



Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 62

December 2015

For Private Circulation Only

God's Mercy Becomes Flesh



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
Eucharistic Adoration 8.00 pm to 10.00 pm conducted by the Religious (upto Dec 2015)

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
Website: www.sacredheartandheri.net

THE VIEWS AND OPINIONS EXPRESSED IN THE ARTICLES ARE SOLELY OF THE AUTHORS AND NOT THE OFFICIAL STAND OR VIEW OF THE SACRED HEART PARISH, ANDHERI EAST.

The Editorial Team of the Heart to Heart Bulletin does not vouch for any claims made by the Advertisers of Products and Services and hence will not be held liable for any consequences in the event such claims are not honoured by Advertisers.

Caution to verify bonafides of advertisers is exhorted.

FORTHCOMING EVENTS AND LITURGICAL FEASTS/MEMORIALS

16 th to 18 th Dec	Wed-Fri	Confessions Morning : 7.00 to 7.30 am & 8.00 to 9.00 am Evening : 6.00 to 7.00 pm & 7.30 to 9.00 pm
19 th Dec	Sat	Carol Festival
20 th Dec	Sun	Sunday school Christmas party & Christmas Float
24 th Dec	Thurs	Christmas Eve Carol Singing – 9.15 pm Vigil Mass – 10.00 pm
25 th Dec	Fri	Christmas Konkani Mass – 7.30 am English Mass – 8.45 am & 10.00 am No Evening Mass
26 th Dec	Sat	Feast - St. Stephen
27 th Dec	Sun	Feast - Holy Family
28 th Dec	Mon	Feast of Holy Innocents, Blessing of Children
31 st Dec	Thurs	New Year's Eve Thanksgiving Holy Hour – 9.00 pm Holy Eucharist – 10.00 pm
1 st Jan	Fri	Solemnity – Mary, Mother of God Konkani Mass – 7.30 am English Mass – 8.45 am & 10.00 am Evening Mass – 7.00 pm
3 rd Jan	Sun	Solemnity - Epiphany of the Lord
10 th Jan	Sun	Solemnity – Baptism of the Lord
12 th -14 th Jan	Tue-Thurs	Triduum in honour of St. Arnold Janssen
15 th Jan	Fri	Feast of St. Arnold Janssen
17 th Jan	Sun	All Associations Day
25 th Jan	Mon	Feast of Conversion of St. Paul
26 th Jan	Tue	Memorial - St. Timothy and St. Titus
28 th Jan	Thurs	Memorial - St. Thomas Aquinas
29 th Jan	Wed	Feast - St. Joseph Fienademetz
2 nd Feb	Tue	Feast - Presentation of the Lord
3 rd Feb	Wed	Optional Memorial - St. Blasé & St. Ansgar
7 th Feb	Sun	Bible Sunday
8 th Feb	Mon	Optional Memorial - St. Jerome Emiliani & St. Josephine Bakhita
10 th Feb	Wed	Ash Wednesday
11 th Feb	Thurs	Commemoration - Our Lady of Lourdes & World Day of the sick (Health Cell)
14 th Feb	Sun	Couples Day (Family Cell)
17 th Feb	Wed	Commemoration - Seven Founders of the Order of Servites
22 nd Feb	Mon	Feast - Chair of St. Peter
23 rd -25 th Feb	Tue-Thurs	Konkani Mission
13 th March	Sun	Women's day Celebration (Women Cell)
7 th -9 th March	Mon-Wed	English Mission
8 th March	Tue	Commemoration - St. John of God
14 th -16 th March	Mon-Wed	Confessions Morning : 7.00 to 7.30 am & 8.00 to 9.00 am Evening : 6.00 to 7.00 pm & 7.30 to 9.00 pm
17 th March	Thurs	Commemoration - St. Patrick
19 th March	Sat	Solemnity - St. Joseph, Husband of Mary

For additional Details kindly refer to the Parish Weekly Announcements

My dear Parishioners,

Christmas is one of the joyful seasons of the year for us Christians. On this day, we remember and celebrate the birth of Jesus, our loving and merciful Saviour. We may be gearing up for this feast in different ways: preparing delicious sweets, buying new clothes, inviting our dear ones from abroad, etc. In this way, we try to celebrate this feast as a family.

We have chosen '**God's Mercy Becomes Flesh**' as the theme for the current issue of our Parish bulletin. Christmas is the manifestation of God's love for us, human beings. And Mercy is the essential ingredient of love. The birth of Jesus in the human form, is the foundation for Jesus showing God's mercy, which He actualized during His public ministry and ultimately by dying on the cross for the forgiveness of our sins.



