Mumbai.

**Fr. Clemente Miranda SVD,
India Guwahati Region (ING)**

AUTUMN LEAVES GAMES

Ready, Steady, Go! If you think that this is all there is to games, a race or anything else for that matter, we beg to differ! Ask us, the Senior Citizen's Cell of the Sacred Heart Parish, Andheri East.

First, there is the seed of an idea, proposed by the President, then comes acceptance followed by the entire process of scoping out relevant yet interesting games, organizing details, getting things together, and putting plans into action. All this is done keeping in mind the target group. The clock HAS to be respected too!

Talk to anyone, volunteers both very young and young, participants or spectators and you will catch the anticipation and excitement of the entire Autumn Leaves Games! Forms were given out and deadlines were set and a whopping twenty-one teams were gearing up. There were people who actually bonded over trials and training! Imagine that, no one was bothered by aches and pains. Activity and movement were the buzzwords!

A colourful banner above the rigged shelter bore the words from Psalm 92 **"In old age, they will still bear fruit."** and an inspiring message: **"Age is no barrier. It's a limitation you put on your mind."** by Jackie Joyner-Kersey. The eldest participant read out the Athletes Prayer and Fr. Callisto Gomes SVD did the honours of 'Declaring the Games Open.'

The heats on Saturday the 1st of October had three games. SCOOP IT UP, BLIND PENALTIES and PENNY FOR YOUR THOUGHTS. The usual 7:00 pm Mass was celebrated for all the elderly. In line with this, we had a lovely introduction and different seniors doing the readings and the prayers of the faithful. The Choir lent its melodious voices to the prayerful atmosphere.

On day two, the 2nd of October, we had the finals. Three interestingly different games. BANGLE RUN, FASTA PASTA and TREASURE HUNT were on the agenda. The general spirit of competition, fun and joie de vivre was high and everyone was 'infected' by this fascinating spirit. We had invited Jerome Martis, President of St. Vincent de Pallotti Parish and Co-ordinator of the Andheri East deanery. He

and two parishioners Ms. Nelly and Ms. Celine graced us with their presence.

The trophies, medals and other prizes were fantastic! Everything had the gorgeous Autumn leaf logo, courtesy Conrad D'Sa. Shalom, Community No. 30; Genesis, Community No. 35 and Good Samaritan, Community No. 18, won the first, second and third place respectively. Our Lady of Nazareth, Community 16 won the prize for the Best Dressed team and Prem Sagar, Community No. 22 won the Early Bird prize.

Another prize winner was Mr. Devasia, the eldest participant aged 83, Yahweh's Clan, Community No. 33. We even had an exhibition game between our Parish Fathers in one team, the nuns from the neighboring Convents and the Holy Spirit Hospital in the other. All in all, it was a well-spent, entertaining and enlivening weekend!

Our stalwart and encouraging Parish Priest Fr. Innocent Fernandes SVD and his team have our sincere gratitude.

**Kay A. Lobo
Senior Citizen's Cell**

Animators Training Program

On the 28th of August, 2022 all the Small Christian Community (SCC) animators and Heads of Cells and Associations gathered for a training program conducted by His Grace, Bishop Barthol Barretto. The session began with the celebration of the Holy Eucharist. The theme of the readings was a call to practice humility. The reflection also brought out the reality that the values of today's society are contrary to those preached in Jesus' time.

After Mass, we assembled in the community center for refreshments prior to commencing the training program. Bishop Barthol divided the participants into groups to enable reflection and discussion on questions. The questions were themed on the workings of the SCCs, viz. how to deal with inactive leaders, leaders who take up roles for status' sake and are not committed to or do not have time for the cause, lack of Spiritual Directors for all communities / associations, low participation in church activities, etc. Each group spent time reflecting on these issues and shared their suggestions on how they could be resolved.

Following the group discussions, Bishop Barthol outlined the key qualities that an animator should possess in order to be an effective leader who works to transform the Community.

1. A leader should be a **'Believer in God'** and in communion with Him. Every leader is chosen by the Lord and has been inspired to lead His flock

2. A leader is **'A Good Listener'**, who should be engaged in actively listening to the cries of the people in the community

3. A leader should be **Accessible, Approachable** and **Accountable**. Leaders must be available to the community and accountable for the work that God has chosen them to do.

In addition to the above, the traits of humility and honesty are also essential to be an effective leader.

Bishop Barthol also reiterated the duties of the SCC Core Group. The foremost being visiting the people of the community, based on the words of scripture, **"I know My own and My own know Me" (John 10:14).**

Since we are called to lead the Lord's people, we should become aware of all the families in the community and the problems they are

facing. Leaders should be able to identify those in need of education, medical care or food and Community activities should be focused to make sure that no one is in want.

Cluster formation was the next area of focus, where Bishop Barthol advised that communities should be subdivided into smaller groups of 8-10 families each. These families should gather for monthly meetings to share the Word of God and receive updates from the leaders about the Core Group Meetings.

Lastly, there was a discussion on how 'Small Christian Communities' should eventually transform into 'Small Human Communities'. The SCCs should work to make this vision a reality in the next 5 years. The session ended with a few communities sharing their cluster formation success stories.

Marjorie Carvalho
Holy Family, Community No.13



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

Recently, we as a couple attended the Christian Life Program – “**BE ROOTED!**” organised by the MFC (Missionary families of Christ) – formerly CFC (Couples for Christ). We were deeply enriched by the weekly teaching sessions conducted by married couples belonging to the MFC. The real-life experiences and testimonies shared by them have helped us to deepen our faith in the Lord Jesus and depend on Him for everything.

We would like to share some of the learnings we benefitted from this program:

- We need to keep JESUS as the center of our lives i.e. our families, relationships, communities etc.
- We need to imitate Jesus and be Christ-like in our behavior and in everything we do, thereby being an example to those who have gone astray and leading them back to God.

