



Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 57

September 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 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: 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

e-mail: h2h.bulletin@gmail.com

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THEME

MOTHER MARY, QUEEN OF PEACE
INTERCEDE FOR OUR FAMILIES AND THE WHOLE WORLD

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Bishop Percival Fernandez, Fr. Paul Vattatara SVD - Provincial of INM Province, Fr. Innocent Fernandes SVD, Fr. Mathew Ezhuparayil SVD and Fr. Wilson Wilfred SVD at the Eucharistic Celebration during the Induction Ceremony of Fr. Lawrence Correa SVD as Parish Priest.

From the Pastor's Desk

"It is the law of friendship that friends should live together Christ has not left us without His bodily presence in this our pilgrimage, but He joins us to Himself in this Sacrament in the reality of His body and blood"
(*Summa Theologica, IIIq. 75, a.*)

My Dear Parishioners,

It is my pleasure to write these few lines from Steyl, Netherlands, where I begin my Spiritual Renewal Programme. Although I am physically away from you at this time, I am very much connected to you spiritually, through my heart.

We have chosen the theme *'Mother Mary, Queen of Peace, Intercede For Our Families And The Whole World'* for the current issue of our Parish bulletin, as we celebrate the birthday of Mother Mary on September 8th. I would like to reflect on the theme in connection with the 'Year of the Eucharist', as the Archdiocese of Bombay has declared this year as the 'Year of the Eucharist', especially to commemorate 50 golden years (1964-2014) of the 38th International Eucharistic Congress. In the plan of the Archdiocese, the month of September is earmarked to concentrate on the Real Presence of Christ. So, it is befitting to reflect a bit on this aspect of the Eucharist.

Because Jesus loves us, He wanted to be with us and nourish us spiritually even after ascending to His Father. Hence, during the last supper He had with His disciples, He instituted the Sacrament of His body and blood. "While they were eating, Jesus took bread, said the blessing, broke it, and giving it to His disciples said *'take and eat, this is my body'*. Then He took a cup, gave thanks, and gave it to them, saying *'Drink from it all of you, for this is My blood of the covenant, which will be shed on behalf of many, for the forgiveness of sins'*." (Mt. 26, 26-28).

Recalling these words of Jesus, the Catholic Church professes that, in the celebration of the Eucharist, bread and wine become the body and blood of Jesus Christ. Thus, there is the real presence of Jesus Christ in the Eucharist. No doubt, it is a mystery for us as humans, but we Catholics accept this in faith. We receive the body of Christ, which is our spiritual food normally during the Eucharist. Hence, Eucharist is the centre of our Christian lives.

The month of September is also significant as we celebrate the birthday of Virgin Mary. This event and feast fits in very well with the 'Year of the Eucharist' as she gave birth to Jesus; was with Him all through His mission journey here on earth; and she is the one who takes us closer to Jesus Christ. Before I begin my Spiritual Renewal Programme, I had the privilege of making a pilgrimage to Lourdes in France and to Fatima in Portugal. Both these places gave me a glimpse of people's tremendous devotion to Mother Mary. It also had a great spiritual impact on me personally. In the case of Lourdes, it is believed that Mother Mary appeared on 18 occasions to Bernadette Soubirous, a 14 year old peasant girl, the first being on 11 February 1858, in the cave of Massabielle. The message of Mother Mary was chiefly to pray for sinners. In Fatima, Our Lady is said to have appeared six times to three shepherd children, namely Lucia de Jesus aged 10, and her cousins Francisco and Jacintha Marto, aged 9 and 7, the first being on 13th May 1917 in Cova de Iria where the present chapel of apparitions stands and the last being on 13 October 1917. Here too, her message was mainly to pray the Rosary for the love of Jesus and for the conversion of sinners. During this feast of the birthday of Mother Mary she is urging us to change our lives and to get closer to Jesus and to pray for others that they too may come closer to Jesus and experience His love.

On another note, it may be good for us to be aware that 'Family Life' is the focus of an extraordinary general session of the Synod of Bishops that will meet at the Vatican between 5th and 19th, October 2014. They are going to discuss the 'pastoral challenges of the family in the context of evangelization'. Thus, the Church as a whole is very concerned about family life and all the challenges that the family faces. Our parish also has focussed on 'Family' this year. Family is the foundation and starting point of every human person. If the family is sound, all the rest will follow. It will help the members to love one another; to relate to others, especially to the people in the parish in a loving, peaceful and compassionate manner; and to experience Jesus' love by participating in the Eucharist and receiving the body of Christ. Jesus lived in a wonderful and holy family having Virgin Mary and Joseph as His parents. His human form was groomed in this family. Let each one of us also make our family a wonderful place to live and relate to the Eucharist and to the people of God in faith and love.

I wish all of you a very happy feast of the nativity of Mother Mary. May she intercede for us, bless us and lead us to her Son, Jesus Christ in the Eucharist.

- Fr. Lawrence Correa SVD
(Parish Priest)

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MOTHER MARY, QUEEN OF PEACE INTERCEDE FOR OUR FAMILIES AND THE WHOLE WORLD

Every year on 1st of January we celebrate the World Day of Peace. On the same day, we also celebrate another important feast, the Solemnity of Mary, the Mother of God. This dual celebration, on the very first day of the year is not just a mere coincidence. It speaks of the importance of peace in our lives and Mother Mary's relation to world peace. Therefore, I would like to reflect on the given topic at two levels: Firstly, Mary the Queen of Peace and secondly, Peace that we all need and seek.

Mary The Queen of Peace

There are many reasons for adorning our Mother Mary with the beautiful title, **"Mary, Queen of Peace"**. I like to reflect on a few of those reasons. Firstly, the story of Mary as told in the Gospels tells us that she was a woman of interior peace. For example, when the angel Gabriel came and broke that unbelievable and unreasonable news to Mary, the way she interacted with the Angel shows that she was a woman of a mature and calm disposition. (Lk 1:26-38). Again, when she found it difficult to understand her son's words like, *"Did you not know that I must be in My Father's house?"* (Lk 2:49) and *"Who are My mother and My brothers?"* (Mk 3:32) she did not react with the usual authority of a mother, but she kept pondering over the meaning of those words with a handmaid's humility. Finally, when her only son became the victim of cruelty, she witnessed all the events leading to His death on the cross, as a Queen of Peace.

Secondly, Mary was a person who witnessed plenty of violence all through her life. As a girl, she was born and raised in a society that was colonized by the Romans, who were known for mass murder, trial-less sentencing and execution. Again when Jesus was born, she witnessed the horrible slaughter of the innocents, by King Herod (Mt 2:16-18). Finally she also went through the unjust and brutal murder of her own son. As a woman who went through so much of violence would never like to witness violence again but only strive to bring peace.

Thirdly, Mary is called the Queen of Peace not only in our normal human sense, i.e. her own experience and personality that we have just seen above but also because she is the Mother of Jesus, the Prince of Peace. The words of St. John Paul II, sum it all up beautifully:



*"If Jesus is Life, Mary is the Mother of Life.
If Jesus is Hope, Mary is the Mother of Hope.
If Jesus is Peace, Mary is the Mother of Peace,
Mother of the Prince of Peace".*

Hence, we can rightly and proudly call Mary as **Queen of Peace**.

Peace that we need

The human species through the ages have been subjected to wars, calamities and violence. The two world wars of the last century bear testimony to this fact. It is rare for any particular time in history to have recorded the world having experienced perfect peace. Although we are factually not facing a world war like situation, as citizens of the world we are continuously seeking for 'peace', which sadly remains elusive. For the last couple of months, we have television and print media almost

"So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace."

- Romans 8:6

every day reporting stories and images of unrest especially in countries like Iraq, Libya, Syria, Palestine, Ukraine and Sudan. It is heart wrenching and disturbing to see images of innocent and helpless children being killed, maimed, orphaned and displaced. Children have been the innocent victims of these senseless conflicts, all yearning for the dawn of peace. Many of them victims of wars fought in the name of religion and unbridled political ambitions of a few misguided people. At the untimely and gruesome deaths of these innocent children, lie buried the shattered hopes and dreams of many a people and nation.

Unfortunately, it is not only countries facing unrest that are yearning for peace but each one of us too are longing for 'peace' in the realms of our daily lives while facing *stress of various kinds, work related tensions, domestic problems, health issues etc.*

At the onslaught of all these difficulties, darkness and hostilities it looks humanely difficult to look to the future with optimism. But we will not give in to the temptation of falling into despair. In every person there is an innate desire for peace, longing to live

in a warless, tensionless and problem less *family, community and world*. However, history is proof that our strength alone is not enough. We need the hand of God to assist us in our pursuit of peace. We need to stretch out our hands in prayer that God may help all of us and our world leaders to have the "*courage to say yes to encounter and no to conflict; yes to dialogue and no to violence; yes to negotiations and no to hostilities; yes to respect for agreements and no to acts of provocation; yes to sincerity and no to duplicity*" (Pope Francis).

