



# *Heart to Heart*

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 56

June 2014

For Private Circulation Only



# 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 1<sup>st</sup> 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:*

2<sup>nd</sup> and 4<sup>th</sup> 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: 28269326)

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

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

### *Parish Office hours*

9:00 am to 12:30 pm (Mon to Sat)

4:30 pm to 8:00 pm (Mon to Fri)

4:30 pm to 7:00 pm (Sat)

Tel: 28362110, 28202087

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## THEME

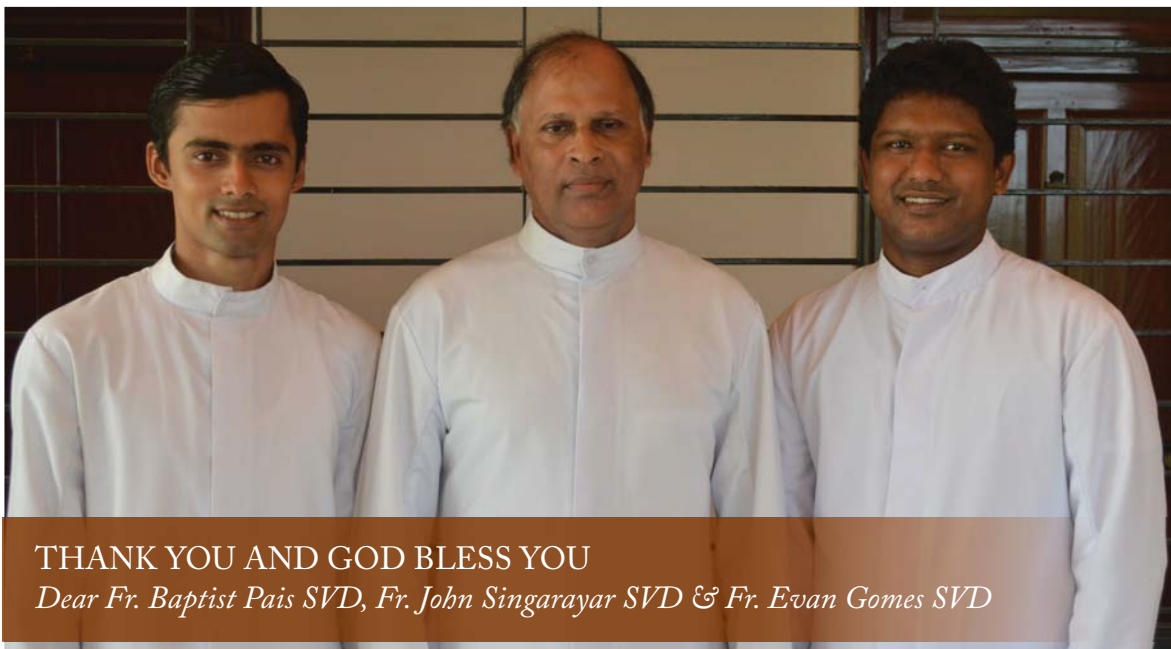
## THE SACRED HEART OF JESUS: FONT OF LOVE

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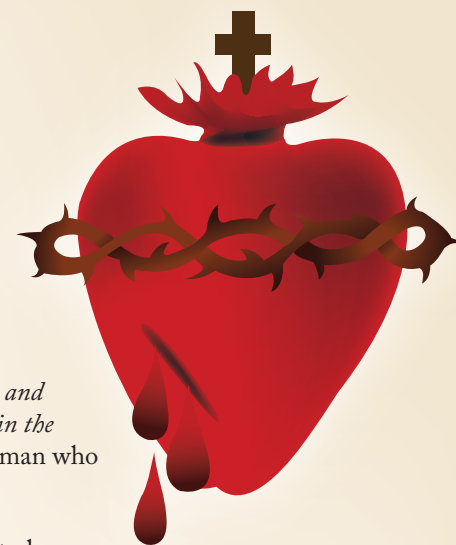
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THANK YOU AND GOD BLESS YOU

Dear Fr. Baptist Pais SVD, Fr. John Singarayar SVD & Fr. Evan Gomes SVD

# From the Pastor's Desk



My Dear Parishioners,

Albert Einstein, the great scientist, once said, “A hundred times a day I remind myself that my inner and outer life depend on the labors of other people, living and dead, and I must exert myself in order to give in the same measure as I have received and I am still receiving”. This is a very inspiring quote from a great man who considered himself a humble person.

Self-examination requires great courage and humility of spirit. It pre-supposes one's willingness to learn, to improve, to grow and to do better. As I prepare myself to say adieu to you dear parishioners, I examine myself, to know how much I have received from your love, support and prayers. My contribution to the growth of this Church would have been very little if not for your support. Today, on the eve of my departure, I have a smile on my face, mainly because God sent many angels to help me, to support me, to guide me during my six years of life here in this parish, as your Parish Priest. I take this opportunity to thank all of you wonderful parishioners for bringing a smile on my face. For me, my life in this parish has been a journey of growth. On this journey, I have had the good fortune to have met and crossed paths with various kinds of parishioners. Some pleasant, some helpful, some really committed, some friendly, some indifferent, some misunderstood me, some judged me wrongly, while some became a part of my life! All these helped me to learn more about my life.

The purpose of our life's journey is to attain our final destiny. We also meet people who enrich us and make our journey better and make a difference in our lives. I would like to thank those people in a very special way. They are the Bishops of the Archdiocese of Bombay, my clergy team, PPC members, SCC coordinators and animators, CCO coordinators and team, Heads and members of all Associations, Cells, Committees and Groups in the Parish. I thank them for the tremendous support that I have received from them all. I remain grateful to them. I specially remain indebted to some people who without name and fame generously gave me financial support to organize certain events in this parish, especially during the Silver Jubilee Year of the parish. As I bid farewell to Sacred Heart Church, Andheri East, I hand over the *Pastor's Desk* to Fr. Lawrence Correa SVD, your new Parish Priest. I wish Fr. Lawrence and his clergy team, God's choicest blessings in all their endeavors here in this parish. Under his able leadership, let Sacred Heart Church continue to grow *Vibrant with the Spirit of the Risen Lord, towards a community of deeper faith, worship, love and service.*

Kindly continue to remember and support me with your prayers. May the good Lord bless all the members of Sacred Heart Church, Andheri East, with peace and joy. May He send His angels upon you to guide and protect you from all evil and harm. And for every wonderful moment that I have felt and experienced of your love, prayers and support during my tenure my dear parishioners, I shall forever remember and cherish with a great deal of warmth and nostalgia!