Pope Francis has declared the coming year as the '**Year of God's Mercy**'. He has surfaced the core value every human person needs to have: *to be forgiving, to be merciful, to be tolerant, to be understanding, to live in peace and harmony*. The just concluded '**National Eucharistic Congress**' at the St. Pius X College Goregaon, while highlighting the importance of the Eucharist as the spiritual nourishment for us Catholics, stressed that living in tolerance and harmony will go a long way in living in peace, in a world full of diversity. During our parish feast celebrations this year, we underscored the belief that in order to save God's creation our hearts have to be awakened. God's creation includes the whole of creation: human beings, animals, birds, water, air, etc. In order to have awakened hearts, we need to be of one heart – loving, understanding and forgiving of one another. This gives us the energy to act positively so that all human beings are treated equally and that no exploitation of human beings or nature takes place.

It is a challenge for us to celebrate Christmas with a difference. Christmas today will be much more meaningful if we show more *mercy, forgiveness* and *understanding* as Christ Himself did. There is no better way than this, by which we will be like Christ Jesus, loving everyone. St. Paul describes what love is all about in 1 Corinthians, Chapter 13, Verses 4-7: "*Love is patient and kind; it is not jealous or conceited or proud; love is not ill-mannered or selfish or irritable; love does not keep a record of wrongs; love is not happy with evil, but is always happy with the truth. Love never gives up; and its faith, hope, and patience never fail*".

This Christmas, may God be merciful to you and may you be merciful to others. I wish each and every one of you dear parishioners, a Very Happy Christmas!

- Fr. Lawrence Correa SVD
Parish Priest

Publisher: Fr. Lawrence Correa SVD

Editorial Team: Fr. Innocent Fernandes SVD, Fr. John Mascarenhas SVD, Fr. Wilson Wilfred SVD, Antonette D'sa, Sarita Almeida, Irene Menezes and Annie Sebastian

Bulletin Design: Savio Rebello

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

God's Mercy Becomes Flesh

A story is told of little Ann, who wanted her mum by her side, each night as she would gradually slip into sleep. It had become almost a ritual; mum kept Ann close to her warmth and sang a lullaby and watched her angel closing her eyes into a silent acceptable separateness. One night, Ann kept her eyes wide open. When mum's third lullaby-attempt to mesmerize her into sleep failed, she whispered lovingly to her little one, *"You know Ann, someone greater and more loving than me will be with you when I go to the next room. God who loves me, dad, you, grandma, grandpa and everyone, will be with you all through the night. You will not know what it means to be alone and there will be nothing to be afraid of."* Then she caressed her tender hair and caringly conveyed, *"I will sing the last lullaby while you will keep your eyes closed and then I will go to Dad."* And little Ann with her wide open eyes protested: *"Mummy, please don't go away. Tonight, I want a God with a skin."*

And God was never asleep after hearing the cry of the little one who wanted a God with a skin. What matters most to Him is Ann's happiness. Human happiness, our inner joy. So He found an *out-of-the box* solution: **Christmas!** God broke into human history with a skin, while the angels sang: *'Gloria in Excelsis Deo! Gloria in Excelsis Deo!'* Surprisingly, God began the divine love story in a manger and the Emmanuel's stable-mates opened their mouths wide and cried out: *'Laudato Si!'* That love story as it unfolded, has many chapters. God, being love, knows only one thing i.e. love. So the underlying and undying theme God brought to this earth is just one, **Love**. And *'love'* is a root thought, a source emotion, a fountain of a psycho-physical health tonic and a well-spring of all gifts. Every other virtue becomes a gift only through love, as St. Paul tells us through his letter to the Corinthians (1 Cor. 13:1-13). Genuine love encompasses also *forgiveness, sympathy, empathy, kindness, compassion* and *mercy*. The driving force of Pope Francis seems to be God's mercy. And he opened the door of God's unconditional mercy to the world on the feast of Immaculate Conception, this year.

Among the many emotionally moving photo-op moments of Pope Francis, the one that captured the heart of most viewers is the one clicked on November 6, 2013 at St. Peter's Square, when the Pope took the neuronal tumorous face of 53 year old Vinicio in his hands, kissed him and gave him his blessings. In his response, Vinicio spoke to the interviewer with great emotion: *"I first kissed his hand, while with the other hand he stroked my head and wounds. And then he pulled me against him, squeezing me hard and kissing my face. I had my head against his chest and his arms were wrapped around me. And he held me tight, drawing me close to him, and he didn't let go. I tried to speak, to say something, but I could not: the emotion was too strong. It lasted a little over a minute, but it seemed like eternity."* Vinicio felt he was transported for a few temporary moments into heaven. Here, we see the indescribable power of true mercy. Pope Francis, while hugging Vinicio, was gently applying the oil of gladness on his sick face. Happiness is the reward for genuine mercy, for the one who receives and the one who gives it, as well.