We also have a powerful intercessor in our Mother Mary, the Queen of Peace who can help us in this peace making venture. The ongoing wars, violence and unrest happening in the world today hurt our Mother and contribute to her suffering. No doubt she would want nothing but peace reign in our families and in the world. Therefore, we humbly pray that she may intercede for us and obtain for our families and the world, the GIFT OF PEACE.

- Fr. Wilson Wilfred, SVD



CCO ON THE MOVE...



God Is At Work In Our Daily Lives

The **PAC (Parish Association Council)** held their first meeting for the current year on 17th, July 2014. Association heads who had completed their 3 year term conducted elections and elected new heads. The newly elected Heads/Assistant Heads attended the meeting. All the cells /associations/groups have commenced their programs, activities and functions with immense zeal and dedication as can be observed from the notes published in the Bulletin.

The SVP of our Parish has started tuition classes for children studying in Stds. I to VII.

The Women's Cell has extended an invitation to all the women of our parish to join the Women's Cell. Kindly register your names at the CCO Office.

Scholarship Schemes for Minorities: We are happy to note that many families from our parish have come forward to avail of this facility for their children. We pray and hope that all who have applied for the scholarship(s) will receive the same. The processed forms have been forwarded to the concerned authorities for their sanction and approval.

The Community Welfare Fund: Many parishioners have been helped through this fund for their housing, educational and medical needs.

The **Dental** and **Homeopathy** Clinics are functioning smoothly and continue to serve parishioners and non-parishioners with quality treatment, at very reasonable rates.

Matrimonials: Applications for sourcing potential life partners are adding up in numbers steadily. Applicants are not only from our parish but other parishes as well.

It's the beginning of new things to be done and much more to be achieved. By the grace of God Almighty we hope to achieve the goals set before us. God does not give up on us. He continues to challenge us to respond in freedom to His invitation of living our lives with responsible living. May the prayers of Our Virgin Mary help us in our Christian living and Christian service!

- The CCO Team

LIFE HAS BEEN REALLY GOOD!



It is no cliché, but an axiom of revealed wisdom that *'families that pray together stay together'*. Having met the family of Titus and Fatima Menezes, I feel this holds true in their lives, as doing God's will is their life's chief focus. St. John Paul II, in *Familiaris Consortio* says, "Families, become what you are." (FC 17). Living a good Christian life, finding a balance between work, family and ministry, they strive towards becoming good witnesses of the Word as spouse, parents, friends, neighbours and co-workers.

When Christian family life is lived in this way, it both participates in and serves as a sacramental sign of the universal call to holiness that is the vocation of every baptised Christian. For most of the faithful, this universal call is lived out, day by day, in the Christian family. That is how it is experienced as the first Church. It is there where we encounter the Lord.

Titus is employed with a healthcare organisation while Fatima works with a software company. Having completed the Ministry of the Word (a 2-year course every Sunday at the St. Paul's College Seminary, Goregaon), they began conducting Bible study classes in their earlier parish at Kalina. They believe that it was the Lord who directed them to the Sacred Heart Parish, Andheri where they became a part of the Bible Cell and are actively involved in teaching God's Word.

Apart from teaching at the Bible classes, Titus is an active member of Jesus the Real Vine Prayer Group's Music Ministry and the Teaching Ministry. The prayer group conducts Outreach Programs in various parishes in Mumbai over the weekends, and Titus shares the Word with *parishioners, confirmands, and retreatants*.

While interviewing them for this article, I asked them how life has been and their perception/outlook towards life in general. It did not surprise me when both of them as if on cue, replied in unison, *"life has been really good"*.

Quite early in their marriage, both Titus and Fatima became aware of making God the third partner in their relationship. They strongly believe it is Jesus who is helping them sail through life's many challenges. As a committed couple, they spend a few moments each day, sharing and affirming each other and making a concerted effort to say at least one positive word to each other. In their own words *"It is only by His grace that we find balance between work, family and ministry. We see His assistance and direction in all these areas"*.

Titus and Fatima are blessed with three cheerful children. Their sons Jason and Josef are studying at St. Dominic Savio High School and daughter Janice, is just over two years. All three of them love to sing. Jason has won the first place twice in his school's singing competition and has now enrolled to be trained professionally at a music institute. Josef who is blessed with an artistic bent of mind is naturally inclined towards art and painting. Janice loves dancing and records her own songs!

Both, Titus and Fatima believe that the most significant life changing moment in their lives occurred one day, while Titus was in deep prayer. He received a very clear message from the Lord to move to Andheri. Soon after, they booked an under-construction house in June 2005, in the vicinity of our parish. It was not long before Fatima got an opportunity with a group company located close to their new home and by the end of that year, joined them. The long daily commute to south Mumbai soon became a thing of the past. Her new office was now at a walking distance from her new home! Only a Mumbaikar can relate to this and what it meant to Fatima and the family! Apart from these conveniences, they say, there are far too many other blessings that followed. If they could put it all in a nutshell, it would be: **Obedience to His Will and Plan.**

Life hasn't been all smooth and a bed of roses for this family. They have experienced downsides too in their lives, which they term as 'learnings'. For every decision that they make, they wait on the Lord's counsel and can only say that the Lord has and is guiding their steps. He is and has been their Good Shepherd.

For Titus and Fatima another growth promoting activity has been the Bible study class. In their own words: *"At the bible study class, we learn so much from the life-giving Word of God: various insights and experiences. The Word is helping us grow spiritually and our lives have been truly enriched"*

Prayer with family has been an integral part of their daily lives. They have set aside a time early in the morning for personal prayer. Before their kids leave for school, they say a spontaneous prayer aloud. Every evening, after reciting the Angelus and a decade of the rosary, they have the ritual of reciting the family prayer. During this prayer time, each one thanks the Lord for the things that have happened during the day. They also place their needs before the Lord. Scripture reading is a daily routine. On Friendship day, the children of this home even tie a friendship band to the Lord, signifying that He is their true and lasting best friend.

This year, Fatima is undergoing the Training for Family Animators, a diocesan programme which covers topics on self-awareness, marriage, parenting, family challenges and more.

Moving to Sacred Heart Parish has been a positive experience for this family. They say they have made many more friends than ever before. Most importantly, they found themselves in a very pleasant environment and a vibrant Church. God has blessed them with good Christian neighbours and right from the time they moved in, they celebrate Christmas and Easter as one family, with a potluck lunch, followed by fellowship. This has helped them foster strong ties with their neighbours and all of them look forward to these special get-togethers!

The Message that they have for all is : *"Let's become aware and accept ourselves, our strengths and weaknesses. Appreciate the good things that God has blessed us with. At the same time, become aware of our weaknesses with the knowledge that in it, God's power is manifest (2 Cor 12:9). We know that He will use all things: good as well as otherwise for our good".*

*- Titus & Fatima Menezes interviewed by
Sr. Natalia D'Souza SSFS*

*"Now, Lord, come to our aid! Grant us peace, teach us peace; guide our steps in the way of peace.
Open our eyes and our hearts, and give us the courage to say: "Never again war!"; "With war everything is lost".
Instill in our hearts the courage to take concrete steps to achieve peace*

- Pope Francis I

MOTHER MARY'S INSTRUCTIONS ON 'LIVING THE INTERIOR LIFE'

Then Mary said, "Here am I, the servant of the Lord; let it be with me according to your word." (Luke 1:38). These words of Mary set the tone for her entire life and she lived subject to the Will of God. In the Gospel of Luke, we come across Mary pondering and treasuring certain instances in the life of Jesus – revealing to us that she lived a deeply spiritual and interior life. At the birth of Jesus, the shepherds made known what had been told to them by the angels about the birth of the Savior and Messiah; and all who heard it were amazed at what was said. But Mary treasured all these words and pondered on them in her heart. (Luke 2:19). When Jesus was twelve years old He went with His parents to Jerusalem for the Passover festival. He stayed behind and was found only after three days in the temple. He said to them, "Why were you searching for me? Did you not know that I must be in My Father's house?"And His mother treasured all these things in her heart. (Luke 2:41 ff).