- **REPENTANCE:** When we stumble and fall, Satan wants us to think that we are not good enough to get up and get back on the right path. However, from true repentance, we receive forgiveness and cleansing through the grace of Christ. The Lord helps us to change our lives, face our trials and move forward with faith as we journey back to Him and the Father.
- It helped us to know how to grow in the Spirit by making use of the following tools:
 - » Personal Prayer
 - » Daily reading of Scripture and meditating on it
 - » Service – To serve God by the way we live (Matthew 20: 26)

- » Fellowship
- » Sacraments

- We learnt the importance of the person of Holy Spirit in our lives. We need to constantly invoke the Holy Spirit to guide us in our decisions and to protect us from physical and spiritual danger. He is known as the Comforter and He can calm our fears and fill us with hope. Through His power, we are sanctified. When we live in the Spirit, we detach ourselves from all worldly things.

The sessions and testimonies have helped us to improve our personal relationship with Jesus and also improved our relationship as a couple.

Jennifer and Stefan Fernandes
Jeevan Jyoti, Community No. 11

Conference of Holy Spirit – SVP Visit to Shanti Bhavan, Kalyan

On October 24, 2022, fourteen members of the St. Vincent de Paul Conference along with our Spiritual Director, Fr. Callisto Gomes SVD, visited Shanti Bhavan, a Home for the elderly in Kalyan. It was our annual visit. We reached Shanti Bhavan at around 9:30 am and were warmly welcomed by Sr. Philomena who immediately ushered us in for breakfast. After a scrumptious breakfast we went about spending time with the 21 resident elderly men and women, talking, listening and empathizing with them with kindness.

We then assembled in the Mini Hall to play a game of Housie with the elderly. There was much fun and joy as they won prizes one by one.

We ended our visit with prayers and blessings upon each of them by our Spiritual Director.

We gifted them groceries and cash from our Conference as donation. Some of the members also gave personal contributions in cash and cheque, all of which were well received by the Home with heartfelt thanks.

All the participating members returned feeling blessed “because we came”.

Rose Almeida
President - SVP

“
That the Creator is in His creature and God is in the flesh brings dignity to man without dishonour to Him who made Him. Why then, man, are you so worthless in your own eyes and yet so precious to God?
”

– St. Peter Chrysologus

Holistic Health Meditation

"Meditation nourishes the mind in the same way that food nourishes the body." The Health Cell organized a session titled "Holistic Health Meditation" guided by Fr. Ittoop Panikulam, SVD on Sunday, the 23rd of October 2022 at 6:45 pm. Around 30 parishioners participated in the session which was conducted for a duration of an hour. Fr. Ittoop explained that meditation has been fruitful in healing people with different ailments like increased blood pressure, diabetes, coronavirus etc. He added that many parishioners

regularly attend the meditation program conducted at Dhyana Kutir. The participants were refreshed and the activity was a success. The session concluded with a vote of thanks following which refreshments were served. Our special thanks go to Fr. Ittoop Panikulam SVD and Fr. Callisto Gomes SVD, Spiritual Director, Health cell for organizing this program.

Dr. Roshni Crasta
Health Cell



“God recapitulated in Himself in ancient formation of man, that He might kill sin, deprive death of its power and vivify man.”

– St. Irenaeus

Bombay Catholic Sabha (BCS) Activities

The Parish unit of the Bombay Catholic Sabha organized the following events:

Independence Day Celebrations

On 15th August 2022, India celebrated her **75th Independence** from the British Raj which coincides with the feast of the Assumption of Mother Mary. The BCS Cell organized the flag hoisting ceremony after the 7:30 am Mass on the Church grounds. Rev. Fr. S. M. Michael SVD was the Chief Guest of the event and hoisted the tri-colour flag. Our clergy team headed by Fr. Innocent Fernandes SVD was present to grace the occasion. The National Anthem was sung and greetings were exchanged by the parishioners present.

Seminar on Wills & Succession

A session on the importance of Wills & Succession (Essential Estate Planning Tools) was organized by the (BCS) Cell on Sunday, September 25, 2022. Our Parishioner, Adv. Sharon Pinto was invited to share her expertise on the topic. She emphasized that "Estate Planning is an important and everlasting gift you can give your family" and insisted that one must not keep for tomorrow what can be achieved today.

Know Your Police

On Diwali day, a few of the BCS Cell members under the leadership of Francis Castelino visited the MIDC police station and met with Inspector Santosh Gaikwad and the constables there. It was an opportunity to thank them for the services they rendered to our parish at the various events. They were also invited to give a presentation to our parishioners on 'Know your Police'.

Alex D'souza
Bombay Catholic Sabha



Lectors.... messengers of God's love!

Venerable Bede (the patron saint of lectors) famously once affirmed, "Unfurl the sails and let God steer us where He wills." Most remarkable journeys begin when we follow where God wills and mine is no different.

On the 4th and 18th of September, 2022, two newly inducted batches of lectors were welcomed into the lectors' committee of our parish. Before the induction, the new lectors attended a training workshop conducted by Fr. Wilfred D'souza SDB. This workshop imbued in us the true motives of the lectionary and made us acknowledge the role we play to proclaim the Good News as instruments of the Holy Spirit, sharing the Lord's story of salvation and the great things God has done for us. Alongside, proclaiming the Word that consoles, heals and captures hearts. Fr. Wilfred also assisted us to improve our oratory skills.

Thereafter, under the consistent guidance of Fr. Callisto Gomes SVD, our Spiritual Director, as well as Rohit Almeida and George Kidangan, the new lectors embarked on their ministry as lectors of Sacred Heart Parish.

This journey for me and most of my fellow lectors has been an enlightening one; it has made us cherish and integrate the Word of God in our lives, boosted our confidence and helped us cultivate a shared boldness to proclaim the Good News.

Personally, my journey keeps getting better from here on.

*Claranta Fernandes
Good Shepherd, Community No.7*

Celebrating Life with our Teachers

The Celebrating Life Organizing Committee (CLOC) together with the Parish Clergy Team, invited all School and College teachers, Sunday School and Confirmation catechists, past and present, including the Nuns and Priests who are teachers in the Institutions of the parish, to a Special Eucharist, followed by a Get together on September 18, 2022.

The Holy Mass was celebrated by our Parish Priest, Fr. Innocent Fernandes SVD and celebrated by five other priests. The Sunday School Children, conducted the Liturgy and the Mass was made livelier by the melodious singing of the Children's Choir.