This mercy-filled embrace of Pope Francis was not born abruptly on November 6, 2013. It is intrinsically connected to his understanding of himself being called by the Master. We perceive it clearly in the response that he gave to Antonio Spadaro SJ, during an interview in August 2013, when he was rather abruptly quizzed: "Who is Jorge Mario Bergoglio?" His answer was: *"I am a sinner whom the Lord has looked upon with mercy. I always felt my motto is 'Miserando atque Eligendo'."* The pope then added: *"I think the Latin gerund miserando is impossible to translate in both Italian and Spanish. In English it would also be a non-existent word: 'mercy-ing'".* The Pope created a new word to translate verbatim his interior experiential knowing of who he thought he really was. Mercy-ing is mercy in its gerund-form. A gerund is a noun made to stand on its feet so that it is put into motion, a process of life and movement. A movement that goes on and on and on, like a day and night cycle, for ever and ever.

If mercy-ing has a face, it would be the countenance of our Merciful Father. There is almost an innate desire and longing to see God's face. And God said: "I will give you One. And He gave us Jesus. One like Him and one like us who has a face like ours and a heart like that of the prodigal Father. He will try to teach us the art of mercy-ing for which He would encourage us to cultivate two special gifts: *forgiveness* and *compassion*. His invitation is to learn to forgive and love as the heavenly Father does, not as the best father and mother may possibly do, seven times. He told us that seventy times seven is the right formula that suits best such a heart. He wanted us to wear exceptional hearts that would be willing to forgive our enemies, extraordinary hearts that are ready to reach out to those who have something against us and not we having something against them and incredible hearts that would find excuses for those who try to harm, hurt and destroy us. (*Forgive them for they do not know what they are doing!*) Anyone who keeps forgiving knowingly, willingly and consistently would be surprised to see that s/he has cultivated a compassionate heart. A heart that is similar to the Divine One. The compassionate hearts feel almost personally what is going on in the other who is experiencing anguish and suffering. It is as if one is sensing deep inner spiritual pain and tenderness, but directed towards the other. One's own core at that time gets somehow touched by a divine impulse. Jesus thinks it should come natural to all God's children. Blessed Mother Teresa was full of it!

And now, we have Pope Francis. He wants the entire world to celebrate the Extraordinary Jubilee of Mercy. On December 8th, he has turned on Church's heart button and the door of mercy will remain wide open till November 20th, 2016. All the cathedral doors have similarly been opened for people to walk through the experience of mercy. And we know that the real mercy-door is not a wooden one, not even a human one, but one that will reappear in the manger, at Christmas, love in flesh and compassion incarnate. Jesus is the best salesperson and Facebook to market Father's mercy. Sincerely desiring God's mercy to become flesh within and around us, we join Him during this Advent season with hash tags of *#mercy-thoughts*, *#mercy-deeds* and *#mercy-words* and do a Pope Francis during this Christmas by giving someone, a Vinicio moment! *God's mercy-ing becoming flesh!*

Fr. Ittoop Panikulam SVD

For this is why the Word became man, and the Son of God became the Son of man: so that man, by entering into communion with the Word and thus receiving divine sonship, might become a son of God.

- St. Irenaeus

The only-begotten Son of God, wanting to make us sharers in His divinity, assumed our nature, so that He, made man, might make men gods.

- St. Thomas Aquinas



CCO On The Move

Christmas is a season of joy and a time of giving and sharing, loving and forgiving. We celebrate the birth of Jesus and that in itself makes it special. The unique and distinctive bliss that is available at Christmas time comes through the love and consideration that binds us together. The year 2015, has been a blessed and beautiful year. Jesus has blessed the CCO with His abundant love and through His grace, we have been able to bring smiles on the faces of the marginalized. We would like to share the various activities initiated by the CCO in the last quarter of the year.

PAC MEETING was held on 17th September 2015 and was attended by the Heads of all Cells and Associations. A list of the forthcoming activities planned by the various cells and associations were announced.

PYC - The Youth Ministry of our parish organized 'ZEAL 2015' on 1st November for the youth of our parish belonging to the age group of 15 to 30 years. A Eucharistic Celebration for the youth was held at 5.30 pm, which was followed by ice breakers, music and dance and culminated with a fellowship dinner.

PYAT: On the occasion of the feast of St. Francis de Assisi, the patron saint of the youth, the Parish Youth Animation Team (PYAT) organized a 'Praise and Worship' session on 3rd October 2015, for all the teenagers and youth of our parish.

Hearts United Sport Club of our parish inaugurated the upcoming sports season from 10th October, open to our parishioners only.

Women's Cell: The members of the Women's Cell celebrated 8th September 2015, as the day of the Girl Child. Mass was con-celebrated by our Parish pastoral team, as it was the Feast of the Nativity, the Inauguration Day of Our Church edifice, Commemoration of the Girl Child Day and the CCO Formation Day.

The Senior Citizen' Cell organized a trip to the Shrine of our Lady of Fatima at Karjat. Three buses were arranged by the core team for the convenience of traveling to and fro. To commemorate the World Elders Day on October 1st, the Senior citizens gathered at the Community Centre. At 6.30 pm, they entered the Church in a candle light procession along with the statue of Our Lady of Fatima, followed by a Eucharistic celebration at 7.00 pm.