In her Diary, St. Faustina writes – Mary is my Instructress, who is ever teaching me how to live for God. My spirit brightens up in your gentleness and your humility, O Mary. (Diary No.620). In the evening, when I was praying, the Mother of God told me, "Your lives must be like mine: quiet and hidden, in unceasing union with God, pleading for humanity and preparing the world for the second coming of God." (Diary 625). When I was left alone with the Blessed Virgin, She instructed me concerning the interior life. She said, "The soul's true greatness is in loving God and in humbling oneself in His presence, completely forgetting oneself and believing oneself to be nothing; because the Lord is great, but He is well-pleased only with the humble; He always opposes the proud." (Diary 1711)

On the feast day of the Immaculate Conception of the Mother of God, during Holy Mass, I heard the rustling of garments and saw the most holy Mother of God in a most beautiful radiance. Her white garment was girdled with a blue sash. She said to me, "You give me great joy when you adore the Holy Trinity for the graces and privileges which were accorded me. (Diary 564). Before Holy Communion I saw the Blessed Mother inconceivably beautiful. Smiling at me, she said to me, "My daughter, at God's command I am to be, in a special and exclusive way

your Mother; but I desire that you, too, in a special way, be my child. I desire, my dearly beloved daughter, that you practice the three virtues that are dearest to me – and most pleasing to God. The first is humility, humility, and once again humility; the second virtue, purity; the third virtue, love of God. As my daughter, you must especially radiate with these virtues." When the conversation ended, she pressed me to her Heart and disappeared. When I regained the use of my senses, my heart became so wonderfully attracted to these virtues; and I practice them faithfully as though they are engraved in my heart. (Diary 1414-1415).

On one occasion, Jesus spoke to St. Faustina, "When you reflect upon what I tell you in the depths of your heart, you profit more than if you had read many books. Oh, if souls would only want to listen to My voice when I am speaking in the depths of their hearts, they would reach the peak of holiness in a short time." (Diary 584).

St. Faustina says, "I look for no happiness beyond my own interior where God dwells. I rejoice that God dwells within me; here I abide with Him unendingly; it is here that my greatest intimacy with Him exists; here I dwell with Him in safety; here is a place not probed by the human eye. The Blessed Virgin encourages me to commune with God in this way. (Diary 454).

O Sweet Mother of God
I model my life on you
You are for me the bright dawn
In you I lose myself, enraptured.
O Mother, Immaculate Virgin
In you the divine ray is reflected
Midst storms, 'tis you who teach me to love the Lord
O my shield and defense from the foe. (Diary 1232).

- Sandra D'souza,
Divine Mercy Apostolate

*"And let the peace that comes from Christ rule in your hearts.
For as members of one body you are called to live in peace. And always be thankful."*

- Colossians 3:15

TURNING WATER INTO WINE



Turning water into wine! The first sign recorded by John in his gospel (John 2:1-12). There was a wedding at Cana in Galilee and the mother of Jesus was present there; Jesus and His disciples too were invited to the wedding. The wine got over. Here, Mother Mary played an important role in this first miracle of Jesus at the very onset of His ministry; and the glory of God was revealed!

How did Mary get to know that they had run out of wine? Probably Mary was with them at that time, helping them out, at the wedding feast. This shows Mary's concern for all those in need and her selfless service to others; just as she hurriedly went to help her cousin Elizabeth when she received the news from the Angel about Elizabeth's pregnancy, in spite of knowing that she herself was to be 'the mother of God'(Lk 1:39). That's Mary's **HUMILITY**! Her most striking virtue! Though the wedding is a short episode about Mary at Cana, yet so many of her virtues are revealed to us.

The kind, compassionate and caring nature of Mary led her to turn to her Son Jesus, with total confidence, to work out a miracle. Mary was confident that her Son could do something wonderful for the bridal couple and thus prevent them from being ashamed about the wine running out. Wine signifies the joys of marital love. How was Mary's approach to Jesus? Did

Mary ask Jesus to create some wine for them? Or did she ask Him to go out and fetch some wine? Mary did not tell Jesus what was to be done, that was not her concern. Mary totally trusted her Son. Mary knew and believed her Son was God Incarnate. She believed that everything is possible with Jesus, just as the angel had spoken "nothing is impossible with God" (Lk 1:37). Mary was a woman of great faith. She told Jesus, "They have no wine", that is all she spoke. She only made the problem known to her Son and what action has to be taken was left absolutely to Jesus' discretion. We need to learn from Mary to take our problems to Jesus and to place them into His hands. We need not give directions to Jesus, as to how we want our problems to be solved. Often in our prayer we dictate terms to God and ask God to do things for us the way we want them to happen, the way that suits us the best. Let us like Mary, make our needs known to Jesus. We also see the virtue of **OBEDIENCE** in Mary as she said to the servants, "Do whatever He tells you" (Jn 2:5). Mother Mary is our great intercessor. Just as she intervened at Cana for the needs of others, so she continues to make heavenly intercession for the needs of her children on earth. Like Mary, let's be sure that Jesus will always do what is BEST for us.

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

DEVOTION TO MARY



Many a times, our brethren from the other christian sects question us, "Why do you Catholics worship Mary? What's so special about Mary?" I would like to share a few important passages from the Bible, whereby we understand why Mary is special. Mary first appears in the Bible in the book of Genesis, when Adam and Eve sinned and disobeyed God. God said to the serpent in Gen 3:15, "I will put enmity between you and the woman and between your seed and her seed. He will crush your head and you will strike his heel." Mary is the new eve, the one who gave birth to the Saviour.

The archangel Gabriel greets Mary "**Hail, full of grace, the Lord is with you**" (Lk 1:28) and tells her that the Holy Spirit will overshadow her and she will bear a son. Mary said "Let it be done to me according to your word" Mary greets Elizabeth and

at once the child in Elizabeth's womb leapt with joy and Elizabeth filled with the Holy Spirit, said in a loud cry. "**Blessed are you among women and blessed is the fruit of your womb**". What Angel Gabriel said and what Elizabeth said, together makes the "**Hail Mary and Holy Mary**". This prayer is totally scriptural except for the part the Church has added, "**Pray for us sinners now and at the hour of our death**". Jesus was crucified and laid in a garden (Jn 19:41). In the 1st garden, there was Adam, Eve and the tree of life under which came death. In the new garden, there is the last Adam, Jesus, the new Eve, Mary and the tree of death (Cross) under which came life. Jesus tells Mary "Woman, behold your son" and to John, "Behold your mother". Here John represents all of us as Jesus calls each one of us to take her home.

In the Old Testament the Israelites did not worship the Holy Ark of the Covenant but worshipped the presence or the glory of God that came upon the Ark. We Catholics **do not worship Mary** but we worship Jesus the Son of God, whom she bore and held. But we surely honour her because the Bible says "**All generations shall call her blessed**" and why should we not honour her? God the Father honoured her by sending Angel Gabriel who greeted Mary with the words, "*Hail Mary, full of Grace, the Lord is with you*". God the Son, honoured her throughout His earthly life. The Holy Spirit honoured her by overshadowing her and through Elizabeth who **filled with the Holy Spirit** said, "**Blessed are you among women!**"

Some christian sects say "Mary had other sons". If Mary had other sons, Jesus would never have handed His mother to John, going against the Jewish tradition as this would be a big insult to the siblings. The places where the brothers of Jesus are mentioned refer to the cousins of Jesus, a very common way of addressing in the Middle-East even today. We are perfectly in line with the Scripture in honouring Mary.

- *Prakash Nazareth ,
The Bible Cell*

"The greatest saints, those richest in grace and virtue will be the most assiduous in praying to the most Blessed Virgin, looking up to her as the perfect model to imitate and as a powerful helper to assist them."

- *Saint Louis Marie de Montfort*

THE WATER JOINT



Often during the course of our lives there are incidents that leave a deep mark on our minds/psyche. They may be miniscule in dimension but the impact is humongous. There has been one such person in my growing up years

Just 50 meters away from the main school gate was 'Aunty's House'! It was a given that after the school closed for the day, we would invariably gravitate towards aunty's house for a glass of water, before returning to our homes. Our young innocent minds didn't question why only this particular aunty's house, why not any other homes in the vicinity and most importantly why not use the drinking water facilities provided by the school? The only plausible reason being that Mark our school mate was Aunty's son! It was in his company that his school friends first started visiting his house for a water break. Very soon aunty's house turned out to be a meeting place where children would meet for some fun and chit chat. Mark was popular among the junior students too as he was their sports coach so the number of children stopping by at aunty's house only increased with time. The water break at Aunty House continued unabated down the years.

We would faithfully report at aunty's house at around 1.15 pm, to drink water that aunty gave us in water bottles (*a practice newly introduced as walking around the kids with a jug of water and tumblers was turning difficult with her advancing age*). Then we would all sit down and have animated conversations discussing games, dance events, incidents that occurred in school, mimic our teachers, gossip about the budding love stories among mates in hushed tones etc. During exams the

scenario was a lot different. After quickly gulping down the water we would sit down to dissect our question papers. Relentlessly argue on what the right answers were and make wild guesses of the marks we would score. Sometimes, we ended up being really loud and raucous much to aunty's discomfort and dismay. I remember her once coming after us with a belt "You guys stop all this, or you taste this"! Off we scooted only to return the next day!