After Mass, about a hundred Teachers moved to the Community Center. They were welcomed by the CLOC members and given a Coloured Badge which served as the basis for forming them into teams. The badges had captions stating, '**Wonderful Teacher**', '**Kind Teacher**', '**Great Teacher**' and '**Happy Teacher**'. The words "**I touch the future and I affect eternity**", were also printed on the badge with a line for the name of the teacher to be written on it.

Fr. Callisto Gomes SVD, Spiritual Director of the CLOC, welcomed everyone and introduced the CLOC members. The Convenor of CLOC then presented the Anchors; Dr. Charles Carvalho and Dr. Fallon Menezes.

Charles and Fallon then took over and conducted group games, tailor-made for the Teachers. '**Dumb Charades**' elicited some Oscar-winning performances and clever guesses. This was followed by a Quiz, with questions, ranging from the significance of Teacher's Day to a Biblical reference on education, from the book of Exodus. The winning team was awarded a box of chocolates.

The Anchors got everyone on the floor for a game called '**Greeting Signs**' and through a process of elimination, we soon had our winners.

Spot prizes were given to the teacher with the oldest phone and the one who guessed the most common phrases used by teachers.

The teachers were then asked to share some of their experiences. They regaled us with a whole gamut of stories, from heart-wrenching to humorous. All this reaffirmed the fact that the Teacher plays such an important role in the life of a child. As it is said, **"people will forget what you said and what you did, but will never forget how you made them feel."**

Fr. Innocent, summed up the celebration and explained that the Parish wanted to honour the Teachers with a special event as they lay the foundation for our children and thanked them for coming.

One of the retired teachers in the gathering gave a 'Vote of Thanks'.

Fr. Brian Moras SDB prayed the Grace before Meals, and the celebrations ended with a scrumptious meal and some foot-tapping music for our listening and dancing pleasure.

All the action was captured on camera by a Youth volunteer.

The unexpected Finale was a Hymn, 'May God bless you', sung by Sr. Olive FdCC, a Canossian who is 84-year-old and is the oldest member of the Teaching Staff.

Indeed, May God Bless us all.

*Zelda Fernandes
Member of CLOC, Akashdeep, Community No. 15*

**"Teacher of children became
Himself a child among children,
that He might instruct the unwise.
The Bread of heaven came down to
earth to feed the hungry.**

- St. Cyril of Jerusalem



Bonding Over the Rosary

The Rosary involves a repeated recitation of simple prayers while meditating on the saving mysteries of our Lord's life. In doing so, we unite our life more closely to our Lord and seek the intercession of our Blessed Mother who leads all believers to her son Jesus.

October being the month of the Rosary, we, the Animators of Community No. 1 decided to pray the Rosary daily as a community. Our community is blessed to have a beautiful grotto of Our Lady and we met there every evening of the month and prayed the Rosary together. The Almighty God is very pleased when people gather together in prayer for the Word of God says, "For where two or three are gathered in My name, I am there among them" (Matthew 18:20).

The first few days had just a few families coming but then it got going in a big way!!

For me praying the Rosary was not only enriching my spiritual journey but also knowing and bonding with my community members. Just being there, together, every evening for four weeks in prayer got the families really close. It also provided us with an opportunity to discuss and begin planning activities, as a community, for the upcoming zonal events.

On the last day of October, for an extra special feel, we all joined together for an agape meal after the Rosary. Each family brought along a delicious home-cooked dish.

After praying the Rosary, a much-loved game of housie followed. After that, we had an amazing and delicious banquet of home-cooked food.

We are deeply grateful to Mama Mary for the love and the many graces received through her intercession. We hope many more families will join us in the coming years.

Lavina Fernandes
Animator - Immaculate Conception,
Community No.1

Legion of Mary

What is Agape Love? When Jesus was carrying His cross, wasn't Mary there praying for Him? Isn't that love too, to be strong and be there for people around us, as they carry their crosses?

Our Church had its beginnings as a small shed more than 25 years ago. From then on, the Legion of Mary has been functioning in our parish. Ladislaus Fichardo is one of the founding members of the Legion of Mary in our parish and continues to support the current Legionaries.

The Legion of Mary has its origins more than 101 years ago, having been founded in Dublin, Ireland by Frank Duff. Presently, there are about 10 million members worldwide which include both Active and Auxiliary (praying) Members. Thus, the Legion of Mary is an international association of members of the Catholic Church who serve it on a voluntary basis. It has been approved by the last six Popes and was endorsed by the Second Vatican Council. The main purpose of the Legion of Mary is to give glory to God through the sanctification of its members. The works undertaken are visiting the sick or aged, prisons, institutions such as the Cheshire home, etc. Also, we engage in other activities like picnics, camps and having reunions, etc.

The Legionaries of our parish have also taken the initiative to organize the exciting Rosary Making Competition with an aim to spread devotion to Our Lady. This year we had 19 teams participating with great zeal and enthusiasm. Community No. 14 was declared the winner and Community Nos. 5 and 32 as the first and second runners-up. The event went on smoothly for which all credit goes to Fr. Rakesh, our Spiritual Director and Roshan and Anelka, the two Legion members who have been the backbone throughout.

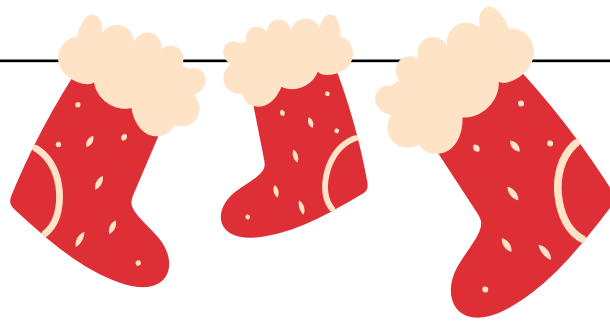
A weekly meeting for Seniors above the age of 18 is held every Sunday at 4:15 pm in Room number 1 of our Church Community Centre. We look forward to resuming the Junior Legion Group soon, for which we seek your prayers.

The Legion of Mary is thus a perfect blend of service to others and fellowship with its own members and has its own share of enjoyment. It is open to every person in the Catholic Church, may it be youth, working youth, working adult, homemaker, retired person, or Senior citizen, the Legion is for all. If you wish to know more about the legion, you may simply attend one of the Legion meetings as a visitor without any obligations.