*God Bless !*  
- Fr. Baptist Pais SVD  
Parish Priest

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**Bulletin Design:** Rohit D'Almeida

**Printer:** Richard's Printing Establishment    **e-mail:** h2h.bulletin@gmail.com

# THE SACRED HEART OF JESUS: FONT OF LOVE

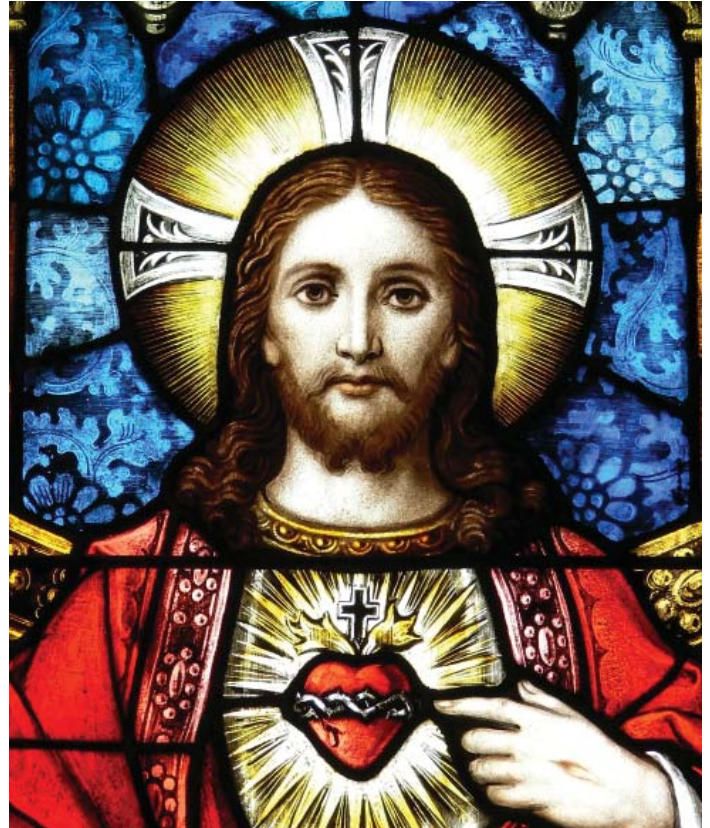
We shall reflect on the devotion to the Sacred Heart of Jesus, a widespread popular piety the Catholic world over, from two broad perspectives: one, historical and two, scriptural.

## The Historical Content

The rapid expansion of Protestantism, mostly in northern Europe in the 16<sup>th</sup> and 17<sup>th</sup> centuries, not without its impact in the southern Catholic Europe, gravely attacked and condemned numerous traditional devotions and ritualism. And the growing rationalism and worldliness made the religious atmosphere more complex. Fights between Catholics and Protestants were rampant. The lay people were bewildered. To make the situation worse, a heresy named Jansenism in France and neighbouring Catholic countries was causing havoc. This school of Theology discouraged frequent receptions of Holy Communion because the sinful humanity is unworthy of the reception of the sublime and most sacred body of Jesus Christ. It however, advocated limited reception of Holy Communion by lay people once a month and by the religious once a week, only after confession, for both groups. Jansenism further exhorted the practice of bodily penance and austerity and thus displayed their religious superiority like the Pharisees at the time of Jesus. This heresy was condemned by Pope Urban VIII in 1642.

## Revelation to St. Margaret Mary Alacoque

In order to revitalize and rekindle the sagging Catholic faith and devotion to the Blessed Sacrament, Christ chose an unknown and humble French nun named Margaret Mary Alacoque of the Visitation Order at Charleori, France. Between 1673 and 1675 the Lord appeared to her many times and instructed her how to promote the devotion to His Sacred Heart. He told her “My Divine heart is so flamed with burning love for mankind. You should reveal and spread devotion to My heart among all the faithful for their sanctification. I ask you that the Friday after the octave of the feast of Corpus Christi be set aside as a special feast in honour of My heart.” Further, the Catholics were exhorted to receive Him in Holy Communion on the first Friday of each month and keep a Holy Hour on its eve, before the Blessed Sacrament exposed. He added that His heart will gift divine love on all who honour it and encourage others to do it. To counter the Jansenistic heresy, Jesus promised that all who practiced the devotion continuously for nine First Fridays would be assured of all the grace of final salvation. And thus the new devotion began to spread like a wild fire in the Catholic world.



In addition to the above practice of devotion they were asked to do penance as reparation for the irreverence and ingratitude that His heart suffered. Sister Alacoque was forewarned that she would suffer much pain in expiation for the sin of tepidity among the Catholics. It was not an easy vocation.

It was with the assistance of Blessed Claude de la Columbiere, her confessor, that the devotion to the Sacred Heart received due recognition first in her own congregation and gradually came to be observed in the whole Church. Margaret Mary Alacoque was eventually canonized by Pope Benedict XV on 13 May 1920.

## Biblical Foundation of the Devotion

While the devotion to the Sacred Heart of Jesus in its current form is only about 300 years old its scriptural source is much older and deeper. Because of modern rational culture a few sceptics are inclined to express certain aversion to the

*Keep looking at the Sacred Heart of Jesus – why worry? you are His?*

*– Blessed Mother Teresa of Kolkata*

sentimentalism and emotionalism, at least in some cases, attached to the devotion. Therefore the practice demands to be justified and strengthened with its biblical foundation.

### Symbolism of Heart

Symbolism of heart is found in all cultures and religious literature. Heart is believed to be the chief source of emotional responses. For references to the heart in the Bible, look at a few examples : “A glad heart makes a cheerful countenance but by sorrow the spirit is broken” (Proverbs 15:13). According to the Bible, heart is the source of thoughts, desires and deeds. Wisdom and discernment are seated in the heart (Mark 7:6). In the passionate celebration of love for the beloved, King Solomon in his Song of Songs pleads “Seal me in your heart... for love is stronger than death... Many waters cannot quench the flame of love, neither can the flood drown it. (8:6-8)

### The Sacred Heart, The Font of Love

Human existence is incomplete or even miserable at times, without loving relationships. Well-known existential psychologist Erick Fromm, identifies the root cause of this human condition, stating that love springs from the profound need to overcome separateness and loneliness. After the creation of man, God said “It is not good for man to be alone” (Gen 2:18). Observing loneliness of millions of people, particularly in very busy cities of the world, Blessed Mother Teresa said “Hunger for love is much more difficult to remove than the hunger for bread”. In genuine friendship this need is partly fulfilled. A friend in need is a friend indeed, goes the proverb.

The true Christian understanding of God is not God as Almighty or an angry God as often portrayed in the Old Testament as well as in all primitive religions. Fear is their predominant disposition towards God. In contrast, Jesus revealed “God is Love” (1 John 4:8) God is a loving Father. “God so loved the world and gave His own Son. (John 3:16) Only Jesus Christ who was with the Father could tell us the true nature of God’s love. Yet, we might not believe Jesus had He not made it visible in His own life with the poor, sick, oppressed, lepers, the outcasts of the society, even prostitutes. His life of love finally

climaxed in His suffering and humiliating death. “Greater love than this no man has to lay down one’s life for ones friends” (John 15:13). As Saint Paul teaches “He emptied Himself taking the form of a slave .... He humbled Himself becoming obedient unto death, even death on a cross (Phil 2:7-8)” To be biblically rooted St. Paul is referring to “The suffering Servant of Isaiah” (52:13-55; 53:11-12). Jesus, who was fully divine and fully human, identified with us in all our human limitations and agonizing infirmities. In Jesus Christ, we understand the depth of God’s love. It is very consoling to know that God loves us unconditionally.

At the time of St. Margaret Mary Alacoque, certain theological trends unfortunately marginalized the humanity of Christ because of the one sided understanding and veneration of His exalted and glorious divine nature. The divinity of Christ nearly overshadowed the humanity of Christ that is permeated by His divinity. The devotion to the Sacred Heart of Jesus was an attempt to correct such an imbalance. “The feast of the Sacred Heart of Jesus points to the deepest centre of the mystery of Jesus Christ. In His unfathomable love, He imparts to us the fullness of life, revealing in a unique way the Father’s mercy. We honour the heart as the embodiment of love, holiness and apostolic zeal.” However, ultimately God the Father is the source of all love. From the pierced heart of our crucified Lord, we receive the Holy Spirit as the first gift. Thus, devotion to the Sacred Heart of Jesus is ultimately Trinitarian in nature.