Aunty's house turned out to be the favorite hangout for the school students. Even after we completed our schooling but happened to be in the vicinity we would drop by aunty's house for a glass of water! It always used to be a nostalgic visit, recalling all our discussions, arguments and sing-song sessions! On one such visit, it was Mark who served us water. On inquiring about aunty, he said that of late she has not been keeping good health. Barely a fortnight later a kid from the neighborhood informed me that 'aunty' had passed away that morning. I instinctively knew the aunty he referred to was our 'water aunty'

My heart felt heavy. Her death saddened me. It was a personal loss, a kind one experiences with the death of a close family member. Though what we shared could not be termed as personal bonding; it was her act of innate kindness that kindred her to us. As soon as I reached office, I found myself contacting all my school friends about our 'water aunty' and her funeral details.

The good turnout at her funeral was not surprising. There were so many of us who connected to each other through the bonding and sharing that we had experienced in her home. Not once did she stop us or show any kind of annoyance or reluctance in allowing a bunch of unruly students imposing on her, day in and day out for years and years together! Not many would have done what she did and so selflessly!

The cover of the coffin read, **"REBECCA SAMUEL GOMES"**. So that was her name! To us she was and will always be our 'Water Aunty'! There was not a dry eye among the mourners. A tribute so richly deserved by a lady who lived such a simple Christian life.

I now understand the nuance of the famous saying "*what goes around, come around*" more fully. It is the little things in life which on the face appear to be so inconsequential that make a big difference! *Water Aunty's* life bears testimony to this.

Mark continues to walk in the footsteps of his mother. Déjà vue!

- *Treesa D'Souza,*
Community No.6 - Morning Star

MIND OVER MATTER



*Oh dear! What can this matter be?
It's grey, it's bundled up tight,
It's thinking, it's reasoning, it's recalling
It's feeling, it's responding,
It's human
It's exclusively yours,
It's God's ultimate Masterpiece.
It cannot be pinpointed, detected or reproduced,
It can be researched though.
It has a unique secret hiding place – in the brain.
It's "The Mind".*

*- Valerie Stanley,
Community No. 14 - Helpers of Jesus*

UNCONDITIONAL LOVE

The only 'Love' in this world that is said to be true, pure, selfless and unconditional is the Love of a Mother towards her child.

To be loved and cherished by your own mother is the greatest gift of all.

No matter what other relationship and how long you have been in it, the relationship with your mother is always nine months more isn't it!?!? Quite a head start there and an unbeaten record for all time!

Every mother loves her child deeply after all her offspring is a part of her own flesh and blood, her existence, her image. Would anyone want to share this LOVE, no never!!!

But then there is God's love that surpasses a mother's love, that goes much beyond the knowledge and comprehension of humankind! Why???because GOD's only Son gave us His very own mother to be our Mother. She loves each one of us dearly. When in need you ask her in prayer, she intercedes on our behalf to her loving son.



So isn't God's love unconditional? He bore our sufferings, died on the cross for our sins, not just that, He gave us His own mother, to pray and to love. Sharing His mother's love so selflessly and unconditionally proves that our God is an awesome God and His love so pure, so fathomless, so selfless.

Our MAMA MARY too loves each one of us as deeply and unconditionally as her son Jesus! She is indeed a BLESSING to us all!

*- Shreya Anthony,
Community No. 6 - Morning Star*

*"O sinner, be not discouraged, but have recourse to Mary in all your necessities.
Call her to your assistance, for such is the divine will that she should help in every kind of necessity."*

- Saint Basil the Great

HEARTY LAUGHTER!

Sick Colleague

In the park two gardeners were working. One dug a hole, and the other immediately filled it up again. An amazed passer-by asked, "Why do you fill the hole in again straight away?"

"Usually there are three of us, but the one who plants the trees in the holes is sick."

Auction Parrot

One day a man went to an auction.

While there, he bid on a parrot. He really wanted this bird, so he got caught up in the bidding. He kept on bidding, but kept getting outbid, so he bid higher and higher and higher.

Finally, after he bid way more than he intended, he won the bid - the parrot was his at last!

As he was paying for the parrot, he said to the auctioneer, "I sure hope this parrot can talk. I would hate to have paid this much for it, only to find out that he can't talk!"

"Don't worry," said the auctioneer,

"He can talk. Who do you think kept bidding against you?"

In Short...

In promulgating your esoteric cogitations or articulating your superficial sentimentalities, and amicable philosophical or psychological observations, beware of platitudinous ponderosity. Let your conversational communications possess a compacted conciseness, a clarified comprehensibility, a coalescent cogency, and a concatenated consistency.

Eschew obfuscation and all conglomeration of flatulent garrulity, jejune babblement, and asinine affectations.

Let your extemporaneous descanting and unpremeditated expatiations have intelligibility and voracious vivacity withoutrodomontade or thrasonical bombast.

Sedulously avoid all polysyllabic profundity, pompous prolificacy, and vain vapid verbosity.

In short: "Be brief and don't use big words."

War

The social studies teacher had just finished a unit on war and peace. "How many of you," he asked, "would say you're opposed to war?"

Not surprisingly, all hands went up. The teacher asked, "who'll give us the reason for being opposed to war?"

A large, bored-looking boy in the back of the room raised his hand.

"Johnny?" The teacher said.

"I hate war," Johnny said, "because wars make history, and I hate history."

Kids Think Fast

TEACHER: Tommy, why do you always get so dirty?

TOMMY: Well, I'm a lot closer to the ground than you are.

TEACHER: "Can anybody give an example of COINCIDENCE?"

JOHNNY: "Sir, my Mother and Father got married on the same day, same time."

TEACHER: "George Washington not only chopped down his father's cherry tree, but also admitted doing it. Now do you know why his father didn't punish him?"

JOHNNY: "Because George still had the axe in his hand."



BIBLE QUIZ No. 32 (THE BOOK OF GENESIS (CHAPTER 12-25))



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

- _____ was the Father of Abraham. (Haran, Terah, Shelah, Reu)
- _____ was the High Priest of God the Most High. (Abram, Lot, Aner, Melchizedek)
- _____ was the Egyptian maid of Sarai. (Hagar, Rebecca, Laban, Keturah)
- Ishmael would be the father of _____ princes. (9, 10, 12, 13)
- Abraham sacrificed his son on the land of _____. (Syria, Moriah, Zoar, Sodom)

II) Answer the following

- Name all the things Pharaoh gave Abram, for Sarai?
- Why did Abraham and Lot separate?
- How did Beersheba get its name?
- Why did Issac fail to recognize Jacob's hand?
- What was the place Hagar found the spring of water called as?

III) TRUE or FALSE

- Joseph and Lot were the sons of Issac.
- Abraham was 99 years old and Ishmael 13 years when they were circumcised.
- Lot's wife looked ahead and turned into a pillar of salt.
- Abraham sent Hagar in the wilderness of Beersheba.
- Nahor and Haran were Abraham's brother in laws.

IV) Name the following

- What is the sign of the covenant between Abraham and God?
- What is the meaning of Abraham?
- What was the place where Hagar found the spring of water called as?
- Why did Esau sell his birthright?
- Where did the two angels go in the evening?

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. 10th 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 28th September 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. 30: Answers: FILL IN THE BLANKS 01. Three (Gen 6:10) 02. 930 (Gen 5:5) 03. Cypress (Gen 6:14) 04. Babel (Gen 11:9) II) ANSWER THE FOLLOWING 05. Tree of Life and Tree of knowledge (Gen 2:9) 06. She was the mother of all human beings (Gen 3:20) 07. Bow in the clouds (Gen 9:12) 08. Cain – farmer, Abel – shepherd III) TRUE OR FALSE 09. False (Gen 1:5) 10. True (Gen 1:1) 11. False (Gen 4:17) 12. True (Gen 3:24) IV) NAME THE FOLLOWING 13. Cain (Gen 4:24) 14. Mountains of Ararat (Gen 8:4) 15. Enoch (Gen 16. Serpent (Gen 3:1) V) MATCH THE COLUMNS 17. Land of Havilah (Gen 2:11) 18. Land of Cush (Gen 2:13) 19. East of Assyria (Gen 2:14) 20. Fourth River (Gen 2:14)

Winners of Quiz No. 31: 1st prize : Rufus Fernandes (Std VII Holy Family) 2nd prize : Thia Nazareth (Std VII Canossa)

Winners of Quiz No. 30: 1st prize: Valentina M Marshall (Std X Canossa) 2nd prize: Christine Rebecca Nazareth (Std IV Canossa) 3rd prize : Caleb Fernandes (Std X Holy Family)

Winners of Quiz No. 29: 1st prize : Ryan S Rodrigues (Std X Dominic Savio) 2nd prize : Anelka Misquitta (Std IX Canossa) 3rd prize : Jayden Chettiar (Std VII Holy Family)

PARISH ACTIVITIES

LAITY SUNDAY - LIFE TO LIVE IN THE FULLNESS OF THE EUCHARIST

The Celebration of Laity Sunday commenced with Mass at 8.45 am in our Parish on 29th June 2014. Fr. Lawrence Correa SVD our Parish Priest commissioned and blessed the Lay Heads of all the Cells and Associations. He congratulated the members and requested them to continue all the activities and programs with the same zeal and sincerity. In the evening, many heads of the various Cells and Associations attended the Diocesan Celebration at St. Andrew's College Auditorium in Bandra.

The theme of the evening was celebration of **THE FIFTY YEARS OF EUCHARISTIC CONGRESS**

Fr. Aniceto Pereira Director of OCLM (Office of Lay Collaboration Ministry) welcomed the gathering specially the chief guests of the evening Bishop Dominic Savio Fernandes and Bishop John Rodrigues. He congratulated them on the first Anniversary of their Episcopal Consecration, which happened to be on the same day.

Bishop John Rodrigues gave us a brief insight of the 38th Eucharistic Congress held in Mumbai, in the year 1964. The organization, functioning, commitment and execution of all the different committees formed were under the leadership and guidance of his **Eminence Cardinal Valerian Gracious**. He also pointed out that our service calls us to a deeper commitment, to the assignments we have undertaken and also to have a deeper concern to those who are in need.

Bishop Dominic Savio Fernandes, spoke on the Eucharistic Pastoral Service. He said that The Eucharist is the source and summit of our lives. The Eucharist equips us to live for a long time. He requested the Heads to enthuse, animate and motivate members to participate in the various programs and activities organized by the OCLM. These programs give us spiritual experience to have an encounter with Jesus. A Documentary on the 38th Eucharistic Congress was shown thereafter. It was a nostalgic moment for some of the members as they were present at that celebration, 50 years ago.

Fr. Warner D'Souza along with three youth organized a meticulous and beautiful exhibition on The 38th Eucharistic Congress. The attendees were then divided into seven groups and taken on a guided tour of the exhibition which was held in seven rooms of the venue. A detailed explanation was given by the youth on the planning, organizing, execution and the help rendered by the Government authorities for the ceremony from the initial stage to the final day. It was an awesome and nostalgic journey back to the year 1964. This was just a foretaste of the Exhibition which will be held in Goregaon, from 28th November to 14th December 2014. We were urged to encourage our parishioners to visit this exhibition.

As the function culminated, we left with immense joy in having attended the program, enriching us on the importance of Holy Eucharist and Liturgy in our lives. With grateful hearts we thank Fr. Lawrence Correa SVD, for the elaborate arrangements made for us to attend this program and Fr. Mathew Ezhuparayil SVD, for accompanying us on this wonderful spiritual journey.

- **Sandra Cranston**,
CCO Co-ordinator

SENIOR CITIZENS' CELL - CELEBRATING STS. JOACHIM & ANN'S FEAST

The 'Young At Heart' celebrated 'Grandparents' Day' on 7th July 2014, with a Mass and fellowship. Despite the inclement weather, we had about 50 Sr. Citizens present for the occasion.

Fr. Innocent Fernandes SVD, our Spiritual Director celebrated the Eucharist for us. The heavy showers and dull weather did not dampen his lively introduction and homily, and brought the much needed cheer and smiles all around. During Mass, we prayed that we may be a source of enrichment and strong pillars of faith in the family and teachers of wisdom and courage to the future generations.

After being treated to snacks and a cup of tea, we were ready for fun, games and dance. It was a sight to watch the 'Young At Heart' enjoying a game, trying to form groups according to the number called by Ludolf. We also played a game of housie, which was quite innovative to suit the occasion. One was the St. Joachim's prize and the other was the St. Anne's prize. Lastly, we did the 'Line Dance', with almost everyone on the floor swaying to the music!

We wish to thank Fr. Innocent, the core group members and all the senior citizens who attended the Mass and participated in the celebration.

Just to remind our senior citizens that the first Monday of every month is earmarked as 'Activity Day', and to please pencil in the day/dates in your social calendars. We wish to see all our senior citizens coming together for these monthly get-togethers.

Our forthcoming events:

- | | |
|---------------------------------|---|
| 1 st September, 2014 | : Activity Day |
| 1 st October, 2014 | : World Elders' Day |
| 6 th October, 2014 | : Pilgrimage to the Mount |
| 13 th October, 2014 | : Association Day of the Sr. Citizens & Feast of Our Lady of Fatima |

Detailed announcements to follow closer to the date of the event.

- **Henrietta Monserrate**,
Core Group Member - Sr. Citizens' Cell

FAITH FORMATION SUNDAY

The first catechist in any child's life is one's family members with whom he or she lives. What happens at home – both positive and negative – provides lessons for life. In the family, faith is shared as part of the unfolding of daily life. The home or “domestic Church” provides a real place in which a child learns to live his or her faith as well as understand it.

Knowing and understanding the importance of Catechesis at home; on the occasion of Faith Formation Sunday, the parents of the Sunday School children were invited to an inspirational homily by Fr. Donald D'souza SVD, on the topic **“Catechesis at home as well as importance of Sunday School”** on Sunday, 6th July 2014 at the 10.00 am Mass in the Church.

In the homily, Fr. Donald asked the congregation three simple questions which brought forth the essence of the continuous, ongoing process of Faith formation at home and through the Church.

1. What is Faith Formation?
2. Who needs Faith Formation?
3. What is the need for Faith Formation?

Faith formation is learning about one's own religion. It is being happy and proud about what one believes in. Every baptized Catholic requires faith formation, including priests and nuns.

He further went on to explain the tenets by laying parallels to that of the growth of plants. To reinforce his homily more fully, Fr. Donald painstakingly carried along potted plants. The children seemed pretty excited and thrilled at this live analogy and were found answering all questions posed by Fr. Donald very enthusiastically. He compared the dry plant with only twigs, to Catholics who went for Catechism and Church once in a while and have now become weak in their faith. The plant that looked nice, but was found to be only a branch without any roots was like a Catholic who outwardly looked nice but in reality is weak and needs to grow in faith. He said when we are strong in our faith we are able to withstand all the challenges and emerge stronger in our faith despite difficulties and hardships. He compared this aspect with that of a plant with strong roots which go deep and are strong.

He summed up the homily very beautifully in one sentence – *“Faith formation is to come to love Jesus, the Church, His word and live our religion”*.

Children are the future of the family, the Church the country and the world. Fr. Donald thanked all parents for sending their children to Sunday School regularly and instilling in them the Catholic faith.

We wish to thank Fr. Donald for his very inspiring and thought provoking homily. The alacrity with which hands went up to answer questions raised, meant the homily was well understood by children. The message to us parents too was loud and clear that faith formation does not end with Sunday School or Catechism classes but is an ongoing process, to be undertaken in the confines of our homes.

- *Lucy Rocha*
Secretary - Year of the Family (YOF) Committee

DIVINE MERCY COMMUNITY - ANNUAL DAY CELEBRATION

All the members of Divine Mercy Community (No.9) had, for long, marked 12 July 2014 for the celebration of their Annual Day.

On this day, all the Community family members assembled in our Parish Community Hall for Mass which was celebrated by our Parish Priest, Fr. Lawrence Correa SVD, who is also our Community's Spiritual Director. In spite of a heavy downpour, more than 25 families had gathered to celebrate the happy Annual event. There was a family atmosphere and a feeling of oneness among all gathered, which made the occasion a memorable one. At 7.00 pm sharp, all our hearts came together as the Community joined the choir in thanking God for all graces and blessings showered on us. Also, the inspiring homily given by Fr. Lawrence, reminded us to “use our gifts and talents for the Greater Glory of God our Heavenly Father”. The choir too showed a flair for melodious singing, having put in much effort, hard work and time in the many practice sessions days before the event.

After the Holy Eucharist, we rejuvenated ourselves for the fun, lying in wait for all of us. There were games, spot prizes and a round of Housie for both the young and old, with everyone participating wholeheartedly, as one big family. The presence of all four members of the Parish clergy team made the occasion a special one. A special gift was awarded to Mrs. Joan Vaz, for organizing Christmas 2013 celebration in our Community. Awards were also given to Lynda, Kanishka and Sasha for their performances in the board examinations. Our outgoing PYC members, Leona and Kevin, were thanked for representing the Community during the previous year, and the new members, Ryan and Lynda were welcomed. The Annual Report on the various activities undertaken last year by our zone was read out by Anisha D'Souza and Alan Menezes. We were so engrossed in the fun and frolic that we did not realize how time slipped by and soon we had to move on to the last item on the agenda of our program - the family dinner which Fr. Lawrence blessed. Though simple, the food was enjoyable and everybody had a good family meal. After dinner, we went home with the fond memories of the evening.

Special thanks to the youth of our Divine Mercy Community for their active participation and showcasing their talents, helping make the program a success.

- *Kimberly Rego,*
Community No. 9 - Divine Mercy

YOUTH FULLY ALIVE - BRINGING IN THE NEW YEAR

TRAINING SESSION FOR THE PYC

With the successful completion of conducting elections for the PYC for the 2nd term, a day long training program for 40 NYG representatives from various parishes in the Archdiocese of Bombay was held on 22nd June 2014 at the Diocesan Youth Centre, Bandra after the Eucharistic celebration at Mount Mary's Basilica.