'Hope and Life Movement for Widows' conducted a recollection for widows including non-members, in Konkani and English on 22nd October 2015 at the Community Centre. Fr. Joaquim SVD from Atma Darshan was the preacher.

Bombay Catholic Sabha as part of their socio-political activity helped the senior citizens of our parish to get their Sr. Citizen identification cards.

Legion of Mary conducted the Rosary on 31st October 2015 at the Church Grotto.

CCO continues to help the marginalized of our parish by filling forms for help in collaboration with the Benevolent Fund Committee. Aid is being provided to these families to meet their education, housing and medical needs.

The Dental, Homeopathy clinics are functioning smoothly.

St. Vincent de Paul Association is helping the needy not only those belonging to our parish but also people of other faiths. A get-together for all these people was organized by the SVP on 26th September.

We often tend to be busy with our own little things. But this Christmas season let us give up something in our busy lives so that we can make space for something better. It's all about cherishing and celebrating the love we share.

Ida Quinny
CCO Co-ordinator

*Because of His boundless love, Jesus became what we are
that He might make us to be what He is.*

- St. Irenaeus

Our Annual Parish Day Celebrations

"People occasionally forgive, but nature never does. If we don't take care of the environment, there's no way of getting around it." - Pope Francis

'Awakened Hearts To Save God's Creation' was the theme for the Parish Day celebrations held on 14th and 15th November, 2015.

14th November evening showcased performances of the Small Christian Communities. A beautiful prayer dance with synchronized sounds of chirping birds set the stage to awaken the hearts of our parish, to save God's creation. A thought provoking animation video titled **'Man'** by Steve Cutts told the story of Man's destruction, domination and overwhelming desire to consume, leading to his eventual demise. The Konkani choir sang a song lamenting how God was angry with the deplorable state of His creation and that nature too was responding likewise causing global warming, calamities and disasters. The youth conveyed powerful messages on the ill-effects of indiscriminate use of technology and addiction through their respective skits. Ozzie and his choir keeping the theme in mind, sang the popular song **'Heal the World'**. The **Koli** dance presented by Community No.16 was led by a small child who charmed the audience. Community No.14 presented two Martians who spoke of the pitiful state of the environment on earth where pollution is at its peak. Their song **'What a Wonderful Earth'** visualized a beautiful world with green trees, red roses, pretty rainbows, blue skies and a better world for the future generations. Presentations on the activities of the SCCs and the Pope's encyclical 'Laudato Si' motivated the parishioners to a more passionate concern for the protection of our environment. A lively dance performance by the youth drew the day's program to a close but not before ensuring that the crowd had their chance at dancing!

15th November morning saw ushers, youth, volunteers and also the clergy team braving the hot sun, wearing caps and preparing the grounds for the grand finale of the Parish day celebrations. The Thanksgiving Eucharist began with a prayer dance. The lively homily by Fr. Henry from Infant Jesus Church was an eye opener, prodding the congregation to care for creation and God's Mercy. Soon after Mass, the entertainment program began with a dance performance by the children of Fatima Mata Sadan and Ashray. Raul D'souza, an exponent of Bharatnatyam who has the rare distinction of performing before eminent personalities including Pope John Paul II performed a solo recital on the story of creation. PPC members put on a spirited performance on the theme creation! A band made up of youth from our parish sang and entertained the audience. Children and teachers representing SUNCATS shared useful practical tips to save our valuable resources and planet earth. 'The 3Rs - **Reduce, Recycle, Reuse**', **'Buy Nothing Day'**, **'Buy What You Need, Not What You Want'**, **'Walk'**, **'Save Water-It Is Liquid Gold'**, **'Save Paper'**, **'Do Not Litter'** were some of the suggestions. The harmful effects of pollution were also brought out humorously in the Act put up by the PYC.

The mood was festive and the large congregation of about 2500 partook of the sumptuous family meal while others danced away to the beats of popular songs and music.

Two wonderful evenings of fun, frolic and bonhomie! A great way for the communities to connect and appreciate the enormous diverse talent in our parish! Cheers to all those who participated and joined in, making our annual parish day a stupendous success!

Annie Sebastian
Community No. 30, Shalom

“God has proved to us how high a place human nature holds amongst creatures, in as much as He appeared to men as a true man.

- St. Augustine

“In order that man might journey more trustfully toward the truth, the Truth itself, the Son of God, having assumed human nature, established and founded faith.

- St. Augustine

A Future Canossian Saint On Indian Soil

Sr. Fernanda Riva was born on 17th April 1920 in Monza, Italy. She was just three months old when her father expired at the age of thirty three and her mother instead of remarrying, dedicated herself entirely into bringing up her four children.



Fernanda loved her mother tenderly and her mother called Fernanda *"Her Treasure"*. She excelled in catechism, throw ball and drama. Her special joy was to attend the Sunday school conducted by the Canossian Sisters.