AVE MARIA

Trisha Fernandes
President - Legion of
Mary (Seniors)





An Evening Well Spent

The Celebrating Life Organising Committee (CLOC) organized a special evening on November 4th 2022, for the members of the Hope and Life Movement and those parishioners whose loving spouses are resting with the Lord. I had never taken part in any such celebration of the Hope and Life Movement before, as I tried to keep myself busy after losing my spouse fourteen years ago. When I was invited to this evening, I was skeptical at first nevertheless I agreed to join in the celebration. And I am glad I did!

The homily by Fr. Tony Menezes SVD during the Eucharistic Celebration was very inspiring and down to earth. "Life's greatest burden" he said, ***"is not having any burden at all. 'Give' is the keyword... God gave us His only Son to give us life in abundance. In giving to others do we receive; God's love is unconditional and in sharing His love do we gain love in abundance"***.

After the Eucharistic celebration, we were divided into colour-coded groups and the games we played brought us out of our seats and made us think on our feet. The compere for the evening was full of vigour and the CLOC Team made sure that not a single person was left out.

There were over 80 attendees. Some have managed to adapt to the changed life, having gracefully accepted the loss of their spouse. Others are still coping with the loss of their spouses, some of whom departed less than a year ago. Interacting with people with similar experiences makes a lot of difference. Yes, when

one loses one's spouse, one goes through a lot of pain and emptiness, yet God's grace, care and love give a new purpose to one's life. Shared experiences and Prayer always enrich and strengthen us.

Our Parish Clergy team was present all through, interacting with everyone personally. People were relaxed with all the fun and frolic that CLOC had planned for us. Some lone elderly were very happy to be a part of this celebration of life, to meet, talk and enjoy one another's company.

To organize an evening like this needs a lot of commitment and numerous hours of planning. Our gratitude goes to our Clergy Team and CLOC for thoughtfully organizing the event for the Hope and Life members and the other parishioners. Our Parish truly believes in implementing the Archdiocesan Vision statement of "No One in Want". Many of the attendees agreed with me that CLOC did their best to give us a memorable celebration.

After the games, the co-ordinator of the Hope and Life Cell of the Parish thanked everyone after which the Grace before meals was prayed. The delicious fellowship meal and a takeaway token of a fridge magnet with a beautiful prayer on it was greatly appreciated by one and all.

On behalf of all the attendees, I offer our heartfelt thanks to our Parish Clergy team and CLOC for an "EVENING WELL SPENT".

Bernadette Fernandes
Divine Mercy, Community No. 9

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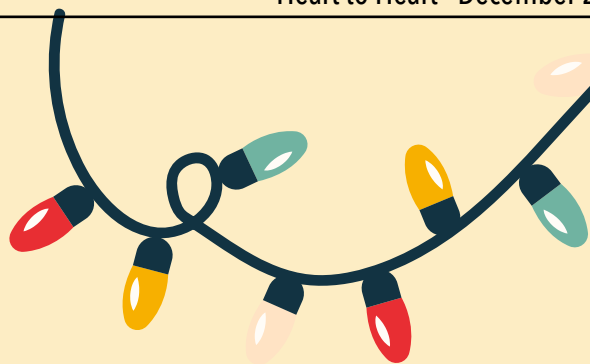
If we celebrate with such solemnity the birth of Jesus, it is to bear witness that every human being [is] somebody unique and unrepeatable... somebody thought of and chosen from eternity, some[one] called and identified by his own name. It is as it was with the first man, Adam. It is as it was with the new Adam, born of the Virgin Mary in the cave at Bethlehem: 'You shall call His name Jesus.'

- St. John Paul II

”



Parish Day Celebrations 2022



A perfect mood was set for the long-awaited Parish Day celebration; celebrated after two long years with all the grandeur, glamour and glitter combined with grace. The gloom and grim of the Pandemic were replaced with the enthusiastic, energetic and engaging endeavor in preparation for Parish Day. Parishioners of all age groups got happily involved in practicing and performing various stage shows, as expressed below:

'Children are a gift of God'. The Sunday School students performed a beautiful musical skit on Parish Day titled **'Are You Living or Existing?'** A question we all have on our minds! It comprised dances and songs along with drama. We are grateful for the guidance of our Sunday School Spiritual Director Fr. Rakesh D'souza SVD and for the cooperation of all our Sunday School Catechists. "All's well that ends well", the effort of the students, the entire team of teachers and choir masters was truly fruitful. - Gracienne Misquitta (Catechist).

Kudos to an amazing team! On Parish Day, the youth lit up the stage with our short performance titled **'Afterlife court.'** The idea sprang up months ago with just a single thought, which later built up to this hilarious show. We were 22 performers in all and those at the backstage, were a great support. After the performance, I recalled the first day when we performed the skit, it was an empty room. And today we performed before more than 2000 people. This was truly an amazing experience. All thanks to the energetic, enthusiastic team - "YOUTH FULLY ALIVE" - Jaison D'mello (Parish Youth Council).

Our **'Couples Dance'** experience is incomplete without mentioning Allwyn, our choreographer's commitment to teaching dance to the 40 plus. During practices, despite the day's exhaustion, a surge of energy coursed through us! Suddenly aching bodies and tired minds were forgotten!

After practice of around one and a half months, it was finally show time! The electric atmosphere backstage was a mixture of excitement and nervous jitters. Allwyn reminded us 'Just have fun and don't forget, It's all for JESUS.' The show is over, but we're still dancing with so much fulfilment, happiness and a sense of community. We're forever grateful. - Priya Francis (Community No. 14).

'In Sacred Heart Parish, when we hit the 60's or more we are engulfed in excitement. The reputation of the activities and shenanigans of the Seniors Cell are well known. Always lots happening. Everyone gets to hone their talents and discover new ones. Cracking laughter has been accompanying us at our practices! Taking us way back! Recalling our toddler days. The adapted skit, **The Autumn Leaves Night Nursery School**, made sure that many seniors took part. The atmosphere and bloopers were reminiscent of our school days and will be remembered for ages.' - Kay A Lobo (Community No. 14).

Our clergy team made a great hit with their super performance! We ended with **'The Family Meal'** which has always been a time of bonding between families and communities; sharing and Celebrating Life as God's Family.

*Josephine Fernandes
Coordinator - Parish Day*



For we were the purpose of His embodiment, and for our salvation He so loved human beings as to come to be and appear in a human body.