The occasion served as a good opportunity and meeting ground for the NYG leaders to meet with others of their ilk and the trepidation of making new acquaintances and connections was very much evident in the air.



'Leadership Skills' and the discovery of these skills in the participants was the core element of the training session. Various activities like *'Banana Surgery'*, *'Chinese Whispers'*, *'Alphabet Lists'* and the making of structures were then held. The games were not only fun, innovative, ice breakers, but also a great learning curve. Hats off to the PYAT members, for these well organized activities.

Bernard, the Joint Co-ordinator of the PYAT, then explained the purpose of these activities and how any given situation may be perceived differently by people. After the lunch break, elections of the PYC Executive Committee were held and with that the workshop came to an end.

COMMISSIONING OF THE PYC

The Commissioning of the new Parish Youth Council was held on the 29th of June 2014. This highly awaited occasion was graced by His lordship, Bishop Bosco Penha. After the introduction, the entrance hymn led by the melodious voices of the NYG choir filled the air.

Along with the nuptials of a couple and the feast of Sts. Peter and Paul, 59 NYG leaders of our parish, entered the Church to be commissioned. Bishop Bosco in his inspiring homily, explained how St. Paul at a very young age was asked to lead. The Bishop asked the youth to step forward and lead, for they are the pillars of tomorrow and the 59 commissioned youth are the pillars of our parish and being the youth of today should not harbour any fear in their minds, to take on responsibilities. After the homily, the blessing ceremony of the youth with holy water, taking vows followed by individual blessings of the members took place.

After mass, there was a get-together organised by last year's PYC members. The Most. Rev. Bosco Penha appreciated the work done by Fr. Baptist Pais SVD and remarked that our parish is the best parish where the PYC is making excellent progress. Bishop Penha concluded his speech by asking us to continue with our efforts and clap for ourselves, an accolade we richly deserved.

That heart touching moment was the handing over of the PYC flag, locker keys and register to the newly inducted Executive Committee. Fr. Wilson Wilfred SVD then proposed the vote of thanks. He promised His Lordship that the PYC would do their best to make him proud. Finally, it was the turn of the new VP Aureen's maiden speech on the future 'Plan of Action' by the PYC. The evening concluded with a round of ice breakers organized by the PYAT and the Executive committee of 2013.

After congratulating each other, the PYC members headed home filled with the Holy Spirit, and a new zeal!

- Sheldon Pereira,
Jt. Secretary- PYC



"Let us run to Mary, and, as her little children, cast ourselves into her arms with a perfect confidence."

- Saint Francis de Sales

HEALTH SPACE

HOW TO SAVE YOUR GOD GIVEN KIDNEYS

The kidneys, a pair of bean shaped organs, are one of our five royal prime organs. Their function is chiefly filtration, excretory and re-absorptive in nature; maintaining the body's internal milieu in a stable steady state.

Healthy kidneys remove waste products like creatinine, urea, various middle molecules, maintain within normal limits salts like sodium, potassium chlorides, water, acids and excrete various consumed drugs and retain bicarbonates. They secrete the enzyme Renin for blood pressure control, the hormone erythropoietin which makes blood (haemoglobin) and the hormone 1, 25, vitamin D which keep the bones and teeth healthy.

Some simple tests to check the optimum functioning of kidneys include a Urine Routine, also called the '*Poor Man's Kidney Biopsy*'. Loss of protein in the urine indicates possible kidney disease and if persistent for more than three months it indicates chronic kidney disease and coronary artery disease. Leucocytes or White blood cells in urine indicate Urinary Tract Infection, Cystitis and the more Pyelonephritis. Red blood cells and occult blood indicates anything from infections, to stones, to trauma and tumor. Red blood cell casts indicate Nephritis and granular casts could suggest Nephritis.

A Renal Package generally contains Blood Urea Nitrogen, Serum (S.), Creatinine, S. Uric acid, S. Sodium, S. Potassium, S. Chlorides, S. Bicarbonate, S. Phosphorus, S. Calcium, S. Alkaline Phosphate, Liver function Test and Fasting Sugar

S. Creatinine helps to calculate the Glomerular Filtration Rate (GFR) which is a true measure of kidney function.

A simple formula is :

For males :

$$\frac{(140 - \text{age in years}) \times \text{ideal body weight or (height in cm-100)}}{72 \times \text{S. Creatinine in mg}}$$

For females :

$$\frac{(140 - \text{age in years}) \times \text{ideal body weight or (height in cm-100)} \times 0.85}{72 \times \text{S. Creatinine in mg}}$$

The normal GFR is 90 to 120 ml/min.

After the age of 40, every individual loses 1 ml of creatinine clearance per year, which indicates the aging of the kidney or nephron loss. Chronic kidney disease is staged from 0-5 depending on the GFR. Stage zero kidney disease is normal creatinine clearance with GFR 90-120 ml/min without evidence of chronic kidney disease. Stage one kidney disease is normal creatinine clearance with GFR 90-120 ml/min with evidence of chronic kidney disease. Stage two is GFR 60-89 ml/min. Stage three is GFR 30-59 ml/min. Stage four is GFR 15-29 ml/min. Stage five is GFR below 15 ml/min which requires renal replacement therapy in some form of dialysis or kidney transplantation, if age and fitness are found suitable. Patients with

chronic kidney disease or showing signs of kidney disease should have an early appointment with a nephrologists with regular follow-ups, in order to prevent the progression of renal failure and avoid dialysis at an early stage. In addition, it could prevent/delay the onset of coronary artery disease which occurs in high proportion in patients of chronic kidney disease, some of whom die of acute heart attacks, even before they undergo dialysis.

Some causes of acute kidney disease include; loss of fluid, acute gastroenteritis and infections like malaria, dengue, sepsis or other acute febrile illnesses which cause loss of bodily fluids. An acute kidney failure patient is likely to be in a serious condition that would require the attention of a nephrologist, as morbidity and mortality risks run very high.

Imaging techniques in nephrology include :

- An x-ray of the kidney ureter bladder
- A sonography of the kidney ureter bladder/prostate in males and uterus in females
- CT Intra Venous Urogram of Kidney ureter bladder
- MRI and Angiogram of kidney ureter bladder and renal vessels
- DTPA renal scan

Contrast Induced Nephropathy, i.e. the usage of radio idionated contrast medium for various imaging techniques, including coronary angiography, CT angiography, MR angiography with gadolinium, florescent angiography, are fairly common, sometimes requiring dialysis when there are risk factors which include dehydration, diabetes, hypertension, pre-existing renal failure and multiple myeloma. The likely risks-benefits of these procedures however, have to be discussed with the patient.

Risk factors in chronic kidney disease include; Diabetes mellitus, Hypertension, Renal Stone disease, repeated Urinary Tract Infections, family history of kidney diseases, consumption of unsafe pain killers NSAIDs which affect the kidneys and Ayurvedic medications containing heavy metals. Only 25% of kidney function is sufficient to maintain the Serum Creatinine at the normal level (0.9 -1.3%). It is the Creatinine Clearance, GFR and not the Serum Creatinine which is a true measure of renal function. If one's Serum Creatinine level is above 1.3% with any of the above risk factors, it is very likely that one has more than 75% of total kidney mass failure and it stands to reason that one should consult a Nephrologist (*kidney specialist*) instead of one's family doctor or one's favorite physician. Early detection of chronic kidney disease with follow-up visits to a Nephrologist saves one of exorbitant medical costs (*currently dialysis costs nearly three lakhs per annum*), preserves the patient in a better state of health. Timely treatment i.e. by undergoing regular dialysis or an early kidney transplant, benefits the patient immensely.