We honour the heart of Jesus the most when we listen to His voice. “Have among yourselves the same attitude that it is also yours in Christ Jesus” (Phil 2:5). Devotion to the Sacred Heart of Jesus should inspire us to grow into self-emptying love (agape) of God and our neighbours. Otherwise, I am afraid it might turn into another monthly ritual. The love that we celebrate is not something we can keep for ourselves. It demands to be shared with the world that is becoming restless day by day because of lack of compassionate love. Finally, heart is the most powerful symbol we have and if it disappears we are in danger of losing the humanity of Christ which is the core of Christianity.

- Fr. Augustine Kanjamala SVD  
Institute of Indian Culture

*“Plunge yourself often into the charity of that lovable Heart so that you may never act towards your neighbor in a manner which may in the least wound the virtue of charity, never doing to others what you would not wish done to yourself.”*

- St. Margaret Mary Alacoque

# FAREWELL DEAR FATHERS



## **Fr. Baptist Pais SVD**

There's always an obvious and inherent sadness evident as one says good bye and so it is amongst us parishioners, as we get ready to bid adieu to Fr. Baptist Pais SVD, our beloved Parish Priest, from 2008-2014.

Fr. Baptist will be moving to Mysore as Rector of Vidya Niketan, SVD Formation House, as part of his next assignment.

Prior to Fr. Baptist's appointment in June 2008 as Parish Priest, Sacred Heart Church, Andheri East, he served as a priest in the mission area of Ramchandrapuram in Andhra Pradesh, SVD House in Kirem, Mangalore, Gyan Ashram, Andheri East and St. Theresa's Church, Bandra, where he was also a Parish Priest.

All who know Fr. Baptist, will vouch for his soft and gentle demeanour and him being blessed with an awesome voice. He also has a special charisma for music and has lent his melodious voice to several musical renditions and compositions. Besides, he will always be remembered for his sense of repartee, a keen sense of humour which often had the most of a stressful situation turn 'light' due to an impromptu round of unabashed laughter! His dulcet melodious voice will greatly be missed.

During his tenure as parish priest of Sacred Heart Church, he encouraged parishioners to get involved in the various cells and associations of the parish and was a mentor and motivator to all those involved in Church activities. He has been a source of great inspiration and solace, to all who approached him for advice/counselling.

Having witnessed the resounding success of the Silver Jubilee celebrations of our parish in November 2012 and the various events that took place during his tenure, we are greatly indebted and thank Fr. Baptist for his committed and strenuous efforts in making all the events of our parish a grand success. The *thank you's* are profuse and can never end, but suffice to say, whenever we remember Fr. Baptist SVD it will be with a great deal of warmth and gratefulness!

Finally, as we express our sincere thanks to Fr. Baptist SVD for his yeoman service and love extended towards us parishioners during the last six years, we wish and pray that the Almighty shower upon him His choicest blessings and grace always!

Thank you Fr. Baptist. Good Bye for now! Hopefully we cross paths sometime, someplace once again as there can never be a 'goodbye' without a 'hello' and vice versa!

We wish you much happiness, good health and great success in your new assignment! WE WILL MISS YOU VERY MUCH!



## **Fr. John Singarayar SVD**

It is with deep gratitude and appreciation that we bid farewell to Fr. John Singarayar SVD, as he proceeds to take up his new role and responsibilities at the Sarva Vikas Deep, the SVD Mission House at Mangoan, Raigad district of Maharashtra.

He joined our parish as a co-pastor in June 2012; this being his first pastoral assignment. Well known for his research and writing skills, Fr. John has contributed many an article on varied topics in various national and international journals. He is known for his cheerful disposition and moving about always with a big friendly grin on his face. We shall miss that immensely! *'Wellspring of Love'* the first book authored by Fr. John, was released by His Lordship Archbishop Raphael Cheenath SVD, in November 2012, during the silver jubilee celebrations of our parish. Fr. John who was appointed as a Spiritual Director in the various communities, associations and cells of our parish served them all with single mindedness and aplomb. He has been a great blessing!

Dear Fr. John SVD, Thank You. We wish you all the best and assure you of our prayerful support in your priestly ministry!



## **Fr. Evan Gomes SVD**

It is with much appreciation and heartfelt thanks, we bid good bye to Fr. Evan SVD, as he leaves our parish to take up his next assignment at the Divine Call Retreat Centre at Mulki, Mangalore.

Fr. Evan Gomes SVD, joined our parish as a co-pastor in June 2012 and this was his first pastoral assignment. Due to his focused approach towards work/projects and his friendly disposition, he was successful in completing tasks assigned to him, however herculean they may have been! As a Spiritual Director, Fr. Evan has contributed effectively to the various communities, associations and cells. His active role in the formation and growth of the Neighbourhood Youth Groups (NYGs) is both, commendable and praiseworthy.

Dear Fr. Evan, our best wishes and prayers are with you in all that you do in the Lord's Vineyard!

# WELCOME DEAR FATHERS



## **Fr. Lawrence Correa SVD**

The parishioners of Sacred Heart Church extend a hearty welcome to Fr. Lawrence Correa SVD our new Parish Priest, come June 2014.

Fr. Lawrence Correa was born to the late John and late Christine Correa in *Pernal*, Mangalore on April 27<sup>th</sup>, 1953. He has six brothers and a sister, who is a religious. The call to priesthood came to Fr. Lawrence when he was just 13 years of age. He was ordained a priest on April 29<sup>th</sup> 1980.

In the course of his earlier assignments, Fr. Lawrence has twice served as co-pastor at St. Theresa's Church and as the Director of Urban Community Development Centre (UCDC) Bandra, from 1981 to 1983 and 1995 to 2000. He was a formator at the Divine Word Seminary and served as a Director of Sarva Seva Sangh, Pune from 1984 to 1988. From 1989 to 1994 he was at the Gyan Ashram, being the administrator of All India Soverdia Sangam (AISS) and also pursued his doctoral studies in Social Sciences, from Tata Institute of Social Sciences (TISS), which he successfully completed in 1995. Fr. Lawrence was also the Justice, Peace and Integrity of Creation (JPIC) co-ordinator of SVD INM Province. From January 2000 to September 2005, Fr. Lawrence worked to establish a non government Organization named '*Vivat International*' for SVDs and the SSPs (Holy Spirit Sisters) at New York, USA. The aim of this NGO was to work in collaboration with the United Nations Organization (UNO).

For the majority of Sacred Heart parishioners, Fr. Lawrence SVD is not entirely a new face having served our parish as a co pastor from 2005 to 2008 after returning to India on the completion of his assignment in New York, USA, in 2005. Fr. Lawrence is renowned for his excellent administrative / organizational skills. His efforts to publish the first time ever '*Parish Directory*' of our Parish and the issuance of '*Family Cards*' have been highly appreciated and marked as stellar projects in our parish history!

In 2008, Fr. Lawrence had to leave our parish as he was assigned to take charge as Councilor in the newly formed Provincial Council of the Society of the Divine Word (SVD) – Mumbai Province and as the Administrator of the All India Soverdia Sangam Trust (AISS).