- St. Athanasius of Alexandria





Reinstatement from scaling down the celebrations

After a long two-year break of scaling down the celebrations, we have now reinstated celebrations in our Parish. The Sunday school children along with their teachers hooked up to Our Lady during the Nativity Novenas. The theme was characterising the different virtues of Mary. The children actively participated in all nine days including the feast day liturgy and brought out the theme for the day in the form of a skit, action songs and amazing props.

"Creativity is a celebration of one's grandeur", aligned with this quote a card contest was held on the theme where children got engaged and were awarded for their creative artistic work and ideas.

Soon after in the month of October, we celebrated World Mission Sunday, a moment of grace to express solidarity with the villagers in India who are struggling with poverty, violence and oppression. The parents and children played a vital role as they generously contributed homemade delicacies/food items, soft toys, games, gift articles and love offerings towards this good cause. The items were put on sale at the stall which was possible due to the rendered services of the teachers on the two consecutive days. Mission Sunday was a great success.

The most awaited event was our Annual Parish Day celebration which was celebrated with great pomp and splendour. A day of togetherness bound with love, respect and devotion.

The gathering was welcomed by our Parish priest. The Sunday school students put up a skit "Are you living or existing?" showcasing their talents in drama, action songs and dance. The preparatory work started much in advance. They were well trained under the guidance of the teachers who conducted the practice for over a month, even during Diwali Vacation. The program was concluded with partaking in the family meal where the entire parish shares a meal together.

Thus, we could build a unified team through Collaboration, Communication and Celebration!!!

Loveleena Desmond D'souza
Catechist - Std 9



DYD - Deanery Youth Day

Human beings inherently social by nature, seek out interactions with others. A key component of socialising is getting to know the other person. This leads to stronger bonds and better friendships. With the aim of encouraging the development of such bonds among the youth of the Andheri deanery, the Deanery Youth Day was conducted by the Diocesan Youth Centre (DYC). It was held at Our Lady of Health Church Hall, Sahar on 24th September 2022. The event was attended by the Parish Youth Council (PYC) and the Neighbourhood Youth Group (NYG) of our parish. The gathering was attended by the youth from both Andheri East and West Parishes.

The theme for the DYD this year was 'Mental Health'. The event commenced with a talk by Shirley Coutinho who spoke on mental health awareness and its importance. She expressed her views about depression, insecurities, inferiority complex, etc. and how they are prevalent among teenagers these days. She also suggested some solutions to these problems like talking to someone, seeking professional help, getting closer to God and believing in oneself.

Each Parish was assigned duties for the event. Our parish was allotted the task of registration. The evening was made lively by some action songs with everybody joining and dancing their hearts out. It was wonderful to see the youth singing and praising Jesus through dance. After the hectic activity, the youth refuelled themselves with some mouth-watering snacks. This was followed by an ice-breaker game which ensured that everyone interacted and made friends with the youth from parishes other than their own. A sheet of paper was provided to every person to place on their backs and everyone went about writing sincere compliments about the person on the paper anonymously. Everyone was seen interacting and making new friends. There were dance performances and skits presented by every Parish individually which was an opportunity to see and appreciate the diverse talent among the youth. The event culminated with the live band performing and ended with a fun-filled jam and do session where every person got an opportunity to display their best moves on the dance floor. It was indeed a fun-filled evening and a wholesome experience where everyone had a good time.

Danica Fernandes
PYC - Prem Sagar, Community No. 22



Ring in the season of Splash Fiesta 2022

Monsoon is the season of fun for most of us, and at our parish, the season marked the commencement of the 3 day 'Splash Fiesta Games'. The tele games were organised by the Parish Youth Council and were held from 16th to 18th September 2022 on the church grounds. The event witnessed the participation of 18 vibrant communities, all geared up for the battle of wits.

The 3-day event began with an inauguration ceremony at which the captain of every team was invited for a march followed by the oath-taking ceremony. Splash Fiesta was the brainchild of a core team that put in a lot of effort to conduct the event. They came up with exciting names that were puns on some phrases popular among Gen Z. Games like 'May the Fork be with you', 'Pearl Fishing' and 'Don't Spill' were played with much vigour. The teams gave each other a tough competition which led the audience to bet on who was leading the scoreboard.

The core team had divided the communities into three pools of 6 teams each. On Day 1, teams from Pool A and B competed with each other to get to the quarterfinals that were held on Day 2. The communities in Pool C had their chance to make it to the quarterfinals on Day 2. The enthusiasm showcased by the teams had the audience applauding and cheering for their communities. The cafeteria kept the energy of the place alive by satiating the audience with some mouth-watering snacks.

The finale of Splash Fiesta on Day 3 had everyone at the edge of their seats. The Semi-Finals culminated with a tie between the two teams. The game 'Head to Head Connection' was played by both teams to break the tie. The 15-minute break between the Semi-Finals and the Finals had the comperes keeping the audience on their toes. Many members of the audience tried their luck at a game of Bingo, while others displayed their skills at some tongue twisters.

A relay game devised by the core team was played in the Finals. The element of surprise and suspense was added to the game in order to test the team-building and strategy-making skills of the players. Each player had to complete a task depending on the category they belonged to. The promptness and vitality of the players were the factors that decided which team would come out victorious. After 20 minutes of heightened excitement, Community 7 was declared the winner of Splash Fiesta whereas Community 35 emerged as runners-up.

The event ended with the distribution of trophies, medals and cash prizes to the winners and runners-up. The vote of thanks followed and everyone was ready to call it a night. Splash Fiesta was a huge success because of the hard work of the PYC and PYAT as well as the active participation of the teams.

Janice Lobo
PYC - Morning Star, Community No. 6

DYC - Golden Jubilee Celebrations



The Diocesan Youth Center (DYC) was founded in 1972 by the late Fr. Raymond D'Silva, and it is currently headed by Deacon Ivan Fernandes.

DYC offers a leadership program called "CLAYM" - Certificate for Leadership Acumen in Youth Ministry, which I am privileged to be a part of thanks to our clergy team. This gave me the opportunity to volunteer for the event.