It was here that she was drawn to high ideals. She had an uncommon grace and refinement. She worked as a salesgirl in a store where she enjoyed the esteem and trust of all. Later she disclosed to her Mother her decision to be a Canossian Missionary.

Fernanda entered the Novitiate for the missions in Vimercate on March 19th at the age of 19. Barely six months later she returned home to bid farewell to her family and relatives before embarking for India. Having received the Missionary Crucifix, Fernanda set sail for India.

In the notes written by her during her first retreat in the Novitiate, barely after two years being in India, she talks to God in all her simplicity as follows:

"Why did You call me here...? Do You want me to be consecrated to You, to serve You and to become a Saint?"



After successfully completing her M.Ed., Sr. Fernanda was appointed the Headmistress of Canossa High School, Mahim, Mumbai in 1951. Here she was very successful in promoting the growth of the school in all its activities, uniting the staff and students, through her loving ways rather than using her authority as a Headmistress. She supervised the construction of the college building and became the first principal of the St. Joseph's college - Kerala [Allepey] in June 1954.

Sr. Fernanda's health soon began to decline. She was sent to Mumbai in 1954 and operated upon for malignant stomach ulcers. After some rest she returned to Allepey and resumed her duties with the same zest and zeal she showed before. Today, St. Joseph's College for Women, is considered as one of the finest colleges in Kerala.

On 6th January 1956, she had to be rushed back to Mumbai because of her illness which turned out to be 'Cancer'. All were touched by her serenity and faith. She had a kind word, a smile, a gesture of concern and gratitude for all those sisters and hospital staff who attended on her.

She joyfully welcomed her death and was fully conscious till the end. When the Archbishop of Bombay, Cardinal Valerian Gracias, who had great respect for her, came to visit her in her last hours, Sr. Fernanda heard him speak with her sisters and she whispered, *"Everything is done. I am ready to go."* She died with the reputation of holiness at the age of 35, on 22nd January 1956.

Crowds filed past her body which lay in the Chapel of Canossa Convent, Mahim. Whispers of *"She is a Saint"* could be heard among the crowds gathered at her funeral. She was buried at St. Michael's Church Cemetery, Mahim. She was declared **'Venerable'** on 28 June 2012. Sr. Fernanda's mortal remains were transported to St. Joseph's Convent Alleppey on 14th October 2015.

"What a gift to the Church, to the world and to souls is the sanctification of just one soul"

- Venerable Sr. Fernanda Riva

**Sr. Monica Cardozo FDCC
Nirmala Ashram**

Wake Up The World

We thank the religious congregations featured in this issue for providing us with the information of their respective congregations.

We are appreciative and thankful to Terence Fernandes and Hazel Mendonca of the Year of the Consecrated Life Committee for compiling the information and providing pictures to enhance the articles.

International Missionary Association (IMA/AMI)



Consecrated women, couples group, youth and some friends of AMI in Mumbai.

The **International Missionary Association (IMA/AMI)** – presently housed at 2A/21 Takshila Colony, is an Association of Christ's faithful, consisting of lay members, founded at Faenza (Italy) on December 8, 1989 by Mgr. Mario Babini and Dr. (Miss) Maria Pia Reggi together with a group of Italian and Indian missionaries. It was approved on March 2, 1991, by the Bishop of Faenza, His Excellency Francesco Tarcisio Bertozzi of Blessed Memory. Our India chapter is headquartered at Kochi, Kerala.

AMI consists of:

Fraternity of Lay Consecrated Women: They commit themselves to follow Christ through the Evangelical counsels and missionary life in the ordinary lay condition, either in their homeland or in other faraway countries.

Fraternity of Apostolic Group: Married couples and singles. They formally commit themselves to live the radicalism of the Gospel in their state of life, following the Gospel of Beatitudes and giving a missionary dimension to the whole of their existence.

The Fraternity of Consecrated Women's Group in Mumbai consists of three members. One is a ward manager in the Oncology Department at the Holy Spirit Hospital, another one is a social worker –at the Social Welfare Centre and the third is a retired social worker, who undertakes hospital and family visits and is also engaged with the Prison Ministry.

At present, there are two members in the Missionary Commitment Group. About fifteen families are associated with AMI and we all meet twice in a month to share the Word of God and our life experiences.

Sisters Of Our Lady Of Fatima FATIMA MATA SADAN



The congregation of the Sisters of Our Lady of Fatima was founded by Msgr. Francis Xavier Kroot, a Mill Hill Missionary on 8th February 1893 at Bellary in Karnataka, bearing the name as the '**Missionary Sisters of St. Francis Xavier**'. It is an Indian congregation that carries on missionary activities for the upliftment of the poor, particularly women and girls in our society.