- **Dr. Martin Desouza,**
Consulting Nephrologist

FROM THE PARISH REGISTER

BAPTIZED IN CHRIST



Jane Nora Vaz	D/o	Kelwyn & Wilma Vaz	8-Jun-14
Elisha Myra Dcunha	D/o	Shermin Gerson & Veena Savia Dcunha	8-Jun-14
Yohann Pereira	S/o	Joslyn Ignatius Pereira & Tracy Ligory D'Souza	8-Jun-14
Ancita Noronha	D/o	Agnel Kishor & Suman Norohna	8-Jun-14
Vernell D'Souza	S/o	Vinod R & Veena D'Souza	8-Jun-14
Kyle Aidan Mathias	S/o	Keegan & Simone Mathias	22-Jun-14
Elina D'Souza	D/o	Noel & Coral D'Souza	22-Jun-14
Samairaa Dsouza	D/o	Michael Santan & Antoinette Sylvia Michael Dsouza	22-Jun-14
Shanayaa Dsouza	D/o	Michael Santan & Antoinette Sylvia Michael Dsouza	22-Jun-14
Ezekiel Jeremy Lopez	S/o	Cajetan John & Sunitha Cajetan Lopez	6-Jul-14
Sydel Pinto	D/o	Ronald & Goretti Pinto	13-Jul-14
Raelyn D'souza	D/o	Randolph & Sharon D'Souza	13-Jul-14
Azalea Faith Rodrigues	D/o	Joao Piedade Agnelo Rodrigues & Renu Fernandes	13-Jul-14
Crystal D'souza	D/o	Peter & Deepa D'souza	27-Jul-14

Vivian Monteiro	To	Alisha Barla	29-Jun-14
Nimesh Khiara	To	Natasha Banz	2-Aug-14



UNITED IN CHRIST

RESTING IN CHRIST



Darryl Dasilva	52 Years	B/601, C8 Poonam Darshan	7-Jun-14
Stanley Coelho	52 Years	2/12, Azad Hindustan	14-Jun-14
Edwyn D'Souza	46 Years	B-101, Anand Apartments, Mahakali Caves road	3-Jul-14
Sebastian Fernandes	59 years	239/12, Kala Vai Bhav Soc., Sher-e-punjab	17-Jul-14
Estela Fernandes	79 years	D/5/11, Green Fields	20-Jul-14
Joseph Louis D'Souza	82 years	C/2, Gracious CHS	21-Jul-14
Fernando Alberto D'Abreau Noronha	75 years	D/102, Trans Residency	30-Jul-14

EXECUTIVE COMMITTEE		
SR. No.	NAME	DESIGNATION
1	Fr. Lawrence Correa SVD	President
2	Michael Rodrigues	Vice President
3	Anella Quadros	Secretary
4	Rayna D'Souza	Jt. Secretary
5	Sandra Cranston	Ex. Officio (CCO)
6	Flavy D'Souza	Ex. Officio (SCC)
7	Valerie Stanley	Member
8	Laveena Vaz	Member

EX-OFFICIO MEMBERS		
SR. No.	NAME	DESIGNATION / REPRESENTING
1	Fr. Innocent Fernandes, SVD	Co-Pastor
2	Fr. Wilson Wilfred, SVD	Co-Pastor
3	Fr. Mathew Ezhuparayil, SVD	Co-Pastor
4	Sr. Lily Carvalho	Canossa Convent
5	Sr. Brita Gonsalves	Fatima Sadan
6	Sr. Felcy, SSpS	Holy Spirit Convent
7	Fr. A.V. Chinnappa, SVD	SVD Unit Leader
8	Sandra Cranston	Ex. Officio (CCO)

NOMINATED MEMBERS		
SR. No.	NAME	DESIGNATION / REPRESENTING
1	Anil D'Souza	Liturgy
2	George Kidangan	Catechist
3	Aureen Quadros	PYC
4	Maria Nanal	SVP
5	Francis Antao	Finance Committee
6	Derick Fernandes	Prayer Group
7	Marian D'Souza	Choir

COMMUNITY REPRESENTATIVES OF THE PARISH PASTORAL COUNCIL (PPC)		
COMM. No.	COMMUNITY NAME	PPC MEMBERS
1	Immaculate Conception	Gracy Fernandes
2	Our Lady of Fatima	Leonora Fernandes
3	Holy Cross	Steffi Rodrigues
4	Divya Jyoti	Baptist Fernando
5	St Anthony's	Joseph Fernandes
6	Morning Star	Piety Fernandes
7	Good Shepherd	Rosita Fernandes
8	Infant Jesus	James Correa
9	Divine Mercy	Edward Fernandes
10	St. Theresa of Child Jesus	Laveena Vaz
11	Jeevan Jyoti	Lloyd Zaccheus
12	Apostles of Christ	Ellie D'lima
13	Holy Family	Grace Varkey
14	Helpers of Jesus	Valerie Stanley
15	Akashdeep	Lucy Rocha
16	Our Lady of Nazareth	Phyllis Pereira
17	St. Dominic Savio	Ida Quinny
18	Good Samaritan	Olivia Moraes
19	Christ the King	Anthony D'Souza
20	Daya Sagar	Michael D'Souza
21	St. Paul's	Janet Lopez
22	Prem Sagar	Andrew D'Souza
23	Shantidaan	Esmeralda Pinto
24	Emmanuel	Marilyn Barsagade
25	Pavana Atma	Rohit D'Almeida
26	St. Ann's	Greta Alvares
27	Holy Trinity	Flavy D'Souza
28	St. Joseph the worker	Dorothy Rebello
29	Our Lady of Rosary	Agnes Anil Anthony
30	Shalom	Michael Rodrigues
31	Hosanna	Angela Fonseca
32	Sacred Heart	Anella Quadros
33	Yahweh's Clan	Conrad D'Sa
34	Mystical Rose	Rayna D'Souza

Details of Associations/Cells of Sacred Heart Parish, Andheri East (Year 2014-2015)			
Parish Priests	Fr. Lawrence Correa SVD		
	Fr. Innocent Fernandes SVD		
	Fr. Mathew Ezhuparayil SVD		
	Fr. Wilson Wilfred SVD		
Cells/Associations	Name of Head	Name of Asst Head/Secretary	Spiritual Director
Parish Council	Mr. Michael Rodrigues	Ms. Anella Quadros	Fr. Lawrence
CCO	Ms. Sandra Cranston		Fr. Lawrence
SCC	Ms. Flavy D'Souza	Ms. Rosita Dias & Mr. Rohit D'Almeida	Fr. Innocent
Finance Committee	Mr. Francis Antao		Fr. Lawrence
Community Welfare Fund Comtt.	Mr. Edward Fernandes	Ms. Rosie Almeida	Fr. Lawrence
St Vincent de Paul	Ms. Maria Nanal	Mr. Evarest Serro	Fr. Innocent
Sunday School Pastoral Team	Mr. George Kidangan	Ms. Francisca Saldanha	Fr. Lawrence/Fr. Wilson
Parish Youth Animation	Ms. Susan D'Souza	Mr. Bernard Fernandes	Fr. Wilson
Charismatic Renewal (English)	Ms. Belinda Menezes	Mr. Derick Fernandes	Fr. Innocent
Charismatic Renewal (Konkani)	Ms. Stella Fernandes	Ms. Angeline Fernandes	Fr. Innocent
Couples for Christ (English)	Mr. Joseph Chettiar		Fr. Innocent
Couples for Christ (Konkani)	Mr. Peter Dsouza		Fr. Innocent
Eucharistic Ministers	Ms. Shefali de Almeida	Ms. Herrietta Monserrate	Fr. Mathew
Usher's Group	Ms. Anella Quadros	Ms. Rosita Fernandes	Fr. Mathew
Liturgy Team	Mr. Anil D'Souza	Ms. Annupama Subodhan	Fr. Lawrence
Lectors Cell	Ms. Hazel Mendonca	Ms. Elizabeth Chettiar & Mr. Terence Fernandes	Fr. Mathew
Legion of Mary (Sr.)	Mr. Stephan Fernandes	Ms. Natasha Dsouza	Fr. Innocent
Legion of Mary (Jr.)	Mr. Chris mendonca	Ms. Andrea Barnes	Fr. Innocent
Parish Bulletin	Ms. Sarita Almeida	Ms. Antonette D'sa	Fr. Wilson/Fr. Innocent/Fr. Mathew
Pre-Baptism Team	Mr. Agnelo Fernandes	Ms. Sandra Fernandes	Fr. Innocent
Women's Cell	Ms. Celine Pinto	Ms. Cynthia D'Cunha	Fr. Mathew
Health Cell	Dr. John Rodrigues	Ms. Milagrine Fernandes	Fr. Innocent
Bombay Catholic Sabha	Mr. Christopher Mathew	Ms. Jeanette Castelino	Fr. Mathew
Inter-Religious Dialogue Cell	Mr. Michael D'Souza		Fr. Innocent
Senior Citizen	Ms. Anita Dsa	Ms. Hermione Pinto	Fr. Innocent
Divine Mercy	Ms. Jane Lobo	Ms. Rosy Pereira	Fr. Mathew
Bible Cell	Ms. Josephine Fernandes	Mr. Prakash Nazareth	Fr. Wilson
Parish Youth Council	Ms. Aureen Quadros	Mr. Lyndon Fernandes	Fr. Wilson
Altar Servers	Ms. Laveena Vaz	Ms. Nandita Fernandes	Fr. Mathew
Hope & Life Movement	Ms. Bridget Noronha	Ms. Antonette	Fr. Innocent
Parish Cultural Committee	Mr. Alwyn Quadros	Mr. Rohit D'Almeida	Fr. Wilson
St Paul's Guild	Ms. Lavina Fernandes	Ms. Swapna D'Mello	Fr. Innocent
Parish Website	Ms. Sarita Almeida		Fr. Wilson
Year of the Family	Mr. Joseph Mendonsa	Ms. Lucy Rocha	Fr. Innocent
Parish Choirs-English	Mr. Conrad D'sa		Fr. Lawrence
	Mr. Cassian Pereira		
	Mr. Osmond Pereira		
	Mr. Marian / Mr. Jayesh		
Konkani	Mr. Valerian Correa		
Hindi	Mr. Vinod / Mr. Barthol		
Children	Mr. Tony Dias		

**PARISH YOUTH COUNCIL 2014-2015
EXECUTIVE COMMITTEE MEMBERS**

DESIGNATION	NAME	COMMUNITY DETAIL
Vice President	Aureen Quadros	15. Our Lady of Nazareth
Secretary	Lyndon Fernandes	12. Holy Family
Joint Secretary	Sheldon Pereira	17. Good Samaritan
Treasurer	Terina Peris	16. St. Dominic Savio
Joint Treasurer	Russell D'Almeida	06. Morning Star

**COMMUNITY REPRESENTATIVES OF
THE PARISH YOUTH COUNCIL (PYC)**

COMM. NO	COMMUNITY NAME	PYC MEMBERS
1	Immaculate Conception	Mavis D'Souza & Gavin Kurshingal
2	Our Lady of Fatima	Joshua D'Souza & Stalin Mathias
3	Holy Cross	Sebastian Rodrigues & Alan Correa
4	Divya Jyoti	Sherwin Lewis & Briget Fernandes
5	St Anthony's	Gavin D'Souza & Blaisi Fernandes
6	Morning Star	Shreya Martin & Russell D'Almeida
7	Good Shepherd	Alisha Anthony & Clinton Rodrigues
8	Infant Jesus	Jennifer Fernandes & Vitus Dias
9	Divine Mercy	Lynda Fernandes & Ryan Joseph
11	Jeevan Jyoti	Patricia Lewis & Darren Lobo
12	Apostles of Christ	Nicholas Monteiro & Lyndon Fernandes
13	Holy Family	Ashley Lobo
14	Helpers of Jesus	Shweta Coelho & Amita Lobo
15	Akashdeep	Aureen Quadros & Benjamin Patrao
16	Our Lady of Nazareth	Terina Peris & Jenessa Fernandes
17	St. Dominic Savio	Sheldon Pereira & Gladwin Pereira
18	Good Samaritan	Reshann Dutta & Candice Rodrigues
20	Daya Sagar	Sheryl Dcunha & Keneth Sequeira
21	St. Paul's	Analiza Crasto & Jose Siby
22	Prem Sagar	Edward Atara & Manuel D'Souza
23	Shantidaan	Glywin Pinto & Delishya Coutinho
24	Emmanuel	Steven Sequeira
25	Pavana Atma	Seles Paul & Darius Quadros
26	St. Ann's	Alroy Chettiar & Romanch Rapose
27	Holy Trinity	Philip Noronha & Maurishca D'souza
28	St. Joseph the worker	Sherwin Fernandes & Alston Quadros
29	Our Lady of Rosary	Annabelle D'Souza
30	Shalom	Ralph Rodrigues & Melissa D'Silva
31	Hosanna	Lydia Mathis & Natasha D'Souza
32	Sacred Heart	Ainish Mathais & Aron Mathias
33	Yahweh's Clan	Cyberica & Rochelle Gonsalves
34	Mystical Rose	Jessica D'Souza

*Wishing all parishioners a
Happy Feast of the
Nativity of Our Blessed Mother!*



GUIDELINES TO SEND MATTER FOR THE BULLETIN

Individuals / Cells / Associations / Communities are required to keep in mind the following Guidelines while sending their Articles to the Bulletin for publishing:

- Articles should reach the Editorial Board, within the stipulated deadline as announced at the weekly announcements.
- Only Articles received through e-mail: h2h.bulletin@gmail.com will be accepted. Hand written copies will strictly not be accepted.
- Before you send the Article, you are required to get it approved from the Head of the Association / Cell / Community and Spiritual Director of the Association / Cell / Community on behalf of whom you are reporting.
- The Head of the Association / Cell / Community and Spiritual Director bears the responsibility to see that the Article is factually and morally correct.
- Articles should contain an appropriate title and the writer's name. It is also mandatory to mention your telephone number along with the Article, so that you can be contacted in case, any clarification is required.
- Articles which reach the Editorial Team after the deadline will be published, subject to availability of space.
- Articles received post deadline may be carried forward to the next issue depending on their relevance at the time of publication. Therefore, kindly submit your Articles by the deadline announced, in order to avoid disappointment.
- **Articles appearing in the 'Parish Activities' section of the Bulletin should not be of more than 500 words.**
- Kindly refrain from using SMS lingo in Articles.
- Not more than one Article per person will be published in an issue.
- As much as it is important for Cells / Associations / Communities to report their activities - Heads and Spiritual Directors of Communities / Cells / Associations should encourage a cross-section of parishioners to contribute Articles to the Bulletin.
- Any request for additions or afterthoughts will strictly not be entertained.
- The 'Photograph Page' gives a visual representation of the events held in the Parish. The aim of this page is to display the variety of activities taking place in the parish, organized by the parishioners of different age groups, Cells, Associations, Communities etc. The publication of the photographs depends solely on the discretion of the Editorial Team.
- Kindly do not submit internet forwards for publication.
- The Editorial Team reserves the right to edit or reject Articles as it deems appropriate.

GUIDELINES TO SEND ADVERTISEMENTS TO THE BULLETIN

Parishioners who wish to ADVERTISE in the Parish Bulletin are requested to abide by these guidelines.

- Booking of advertisements should be done at the Parish Office with full payment, within the stipulated deadline mentioned in the Parish weekly announcement.
- The Editorial Team maintains control when publishing any commercially supported content. The team reserves the right to reject any promotion it deems to be misleading or controversial.
- While booking your advertisement space kindly submit to the office a CD of advertisement in a vector format with any of the following file extensions only : .ai, .eps and .cdr; along with the hard copy (printout) of the advertisement
- While sending Artwork by email you are required to mention Payment Receipt number and also submit hard copy (printout) of the same to the Parish office.

- Publisher and Editorial Team

PARISH VISION MISSION STATEMENT

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

Annual Calendar for the Year 2014-2015			
Month	Date and Day		Event
September, 2014	8 th	Monday	Nativity of our Lady - Girl child day
	21 st	Sunday	Seminar (YOF)
October, 2014		Rosary month	
	5 th		Thanksgiving Sunday
	19 th	Sunday	Mission Sunday / Seminar (YOF)
November, 2014	1 st	Saturday	All Saints day
	2 nd	Sunday	All Souls day
	11 th	Tuesday	Birthday of Fr. Mathew Ezhuparayil SVD
	16 th	Sunday	World Communications Day
	23 rd	Sunday	Christ the King Feast
December, 2014	30 th	Sunday	First Sunday in Advent
	3 rd	Tuesday	Feast of St. Francis Xavier
	7 th	Sunday	Second Sunday in Advent
	14 th	Sunday	Third Sunday in Advent
	14 th	Sunday	Confirmation (10 am Mass)
		Sunday	Carol Festival
	17 th to 19 th	Wednesday-Friday	Confessions
	21 st	Sunday	Fourth Sunday in Advent
	21 st	Sunday	Sunday school Christmas party
		Sunday	Christmas Float (Eve masses: 4 pm & 5 pm)
	24 th	Tuesday	Christmas Eve
	25 th	Wednesday	Christmas
January, 2015		Sunday	Birthday of Fr. Innocent Fernandes SVD
	28 th		Commissioning of Family Cell (8.45 am Mass)
			Blessing of Children
	31 st	Wednesday	New Year Eve
February, 2015	12 th to 14 th	Monday-Wednesday	Triduum in honour of St. Arnold Janssen
	15 th	Wednesday	Feast of St. Arnold Janssen
	17 th -18 th	Saturday -Sunday	Parish Day and Family Meal
	26 th	Monday	Republic day
March, 2015	8 th	Sunday	All Associations Day
	11 th	Wednesday	World Day of the sick (Health Cell)
	15 th	Sunday	Couples Day (Family Cell)
	18 th	Wednesday	Ash Wednesday
April, 2015	2 nd	Sunday	Bible Sunday
	6 th	Friday	PPC & Steering Committee Annual Gathering
	8 th	Sunday	International Women's day (Women Cell)
	9 th - 11 th	Monday-Wednesday	Konkani Missions
	18 th - 21 st	Wednesday - Saturday	English Missions
	23 rd -25 th	Monday -Wednesday	Confessions
May, 2015	29 th	Sunday	Palm Sunday
	Mar 30 th - 4 th	Monday-Saturday	Holy Week
	5 th	Sunday	Easter Sunday
	1 st	Saturday	First Holy Communion 5.30 pm
	12 th	Sunday	Divine Mercy Sunday
	17 th -19 th	Friday -Sunday	Rink Football Tournament (PYC)
June, 2015	24 th -26 th	Friday-Sunday	Throw Ball Tournament (PYC)
	27 th	Monday	Birthday of Fr. Lawrence Correa SVD