The DYC golden jubilee was celebrated on Sunday, October 23rd, at St. John the Evangelist Church grounds, Marol. It began with the Eucharist celebrated by Bishop Barthol Barretto, joined by nearly 60 priests and a young gathering of over 2000. Bishop Barthol stressed through practical examples the calling each youth has to rise and become a witness to Christ.

A rosary made of Inflated red and white balloons was released into the twilight sky by the parish youth representatives; it was a sight to behold. Following a short fellowship break, the comperes took over the evening.

A message by His Eminence, Oswald Cardinal Gracias, was beamed. The enthusiastic youth from Navi Mumbai enacted a skit showcasing their association with the DYC. Six priests were felicitated for their dedication and commitment to DYC including a cake cutting to honour them.

Dn Ivan Fernandes, the director of DYC, then addressed the youth, outlining his exciting journey with DYC. He concluded with a blessing prayer from His Holiness, Pope Francis, sent to the Archdiocese. The DYC anthem was performed by its members.

Open Secret, the young and energetic gospel band took over the remainder of the evening, conducting a lively jam session of gospel music and all dancing till the closing bell. The celebration concluded with a takeaway dinner box for all. It was a memorable evening!

Jason Menezes
PYC - St. Ann's, Community No. 26



The Word became flesh so that thus we might know God's love: "In this the love of God was made manifest among us, that God sent His only Son into the world, so that we might live through Him." "For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life.

- Catechism of the Catholic Church, Para 458



OUTREACH CAMP



"There is a time for everything, and a season for every activity under heaven" – Ecclesiastes 3:1

On 24th October 2022, the Youth of Sacred Heart Parish gathered for a mission outreach camp at Mangaon. The journey by bus from Mumbai to Mangaon was fun-filled and enjoyable. Before commencing our journey, we were led in prayer by Fr. Sandesh Patil SVD, our Spiritual Director. The leaders of the PYC had organised games for us on the bus while travelling. This ensured that all of the 47 youth felt comfortable and would not fall prey to boredom.

When we reached the mission station, everyone was supportive towards each other. One of the priests of Sarva Vikas Deep, the Institute where we stayed conducted an introductory session which gave us an idea of how the priests work as missionaries and help people with the grace of God. We all happily took up many chores from serving food to cleaning up the room.

We were all excited about the next activity of trekking in the mountains. It was a lengthy journey up the mountains but Fr. Sandesh kept us motivated. The beauty of the landscape enthralled us as we saw a flowing river with peaceful surroundings and the serene hilly region. The beautiful sunset was the highlight of the day and was the mise en scène for a group picture. Before we could begin our descent, we prayed holding each other's hands.

When we finally reached back, we were all tired but none of us gave in to our tiredness. Some helped to set the dinner table while others laid the chairs and tables. As we sat in a circle with the priests among us, a bonfire was set up. We introduced ourselves and learnt about each other.

The next day Fr. Sandesh celebrated Mass at 7:30 am and we all partook in the solemn Eucharistic celebration. His homily was based on the virtue of Love modelled on God's love for us which caused Him to willingly sacrifice His life for us. We then visited some villages and witnessed first-hand the life of the villagers. We also interacted with a few of them who shared their experiences and how they came in touch with Sarva Vikas Deep. Finally, we bid farewell and some of us gave them sweets which we had carried along. This brought great happiness to the children. The big smile on their faces told us that they too were excited to see us and have us visit them.

Lastly, we also visited a cave in the area which we explored. We took some pictures to treasure the experience and began our journey back home. Our experience as the youth was new, fun-filled, and enjoyable. We also made new friends and built strong bonds with each other.

We thank Fr. Sandesh for the opportunity to come and experience and explore the things beyond our restricted vision.

As the quote says,

"THE BEST VIEW COMES AFTER THE HARDEST CLIMB"

Daniel John Dsouza
PYC - St. Joseph The Worker,
Community No. 28

“

For next to God, we worship and love the Word who is from the unbegotten and ineffable God, since also He became man for our sakes, that becoming a partaker of our sufferings, He might also bring us healing.

- St. Justin Martyr

”



Health Page

STAY STRESS - FREE AND HEALTHY

The eyes of the world normally view health merely as 'physical health'. That would have been the right and the only word linked to health in the animal world. Lucky animals! They do not have to bother about anything else. They do not bother even about their own health. God thoughtfully did not install a think machine in them. Health is natural. Ill health is artificially induced. Animals do not know how to be artificial. At all times, in good times and bad times, they are themselves at their core. They do not know how to be otherwise. So when it comes to physical health, they simply supersede us. I marvel at them! They live stress-free lives and stay healthy!

There are only three things we have to do daily to remain healthy. Eat, drink and breathe. Life begins with the breath. If you do not breathe for about 6 minutes you are dead. The desire to live is born even ahead of our first breath. So, we are almost induced to breathe. Suicidal thoughts do not rhyme right with the natural inborn aspiration to live on. We do not consciously do our breathing to be alive. Breathing happens. We need to take efforts to eat and drink. So, God has created thirst and hunger. Drinking to live, we learnt before eating to survive. Survival instinct is congenital. The animals want to live, so they too breathe, drink and eat. Often the foods they munch are not from clean vessels; the water they drink can be from untidy places and the air they breathe is often from polluted areas. They do not have to take any premeditated efforts for the three unavoidable life ingredients. However, you hardly hear of any headaches and strokes in them; blood pressure or heart attacks; diabetes or depression in the animal world. They eat what they find, drink what they get and breathe the available air. The times and the measures depend totally on bodily needs and demands. And yet we know they managed even the Covid - mayhem quite well, without even wearing nose masks. They are blessed to be irresponsible. What a loss for all the pharmaceutical companies!

Just like breathing, our finest physical activities keep on happening to us effortlessly in our lives, including seeing, hearing, smelling, digesting, sleeping, dreaming and most importantly also healing which in fact is a nightly affair. From the moment, we cover ourselves with a bed sheet and close our eyelids for sleep, we are all like children and unaware of what's going on within us. About 7 solid hours of our daily life is a phase where we can hardly do anything at all to take care of ourselves. All that we know when we wake

up after such a long time is "I slept like a log, hog, dog or baby". We consciously do nothing to switch off to sleeping mode. When it comes to our daily physical repair and maintenance, sleep is the most essential and valuable natural healing tonic. Sleep teaches us that not doing anything is more important than doing anything at all for regular physical restoration and upkeep. The creator of sleep has seen to it that our minds are given no chance whatsoever to interfere with the nightly natural internal processes and procedures. That is made possible when the speed of the brain gets shifted to 12 to 8 (hertz) cycles per second. After the nightly anaesthesia is administered, the inner 'vaidyans' (Doctors) get busy with interior scanning of the entire asleep body, they do all the repair work and do whatever is needed for maintenance and upkeep. If you do not let the body sleep enough, the healing process gets short-circuited. What is incomplete adds to the stress storage.

Unlike in the cases of animals, the responsibility for health is in our hands. God leaves us free to be healthy or otherwise after providing us with all that is needed and more to live a healthy life. We are the best of doctors and healers of our bodies. God created bodies, not doctors. Our bodies never lie. They keep on informing us about all the bodily struggles, aches and pains. They want us to listen to their nonverbal true stories. If we listen to them kindly, understand their language correctly, follow the script and respond accordingly we should be able to quickly recover, repair and maintain good health. Our immediate worries are everything else except our bodies, till sickness sets in, aren't they?

Most of us experience during our ordinary days a moderate level of stress. It could emerge from the state of affairs of the workplace, of the family, of finance, religious circumstances or any other. It gets translated into the body as stress or tension. We do not call them sicknesses but simple tensions. The real health hazards are not physical. Angry thoughts and unhappy feelings go together and become flesh and blood producing a stress virus, having corresponding physiological impacts and affecting the different parts of the body, the brain, the heart, the lungs etc. The side effects of most allopathic medicines add further stress which the body has later to cope with. Initially, it would hardly be even noticeable, I suppose. However, the mustard seed grows. The leaven gets mixed with the flour. The usual victim is the poor body weighed down by stress.



Now we shall move on to a simple prescription for good health. Practising them regularly and faithfully, I was blessed to be Covid free without any vaccine.

3 fitness tips to remain stress-free and healthy

1. Breathing Exercises:

- Breathe like rabbits, fast, quick and shallow breaths for a while and then forcefully let out all the energies closeted inside the nasal cavities.
 - » Daily repeat twice the above said breath-work 5 to 7 times.
- Pant like dogs, with open mouths and loose tongues and then forcefully let out all the energies circulating around throat and chest cavities.
 - » Daily repeat twice the above said breath-work 5 to 7 times.
- Roar out like lions after filling up all the abdominal cavities with air and let go of all the tensed-up energies.
 - » Daily repeat twice the above said breath-work 5 to 7 times.
- Breathe like tortoises; taking in and out air to one's full capacity with very slow and deep breaths. (Warning: Breathing like tortoises is not recommended for those who do not want to live long lives.
 - » Daily repeat twice the above said breath-work 5 to 7 times.

2. Practice daily 20 minutes of mental calmness. That will activate the parasympathetic nerve system, improving galvanic skin resistance (GSR).
3. Spend daily about 10 minutes to consciously pass on kindness to a needy person or your own self. That will enhance the quality of salivary immunoglobulin (SIgA).

May we listen to and catch up with our bodily intelligence God has implanted in us to live stress-free and stay healthy!

Fr. Ittoop Panikulam SVD
Dhyan Kutir

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

FROM THE PARISH REGISTER



*Baptized
in Christ*

David Theknath	S/o	Dax Theknath & Christina Theknath	14-Aug-22
Keagan Zane Pires	S/o	Glen Pires & Kristine Malbiran Pires	21-Aug-22
Olivia Jass D'Mello	D/o	Francis Mathew D'Mello & Agnes Mary Pereira	11-Sep-22
Aiden Fernandes	S/o	Erwin Fernandes & Elaine Fernandes	23-Oct-22
Hazel Fernandes	D/o	Rickson Remeth Fernandes & Nancy Maria D'Cruz	23-Oct-22
Zayden Lopes	S/o	Joel Martin Lopes & Steffi Fernandes	6-Nov-22
Kyle Joseph	S/o	Ryan Joseph & Abigail Mukerjee Joseph	13-Nov-22
Leah Fernandes	D/o	Franklin Francis Fernandes & Lynette Fernandes	15-Nov-22
Liam Fernandes	S/o	Franklin Francis Fernandes & Lynette Fernandes	15-Nov-22



*United
in Christ*

Milton Mascarenhas	To	Sumika Samantara	15-Oct-22
Mohammed Navez Khan	To	Pearl Luke Lawrence	4-Nov-22
Joseph Sonar	To	Vanessa Saldanha	6-Nov-22
Ashley D'costa	To	Amantia Juan D'Souza	12-Nov-22



*Resting
in Christ*

Flossy D'Souza	82 years	A / 502, Trans Apartment	18-Aug-22
Winnifred Rodrigues	89 years	A / 204, Twin Towers CHS	26-Aug-22
Yvonne D'Souza	54 years	E 2 / 303, Bindra Tulip I	28-Aug-22
Philomena Fernandes	74 years	26 A / 22, Takshila CHS	31-Aug-22
Robert Lewis	83 years	18 B / 11, Takshila CHS	5-Sep-22
James Sequeira	77 years	18B / 02, Takshila CHS	7-Sep-22
Venitia Fernandes	50 years	302, Vaastu Labh	17-Sep-22
Alicia Alphonso Soares	41 years	E / 506, Trans Residency I	19-Sep-22
Inacio Antonio Fernandes	63 years	38, Lala Compound	26-Sep-22
Lilly Tauro	71 years	A / 13, Uttarayan	3-Oct-22
Maria Porai	74 years	A / 303, Rebello Enclave	6-Oct-22
Purnima Clement Plakal	64 years	23 / 10, Model Town CHS	10-Oct-22
Vijay Michal D'souza	49 years	Cheshire Home	12-Oct-22
Damaciano Fernandes	85 years	C / 101, Hawa Apts	15-Oct-22
Elizabeth Fernandes	77 years	B / 403, Trans Residency III	17-Oct-22
Nancy Kamath	78 years	D / 15-16, Nav Neelima CHS	25-Oct-22
Samson Soans	40 years	12 A / 21, Takshila CHS	25-Oct-22
Sr. Rufina Marayikulam	87 years	Fatima Mata Sadan	31-Oct-22
Stanislaus Fernandes	64 years	B 1 / 404, Trans Residency III	2-Nov-22
Alexander Pereira	86 years	7 A / 24, Takshila CHS	4-Nov-22
Monica Mendonsa	83 years	Home for the Aged	4-Nov-22
Philomena D'Souza	63 years	Subhash Nagar No. 1, 180, Rebello Compound	6-Nov-22
Manuelinha Dias	90 years	A-1 Flat-10 Gurutej SRA Bindra Complex	11-Nov-22
Helen Monteiro	87 years	C / 11 Gracious CHS	14-Nov-22

Inspiration from Saints

St. Maximilian Kolbe, Saint of Auschwitz

Feast day: August 14

Patron: Drug addicts, prisoners, families, and the pro-life movement

Raymond Kolbe was born on January 8, 1894, in Poland, then part of the Russian Empire. His father, Julius, was an ethnic German who worked as a weaver, and his Polish mother Maria, was a midwife. They were poor and worked hard to support their family of five sons, two of whom died in infancy.

Raymond's life was strongly influenced by a vision, he had of the Virgin Mary at age 12, developing in him a strong religious yearning. He recounted this incident: "That night I asked the Mother of God what was to become of me. Then she came to me holding two crowns, one white, the other red. She asked me if I was willing to accept either of these crowns. The white one meant that I should persevere in purity and the red that I should become a martyr. I said that I would accept them both."

In 1910, Raymond and his elder brother, Francis joined the Conventual Franciscans. Raymond chose 'Maximilian Maria' as his religious name. When WWI broke out, his father Julius Kolbe who had joined the Polish Legions was caught and hanged as a traitor by the Russians, a traumatic event for young Maximilian.

Maximilian actively promoted consecration and entrustment to Immaculate Virgin Mary and is known as the Apostle of Consecration to Mary. A year before his ordination, he organized the Militia Immaculata (Army of the Immaculate One) along with six other friars after witnessing demonstrations against Pope St. Pius X and Benedict XV. His goal was to use the intercession of Mary for the conversion of sinners and enemies of the Church, specifically, the Freemasons. Towards the end of his studies, Maximilian suffered his first bout of tuberculosis. He was in poor health for the rest of his life, but he never complained, seeing his illness as an opportunity to 'suffer for Mary.'

In 1918, Maximilian was ordained a priest. Over the next several years, Fr. Maximilian Kolbe, OFM Conventual, who had earned a doctorate in Philosophy and Theology, took on publishing. He founded a monthly periodical titled, "Rycerz Niepokalanej" (Knight of the Immaculate). He also operated a religious publishing press, founded a new Conventual Franciscan monastery and started a radio station.

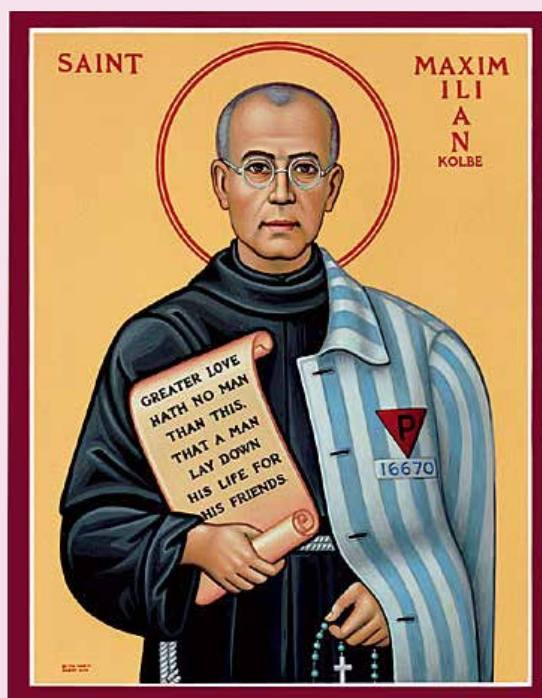
In 1930, Maximilian travelled to Japan and served as a missionary for several years. He founded a monastery on the outskirts of Nagasaki, which later survived the atomic bomb and is still prominent in the Roman Catholic Church in Japan. He also published the Japanese version of the Knight of the Immaculate. However, increasingly ill, he returned to Poland in 1936.

Once the WWII invasion of Poland by Germany began, he opened up a temporary hospital to aid those in need. He refused to sign a document that would recognize him as a German citizen with German ancestry and continued to work in his monastery, providing shelter for refugees and helped hide about 2,000 Jews from German persecution. After receiving permission to continue his religious publishing, Maximilian's monastery acted as a publishing house again, issuing a strong criticism of the Nazis.

On February 17, 1941, the monastery was shut down; Maximilian was arrested, imprisoned and then transferred to Auschwitz death camp. There as prisoner # 16670, Maximilian endured harsh abuse and harassment but never abandoned his priesthood. After about two months there, a camp prisoner escaped and as a result, ten men were chosen to face death by starvation. When one of the selected men, Franciszek Gajowniczek heard he was selected, he cried out, "My wife! My children! The 47-year-old Maximilian volunteered to take his place. Rather surprised, the commander accepted him.

Maximilian led the men in prayer and sang hymns to Our Lady. He was the last of the group to remain alive, after two weeks of dehydration and starvation. He was then executed with a lethal injection. It is said that he raised his left arm and calmly awaited death.

Maximilian died on August 14, 1941, and his remains were unceremoniously cremated on August 15, the feast day of the Assumption of Mary. He is often depicted in a prison uniform with a needle being injected into an arm. He was beatified by Pope Paul VI in 1971 and was canonized as a martyr on October 10, 1982, by Pope John Paul II. Gajowniczek who miraculously survived Auschwitz was present at Maximilian's beatification and canonization.



PARISH VISION MISSION STATEMENT

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



Bombay Catholic Sabha members visit the Police



Teachers Day Celebration by CLOC



Celebrating Life with our Special Children and Differently Abled Persons



Exhibition of paintings by Fr. Petrus Baraik SVD during the Mission Month



Winners & Runners up - Splash Fiesta



Immaculate Conception, Community No. 1 - Rosary



Autumn Leaves Games - Senior Citizen's Cell



SVP members visit to Shanti Bhavan