Dear Fr. Lawrence, we the parishioners of Sacred Heart Church, take this opportunity in extending a warm welcome to you as our Pastor. We assure you of our wholehearted support and co-operation as you lead us; traversing the footsteps of Jesus, our Lord and Shepherd!



## **Fr. Mathew Ezhuparayil SVD**

Fr. Mathew Ezhuparayil SVD was born on 11<sup>th</sup> November, 1969 in Kerala. Born to the late Abraham and Mary Abraham, he is the second of their eight children; three boys and five girls.

Fr. Mathew joined the SVD in June 1987 and was ordained a priest on 5<sup>th</sup> May 1999. He has worked as an Assistant Pastor in the Janagaon parish of Warangal, Andhra Pradesh for two years. Fr. Mathew has served at the St. John's Mission Seminary Changanacherry, Kerala, for seven years. He has also spent two years in Bangalore, where he completed his M.Sc., in Counseling Psychology.

Fr. Mathew has joined our Parish Team as a Co-Pastor from June 2014. His previous assignment prior to this appointment was at the Vidya Niketan Seminary, Mysore where he spent four years. His motto is '*Abundance of Life in Jesus*'.

Dear Fr. Mathew SVD, we extend a hearty welcome to you and wish you a pleasant and fruitful stay with us.



## **Fr. Wilfred Wilson SVD**

The Sacred Heart Parish Community congratulates Fr. Wilfred Wilson SVD on his Priestly Ordination on 3<sup>rd</sup> May 2014, at St. Anthony's Church, Killukottai, Trichi, Tamil Nadu.

We are also happy to welcome Fr. Wilfred Wilson SVD as he joins our Parish, as a co-pastor from June 2014.

Dear Fr. Wilfred SVD, while extending a warm welcome to you on your maiden appointment as a priest, we wish you a pleasant and a fruitful stay in our parish.

All the best!

*"My daughter, know that My Heart is mercy itself. From this sea of mercy, graces flow out upon the whole world.  
No soul that has approached Me has ever gone away unconsoled"*

*- Our Lord to St. Faustina, (Diary, 1777)*

## ZEALOUS FOR GOD ALONE



Born in Mangalore, Fr. Evan Gomes SVD is the eldest of three children. As a young student and as early as standard 8<sup>th</sup>, he was drawn to priesthood. After clearing his higher secondary exams, he gave it a serious thought. In the same year he joined the Society of the Divine Word in Kirem, Mangalore Diocese in Karnataka. The inspiration behind this divine calling was his dear grandmother who always prayed for him. Unfortunately, she passed away four years ago and was not around to witness her cherished wish of seeing her grandson being ordained a priest. Fr. Evan was ordained on 4<sup>th</sup> May 2012 in Pernal, in the then diocese of Mangalore and was soon after appointed to Sacred Heart Parish, as co-pastor.

For Fr. Evan, Sacred Heart Parish was not an unfamiliar place. He had visited this parish when he was in Standard 7<sup>th</sup>. He never ever imagined even in his wildest dreams that he would one day be appointed to this parish. He had heard a lot of good things about this parish when he was in the seminary. Yes, God's plans are different. He was appointed for his diaconate

ministry in this parish for 6 months followed by his first assignment as a co-pastor. Time flies by so quickly and Fr. Evan feels that his tenure of two and half years have been just like two and half weeks! Having been an intrinsic part of the parish during one of its most significant milestone i.e. the Silver Jubilee Year, has been without any doubt a great learning curve in his just begun priestly career, which he believes will hold him in good stead.

Working in close collaboration with the youth of the parish has been another memorable and truly enriching experience for Fr. Evan. He has been more of a companion and confidante to the youth, rather than an authoritarian figure. In 2012, the 'Youth Ministry' in the parish underwent transition. Change of any kind brings along its own churning and so it was in the parish, with the introduction of major policy changes. It was a difficult time for the clergy team. But with time, the positive changes and enthusiasm evidenced amongst the youth towards this new methodology, made all the pains and efforts worthwhile.

Fr. Evan believes challenges are a part and parcel of one's life. One must meet life head on and let things take its own course. He too had his share of challenges. In his trying times, he surrendered the situations to Jesus in prayer, especially while celebrating the Holy Eucharist and found the solace and strength to plod on relentlessly. It was the un-stinted support he received from members of the community that helped him discharge, his duties.

On the eve of his departure, Fr. Evan has a message for the youth of our parish:

*"You have heard time and again that you are the future of the Church. It is true. Today, the Church needs you more than ever to keep it alive and active. If you fail to keep it alive and going today, the day is not far when as an aged person you go searching for a Church and you fail to find one or anyone there!"*

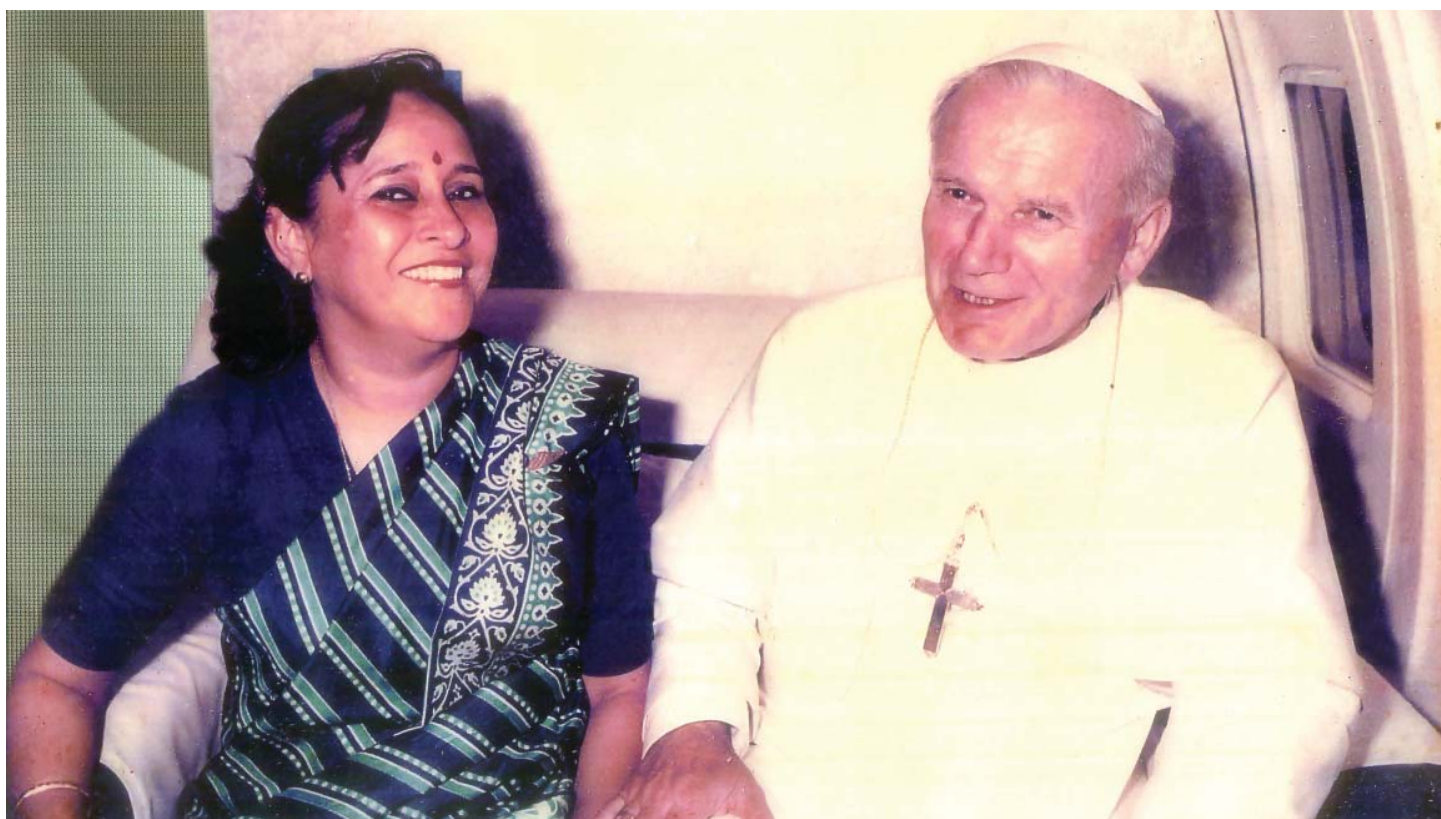
**- Fr. Evan Gomes SVD interviewed by Sr. Natalia D'Souza SSpS**