Today, our congregation has branched out in 14 States and 38 Dioceses in India and has its presence in Germany too. We have in all 83 Communities and 510 sisters. The Sisters undertake various Apostolates such as caring for weaker sections of society through schools, boarding homes, dispensaries in remote villages, homes for the aged, social work among the women and tribal youth, helping in the parishes at mission stations as well as evangelization, through teaching catechism in parishes, schools and villages.

Fatima Mata Sadan Provincialate, Andheri East came into existence in June 2002. It is the administrative unit of the Congregation which comprises 'Houses' in Maharashtra, Goa, Gujarat, Madhya Pradesh and Jharkhand. We have been organizing various programs, seminars and retreats for juniors, animators and the Sisters of the Province. We have a Pre-novitiate, where young girls are trained for religious life before their Novitiate. Our Sisters and Pre-Novices are actively involved with our parish SCCs and in teaching catechism. They also visit the sick and lonely at the Home for the Aged, the Holy Spirit Hospital and institutes in the neighbourhood.

Fatimashray (*A Home for Homeless Girls*): Since our chief charism is the upliftment of the girl child, and becoming more aware of the atrocities and injustices meted out to women, 'Fatimashray' was started in 2003 with the motive of restoring to these girls/ women their human dignity and self esteem, through formal education and other activities.

Fatima Academy of Talents is held in the basement of 'Fatimashray' with a view to tap and develop talents in children. We are registered with the Trinity College of London, and have been regularly sending students for the graded examinations.

Holy Spirit Missionary Sisters **HOLY SPIRIT HOSPITAL**



The **Missionary Sisters Servants of the Holy Spirit (SSpS)**, also known as **Holy Spirit Missionary Sisters**, or simply Holy Spirit Sisters (SSpS Latin: *Servae Spiritus Sancti*) is an international religious congregation within the Catholic Church. The group has over 4,000 members in 49 different countries. The congregation was founded by Saint Arnold Janssen in 1889 in a little village of Steyl in the Netherlands. Janssen selected Maria Helena Stollenwerk (1852–1900) and Hendrina Stenmanns, called Mother Josepha (1852–1903) as first leaders and granted them the title of co-foundresses. Helena Stollenwerk also became the Co-Foundress of the **Congregation Holy Spirit Adoration Sisters** (officially called **Servants of the Holy Spirit of Perpetual Adoration**). Earlier Jansen also founded (in 1875) a male missionary congregation called **Society of the Divine Word** (SVD).

The first sisters of our congregation arrived in India in 1933. Today, we have 4 provinces in India made up of 58 communities and 329 sisters.

The Holy Spirit Sisters have as their motto "*May the Holy Triune God live in our hearts and in the hearts of all people.*" In a nutshell, it contains their spirituality and charism to witness to the communion of the Triune God and to reach out to all peoples, especially, women and the girl child. Their apostolate includes caring for street children/ orphans, differently abled, aged/sick, empowering & rehabilitating women, education, health ministry, (rural & urban areas), HIV/

AIDS patients, nursing education, legal & JPIC issues, migrants, communication/media, spiritual/pastoral care, counseling and catechizing.

'Anugraha' Convent (behind Holy Spirit Hospital) houses two communities :

- Anugraha Community (Ground floor)
- Hospital Sisters' Community (3rd floor)

Holy Spirit Hospital on Mahakali Caves Road, Andheri East began in a humble-set up in the year **1967** with Sr. Carmelann as its first Administrator. Today it is a modern **330** bedded multi-speciality hospital managed by Sr. Lissy (Administrator) and her team of **17 sisters**.

Hospital Community: (17 Sisters)

All sisters are actively involved in the running and upkeep of the different departments within the hospital. Planning and organizing activities, meetings, supervision, training, seminars, health camps, get-togethers, Hospital Day celebration etc. Together with mission in the Hospital, the Healing Ministry is extended to running health camps in remote villages. One sister and her team takes care of community health outreach programs in 11 clinics in the vicinity, where a good number of patients are treated on a daily basis. Two sisters are full timers in the Holy Spirit Institute of Nursing Education and College of Nursing (B.Sc.). The pastoral team (3 sisters and priest) counsel, pray and administer to the sick and the homebound.

Anugraha Community (14 Sisters)

The community comprises the aged, 3 student-sisters and an ailing sister. The sisters are involved in different activities - teaching in the nursing school and children of staff/workers; a few work in the hospital and in the Holy Spirit crèche. Sisters are engaged in SSCs as animators, teach Catechism, serve as Eucharistic Ministers and attend the Holy Spirit Hospital's Alcohol Anonymous meetings. Recently, few sisters have opted to serve the '*Migrant*' community.

'Anugraha' is a transit house and accommodates SSpS missionaries, (130 sisters work overseas), ailing sisters and the elderly. The presence and prayers of the elderly have contributed into making 'Anugraha' a Prayer House and a House of Blessing.

Holy Mass is celebrated in the Holy Spirit Hospital Chapel for sisters, patients, nursing staff and students at 6.30 am. On special occasions, Mass is celebrated at the 'Anugraha' chapel. There is adoration at 'Anugraha' (6 to 7pm) on Mon-Tue-Thu-Fri. On Sundays, the exposition is at 11.30 am.

Of late, the sisters have renewed their efforts to begin the Holy Spirit Missionary Association which has had its initial opening, forming a group and is slowly gaining momentum.

Sisters of the Holy Spirit **SHANTIGHAR**



The Congregation of the 'Sisters of the Holy Spirit' was founded in Koblenz, Germany on 4th of June 1857 by Mother Irmina Hoelscher with encouragement of Fr. Philipp De Lorenzi. Our congregation follow the Rules of St. Augustine. Sisters of the Holy Spirit reached out to India in 1973 in the Diocese of Chanda, in Maharashtra. At present we are working in Germany, India and Africa.

The Charism of our congregation is ***'to be a living community in the Holy Spirit, and to make the working of the Holy Spirit in this world tangible to the people through us.'***

'Shantighar'

'Shantighar' made its humble beginnings at Achanak Colony, Andheri East in the year 1994. 'Shantighar', is a temporary shelter home for battered women, women and children coming from broken and dysfunctional families, irrespective of their caste, creed or religion. It provides services like counseling, legal assistance and rehabilitation. It is a sanctuary for women and children who are victims of domestic violence and all other kind of abuses. We have sheltered women coming from all walks of life and who are referred to us by the police, courts, NGOs, parishes and social workers. Often we have walk-in cases of women, assured that we will not shut our doors on them. Since the activities of the Centre expanded we moved to a more spacious place which is situated at MIDC, Andheri East, Mumbai.

Activities Undertaken at 'Shantighar':

Family Counseling - spiritual, social and legal; Legal Services open to all; Training Programs – for para-counselors, consultants; Legal Education for the common man; Counseling for children, teenagers, youth and couples; Family Visits, especially visiting homes of people coming from broken

and dysfunctional families, the sick and needy; Personality Development Classes, Training on Life Skills for teenagers and youth; Awareness Programs for women concentrating more on single mothers, divorcees and women coming from broken and dysfunctional families; Stress Management Programs; Legal Assistance, arranging various programs for the benefit of prisoners; Mediation before Courts of Law or after filing of cases and conducting NLP Training (Neuro Linguistic Program) for a deeper study of the self.

'Shantighar' would be happy to extend our assistance to any one in need of the above mentioned services.

Society of St. Ursula (SU) **ASHA SADAN**



The **Congregation of the Society of St. Ursula** was founded by Mother Anne de Xaintonge on 16th June 1606 at Dole in France, with the dream to teach girls and women of her time the truths of their faith. Our *Charism* is *"faith formation through education"*. St. Ursula being the patroness of education, Mother Anne named the Society after her. Our apostolate is not only restricted to teaching in schools but great attention is paid to the instruction and training of women both, in their religion and home management, visiting the sick in hospitals and other forms of charitable works. The Society of St. Ursula soon spread to different countries of Europe and later to America, Africa and Asia.

Having its headquarters in Switzerland, the Society branched out to India in the year 1952. Today, the Ursuline Sisters in India are involved in mainly educational, medical work, social and pastoral apostolate in the states of Maharashtra, Goa, Karnataka, Kerala, Gujarat, Odisha, and Jharkhand.

Our presence in Andheri East, located at Asha Sadan House began in the year 2005 at the invitation of the SVD Fathers to collaborate with them in social work at **Sarva Seva Sangh (SSS)** in the following areas:

Activities:

A ray of hope to children through education. Pre-School Centers (*Balwadis*) and Support Classes held in the slum pockets of the area.

Community College:

An alternative system of education to empower the disadvantaged, the underprivileged and youth, mainly school dropouts.

Reaching out to the HIV infected and affected children and adults through: Educational Support; Medical Support and providing Supplementary Nutrition.

St. Joseph Of Saint-Marc



In the province of Mumbai, we are housed at Kanchan Apartments, Sher-e-Punjab, Andheri East.

We are an international Congregation of papal right, founded on 3rd March 1845 by Reverend Father Pierre Paul Blanck at Saint Marc in Gueborschwihr in the Upper Rhine region, Alsace, France. Our Founder Father Pierre Paul Blank, guided by the Holy Spirit after what seemed a long tireless search for the will of God to manifest, that he was called to form a religious Congregation in the Church.

Moved by the great mystery of the gift of Jesus in the Eucharist we are called to the continuous Adoration in the Spirit and in Truth as witnesses of His love, in the Church and in the world. The motto of our Congregation is ***“Worship to service and service to Worship”***. The Eucharistic mystery constitutes the central nucleus of the spirituality of the sisters of Saint Joseph.

Our congregation and services are spread in three continents i.e. Americas, Europe and Asia. In India, we have two Provinces. Our house in Mumbai belongs to Indore province. We also render our services in different states like Madhya Pradesh, Uttar Pradesh, Andhra Pradesh, Kerala, Odisha and Maharashtra, through 26 communities that we constitute at present. The truth of the Eucharistic Adoration is expressed in fraternal service of the sick and

suffering – tending to leprosy and AIDS patients, mentally disabled children, the aged and orphans, social service, education, handling retreat centers and pilgrim centers.

Little Sisters of the Poor
HOME FOR THE AGED



Jeanne Jugan founded the “Little Sisters of the Poor” with a simple, yet dramatic gesture. One winter evening, in 1839, in St. Servan, France, she opened her heart and home to an elderly, blind paralyzed woman who suddenly found herself alone after the death of her sister. Another woman followed and then, a third. The congregation of the Little Sisters of the Poor, with its mission of hospitality to the elderly, was born.

The Basis Of Our Actions :

Respect for **human dignity**, even when the elderly person is physically or mentally disabled. Respect for **life**, by strongly opposing the introduction of euthanasia. The aged are helped to feel accepted and their suffering is alleviated as much as possible.

The account of the foundation begins with our arrival in Mumbai on August 2nd 1958. The Little Sisters lived at Bandra in the initial years before moving to Andheri in 1960, into a little wooden house with a straw thatched roof. On 26th May 1961, the Little Sisters shifted to their own house at Mahakali Caves Road, Andheri East. His lordship Cardinal Valerian Gracias had then said to the Little Sisters ***“Andheri means darkness, but by your presence, you Little Sisters will make this place a place of Light”***.

The ‘Home for the Aged’, is a Charitable Institution. We take care of the poor and the elderly, 65 years of age and above; men and women, irrespective of their caste, creed or religion. We provide them with shelter, care, security, food, clothing, medical care and “love” – thereby creating a happy, homely and healthy environment for them. Most importantly, we look after them **free of charge** – and for this, we *depend entirely on public charity and goodwill of well-wishers like you!*

Light Divine

The 'Light of the World' came down to earth,
From heaven He came down to dust.
With the Word of the Father down He came,
The victim of human sin He became.

Moved along the towns and villages of Galilee,
Healed people of deafness, blindness and of leprosy.
Some He also raised back to life,
He gave them teaching not to divorce their wife.

His teaching was for all those who have ears to hear,
News about Him spread all over far and near.
Thousands flocked to hear Him speak,
But they never did His teachings keep.

Some spoke against Him and were obstacles in His way,
They tried to put an end to His life someday.
He gave up His life willingly for the sake of you and me,
That was the Father's plan to save us, you see.

They gave Him a heavy cross to bear,
His flesh ruthlessly did they tear.
The 'Light of the World' was no more that day,
But in all glory rose again on the third day.

Now the Light is shining bright never to die,
This Light Divine is seen in nations far and wide.
This Divine Light shines in the world around,
This Light is the Father's Glory seen in the world around!

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

“Sick, our nature demanded to be healed; fallen, to be raised up; dead, to rise again. We had lost the possession of the good; it was necessary for it to be given back to us. Closed in the darkness, it was necessary to bring us the light; captives, we awaited a Savior; prisoners, help; slaves, a liberator. Are these things minor or insignificant? Did they not move God to descend to human nature and visit it, since humanity was in so miserable and unhappy a state?.”

- St. Gregory of Nyssa

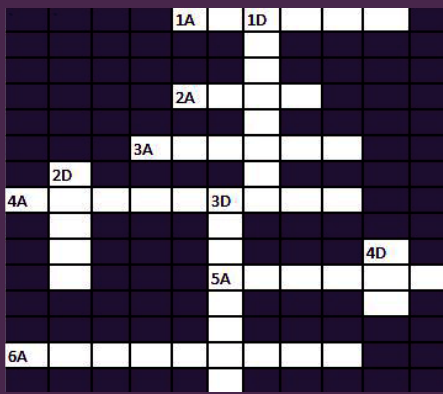


*May You feel God's presence in the
candles, that softly spread their glow
at Christmas and may you experience
the wonder of His abiding love,
as He guides you, through each
day of the coming year.
May God's Blessings be
with you parishioners.
Merry Christmas and
a Happy New Year!*





I) SOLVE THE CROSSWORD FROM THE CLUES GIVEN BELOW



ACROSS

- 1A. Mary placed her new born babe in it.
 2A. The Visitors from the East followed it.
 3A. They sang "Gloria in Excelsis Deo"
 4A. Town where Jesus was born
 5A. The liturgical period of four weeks preceding Christmas.
 6A. They were in the fields taking care of the flock

DOWN

- 1D. The town where Joseph made his home.
 2D. He was King of Judaea when Jesus was born
 3D. Means "God with us"
 4D. There was no room for Mary and Joseph there.

II) FILL IN THE BLANKS USING THE WORDS IN BRACKETS AND MENTION THE VERSE NO.

(Son, sins, leader, Israel, afraid, joy, save, Saviour, Christ, David, