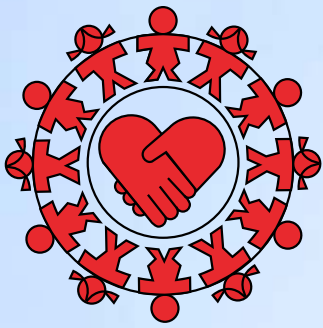




Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 90

September 2023

For Private Circulation Only

*Mother
Mary,
Glimmer
of Light*



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, Sat (10 am to 12 Noon)
Tuesday, Thursday (6 pm to 8 pm), and Sunday-Closed.

Dental Clinic: (Tel. 9324384676)

Monday to Saturday - 9.00 am to 5.00 pm

Homoeopathy Clinic:

Tuesday, Thursday and Saturday (6.00 pm to 7.30 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, 9004011807
e-mail: h2h.bulletin@gmail.com
Website: www.sacredheartandheri.net

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- Caution to verify bonafides of advertisers is exhorted.

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

15th - 17th Sept Telly Games (Evening)

20th Sept Memorial - Korean Martyrs: St. Andrew Kim & companions

21st Sept Feast - St. Matthew, Apostle & Evangelist

23rd Sept Memorial of St. Pius of Peitrelcina, Priest

27th Sept Memorial - St. Vincent de Paul, Priest

29th Sept Feast - Sts. Micheal, Gabriel & Raphael, Archangels

30th Sept Memorial - St. Jerome, Priest & Doctor

October Rosary Month

1st Oct World Elder's Day - Senior Citizen's cell

2nd Oct Memorial of Holy Guardian Angels

4th Oct Memorial of St. Francis of Assisi, Religious

7th Oct Memorial - Our Lady of the Rosary

8th Oct Marian Consecration (After 5.30 pm Mass)

17th Oct Memorial - St. Ignatius of Antioch, Bishop & Martyr

18th Oct Feast - St. Luke, Evangelist

22nd Oct Mission Sunday

28th Oct Feast - Sts. Simon and Jude, Apostles

29th Oct Rosary Making Competition - Legion of Mary

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

11th - 12th Nov Parish Day Celebration

17th Nov Memorial - St. Elizabeth of Hungary, Religious

17th - 19th Nov Outreach by Bro. Prakash D'souza in Konkani

21st Nov Memorial - Presentation of Mary

22nd Nov Memorial - St. Cecilia, Virgin & Martyr

24th Nov Memorial - Sts Andrew Dung-Lac, Priest & Martyr and Companions

26th Nov Christ The King Feast

27th Nov Youth Day

30th Nov Feast - St. Andrew, Apostle

3rd Dec The Great Bible Challenge

4th Dec Solemnity: St. Francis Xavier, Priest, **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

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



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FROM THE PASTOR'S DESK

Dear Beloved Parishioners,

I am overwhelmed to see the warm welcome extended to me on the **Induction Day**. The parishioners exuberantly participated in the prayerful liturgy during the initiation rite. I extend my gratitude to His Lordship Rev. Bishop Barthol Barretto for inducting me and officially handing over the responsibility as the shepherd of Sacred Heart Church. Deep down in my heart, I feel unworthy; nevertheless, I believe in Heavenly grace, providence, and will.

On 17th June, along with Co-Pastors Fr. Edwin Vas SVD, Fr. Callisto Gomes SVD, Fr. Sandesh Patil SVD, and Fr. Christi Selvaraj SVD, as a new pastoral team, we began our journey. All of us, inspired by the Holy Spirit, have taken responsibility for specific Cells, Associations, Zones and Communities with new zeal and enthusiasm, guided by the Spirit's newness. We also place on record the outgoing team, Fr. Innocent Fernandes SVD (the former Parish Priest), and his co-pastors Fr. Ciril Dsouza SVD and Fr. Ezekiel Rakesh Dsouza SVD, acknowledging their immense contribution to the overall growth of our parish. We wish them blessings and God's accompaniment on their journey.

As we journey through everyday life, we are faced with "nothing short of barbaric, inhumane, traumatic violence, and indifference" that exists around us. The Synodal Church calls us to be a **"Communion, Participative, and Missionary church" with vital goals of "Encounter, Listen, and Discern."** We are thus invited to be an all-inclusive church, embracing human communities.

Sacred Heart Parish is known for its missionary zeal and vibrancy. Yet, we know that we are called to be an even more outreaching and listening church, especially to those who live in the periphery of our parish. We, the Parish Team, along with religious, Parish Pastoral Council members, with the support of Small Christian Community coordinators and Parish Association Council members, have a herculean mission ahead of us – to build and ignite the spirit within us so that all of us, work in Communion with God, participate in local events, and grow as a Missionary Church in Faith and works.

We consecrate and dedicate our homes, families, communities, and the church at large to the care and protection of the Virgin Mary, Mother of God, who is the Glimmer of Light and Hope for us and our suffering world. Oh, Mother Mary, we are **"TOTUS TUUS"** (All Yours) as we embark together on our journey in communion with the whole church. The birthday of Mary, Our Mother, being the New Eve, conquered and destroyed the satanic pursuits under her feet, embracing us under her protective mantle. Let us, as much as we can, participate in the **Holy Eucharist, the Sacrament of Confession, Adoration, recitation of the Rosary, and reading of the Word Of God.** To fight spiritual warfare, we need to use spiritual weapons.

Let us look ahead with hope and a renewed commitment to inspire each other to embrace a deeper spirituality and respond to our community's needs with unwavering devotion and love for the Sacred Heart of Jesus. May the Heart of Jesus live in the hearts of all.

With lots of love and prayers,

Fr. John Mascarenhas SVD
Parish Priest

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Mother Mary, Glimmer of Light



Down through the ages people have honoured Mother Mary as a loving and caring mother and found comfort and solace through her in times of their need. She has become a symbol of hope and a glimmer of light in times of darkness. Devotees consider her as someone who understands human struggles and one who is compassionate toward those who seek her help. Therefore, she holds a special place in the hearts of people as an intercessor, especially in times of distress, illness, and uncertainty.

The devotion to Mother Mary extends beyond the boundaries of Christianity. She has become a source of strength to people of all walks of life during their dark and troubled times. She serves as a symbol of love, faith, hope, and compassion even in the darkest of times.

Mary was an ordinary young woman when God called her to be the mother of God. She was born in Nazareth, a small town. The message from the angel Gabriel that she would become the mother of God, came to her as a shock. How can she be a mother without knowing a man? It has never happened before in the history of humankind. But Mary responded with unwavering faith, saying, "Behold, I am the servant of the Lord; let it be to me according to your word" (Luke 1:38). Despite the uncertainty and potential challenges, she embraced God's plan with humility and trust, teaching us the importance of submitting ourselves to the will of God.

Mary's love and compassion are exemplified in her visit to Cousin Elizabeth, while she was expecting a child. Her Magnificat, the song of praise, expresses her deep concern for the poor, the hungry, and the oppressed (Luke 1:46-55).

She became the glimmer of light at the wedding in Cana. She had compassion for the family hosting the wedding when they ran out of wine. Sensing the situation, she wanted to save them from embarrassment and shame. So, she said to Jesus, "They have no wine" (John 2:3). Jesus told her, "Woman, what concern is that to Me and to you? My hour has not yet come." Yet, Mary believed that Jesus would listen to her request and do the needful. She told the servants, "Do

whatever He tells you." (John 2:4-5). Jesus instructed the servants to fill six jars with water. And He changed water into wine. This incident is a powerful witness to the role of Mother Mary as an advocate and mediator. It shows her maternal care for humanity. "Do whatever He tells you" is her instruction to us to listen to Jesus.

Mother Mary showed compassion to the Apostles during their time of grief after the crucifixion, and she continues to offer solace to those who turn to her in prayer. Her presence as our mother reminds us that we are not alone in our struggles. We can find strength in God's grace through her intercession.

Mother Mary constantly lived her life with hope and total trust in God. She remained steadfast in her faith even when she did not comprehend many things in her life. When her son went missing in the temple, she and Joseph had to travel back to Jerusalem. When they found Him after three days, Mary asked Him, "Son, why have you treated us like this? Your father and I have been anxiously searching for you." It seemed like He did not care for them when Jesus answered "Why were you searching for Me? Didn't you know I had to be in My Father's house?" (Lk 2: 46-49). Mary did not complain. She knew God was at work through all these events. She treasured all these things in her heart.

Mary's faith remained unshakeable. She endured the pain of witnessing her son being betrayed, criticised, punished, tortured, crucified and dead. She accepted everything as part of God's ultimate plan for redemption. Mary's faith serves as an example for us to cling to the promises of God with resolute trust.

Mother Mary will continue to shine as a beacon of hope and light and be a source of inspiration, strength, and solace to people amid hardship or adversity. Let us continue to come to her for guidance, protection, and blessings. Like her, let us keep the flame of faith and hope burning even in times of illness, despair, and uncertainty. May our devotion to Mother Mary inspire us to reach out to the needy, comfort the afflicted, and work for promoting peace and harmony among people. May she lead us closer to Christ.

*Fr. Edwin Vas SVD
Co-pastor*

CCO on the Move

Mary, Mother of God has been given to us as a model on our pilgrimage of faith, from whom we learn to surrender to God's will in all things and to trust Him even when all our hopes seem gone. As we celebrate the Nativity of our Blessed Mother Mary, we seek her blessings to help us to surrender to God's will in all the circumstances of our life.

8th September is a significant day for the **Centre for Community Organisation (CCO)**. The CCO was inaugurated on this day, which was the beginning of the many activities being undertaken in the Parish. The CCO team continues, in its own humble way, to commit to the work that it is set to perform.

As the CCO celebrates its **19th anniversary** on the *Feast of the Nativity of Our Lady*, we thank God for His immense blessings bestowed upon the entire Parish through the Centre. We also thank Mother Mary for her guidance in all our tasks and endeavours.

The events undertaken by the various Cells and Associations for the past quarter are as follows:-

The Parish Pastoral Council (PPC) meeting was held on 6th July 2023. The new Clergy team and the newly elected Parish Pastoral Council members were welcomed. The Spiritual Directors for the Communities for the current academic year were announced.

The Parish Association Council (PAC) meeting was held on 7th July 2023 and was attended by the newly elected heads of Cells and Associations. The Spiritual Directors for Cells/Associations for the current academic year were announced.

The Legion of Mary conducted the Rosary at the Grotto on 31st May 2023 at 6 pm.

The Community Welfare Committee (CWF) in coordination with the **Centre for Community Organization (CCO)** helps the needy and marginalized of our Parish who require funds for their educational, medical and housing needs.

The following are the details of assistance provided from April 2023 until the end of June 2023:

Education	-	12 cases
Medical	-	14 cases
Housing	-	10 cases
TOTAL	-	36 cases

25th June 2023 being the **Laity Sunday**, all the PPC, SCC animators and PAC members were commissioned during the 8.45 am Mass. In the evening a program was organized by the Office of Lay Collaboration in Ministry (OLCM) for all the Heads and Asst. Heads of Parish Cells and all Ecclesial Association in the Archdiocese of Bombay at Dr. Antonio D'Silva High School, Dadar. The theme of the program was "Laity Journeying into a Collaborative Church".

The Bible Cell conducts Bible study classes every Tuesday.

As part of the Year of Faith and Works, a Pentecost Mission with Healing Service was conducted from May 25th to 27th, after the evening Mass, by Fr. Benny Joseph MST from Amala Ashram, Kolhapur.

On 11th June distribution of tarpaulin sheets to the needy was organised.

A holy hour is being conducted every 4th Saturday of the month at 8 am.

The classes for those preparing for the **Sacrament of Confirmation 2023-2024** commenced on 4th June 2023.

The Parish Youth Council (PYC) organised a farewell and welcome get-together for our dearest Fathers on 18th June in the Community Centre where all the PYC, PYAT's and NYGs members gathered together to join in the celebration.

The newly elected PYCs were commissioned on 25th June during the 5:30 pm Mass followed by a talk and felicitation for the outgoing PYCs.

On the occasion of World International Day of Justice on July 17th, the Youth Ministry conducted a Rosary following the 7 pm Mass to pray for an end to the religious persecution of Christians in our country, particularly in Manipur.

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

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

The **Dental Clinic** is functioning well. The working hours are from 9:00 am to 5:00 pm on Monday to Saturday.

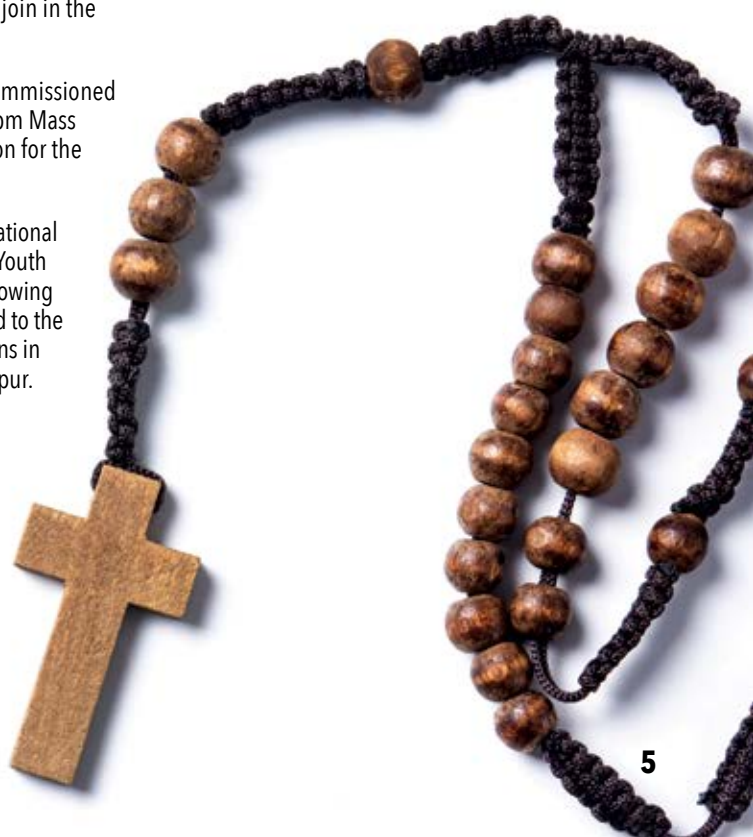
Homeopathy Clinic is functioning efficiently. The working days are Tuesday, Thursday and Saturday; timings 6:00 pm to 7:30 pm.

We also register eligible bachelors and spinsters from our parish as well as from other parishes for Matrimonial alliances.

The CCO team takes this opportunity to wish you all a very blessed and happy feast of the Nativity of the Virgin Mother Mary.

May our Blessed Mother continue to bless your family and our parish and keep us all united in the Lord.

Ida Quinny
CCO Co-ordinator



HEARTY LAUGHTER

Billboard

Two friends are driving through a town. They see a billboard saying:

Vodka + water = kidney problems;

Rum + water = liver problems;

Whiskey + water = heart issues;

Gin + water = brain damage;

Says one to the other "Dude, looks like there are some serious issues with water supply in this town".

Unnatural Calamities

Fearing an earthquake, a father sent his two boys to a distant friend's until the peril passed. A few weeks later, the man received a letter from his friend: "Please take your boys home and send the earthquake."

Thinking aloud

My Doctor just advised me to quit drinking. This is going to be really difficult and a big adjustment...I've been with this Doctor for 35 years.

If you think you are smarter than the previous generation

50 years ago the owners manual of a car showed how to adjust the valves. Today it warns you not to drink the contents of the battery.

Smart Moves

Duffy: I saw a book called 'How to solve 50% of your problems' so I brought two books.

Smarty: Idiot, You should have bought one book and read it twice.

Danny received a wedding invite. In the end it was printed. Your presence itself is a gift. We don't want any gifts at the wedding. He read it again and again, Finally he came to the conclusion he was not invited and decided not to attend.

Fairy Tale

"Daddy," a little girl asked her father, "do all fairy tales begin with 'Once upon a time'?"

"No, sweetheart," he answered. "Some begin with 'If I am elected.'"

Little Details Matter

A lady went to the doctor because she had been struggling to lose weight.

She had tried all kinds of diets, pills and exercise programs with no success. The doctor said, "don't worry; I have a special remedy that is sure to work. Just eat a small piece of sesame cracker with unsweetened tea three times a day for three weeks. Then check in with me on your progress."

The lady was excited, but when she got home, she called the doctor because she had forgotten one detail.

"Do I take the sesame cracker and tea before or after meals?"

It's So Simple

A renowned philosopher was held in high regard by his driver, who listened in awe as his boss lectured and answered difficult questions about the nature of things and the meaning of life.

Then, one day, the driver approached the philosopher and asked if he was willing to switch roles for just one evening. The philosopher agreed, and, for a while, the driver handled himself remarkably well.

However, when the time came for questions, someone at the back of the room asked him, "Is the epistemological meta-narrative that you seem to espouse compatible with a teleological account of the universe?"

"That's an extremely simple question," he replied. "So simple, in fact, that even my driver could answer it."

Smart Healing

A man decides to start a business

He puts a billboard on the door saying "If we can cure you, you have to pay 100 dollars, if we can't you get 500 dollars"

A doctor sees the billboard and decides to get in and win 500 dollars.

He says that his sense of taste is gone.

The man says to his assistant: Can you please give him the medicine Nr.23?

The doctor drinks it and immediately spits it and yells: This is gasoline

The man then says: Great your taste is back now give us 100 dollars.

The doctor comes back the next day and says: My sense of hearing is gone, I can't hear anything

The man says to his assistant: Can you please give him the medicine Nr.23?

The doctor says: No not the gasoline

The man says: Great your hearing is back now give us 100 dollars.

The doctor comes back the next day and says: My sense of sight is gone, I can't see anything

The man says i'm sorry we can't cure that, here's 500 dollars, and hands him 20 dollars

The doctor says: This is only 20 dollars

The man replies: *Great your sight is back now give us 100 dollars*

Family Bible Quiz: September 2023

I) SELECT THE CORRECT ANSWER:

- Which woman in the bible is said to have the first set of twins?
a. Ruth b. Tamar c. Rebecca d. Sarah
- Which woman pleaded for her husband's life when David wanted to kill him because he refused to offer supplies even though it was customary to provide for travellers?
a. Abigail b. Esther c. Eunice d. Deborah
- The aged Jewish Prophetess who prophesied about Jesus at the Temple?
a. Lydia b. Anna c. Phoebe d. Tabitha
- Which one of the following did not help her sister to prepare food while she sat and spoke to Jesus
a. Julia b. Elizabeth c. Salome d. Mary
- Which woman gave birth to the wisest King in the bible?
a. Bernice b. Bilhah c. Bathsheba d. Hephziba
- Which woman longed for attention from her husband because her father tricked her husband into getting married to her instead of her sister?
a. Lydia b. Priscilla c. Naomi d. Leah

II) Pick out the associated Marian title from the brackets

(Marian titles:- Our Lady of Fatima, Our Lady of Tears, Our Lady of Knock, Our Lady of Lourdes, Our Lady of Salette, Our Lady of the Miraculous Medal, Our Lady of Akita, Our Lady of Mount Carmel, Our Lady of Good Health, Rosa Mystica, Our Lady of Guadalupe)

- In India, a beautiful woman, carrying a child, is said to have appeared, and asked the boy for some milk to feed her child, which he gave. When he reached the home for his milk delivery, he apologized for the delay and that there would be less milk in his pot. But when they opened the lid of the milk pot, the container was brimming with milk.

- Apparition to Juan Diego, during which Our Lady asked him to build a church at that spot. _____

- Apparition to Sister Agnes Katusko, who reported to hearing messages from Our Lady even though she was deaf.

- Apparition to a 14 year old shepherd girl, while she was gathering firewood. She was told by Our Lady of a location of a spring, which promised miraculous healing from its waters.

III) Read the chapters given in the bracket and complete the bible verse. Also mention the verse. (Luke 1, Matthew 1, John 19):

- And Mary said, "Behold, I am the servant of _____"
- And Mary said, "My soul magnifies the Lord _____"
- When Jesus saw His mother and the disciple whom He loved standing nearby, He said to His mother, _____
- And the angel answered her, "The Holy Spirit will _____"
- When His mother Mary had been betrothed to Joseph, before they came together she was _____
- All this took place to fulfill what the Lord _____

IV) Mention the appropriate Feast dates from the options given

(January 1, February 11, March 25, May 13, July 16, August 15, August 22, September 8, October 7, December 8, December 12)

- Solemnity of Mary, Mother of God _____
- Birth of Mary _____
- Queenship of Mary _____
- Our Lady of the Rosary _____
- Our Lady of Mount Carmel _____

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 01st October, 2023.
- Three 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 - JUNE 2023

- I. 1) The Passion of Christ
2) A symbol of the divine love
3) Jesus's love for humanity
- II. 1) Sacred Heart of Jesus 4) Priests
2) Secure refuge 5) In my heart
3) Lukewarm 6) Sinners
- III. 1) The Prodigal son - Luke 15:11-32
2) Judgement of Solomon - 1 Kings 3:16-27
3) The first sin and its punishment - Genesis 3:1-19
4) Story of Jonah - Jonah 1-3
5) God tested Abraham - Genesis 22:1-13
- IV. 1) Ps 51:10 5) Ps 34:18
2) Ps 73:26 6) Ps 20:4
3) Ps 37:4 7) Ps 19:14
4) Ps 9:1

HEARTY CONGRATULATIONS

TO THE WINNERS OF FAMILY QUIZ - JUNE 2023

1st Prize:

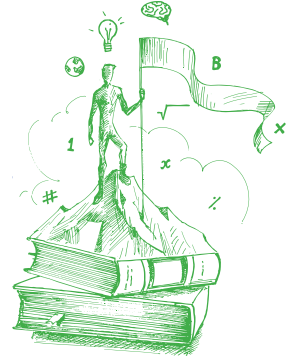
Evone, Raphael, Bethany, Mary Dsouza
Family No : 1714, Community No. 21

2nd Prize:

Vanessa, Aaron, Austin Alva
Family No : 2361, Community No. 25

3rd Prize:

Daniel, Ashley, Derwyn Dpenha
Family No : 2067, Community No. 31



PARISH ACTIVITIES

Year Of Faith And Work

(Activities Carried Out In May And June 2023)

Pentecost Mission 2023

As a part of the Year of Faith and Works, the Bible Cell planned a Parish-level Pentecost Mission from May 25th to May 27th, 2023. We were privileged to have Fr. Benny Joseph, MST from Amala Ashram, Kolhapur to conduct the three-day sessions, after the evening Mass. Fr. Benny is gifted with the charisms of Healing and Deliverance as well as the Word of wisdom and the Word of knowledge.

Truly, we were blessed to have Fr. Benny in our midst as we witnessed physical as well as spiritual healings take place during the preaching of the Word of God and at the individual and family Counselling sessions. Fr. Benny also led the Holy Hour in Marathi on the fourth Saturday of May.

We thank and praise God for the outpouring of His abounding love on us through the Holy Spirit.

Charlotte Lobo
Divine Mercy, Community No. 9

Helping the Needy

As part of the Year of Faith and Works, the Bible Cell in association with Anthony Rocha, Vishal Mendonca (a Dominic Savio Alumni) and Marathe Prasad (a Social Worker at Aarey), tarpaulin sheets were distributed on 11th June to the needy people of Peru Baug and Khadak Pada in Aarey, Goregaon East.

The Bible Cell thanks all the benefactors who made this Faith and Works initiative possible. We look forward to many more such initiatives in the future.

Joseph Chettiar
Immaculate Conception, Community No. 1



This most holy, sweet and worthy name was eminently fitted to so holy, sweet and worthy a virgin. For Mary means a bitter sea, star of the sea, the illuminated or illuminatrix. Mary is interpreted Lady. Mary is a bitter sea to the demons; to men she is the Star of the sea; to the Angels she is illuminatrix, and to all creatures she is Lady.

- St. Bonaventure



New Beginnings - Induction Rite of Rev. Fr. John Mascarenhas SVD

Overview

Saturday, the 17th of June 2023, was a "red-letter day" for the parishioners of Sacred Heart, Andheri; it was the day Fr. John Mascarenhas SVD was inducted as the new Parish Priest. The induction of a new Parish Priest is a significant event in the life of a Parish. For the Parish Priest, it is a new sphere of Pastoral work; for the Parishioners it is a new chapter in the worship and life of the entire community. His Lordship, Bishop Barthol Barretto, presided over the Eucharistic Celebration and the Induction Rite.

Induction Rite

The Eucharistic Celebration at 7:00 pm included the Induction Rite. The entrance procession comprised the Lectors carrying the Book of Gospels, the Altar Servers, the Priests and finally, Fr. John and Bishop Barthol walking together.

Fr. Sandesh Patil, the commentator for the evening warmly welcomed Bishop Barthol and ably explained every stage of the Eucharistic Celebration and the Induction Rite.

Invoking the Lord's name, Bishop Barthol then requested for the Appointment Letter of Fr. John Mascarenhas SVD, in-charge of Sacred Heart Parish, Andheri East, to be read. Fr. Raja Reddy SVD, Provisio Canonica, performed the task.

Continuing with Holy Mass, it was time for the Book of the Gospels to be presented to Fr. John, symbolic of receiving the Ministry to break the Word of God to the Parish Community.

Post the homily preached by Bishop Barthol, Fr. John as the new Priest-in-charge, was invited to renew the promises made at his ordination years ago and most especially to always be a loving father, a gentle shepherd and a wise teacher to the Parish Community. He promised once again to:

- Be a trusted collaborator of the order of Bishops
- Ceaselessly care for his flock under the guidance of the Holy Spirit
- Celebrate the Mysteries of Christ for the glory of God and the sanctification of the Christian people according to the tradition of the Church, with piety and fidelity
- Fulfil the ministry of the Word by the preaching of the Gospel and the teaching of the Catholic Faith, worthily and wisely
- Unite more closely day by day to Christ the Eternal High Priest
- Be reverent and obedient to the Bishop and his successors

Professing his Faith and taking the Oath of Office Fr. John committed to remain faithful to the Church and her teachings.

Symbolic Presentation of Duties

Concluding the Induction Rite was the Symbolic presentation of duties. This included handing over the keys of the Tabernacle and Ciborium, placing the Ciborium and incensing the Blessed Sacrament, a tour of the Baptistry and the Confessional, handing over the Sacramental Registers and the Keys of the Church and finally being led to the Lectern.

The sacred Rite of Induction and Holy Mass concluded with Fr. John addressing the congregation as the **"newly appointed Parish Priest of Sacred Heart, Andheri"**.

*Candida Mendoza
Yahweh's Clan, Community No. 33*

“
Mary means Star of the sea, for as mariners are guided to port by the ocean star, so Christians attain to glory through Mary's maternal intercession.

- St. Thomas Aquinas



With Love and Profound Gratitude

***"You have earned our utmost love.
Your ministry has touched countless lives.
You made the conversation easy and
your words have uplifted hearts.
Your compassion has brought comfort.
Your faith has strengthened souls.
Thank you for being with us and
being so honest and true to God's Word.
You will continue to be in our prayers.
May God be with you always."***

These are only a few of the sentiments written on the picture frame that was presented to Fr. Innocent Fernandes SVD, our beloved Parish Priest, on the occasion of his Farewell Mass on June 18, 2023. He served the Sacred Heart Parish Community for a total of 19 years; as co-pastor from 1993-1997, 2002-2005, 2011-2017, and as our Parish Priest from 2017 to 2023. Fr. Innocent has been appointed as the Rector at SVD Mission Seminary, Goa.

Together with Fr. Innocent we also thanked God for the dedicated ministry of our co-pastors, Fr. Ciril D'Souza SVD and Fr. Ezekiel Rakesh D'Souza SVD to our Community. With mixed emotions, we extended our warmest gratitude and offered our earnest prayers as we bid farewell to them. Fr. Ciril is appointed as Rector and Head of the Department of Music and Dance Academy at Shishyalaya, SVD Seminary in Giriz, Vasai, and Fr. Rakesh as Treasurer and Moderator of the Mission in Bailhongal, Belgium.

The Solemnity of the Sacred Heart of Jesus was celebrated together with the Farewell Liturgy. In his homily, Fr. Innocent spoke about the love of Jesus for us. Jesus challenges us to show others the same love that God shows us. This is the teaching of the Most Sacred Heart of Jesus. It is now our turn to share what God has given us with the rest of the world.

Our new Parish Priest, Fr. John Mascarenhas SVD congratulated Fr. Innocent for his untiring service to Sacred Heart Parish and the parishioners

for their voluminous attendance at this special farewell liturgy service. Fr. Rakesh, Fr. Ciril, and Fr. Innocent's contributions were graciously acknowledged and appreciated. The outgoing and incoming priests were each, presented a bouquet of flowers during the farewell.

Then, on behalf of the parishioners, Fr. John presented Stoles (Liturgical vestments signifying priestly authority) to Frs. Innocent, Ciril, and Rakesh and handed Fr. Innocent a picture frame. It was a profound emotional moment. Many of those present were moved to tears. Even though saying goodbye to them has been tough, we must recognize that they are required elsewhere to carry on Jesus' mission.

In our hearts, you will always remain an integral part of our Parish family. Farewell, dear Fathers - Innocent, Ciril, and Rakesh, and thank you for being a guiding light in our lives.

***Susan Noronha
Good Shepherd, Community, No. 7***

With Gratitude to Our Priests

On the joyful occasion of Vianney Sunday on 6th August, we the lay faithful seized the opportunity to express our utmost appreciation, affection, and gratitude to our beloved priests. The Parish Pastoral Council (PPC) members, along with the Small Christian Community (SCC) Coordinators and Parish Association Council (PAC) members, came together to make this day a memorable one for our Parish clergy team - Fr. John Mascarenhas SVD, Fr. Edwin Vas SVD, Fr. Callisto Gomes SVD, Fr. Sandesh Patil SVD, and Fr. Christi Selvaraj SVD.

On 4th August 2023, the Feast day of St. John Marie Vianney - the Patron saint of all priests the church was adorned with beautiful floral arrangements around the icon of St. John Marie Vianney. A special prayer was offered for the priests during all the Masses from August 4th to 6th.

The Vianney Sunday feast Mass at 8:45 am was celebrated by our Parish priest, Fr. John, with the clergy team and Fr. Laiju Varkey SVD as concelebrants. Fr. John briefly recounted the life of St. John Marie Vianney in his inspiring homily, which highlighted the fact

that a priest is, after all, a 'human' with all his strengths and weaknesses. The feast is a reminder of our responsibility to pray for all our brother priests.

Towards the end of the Mass, there was a felicitation ceremony, led by the PPC Secretary. With genuine warmth, the priests were wished a happy special day, and their countless virtues were lauded. As a heartfelt gesture of love and gratitude, each priest was presented with a scroll and a beautiful flower bouquet.

The celebration then moved to the Community Centre of our Parish for a luncheon party; which was meticulously planned by a dedicated committee of PPC members. The priests were warmly ushered into the hall by the enthusiastic PPC, SCC, and PAC members, joyfully marching to the tune of "When the Saints Go Marching In."

The joyous atmosphere peaked as they gathered around the table, for the ceremonial cutting of the cake bearing the heartfelt message, ***"Show me the way to***

Ars, and I'll show you the way to heaven - The Cure of Ars". All present joined their voices for a heartfelt Happy Feast Day song, which filled the hall with the spirit of love and appreciation for our beloved priests and set the tone for the celebrations.

A dedicated PPC member and her spouse compered the show and delighted everyone with a variety of engaging group games that were thoroughly enjoyed by all. Additionally, there were rounds of spot prizes, adding an element of brain-teasing fun to the festivities. The VP-turned-DJ delighted us with groovy and foot-tapping retro music, transporting us to a bygone era of pure enjoyment.

The festivities concluded with a heartfelt thank-you speech, followed by the grace before meals offered by Fr. Edwin. The scrumptious buffet was a delightful spread, satisfying everyone's appetite. The celebrations came to an end with a few words of gratitude by Fr. John, our Parish Priest.

***Gertrude Rodrigues
PPC, Morning Star, Community No. 6***

Testimonials on Bible Basics Sessions

The Bible Cell conducted Bible Basics, a series of foundational sessions that began on 20th June 2023, for all who desired to learn the Bible afresh. The following are the testimonials of two participants:

NOT MERELY A BIBLE OWNER ANYMORE

I am sure that just like me, you too would have asked yourselves questions along the lines of 'I pray daily, so do I really need to read The Word every day?' or 'I love Jesus; so, isn't it enough that I read only the New Testament? I found my answers in the Bible Basics sessions!

With these classes presided over by experienced and qualified teachers, one would understand not only the deep, hidden meaning of a single word or verse in the Bible but also how the teachings are as relevant today as they were back then.

Before the classes, I read "The Word" daily. However, I merely read the words written in English. It is through the classes that I have learned to reflect, meditate, and apply what I read. You would be surprised at how the words you read can impact your thinking ONCE you have been taught HOW to read The Bible.

In one session, we were comparing Abraham's "sacrifice" of his only son Isaac with God's offering of His only Son, Jesus Christ, crucified FOR MY SINS. That session moved me immensely! Suddenly it all made sense. I could not have reached that epiphany without joining the Bible Study Class. These 60 minutes are all that I need to reset my mental and physical health.

The Bible class has helped me realize just how much I am truly loved and valued. I have come to believe that being a good Christian is the basis for being good at anything! How do I become a good Christian; one might ask? I think reading what God has said and done is a good place to start.

The grass withers and the flower fades, but The Word of MY God WILL stand forever (Isa 40:8).

I am not just a Bible owner anymore; I am a diligent student of the Bible. What about you?

Jacinta Tigga

Good Samaritan, Community No. 18

JOURNEY TO A HEALTHY SPIRITUAL LIFE

I was always curious to learn about the Bible but I didn't really know where to start. Sometimes, I'd try to read the scriptures but didn't quite understand it. Then I heard that the Bible Cell was planning on having sessions called Bible Basics and I decided to join.

These sessions covered basic topics like the Fall, God's everlasting love, and Salvation to deeper subjects like Sin and Reconciliation. These sessions have not only been informative but also practical, and this has helped me grow in my personal relationship with the Holy Trinity.

I've gained much knowledge about my faith and God, leading me to a healthy spiritual life. I am really glad that the Bible Cell decided to have this course for people like me who want to seek God's ways and teachings but don't know where to begin.

Kimberly Nazareth

Emmanuel, Community No. 24

“

Mary is the fruitful Virgin, and in all the souls in which she comes to dwell she causes to flourish purity of heart and body, rightness of intention and abundance of good works. Do not imagine that Mary, the most fruitful of creatures who gave birth to a God, remains barren in a faithful soul. It will be she who makes the soul live incessantly for Jesus Christ, and will make Jesus live in the soul.

- St. Louis de Montfort

”



Wishing all Parishioners A Happy Feast of the Nativity of our Blessed Mother !!

"Let us celebrate the Nativity of the Blessed Virgin Mary, for from her arose the sun of justice, Christ our God."

Gramps and Grammas' Day

The feast of Sts. Joaquim and Anne caused us to pause from our daily routine and spare some time for the lonely homebound. We, being seniors ourselves, endeavoured to visit 120 homes in our entire Parish, an area covered by 10 animators, with a small token of love. We'd like to appreciate the yeoman service of our Eucharistic Ministers, who do this very routine every Sunday. God bless you'll.

As we went around, we were met with anticipated joy as the homebound just wanted to share their stories; thanking us so sweetly, for our visit. It pained us to see the plight that some suffered silently, surely opening our eyes and mind to the things we take for granted. This visit was in keeping in tune with the Parish theme: **"Year of Faith and Works"**

Come Sunday 30th July, we celebrated the Feast of Saints Joachim and Anne with Mass at 5:30 pm by our Parish Priest, Fr. John Mascarenhas SVD. The liturgy was well planned

and executed by our Cell. Our Spiritual Director Fr. Edwin Vas SVD, being out of station on an assignment, gave us a pleasant surprise by his presence, though very late.

The Fellowship began with guests receiving their gift, a colourful stole, which they wore giving a very festive look too. Keeping with tradition, cake and tea were served. Then a march led by the clergy made our 'not so young guests' trudge along to the usual "Roll out the Barrel" song, getting the seniors singing along to a song they knew so well. But this was just a ploy to get them to play the next game of 4 corners; but with a twist. Each corner had our animators' holding placards with activities printed on them. As the music stopped our 'youngies' had to get to the nearest corner and enact the activity printed on the placard. It was rather hilarious to see our 'Young at Heart' performing these acts of Cooking, Modelling, Gymming, and Playing an instrument. The Modelling: best to see, as the 'young at heart'

strutted along, emulating Fashionistas. They enjoyed the game too, bringing back memories of yesteryear.

A game of housie was played: 'a must' with our seniors. The evening ended with Fr. John addressing us and a vote of thanks by our Spiritual Director Fr. Edwin. Our guests went home with a takeaway Biryani prepared by the chefs of 'Bombay to Barcelona', a Cafe run by street children under the guidance of Amin Sheikh, himself a former street child taken care of by Snehasadan. He was kind enough to be there and got a chance to address our gathering. The Year of Faith and Works prompted us to give our catering to Bombay to Barcelona Cafe to help the street children make an honest living. All in all: an enjoyable evening as the messages from participants to our core group on social media claim: 'They are looking forward to the next event.'

Conrad D'Sa
Senior Citizens' Cell

“

O who can tell the beauty, the purity, the innocence of Mary! She knows everything, and yet she seems to know nothing, so childlike is she. She lowers her eyes and, when she looks up, her glance penetrates like a ray, like a pure beam of light, like truth itself! It is because she is perfectly innocent, full of God, and without returns upon self. None can resist her grace.

- Blessed Anne Catherine Emmerich

”

Rosary on The World Day of International Justice



"The crowd came together, and were bewildered because each one of them was hearing them speak in his own language."

– Acts 2:6

On the occasion of World Day for International Justice (Monday, 17 July 2023), we the Youth of Sacred Heart organized a Rosary, motivated by love for our suffering brothers and sisters in Manipur. The main objective of conducting the Rosary was to pray for the people of Manipur who have suffered injustice and experienced ethnic violence. We also remembered the afflicted people in other parts of our nation and prayed for them as well. Our heart goes out to them.

The Rosary began soon after the 7 pm Holy Eucharist. Before each decade of the Sorrowful Mysteries, prayer petitions were offered for the different states in India where Christians experienced persecution and violence due to their faith. The youth recited the

prayers in English, Hindi, Marathi, Konkani and Malayalam so that all present could participate. This was also an encouragement for everyone to join in the prayers. The hymns were sung by the angelic voices of the Youth choir in Hindi, Marathi, Konkani and English. At the end, we also prayed for ourselves that we may not be the cause of injustice in our homes, in Society, Communities and the places where we work and live.

Fr. John Mascarenhas SVD, our Parish priest concluded the Rosary with his amazing words about the Rosary and the importance and efficacy of the Rosary to intercede for an end to persecution, especially in Manipur. Fr. John then blessed the congregation with Holy water. After the Rosary the youth distributed boiled gram to all to keep them busy on their way back home.

I was so happy and fortunate to be a part of the team that organized this Rosary and I would like to list the things I appreciated and liked:

The first is the amazing and awesome participation by the parishioners. Even though it was a Monday, the turnout of people and the response was heart-warming.

The idea of praying the Rosary in different languages worked really well as everyone was participating in the responses and hymns.

The decorations and the lighting were minimal but elegant and got us in the mood to reflect and pray.

Best of all was the enthusiasm of the youth. We began the preparations ten days in advance, met often in Church to plan things, assigned different responsibilities and recited two 'practice Rosaries' on two different days prior to the main day just in order to check that everything was in order.

I am looking forward to many more events like this where everyone can join in and where we can enrich and strengthen our bond and relationship with each other and God as a community in prayer.

Jennica Jayesh

PYC - Our Lady of Fatima, Community No. 2

“

Look to the star of the sea, call upon Mary ... in danger, in distress, in doubt, think of Mary, call upon Mary. May her name never be far from your lips, or far from your heart ... If you follow her, you will not stray; if you pray to her, you will not despair; if you turn your thoughts to her, you will not err. If she holds you, you will not fall; if she protects you, you need not fear; if she is your guide, you will not tire; if she is gracious to you, you will surely reach your destination.

– St. Bernard

”



HEALTH PAGE

Hyperuricemia

Hyperuricemia is defined as a high uric acid level in the blood. The normal upper limit is 6.8 mg/dL, and anything beyond 7 mg/dL is termed hyperuricemia, which can affect one's body and be harmful to one's health.

What are the causes of hyperuricemia:

1) Increased production of uric acid

- Excessive consumption of purine-rich foods such as red meat, organ meat, shellfish, etc. Purines are chemical compounds in certain foods, which, when broken down by the digestive system form uric acid as a waste product.
- Foods and juices that are high in fructose, a natural sugar. Fructose breaks down in the body, releasing purine, which contributes to high uric acid levels.
- Beverages containing high fructose corn syrup (HFCS) can raise uric acid levels.
- Alcohol intake, particularly beer, soda, and non-alcoholic beer too.

2) Decreased excretion of uric acid

One of the causes of high uric acid levels is dehydration as staying hydrated helps to clear out the kidneys of uric acid.

How much water do we need to drink each day?

An individual requires 45ml/kg body weight for uric acid elimination. For example, an individual weighing 50kgs should consume 2.25 litres of water

3) Combination of both (1) and (2)

Drinking alcohol, soda, beer, and juice sweetened with HFCS, as well as drinking less water.

What happens if the uric acid is elevated?

If uric acid levels rise, it can accumulate in the joints, particularly on the great toe, causing Gout, a painful kind of arthritis in its acute phase. Of course, long-term uric acid increase might result in kidney stones and other kidney diseases. High blood pressure, Diabetes, fatty liver, and metabolic syndrome are all linked to an increase in Uric Acid.

How to prevent Hyperuricemia?

Avoid and limit the foods listed below, and drink enough water to stay hydrated.

FOOD GROUP	FOODS TO BE AVOIDED
Cereal, millet and their products	Yeast, yeast-containing products like bread and naan
Meat and Meat products	Organ meat such as kidney, liver, heart, tongue and red meat Crab, sausages, shrimp (prawns), crayfish, lobsters, scallops, oysters, mussels etc.
Vegetables	Peas, spinach, cauliflower, brinjal, mushroom
Fruits	Chickoo (sapota), custard apple and its varieties
Miscellaneous	Aerated drinks, alcohol especially Beer, sugar-sweetened beverages, sugary food, food and drinks containing HFCS fructose corn syrup

In addition it is advisable to:

- Drink adequate water
- Maintain your weight
- Undertake regular physical activity
- Reduce your alcohol intake
- Eat vitamin C-rich food like citrus, guava, gooseberry etc.

Dr. Theresia Pereira
MBBS, D. Diab
Genesis, Community No. 35

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

FROM THE PARISH REGISTER



*Baptized
in Christ*

Ethan Fernandes	S/o	Bradley Alexander & Ann Conceicao Fernandes	21-May-23
Shannis Fernandes	D/o	Jeevan Nevil & Shaillet Sarita Fernandes	21-May-23
Ayzel Armarkar	D/o	Dwij Armarkar & Alvina Moras	4-Jun-23
Shane Colaco	S/o	Alvina Moras & Ankita Shawn Colaco	13-Jun-23
Nigel Colaco	S/o	Alvina Moras & Ankita Shawn Colaco	13-Jun-23
Prince Waghmare	S/o	Chandrashekhar & Rupali	11-Jun-23
Pranjal Waghmare	D/o	Chandrashekhar & Rupali	11-Jun-23
Esther Jovil Dsouza	D/o	Jovil Orvin & Carol Dsouza	18-Jun-23
Chloe Brooklyn Braganza	D/o	Tardin Rhys & Yashashwini Braganza	23-Jul-23



*United
in Christ*

Lesly Stany Dias	To	Sangita Balaram Kudtarkar	21-May-23
Rayan Dsilva	To	Renita Michelle Dsilva	31-May-23
Kayne Dsouza	To	Roma Dsouza	1-Jul-23
Joaquim Savio Pereira	To	Lavina Lia Dsouza	15-Jul-23
Gavin Dsouza	To	Jaya Sonawane	14-Aug-23



*Resting
in Christ*

Margaret Acharya	59	F / 2, Mahakali Kutir, M.C. Road	21-May-23
Freddy Lacerda	79	E / 2, New Malinee Apts, M.C.Road	3-Jun-23
Philomena Mascarenhas	72	A6/45, Guru Har Gobind, Bindra Complex, M.C. Rd	6-Jun-23
Diana Chettiar	55	31B / 25, Takshila CHS, Off M.C.Road	16-Jun-23
Lloyd Menezes	34	G / 403, Trans Residency I, MIDC	14-Jun-23
Bridget DSouza	87	E 6 / 402, Landmark, Poonam Nagar	15-Jul-23
Charles Dsouza	66	153 / 301, Pritam Apts, Sher-E-Punjab	20-Jul-23
Benjamin Furtado	93	B / 5, Uttarayan, M.C. Road	26-Jul-23
Anthony John	77	22, Mamta Kutir, M.C. Road	30-Jul-23
Louis Travesso	62	R 13 / 209, Nilkanth CHS, MMRDA	5-Aug-23
Cajetan Fernandes	47	Bosteau Chawl, Str. No. 11 MIDC Andheri East	5-Aug-23
Babu D'silva (Babu Krishnappa Saliyan)	79	33, Lala Compound, M.C. Road	6-Aug-23
Reginald Pereira	67	7 B / 303, Saiviraj CHS, Mhada Colony	7-Aug-23
Vargiy Chako Keshi	75	6, Sheela Gopal Nair Chawl, Malpa Dongri No 1	7-Aug-23

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

TO SEND MATTER FOR THE BULLETIN

1. The medium of Publication is English only.
2. 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.
3. Articles written by Individuals or on behalf of Cells/Associations/Communities should compulsorily be approved by both, the Spiritual Director and 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.
4. 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. Please refrain from having more than one author per article.
5. 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.
6. Articles on the activities of the parish should be restricted to a maximum of 500 words only.
7. 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.
8. Please note that it will not be possible to entertain any request for change(s) in the Article, once submitted for publication.
9. '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.
10. 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.
11. Internet forwards or anonymous articles will not be published.

The Editorial Team reserves the right to edit or reject Articles as it deems appropriate.

TO BOOK ADS ON THE BULLETIN

- 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.
- 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.
- Subsequently submit a hard copy/(printout) of the Artwork to the Parish Office.
- 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 Bulletin
Sacred Heart Parish***

Parish Pastoral Council (PPC) 2023-2026

I Executive Committee		
No.	Name	Designation
1	Fr. John Mascarenhas SVD	President
2	Andrew D'Souza	Vice President
3	Prakash Nazareth	Secretary
4	Raphael David	Jt. Secretary
5	Ida Quinny	CCO Coordinator
6	Jayesh George	Parish Coordinator of SCCs
II Ex-Officio Members		
No.	Name	Designation
1	Fr. John Mascarenhas SVD	President
2	Fr. Callisto Gomes SVD	Co-Pastor
3	Fr. Edwin Vas SVD	Co-Pastor
4	Fr. Sandesh Patil SVD	Co-Pastor
5	Fr. Christi Selvaraj SVD	Co-Pastor
6	Sr. Neeta Lopes FDCC	Canossa Convent
7	Sr. Arokiamary Sowriraj FS	Fatima Convent
9	Sr. Merlyn Karikunnel SSPS	Holy Spirit Convent
8	Fr. Francisco Periera SDB	SDB
10	Fr. Scariachan Pannackal SVD	SVD Unit Leader
III Lay Office Bearers		
No.	Name	Designation
1	Ida Quinny	CCO Coordinator
2	Jayesh George	Parish Coordinator of SCCs
IV Elected Lay Representatives		
No.	Name	Designation
1	Andrew D'Souza	Lay Representative
2	Michael D'Souza	Lay Representative
3	Francis Castelino	Lay Representative
4	Derick Fernandes	Lay Representative
5	Stephen and Maria Coutinho	Lay Representative
6	Rosita Fernandes	Lay Representative
V Nominated		
No.	Name	Designation
1	Jaison D'Mello	Youth Representative

VI Elected Community Representatives				
No.	Name	Designation	Spiritual Director	Area No.
1	Theresa Nadar	Immaculate Conception	Fr. Sandesh Patil SVD	1
2	Ciana D'Souza	Our Lady of Fatima	Fr. John Mascarenhas SVD	3
3	Alwyn Wilson	Holy Cross	Fr. Edwin Vas SVD	3
4	Dominic Pandit	Divya Jyoti	Fr. Christi Selvaraj SVD	3
5	Sharmila Antao	St. Anthony's	Fr. Callisto Gomes SVD	1
6	Gertrude Rodrigues	Morning Star	Fr. Christi Selvaraj SVD	1
7	Irene Noronha	Good Shepherd	Fr. Edwin Vas SVD	1
8	Jenifa Fernandes	Infant Jesus	Fr. Sandesh Patil SVD	1
9	Olivia Lewis	Divine Mercy	Fr. Edwin Vas SVD	3
10	Anna Assisi	St. Theresa of the Child Jesus	Fr. Edwin Vas SVD	5
11	Kevin D'Souza	Jeevan Jyoti	Fr. Callisto Gomes SVD	5
12	Diana Lobo	Apostles of Christ	Fr. Sandesh Patil SVD	5
13	Sheila Phillips	Holy Family	Fr. Christi Selvaraj SVD	2
14	Xavier Almeida	Helpers of Jesus	Fr. John Mascarenhas SVD	2
15	Khryselle Rocha	Akashdeep	Fr. Edwin Vas SVD	2
16	Tressy Peris	Our Lady of Nazareth	Fr. Christi Selvaraj SVD	2
17	Marcelino S Pereira	St. Dominic Savio	Fr. Callisto Gomes SVD	4
18	Jacqueline Nathan	Good Samaritan	Fr. Sandesh Patil SVD	4
19	Udelia Carneiro	Christ the King	Fr. Edwin Vas SVD	4
20	Shaun Buthello	Dayasagar	Fr. Christi Selvaraj SVD	6
21	Lolita D'Souza	St. Paul's	Fr. Callisto Gomes SVD	6
22	Jeanette Castelino	Prem Sagar	Fr. Callisto Gomes SVD	6
23	Racheal Rodrigues	Shantidaan	Fr. Sandesh Patil SVD	7
24	Prakash Nazareth	Emmanuel	Fr. John Mascarenhas SVD	7
25	Florina D'Souza	Pavan Atma	Fr. John Mascarenhas SVD	6
26	Linda Noronha	St. Anne's	Fr. Sandesh Patil SVD	7
27	Lily Grace D'Silva	Holy Trinity	Fr. Callisto Gomes SVD	2
28	Thomas Almeida	St. Joseph the Worker	Fr. Christi Selvaraj SVD	4
29	Joy David Kumkumath	Our Lady of Rosary	Fr. Callisto Gomes SVD	5
30	Lisha Sequiera	Shalom	Fr. Edwin Vas SVD	7
31	Sharil Abreo	Hosanna	Fr. Sandesh Patil SVD	6
32	Alisha D'Souza	Sacred Heart	Fr. Edwin Vas SVD	3
33	Arun D'Souza	Yahweh's Clan	Fr. Christi Selvaraj SVD	5
34	Raphael David	Mystical Rose	Fr. Callisto Gomes SVD	5
35	Aarti Travas	Genesis	Fr. Sandesh Patil SVD	7
36	Navin D'Souza	St. Thomas	Fr. Christi Selvaraj SVD	4

Parish Association Council (PAC) 2022-2026

1	Clergy Team	Fr. John Mascarenhas SVD	Parish Priest	
2		Fr. Callisto Gomes SVD	Co-Pastor	
3		Fr. Edwin Vas SVD	Co-Pastor	
4		Fr. Sandesh Patil SVD	Co-Pastor	
5		Fr. Christi Selvaraj SVD	Co-Pastor	
Sr.	Cells/Associations	Name of Head	Name of Asst. Head	Spiritual Director
1	Parish Pastoral Council	Andrew D'Souza	Prakash Nazareth	Fr. John Mascarenhas SVD
2	Centre for Community Organisation (CCO)	Ida Quinny	Anita D'souza	Fr. John Mascarenhas SVD
3	Small Christian Community (SCC)	Jayesh George	Sarita Almeida	Fr. John Mascarenhas SVD
4	Finance Committee	Jagdish Toppo	Jesse Monteiro	Fr. John Mascarenhas SVD
5	Community Welfare Fund	Rose Almeida	Edward Fernandes	Fr. Christi Selvaraj SVD
6	St Vincent de Paul	Cynthia Pinto	Melissa Nazareth	Fr. Christi Selvaraj SVD
7	Sunday School Pastoral Team	Rosita Fernandes	Nirmala Almeida	Fr. Christi Selvaraj SVD
8	Confirmation	Titus Menezes	Prakash Nazareth	Fr. Sandesh Patil SVD
9	Parish Youth Animation Team	Chris D'Souza	Jesse Monteiro	Fr. Sandesh Patil SVD
10	Charismatic Renewal (English)	Derick Fernandes	Veronica Fernandes	Fr. Christi Selvaraj SVD
11	Charismatic Renewal (Konkani)	Cecilia Nazareth	Angeline Fernandes	Fr. Edwin Vas SVD
12	Missionary Families of Christ (English)	Stephen & Maria Couthino	Alex & Lolita D'souza	Fr. Sandesh Patil SVD
13	Ministers of Holy Communion	Juliana D'souza	Jacintha Menezes	Fr. John Mascarenhas SVD
14	Usher's Group	Francis Castelino	Anella Quadros	Fr. Sandesh Patil SVD
15	Liturgy Team	Juliana D'costa	Anil D'Souza	Fr. John Mascarenhas SVD
16	Lectors Cell	Andrew D'Souza	Anella Quadros	Fr. Edwin Vas SVD
17	Legion of Mary (Sr)	Trisha Fernandes	Roshan Braganza	Fr. Callisto Gomes SVD
18	Parish Bulletin	Savio Rebello	Annie Molly Sebastian	Fr. Edwin Vas SVD / Clergy Team
19	Pre-Baptism Team	Jayesh George	Helen Veera Serrao	Fr. Callisto Gomes SVD
20	Women's Cell	Shaillet Fernandes	Cynthia Barboza	Fr. Callisto Gomes SVD
21	Health Cell	Dr. Roshni Crasta	to be elected	Fr. Sandesh Patil SVD
22	Bombay Catholic Sabha	Bryan Dias	Alex D'souza	Fr. Callisto Gomes SVD
23	Inter-Religious Dialogue Cell	Michael D'Souza	Harbinder Singh Bedi	Fr. Callisto Gomes SVD
24	Senior Citizen	Janice Braganza	Marie Baracho	Fr. Edwin Vas SVD
25	Divine Mercy	Lily Santis	Monica Machado	Fr. Christi Selvaraj SVD
26	Bible Cell	Titus Menezes	Prakash Nazareth	Fr. Sandesh Patil SVD
27	Parish Youth Council	Jaison Dmello	Royston Dmello	Fr. Sandesh Patil SVD
28	Altar Servers	Nandita Fernandes	Jacintha Menezes	Fr. Christi Selvaraj SVD
29	Hope & Life Movement	Roma Francis	Bridget Noronha	Fr. Edwin Vas SVD
30	St Paul's Guild	Babu Durairaj	Anitha Sharma	Fr. Callisto Gomes SVD
31	Parish Website	Rohit D'Almeida	Rosita Dias	Fr. Edwin Vas SVD / Clergy Team
32	Parish Choirs - English	Conrad D'Sa		Fr. John Mascarenhas SVD
		Sylvester Peter D'Silva		
		Osmond Pereira		
		Marian Fernandes / Jayesh George		
	Parish Choir - Konkani	Tressy Peris		
	Parish Choir - Hindi	Vinod Waghmare		
	Parish Choir - Chidren	Jacintha D' mello		

Parish Youth Council (PYC) 2022-2025

Executive Committee Members				
Designation		Name		
Vice-president	Jaison D' Mello			
Secretary	Royson D' Mello			
Jt. Secretary	Joseph Aldrich Fernandes			
Area Youth Executives		Name		
Area 1	Janice Lobo			
Area 2	Andriana Viegas			
Area 3	Carmelina Richann D'Souza			
Area 4	Glevita D' Souza			
Area 5	Karen Lobo			
Area 6	Sara Fernandes			
Area 7	Valentina Pinto			
DYC Representatives	Jason Menezes & Raizel Muntode			
Deanery Representatives	Glevita D' Souza & Anelka Misquitta			
No.	Community Name	PYC Members		Area
1	Immaculate Conception	Gloria Sebastian Rodrigues	Chris Chettiar	1
2	Our Lady of Fatima	Jessica Jayesh	Jennica Jayesh	3
3	Holy Cross	Joseph Aldrich Fernandes	to be elected	3
4	Divya Jyoti	Livon Fernandes	Rahul Waghmare	3
5	St. Anthony's	to be elected	to be elected	1
6	Morning Star	Janice Lobo	Soniya Noronha Renn Vas	1
7	Good Shepherd	Claranta Fernandes	Ethan Fernandes	1
8	Infant Jesus	Rochelle Felix Pereira	Vailankani D'Souza	1
9	Divine Mercy	Anoushka D'Souza	to be elected	3
10	St. Theresa of Child Jesus	Karen Lobo	Sharona C. Trinidad	5
11	Jeevan Jyoti	Anelka Misquitta	Maclyn Lobo	5
12	Apostles of Christ	Samantha Fernandes	Seanna D'Souza	5
13	Holy Family	Raizel Muntode	Sophia Richard Lazarus	2
14	Helpers of Jesus	Jaison D'Mello	Royson Frederick D'Mello	2
15	Akashdeep	to be elected	to be elected	2
16	Our Lady of Nazareth	Andriana Viegas	Megan Fernandes	2
17	St. Dominic Savio	Ryan Fernando	Jeev Sabu Kodankandath	4
18	Good Samaritan	Michelle Durairaj	Kaylynn Rodrigues	4
19	Christ the King	Glevita D' Souza	Jamie Braganza Joel Vaz	4
20	Daya Sagar	Ayesha Mendonca	Swidel Veigas	6
21	St Paul's	Joshua Fernandes	to be elected	6
22	Prem Sagar	Glenn Noronha	Danica Fernandes	6
23	Shantidaan	to be elected	to be elected	7
24	Emmanuel	Shania Shanell Rosario	Bancy Bansal D'Souza	7
25	Pavan Atma	Crispin Quadros	Adriel Furtado	6
26	St. Ann's	Valentina Pinto Jason Menezes	Josef Menezes	7
27	Holy Trinity	Leon Travesso	Giselle D'Mello Kimberly Monteiro	2
28	St. Joseph the worker	Sharon D'Silva	Daniel Jhon D' Souza	4
29	Our Lady of Rosary	to be elected	to be elected	5
30	Shalom	Alvin D'Souza	Delisha Lobo	7
31	Hosanna	Sara Fernandes	Prince William Dsouza	6
32	Sacred Heart	Carmelina Richann D'Souza	Darryl D'Souza	3
33	Yahweh's Clan	Sian Christabell D'Souza	to be elected	5
34	Mystical Rose	to be elected	to be elected	5
35	Genesis	Ansyll Barboza	Tiya Travas	7
36	St Thomas, the Apostle	Sheldon Coutinho	Lerissa D'almeida	4

SCC Steering Committee 2023-2026

1	Clergy Team	Fr. John Mascarenhas SVD	Parish Priest & Director of Parish SCCs
2		Fr. Callisto Gomes SVD	Co-Pastor
3		Fr. Edwin Vas SVD	Co-Pastor
4		Fr. Sandesh Patil SVD	Co-Pastor
5		Fr. Christi Selvaraj SVD	Co-Pastor

1	SCC Co-ordinating Team	Jayesh George	Parish SCC Co-ordinator
2		Sarita Almeida	Assistant Co-ordinator
3		Michael D'Souza	Assistant Co-ordinator

No.	Co-ordinator	Community	Spiritual Director	Area No.
1	Daisy Chiramal	Immaculate Conception	Fr. Sandesh Patil SVD	1
2	Jackline D'Souza	Our Lady of Fatima	Fr. John Mascarenhas SVD	3
3	Gretta D'Silva	Holy Cross	Fr. Edwin Vas SVD	3
4	Purity D'Souza	Divya Jyoti	Fr. Christi Selvaraj SVD	3
5	Riya Darryl D'Souza	St. Anthony's	Fr. Callisto Gomes SVD	1
6	Veronica Xaxa	Morning Star	Fr. Christi Selvaraj SVD	1
7	Savio Fernandes	Good Shepherd	Fr. Edwin Vas SVD	1
8	Rochelle Felix Pereira	Infant Jesus	Fr. Sandesh Patil SVD	1
9	Edward Fernandes	Divine Mercy	Fr. Edwin Vas SVD	3
10	Joe D'Souza	St. Theresa of the Child Jesus	Fr. Edwin Vas SVD	5
11	Lloyd Zaccheus	Jeevan Jyoti	Fr. Callisto Gomes SVD	5
12	Shirley Fernandes	Apostles of Christ	Fr. Sandesh Patil SVD	5
13	to be elected	Holy Family	Fr. Christi Selvaraj SVD	2
14	Prescilla Rodrigues	Helpers of Jesus	Fr. John Mascarenhas SVD	2
15	Berancye Xavier	Akashdeep	Fr. Edwin Vas SVD	2
16	Phyllis Pereira	Our Lady of Nazareth	Fr. Christi Selvaraj SVD	2
17	Judith Falera	St. Dominic Savio	Fr. Callisto Gomes SVD	4
18	Severine Pereira	Good Samaritan	Fr. Sandesh Patil SVD	4
19	Emreald Sajani	Christ the King	Fr. Edwin Vas SVD	4
20	Anthony D'Souza	Dayasagar	Fr. Christi Selvaraj SVD	6
21	to be elected	St. Paul's	Fr. Callisto Gomes SVD	6
22	to be elected	Prem Sagar	Fr. Callisto Gomes SVD	6
23	to be elected	Shantidaan	Fr. Sandesh Patil SVD	7
24	Carina Fernandes	Emmanuel	Fr. John Mascarenhas SVD	7
25	Austin Alva	Pavan Atma	Fr. John Mascarenhas SVD	6
26	Shahji Fernandes	St. Anne's	Fr. Sandesh Patil SVD	7
27	To be elected	Holy Trinity	Fr. Callisto Gomes SVD	2
28	Irene J Sequeira	St. Joseph the Worker	Fr. Christi Selvaraj SVD	4
29	Juliana Spencer	Our Lady of Rosary	Fr. Callisto Gomes SVD	5
30	to be elected	Shalom	Fr. Edwin Vas SVD	7
31	Natasha D'Souza	Hosanna	Fr. Sandesh Patil SVD	6
32	Irene Mathias	Sacred Heart	Fr. Edwin Vas SVD	3
33	Candida mendoza	Yahweh's Clan	Fr. Christi Selvaraj SVD	5
34	Racheal Noronha	Mystical Rose	Fr. Callisto Gomes SVD	5
35	Leon D'Souza	Genesis	Fr. Sandesh Patil SVD	7
36	Eurekha Almeida	St. Thomas	Fr. Christi Selvaraj SVD	4

Come Join Us

No.	Cell / Association	Day	Time	Venue
1	St. Vincent de Paul	Every Monday	5 pm to 8 pm	Room No. 1
2	Bible Cell	Every Tuesday	7:45 pm to 8:30 pm	Mini Hall
3	Charismatic Renewal (English)	Every Wednesday	6 pm to 8:30 pm	Canossa School Basement Hall
4	Charismatic Renewal (Konkani)	Every Tuesday & Thursday	7:30 pm to 9:00 pm	Community Centre & Church
5	Hope and Life Movement	1st Thursday	5 pm onwards	Community Centre
6	Kids for Christ	4th Saturday	5 pm to 6:30 pm	Room No.3
7	Missionary families for Christ (English)	3rd Sunday	6:30 pm to 8:30 pm	Room No.3
8	Health Cell	Every 4th Saturday	8:00 pm	Room No. 1
9	Bombay Catholic Sabha	Every 4th Saturday	7 pm to 8:30 pm	Room No.3
10	Inter-Religious Dialogue	Every Fourth Friday	6:00 pm to 7:00 pm	Room No. 3
11	Senior Citizen's Cell (Core Group)	1st Monday	4:30 pm to 6:30 pm	Community Centre
12	Senior Citizen's Cell Activity	2nd Monday	4:30 pm to 6:30 pm	Community Centre
13	Divine Mercy Cell	Monday preceding last Friday of the month	7:30 pm	Room No. 1
14	Legion of Mary (SR)	Every Sunday	4pm to 5pm	Room No. 1
15	Altar Servers	Every Saturday	4:45 pm to 5:45 pm	Mini Hall
16	Women's Cell	Every 1st Friday	7:45 pm	Room No. 3
17	Parish Choirs	Contact Choir Leader of the respective Choir		
18	Usher's Group	Contact Parish Fathers		
19	Lectors Cell	Follow Parish Announcements for the next training programme		

Parish Annual Calendar 2023-2024

Sacred Heart Parish, Andheri East							
Month & Year	Date	Day	Event	Month & Year	Date	Day	Event
June, 2023	4th	Sunday	Commissioning of PPC at 8:45 a.m. Mass	Nov, 2023 (Cont.)	17 - 19th	Sat-Sunday	Outreach by Bro Prakash D'Souza (Konkani)
	8th	Thursday	PPC Orientation/Get together		26th	Sunday	Christ The King Feast
	11th	Sunday	Re-Commissioning of Ministers of the Holy Eucharist		27th	Monday	Youth Day (Evening)
	14th - 16th	Wed - Fri	Triduum for Sacred Heart Feast	Dec, 2023	3rd	Sunday	Holistic Health Awareness Seminar (after 10 a.m. Mass)
	18th	Sunday	Feast of Sacred Heart		3rd	Sunday	The Great Bible Challenge (Parish Grounds after 5:30 p.m. Mass)
	25th	Sunday	Cells & Associations heads/Animators Commissioning at 8:45 a.m. Mass		4th	Monday	Sr. Citizen's Christmas Party 4:30 to 6:30 p.m.
			PYC Commissioning at 5:30 p.m. Mass		13- 14th	Wed-Thurs	Date to Receive Stars from the Communities
July, 2023	2nd	Sunday	Faith Formation Sunday		17th	Sunday	Sunday School Children's Party
	16th	Sunday	Health Cell - Health Check Up		16 - 17th	Sat-Sun	Christmas Extravaganza by the Youth Group
	29/30th	Sat/Sunday	PYC Formation Camp at Pune		17th	Sunday	Christmas Float by Youth
	30th	Sunday	Grand Parents Day Celebration by Sr. Citizen's Cell		30th	Saturday	Family Day - MFC
Aug, 2023	6th	Sunday	Vianney Sunday	Jan, 2024	12th - 14th	Fri - Sun	Triduum - Feast of St. Arnold
	13th	Sunday	Prison Ministry Sunday		15th	Monday	Feast of St. Arnold
	14th	Monday	Night Vigil		21st	Sunday	All Associations Day
	15 or 16th	Tue or Wed	PYC Training Program		21st	Sunday	Sunday of the Word of God
	20th	Sunday	Justice Sunday		26 - 28th	Fri-Sat-Sun	Fun Cricket (Youth)
			Session by Fr. Savio de Sales (Director Liturgy Commission)		28th	Sunday	CONFIRMATION
	27th	Sunday	SCC Training Program	Feb, 2024	3rd	Saturday	FIRST HOLY COMMUNION
	27th	Sunday	Differently Abled Day (MFC)		11th	Sunday	First Holy Communion Family Day (MFC)
	30th - 31st	Wed - Thurs	Novena in preparation for Nativity of our Lady		12th	Monday	World Day of the Sick
Sept, 2023	1st - 07th	Fri - Thurs	Novena in preparation for Nativity of our Lady		14th	Wednesday	ASH WEDNESDAY
	3rd	Sunday	Mini Bible Quiz (After 5:30 Mass at comm centre hall)		17th	Saturday	Taize Prayer - (8 p.m. to 12 midnight)
	8th	Friday	Nativity of our Lady		18th	Sunday	World Marriage Day (MFC) - Mass at 5:30 p.m. followed by Get-together
	15-17th	Fri - Sun	Tele Games (Evening only)		25th	Sunday	Deanery SCC Rally
	17th	Sunday	Blood Donation Drive (8 a.m. to 12 noon)		26th - 28th	Mon - Wed	English Mission
				March, 2024	4th - 6th	Mon - Thurs	Konkani Mission
Oct, 2023	1st	Sunday	World Elder's Day at 5:30 P.m. Mass followed by Get-together		10th	Sunday	Women's Day
	1st & 2nd	Sat/Sun	Retreat for Confirmation Candidates		18th - 20th	Mon - Wed	Lenten - Confessions
	8th	Sunday	Marian Consecration - After 5:30 p.m. Mass		24th	Sunday	Palm Sunday
	7th/8th	Sat/Sun	PYC Mission Camp & Trekking		28th	Thurs	Maundy Thursday
	22nd	Sunday	Mission Sunday		29th	Friday	Good Friday
	29th	Sunday	Rosary Making Competition - Legion of Mary		30th	Saturday	Holy Saturday
Nov, 2023	5th	Sunday	Health Camp for children		31st	Sunday	Easter Sunday
	11 - 12th	Sat-Sunday	PARISH DAY	Apr, 2024	7th	Sunday	Feast of Divine Mercy

Inspiration from Saints

St. Jeanne Jugan

Feast Day: 30th August

Patron: Elderly and Destitute

Jeanne was born on Oct. 25, 1792 at Cancale in Brittany, France during the turbulent period of the French Revolution. She was the sixth of eight children, four of whom died during infancy. Their fisherman father was lost at sea when Jeanne was just four. Her mother struggled to provide for the family, while also providing them secretly with religious instruction amid the anti-Catholic persecutions of the day.

Jeanne barely learned to read and write, but had an extraordinary heart for God and an unusual tenderness and charity for her age. She worked as a shepherdess and in her early teens, became a kitchen maid for a family who treated their servants well and cared for the poor and the elderly.

Barely out of her teens, Jeanne having felt the call of divine love, prepared to leave home and told her mother "God wants me for Himself. He is keeping me for a work which is not yet founded."

She set out to work among the poor and forsaken in a local hospital at Saint-Servan where for six years she worked as an assistant nurse.

At age 25, she enrolled in the Third Order of St John of Eudes, a religious association for laypersons. Health problems soon obliged Jeanne to leave the hospital. She became a servant and friend of a woman she met through the third order. They prayed, visited the poor, and taught catechism to children. After her friend's death 12 years later, Jeanne and two other women continued a similar life in the city of Saint-Servan where at that time the economic situation was disastrous.

Many years went by before Jeanne discovered her vocation. One cold winter night in 1839, she met Jesus Christ in the person of an elderly, blind and infirm woman who had no one to care for her. Jeanne carried the woman to her small apartment and placed her in her own bed. From then on, Jeanne would sleep in the attic.

God led more poor old people to her doorstep. In 1841 she rented a large room in which she welcomed 12 elderly people. In 1842, she purchased a dilapidated convent. There she received elderly and destitute guests. Not only were they hungry for food, but for love. They were the outcasts of society—infirm, impoverished, and unable to live in the dignity they deserved as children of God.

Generous young women came to help. Like Jeanne, they wanted to make a difference. Like her, they believed that "the poor are Our Lord." A religious community was born!

Jeanne often begged for food and other support, calling on St. Joseph to bring her the resources necessary for her mission. By begging in the streets, the foundress was able to establish four more homes by the end of the decade.

"To be good Little Sisters," she told her spiritual daughters, "we must be very little, very humble."

"With the eye of faith, we must see Jesus in our old people—for they are God's mouthpiece"

Struck by their spirit of humble service, local citizens dubbed the group 'The Little Sisters of the Poor'. For herself Jeanne chose the religious name - Sister Mary of the Cross and chose St. Joseph as the protector of the Order.

By 1850, over 100 women had joined the congregation.

The work of the Little Sisters continued to spread. So did Jeanne's renown, until one day she was mysteriously cast aside by an ambitious priest who had taken over the direction of the young community. Jeanne was replaced as Superior and sent out begging on behalf of the poor. And then one day she was placed in retirement, relegated to the shadows.

Jeanne had often said, "We are grafted into the cross and we must carry it joyfully unto death."

During these years, she served the order through her prayers and by accepting the trial permitted by God. No matter what the difficulties, she was always able to praise God and move ahead.

Jeanne Jugan died on August 30, 1879, just after Pope Leo XIII gave final approval to the Constitutions of the Order she founded. At the time of her death, there were 2400 Little Sisters of the Poor, serving internationally, many of whom had no idea that she was their Mother and Foundress.

St. Jeanne Jugan's last words were for Our Lady:

"O Mary, you know that I love you, and that I greatly long to see you ...

The priest was eventually investigated and disciplined and St. Jeanne Jugan came to be acknowledged as the foundress. Her cause was introduced in Rome in 1970. She was beatified in 1982, and canonized on Oct 11th, 2009.

St. Jeanne often said, "It is so good to be poor, to have nothing, to await all from God."

In his homily for her canonization in October 2009, Pope Benedict XVI praised St. Jeanne as "a beacon to guide our societies" toward a renewed love for those in old age.



Parish Vision Mission Statement

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



**Induction Ceremony of Fr. John Mascarenhas SVD
as Parish Priest of Sacred Heart Parish**



**Thanksgiving and Farewell Mass of Fr. Innocent Fernandes SVD,
Fr. Ciril D'souza SVD and Fr. Ezekiel Rakesh SVD**



Few Winners of Family Bible Quiz - June 2023



**Rosary organised by Youth on World day
of International Justice**



**Parents and Grand Parents day organized by
the Senior Citizen Cell**



Vianney Sunday Celebrations