*"God is love". His is not a sentimental, emotional kind of love but the love of the Father who is the origin of all life, the love of the Son who dies on the Cross and is raised, the love of the Spirit who renews human beings and the world. Thinking that God is love does us so much good, because it teaches us to love, to give ourselves to others as Jesus gave Himself to us and walks with us.  
Jesus walks beside us on the road through life.*

**- Pope Francis**



## REMINISCENCES WITH POPE JOHN PAUL II .... NOW A SAINT



Indeed, today I am extremely exhilarated, privileged and blessed to having met and interacted with a saint while he was just a human being like us. My happiness took a major leap when on 27<sup>th</sup> April 2014, I watched Late Pope John Paul II, being canonized a Saint.

Well, you may ask why ? ... In my career path as an Airhostess with Indian Airlines, I was selected to serve him all through his visit to India from February 3<sup>rd</sup> to February 10<sup>th</sup>, 1986. When I heard accounts of the Pope as an air traveller I knew he would qualify as our cabin crew's 'Most Favorite Passenger'. He wore a perpetual smile no matter what the hassles of daily life and travels were. Though I did not follow what he kept saying to me, as he did not speak English well, I knew that he kept showering his blessings on me. Attending all the Masses he celebrated was

a wonderful experience. His charisma and aura made the people exclaim that God has arrived, a feeling that engulfed me too. These moments transported me to that biblical passage when Jesus mingled with the Gentiles and they claimed that he was truly the Son of God.

Those few days in the Pope's company and watching his glowing face and the blessings he showered on me made me feel that I was surely a person chosen by God. I can assure you, my dear readers, have full faith and pray to him and he will surely intercede for you, as I have witnessed my prayers being answered.

Saint John Paul II Pray for us !!!

- Cynthia Rubec,  
Animator - Community No. 12, Apostles of Christ

*A God who draws near out of love walks with His people, and this walk comes to an unimaginable point. We could never have imagined that the same Lord would become one of us and walk with us, be present with us, present in His Church, present in the Eucharist, present in His Word, present in the poor, He is present, walking with us. And this is closeness: the shepherd close to his flock, close to his sheep, whom he knows, one by one.*

- Pope Francis

# HEARTY LAUGHTER!

## Visiting Grandma

Grandma, who appeared to have become an ever-more intimidating personality as the years went on, was giving directions to her grandson who was coming to visit with his wife: "You come to the front door of the apartment complex. I am in apartment 14T. There is a big panel at the door. With your elbow push button 14T. I will buzz you in. Come inside, the elevator is on the right. Get in, and with your elbow hit 14. When you get out I am on the left. With your elbow, hit my doorbell."

"Grandma, that sounds easy, but why am I hitting all these buttons with my elbow?" the grandson asked. "You're coming empty handed ... ?"

## Simple Support

Nick had purchased a new computer. He ran into some difficulties while setting it up so he decided to call the customer support phone number found in the manual.

A man answered the phone and Nick explained the problem to him.

He began rattling off computer jargon. This confused Nick even more.

"Sir," Nick said politely, "Can you explain what I should do as if I were a small child?"

"Okay," the computer support guy said, "Son, could you please put your mommy on the phone?"

## Rich Businessman Prays.....

A businessman who needed millions of Rupees to clinch an important deal went to Church to pray for the money. By chance he knelt next to a man who was praying for Rs.1000/- to pay an urgent debt.

The businessman took out his wallet and pressed Rs.1000/- into the other man's hand. Overjoyed, the man got up and left the Church. The businessman then closed his eyes and prayed, "And now, Lord, that I have your undivided attention....."

## Just for fun ...Afterthoughts!

MONEY TALKS ... but all mine ever says is GOODBYE!

I'm in shape ... round's a shape isn't it?

43% of all statistics are useless!

I couldn't fix your brakes, so I made your horn LOUDER!

Hard work never hurt anyone, but why take a chance?

A synonym is a word you use if you can't spell the other one!

I'm not paranoid! Which of my enemies told you this?

## Spotted ...

Spotted in a toilet of an office:

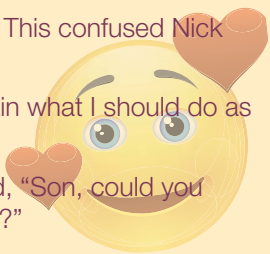
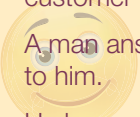
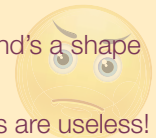
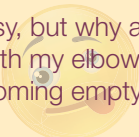
TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW.

In a Laundromat:

AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT.

In an Office:

WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN.



# BIBLE QUIZ No. 31 (THE BOOK OF GENESIS (CHAPTER 1-12))



## I) Fill in the blanks choosing appropriate word from the bracket

- Noah had \_\_\_\_\_ sons. (One, Two, Three ,Four)
- Adam lived for \_\_\_\_\_ years. (905, 912, 920, 969)
- Make yourself an ark of \_\_\_\_\_ wood. (Cypress, Teak, Pine, Oak)
- The tower of \_\_\_\_\_ was where God confused the language of the Earth. (Nilcah, Nahor, Haran, Babel)

## II) Answer the following

- Name the two trees God created?
- Who named Eve and what does it mean?
- What was the sign of the covenant between God and the Earth after the floods?
- What were the professions of Cain and Able?

## III) TRUE or FALSE

- God called the darkness - day and the light he called - night.
- In the beginning when God created the heavens and the Earth, it was formless void.
- Cain built a city named Enoch after his grandson.
- The tree of life was guarded by the cherubim, with the sword flaming on the east of Eden.

## IV) Name the following

- The man who had seven-fold vengeance.
- The place where the ark came to rest.
- The man who walked with God.
- The animal who tempted Eve to eat the apple.

## V) Match the Following

- |               |                 |
|---------------|-----------------|
| 17. Pishon    | Land of Cush    |
| 18. Gihon     | Fourth river    |
| 19. Tigris    | Eden            |
| 20. Euphrates | East of Assyria |
|               | Land of Havilah |

Full Name \_\_\_\_\_ Class \_\_\_\_\_

School \_\_\_\_\_ Telephone/Mobile No \_\_\_\_\_

Family Card No. \_\_\_\_\_ Address: \_\_\_\_\_

### Please Note:

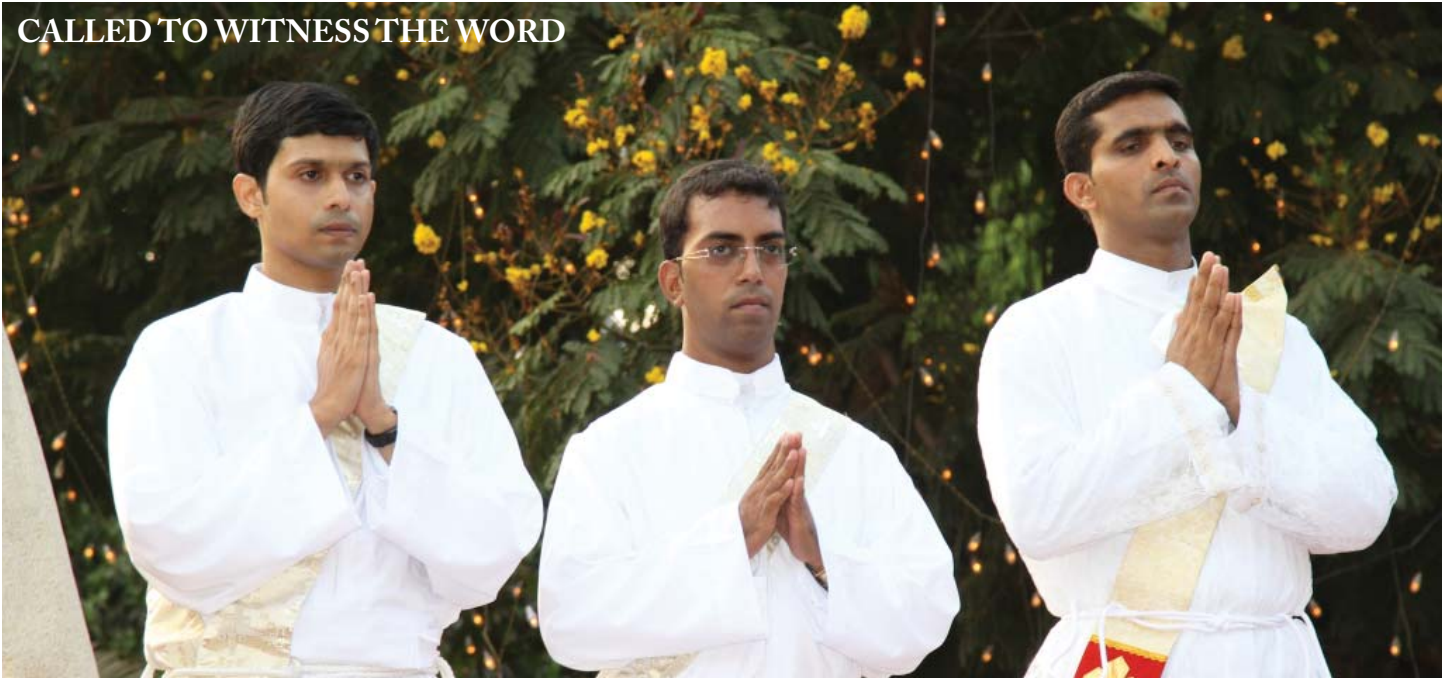
- The Quiz is only for children of our Parish who are studying in Std. 10<sup>th</sup> and below.
- Only one entry per child will be accepted. The answers are to be written clearly, on this sheet only.
- Elders refrain from providing answers to children.
- Write your name, class, school, Telephone number, Family number and home address clearly
- Drop the answers in the letter box in front of the Parish sacristy latest by 12<sup>th</sup> July 2014.
- There are three attractive prizes. If there are many right answers the prizes will be determined by casting lots.
- Editorial board's decision will be final and binding.

**Answers of Quiz No.030:** Answers: 1. (Passover) (Jn 18:39)2. (The Emperor) (Jn 19:39) 3. (Jews) (Jn18:3) 4. (Golgotha) 5. (Twin) 6. Kidron (Jn 18:1) 7. Malchus (Jn 18:10) 8. Two 9. three (Jn 19:20 10. the disciple whom Jesus Loved (Jn 19:27) 11. 30 Silver coins 12. The High Priest 13. The tunic of Jesus 14. Teacher 15. My Lord and My God 16. (Pilate Jn 18:33) 17. (Roman) 18. (bandit) 19. (Mary Magdalene (Jn 20:15) 20. Sea of Tiberias ( Jn 21:1)

**Winners of Quiz No 29 :** 1<sup>st</sup> prize: Valentina M Marshall (Std X Canossa) 2<sup>nd</sup> prize: Christine Rebecca Nazareth (Std IV Canossa) 3<sup>rd</sup> prize : Caleb Fernandes (Std X Holy Family)

# PARISH ACTIVITIES

## CALLED TO WITNESS THE WORD



27<sup>th</sup> April 2014 will be earmarked as a day of great grace and blessings in the history of the Sacred Heart Parish. Three of our parishioners; **Daniel Barretto, Robert Baptista and Rohan Menezes** heard the Lord's call to serve His people and the Catholic Church. After years of theological studies and rigorous preparation, they were finally ordained as priests at the 5.30 pm Eucharistic Celebration, graced by Dr. Leo Cornelio SVD, the Archbishop of Bhopal.

The Mass began by the ordinands entering the venue of the ceremony dressed in albs and diagonally-worn stoles of deacons ushered in by close family members and a magnificent assembly of priests. It was truly a sight to behold and treasure! The congregation comprised of a huge number of religious and laity having come to witness this special and sacred event. The Mass commenced with the introduction of the occasion and after the opening prayers and scripture readings, the ordaining minister, the Most Reverend Archbishop Leo, called each ordinand by name who responded, "Present," and stepped forward. Archbishop Leo then enquired of the candidates from their religious superior; Fr. Paul Vattatara SVD, Provincial of INM Province, testified the three to be *prepared and approved* for ordination.

Archbishop Leo, in his address *to the would be ordained priests* and the congregation, gave a very apt and thought provoking homily on 'life' and the type of choices that life often throws up. The three deacons were then questioned of their willingness and free will to serve Christ and His Church

as faithful priests. They then took the 'Vow of Obedience' to the authority of the Church and to their religious superiors. Archbishop Leo then proceeded to ask the congregation to pray along with him for the *ordinands* while the three prostrated in front of the altar amidst the chanting of the 'Litany' to invoke God's saving mercy and the intercession of all the Saints to send down the Holy Spirit. This ceremony was followed by 'The Laying on of Hands'.

The three priests, Frs. Daniel Barretto, Robert Baptista and Rohan Menezes were then vested with the priestly stole and chasuble by fellow priests who assisted them in donning the same. Archbishop Leo then anointed the palms of the new priests with the oil of chrism and they received the gift of the *paten* and *chalice*, the Eucharistic vessels. The priests then went on to bless their family members and close relatives at hand. The Eucharistic celebration ended with the congregation being given the final blessings from the altar, by the newly ordained priests. The newly ordained priests together with their families and close relatives were then congratulated and felicitated.

Wishing the newly ordained trio of Fr. Daniel Barretto SVD, Fr. Robert Baptista SVD and Fr. Rohan Menezes SVD abundant grace of the Holy Spirit and praying God's wisdom, blessing and strength on each one of them, in their quest to serve God!

- Vanessa D'souza,  
Community No 6, Morning Star



In the just concluded Lenten period, the Bible Cell of our parish journeyed with us in our spiritual growth and understanding.

### Prayer and Fasting

With the thought provoking question, "If Jesus knowing that He would fall into temptation, fasted and prayed, then what about us?" Steven put into perspective that when we fast and deny ourselves the familiar comforts we are addicted to, we recognise our weaknesses and our desires. This makes room for God to teach us about His strength, provision and grace to transform not only us, but the lives of others

### The Sacrament of Reconciliation

Through the Parable of the 'Prodigal Son', Titus explained the tenets of the Sacrament:

**Repentance** - turning from sin and turning towards God

**Confession** - of our sins and failures

**Penance** - imposed in reparation for the confessed sins

**Forgiveness** - the absolution granted by a priest to reconcile us to God

**Reconciliation** - We are made one with God

### Holiness and Almsgiving

Prakash explained how God alone is Holy. When we allow God's Spirit to purify and fill our hearts we are enabled by Him, to live holy lives in obedience to God's will. Almsgiving is an act of good work that illuminates our love of God and His people. Often, Christians wonder how much do we need to give in charity? Prakash clarified, "give till it hurts" and the more you give, the more you will be blessed with.

### Humility and Obedience

Joseph explained what humility of spirit means. It means realizing God's plan for each one of us, and it is our duty to follow God's blueprint rather than our own. To become Christ-like, humility and obedience go hand in hand.

### Christian Suffering

Some Christians view suffering as God's punishment. To some it's a way of God's purification. This aspect of self-purification was explained by Josephine with an apt comparison. Just as a silversmith sits by the fire watching the silver being refined of all its impurities, in the same manner God oversees our purification by allowing us to go through some doses of suffering from time to time.

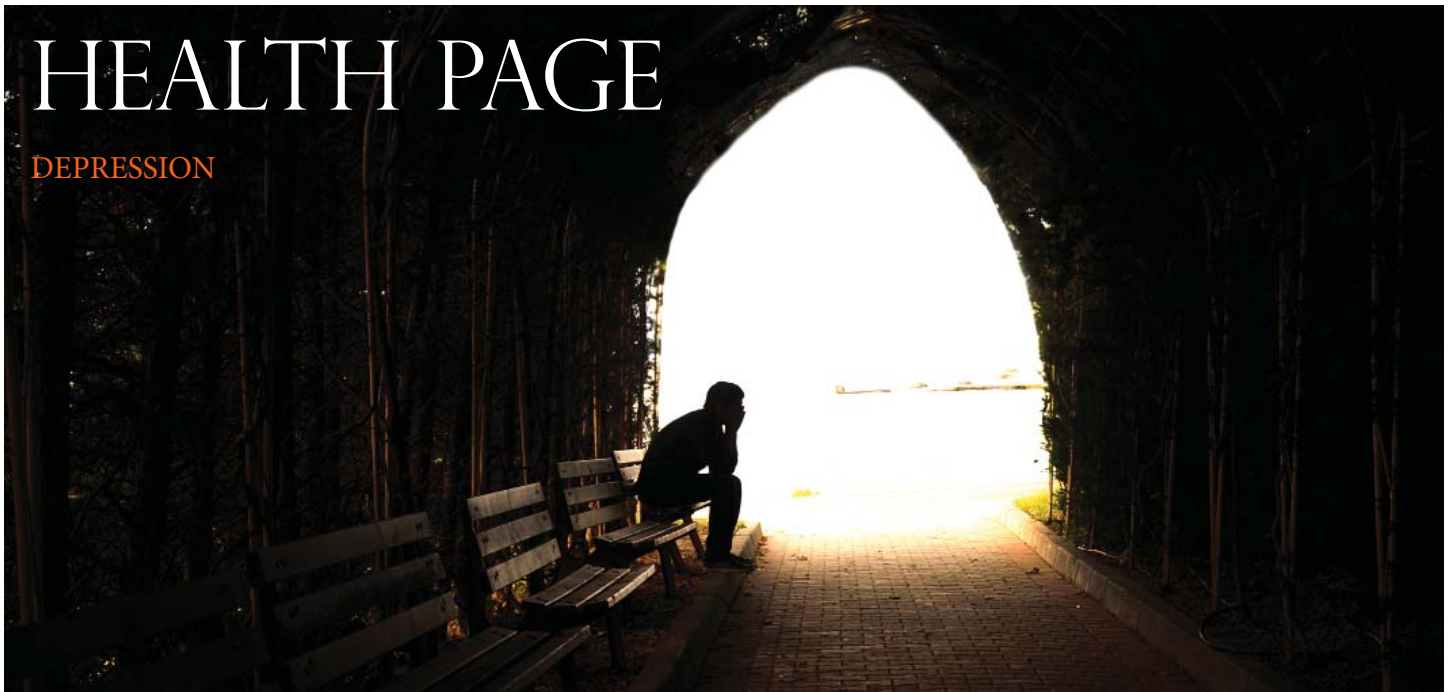
### Victory through the Cross

How can there be victory in suffering? Jesus too prayed to take away his cup. St. Augustine writes "the passion of the Lord overflows into us, His branches so that we are cleansed from sin and made in His image." In our sufferings, it is God's grace that enables us to do things He wants to accomplish through us.

The Eucharist is this victory celebrated! During elevation, the raised consecrated body and blood of Jesus is the victorious moment when Jesus was raised on the cross at Calvary. At that moment, we should bring our wants and sufferings to our Lord, asking for a healing and the grace to take us through. Victory is for sure!

The Bible Cell manifested the spirit of 'Lent' in our homes and families, adding the much needed spiritual exercise and discipline for the season!

-Joan Kapur  
Community No. 18, Good Samaritan



# HEALTH PAGE

## DEPRESSION

Depression is a period of acute unhappiness or low morale which lasts longer than several weeks and may include ideation of self-inflicted injury or suicide. The signs and symptoms may vary from person to person. But the two key indicators are loss of interest in things one likes to do and an overwhelmingly sense of sadness or irritability. The symptoms can be observed across the spectrum of cognition, motivation, emotion and biology. The general perception of depressed individuals is that of slow motor and mental activity with an overall appearance of sluggish behavior. Often, depression can be manifested in physical agitation and many a time family members fail to notice the obvious mood dysfunction. A depressed person may not always show the likely symptoms, by overtly camouflaging the same with a smile all day.

The causes for depression can be biological, psycho-social or socio-cultural. In terms of biology, an individual may inherit a genetic risk towards mood disorders leading to depression. Alternatively, a neuro-chemical imbalance may also cause an individual to experience depression. Certain medications used alone or in combination are known to cause depressive symptoms. Alcohol, considered to be the main ingredient in any celebration can also be a cause.

Major life events may also cause depression. Again the curious phenomenon here is that such an event need not always be negative. A marriage, a promotion or even having a baby could cause depression. Essentially, a radical change in environment that requires heavy restructuring of one's life style may induce

negative thoughts, attitude and beliefs about self, the world and one's future. There is of course the added complexity of depression which sometimes appears without any identifiable reason.

There are some life style changes that can be brought about to avoid the possibility of turning depressive. Healthy food and an adequate amount of exercise have been found to work wonders. Sometimes, fatigue caused due to lack of a healthy diet leaves one feeling down and low and without energy. Hence, getting good food, good sleep and a fair amount of exercise is a must.

Develop a network of friends and relatives with whom you can chill out, share and relax. The role of social support in prevention and treatment of depression cannot be underestimated. The sense of well being developed through healthy interaction with others helps built a sense of self-esteem and contentment. It also improves one's ability to cope with the vagaries of modern life. Participating in social events in the Church, at one's work place or educational institution should be part of everyone's life.

The best way to deal with such issues is to contact a professional. Invest in your mental health as much or even more than you invest in your physical health. The two are very closely tied. Help a friend or relative reach out to a professional and provide support so that he/she does not experience any stigma in society. Finally, one needs to remember that it is not life, rather the perception of life that is causing the dysfunction. Therefore, have a healthy attitude towards the perceived so-called successes and failures.

*- Dr. Cecilia Chettiar  
Clinical Psychologist*



With the coming of rains, we generally find that children and adults fall prey to various infections. Some of them are airborne; few others, waterborne; and the rest, foodborne. Diseases like common cold, malaria, gastroenteritis, jaundice, and dengue commonly occur in the monsoon. We're all prone to them, but children, the aged, and those suffering from other serious diseases are more susceptible.

Here are a few simple tips that could help you tide over this monsoon safely.

### 1. Boil water meant for drinking

Water sources get contaminated easily, in the rainy season, and become a major source of different kinds of viruses and bacteria. It is important to boil water that's meant for drinking. If you bring the water to a rolling boil and keep it boiling for one minute, that'll kill all the germs effectively. Cover the water and let it cool naturally to room temperature. Thereafter, store it in clean containers.

### 2. Avoid stagnant water

Several households in Mumbai suffer from water cuts, even during the rains. So, unfortunately, you have to store water for cooking, drinking, bathing, etc. Stagnant stored water is an excellent breeding site for mosquitoes. Hence, make sure your tanks and buckets are cleaned well and always covered.

### 3. Protect your feet

Invest in a good pair of footwear meant for the wet weather, which ensures minimal exposure of your feet in dirty water. Cuts and wounds on your feet could serve as entry points for various germs, so dress any open wounds before you step out. Avoid wearing damp socks or shoes; dampness promotes fungal infections. If your feet come in contact with dirty water, wash them with clean water and soap, as soon as you can.

### 4. Maintain kitchen hygiene

Keep your home and especially your kitchen free from houseflies. They're responsible for spreading a number of diseases. Keep all

cooked food well covered. Dispose kitchen waste immediately and do not leave it lying around. Flies get attracted to the stench emanating from it. Clean your home with a good disinfectant at least once a day to keep flies away.

### 5. Avoid eating out

Eating out is a strict NO! Outside food and water is one of the main causes of gastroenteritis. Eat food that is cooked at home and consume it fresh whenever possible. Wash all your fruits and vegetables well, especially those which you consume raw.

### 6. Exercise regularly

Drizzles and showers can hamper your exercise routine. However, exercising during the monsoon is as important as in any other season. Exercise indoors whenever possible. Try yoga and stretching exercises. You could also learn various dance forms or aerobics to help you stay active.

### 7. Take care of your eyes

Common eye problems during the monsoon are conjunctivitis and styes. Avoid touching or rubbing your eyes with unclean fingers. If you do catch an eye infection, avoid self-medication; contact your doctor and get yourself treated immediately.

### 8. Care for kids and the elderly

Encourage your children to wash their hands and feet after play. Make sure they change damp clothing or footwear immediately. Get them to drink plenty of water and have a good nutritious home-cooked diet. The elderly should avoid walking outside immediately after a downpour, as it could lead to serious falls on slippery roads.

So, you don't have to do anything special to care for your health during the rains. Just follow these simple tips, and your attitude towards the rains will turn from dread to one of enjoyment. Wishing you a healthy and safe monsoon!

*- Dr. Nishel Lobo, M.D.  
(Consultant Homeopath)*

# FROM THE PARISH REGISTER

## BAPTIZED IN CHRIST



Priya D'Silva	D/o	Alvin & Margarita D'Silva	23-Mar-14
Ava Pereira	D/o	Herschel & Rochelle Pereira	23-Mar-14
Caidyn ZuZarte	S/o	Rinaldo & Savina Zuzarte	30-Mar-14
Pushpalata Kulaye	D/o	Dattaram & Sitabai Kulaye	20-Apr-14
Rida Rizvi	D/o	Mohammed & Hilal Rizvi	20-Apr-14
Swaratha Khajekar	D/o	Suresh & Usha Khajekar	25-Apr-14
Ethan C. Fernandes	S/o	Jose & Helen Fernandes	27-Apr-14
Dwayne Elias Castelino	S/o	Dustin & Corrina Castelino	27-Apr-14
Kiara Monterio	D/O	Rahul & Pooja Monteiro	27-Apr-14
Siddhanth D'Souza	S/o	Nigel & Shilpa D'Souza	11-May-14
Livia Monteiro	D/o	Ivan & Lovina Monteiro	18-May-14
Aaron Michael	S/o	Moses & Jolhana	25-May-14
Sydney Mathews	S/o	Terence & Gracy Mathews	25-May-14
Jayden Pais	S/o	Nikhil & Christina Pais	25-May-14
Kiara Pereira	D/o	Michael & Emma Pereira	25-May-14
Emmanuel Chettiar	S/o	Joseph & Caroline Chettiar	25-May-14

Ankit Parikh	to	Rina S. D'Souza	23-Apr-14
Don D. Devasahayam	to	Sharon M. Rebello	27-Apr-14
Ronald Menezes	to	Jacintha D'Souza	1-May-14
Robin Antao	to	Vivet G. Concessao	10-May-14
Wayne D. D'Almeida	to	Avon A. Quadros	10-May-14
Roger M. Saldanha	to	Elvira D'Souza	24-May-14
Franklin C. Jacob	to	Patricia Pereira	25-May-14
Bejoy P. Chirayath	to	Shailaja Parab	28-May-14



## UNITED IN CHRIST

## RESTING IN CHRIST



Anna M. D'Souza	94 Years	Home for the Aged, Andheri East.	21-Mar-14
Thomas J. Fernandes	64 Years	Cheshire Home, Andheri East.	26-Mar-14
Appoline L. D'Souza	69 Years	Bindra Complex, Andheri East.	5-Apr-14
Xavier E. Monteiro	83 Years	Gracious Soc, Andheri East.	20-Apr-14
Xavier F. Mascarenhas	68 Years	19B/23, Takshila Andheri East.	23-Apr-14
Douglas G. Rocha	87 Years	12A/1, Takshila, Andheri East.	24-Apr-14
Rita Fernandes	57 Years	A/9, Sai Ashish CHS, Andheri East.	24-Apr-14
Clayton Reily	50 Years	D5/73, Greenfields, J. V. Link Road.	29-Apr-14
Olga J. D'Cruz	79 Years	A4/5, Bindra Complex, Andheri East	26-May-14
Amaldas D. Vadiyal	54 Years	Room No. 5, Pump House, Andheri East.	28-May-14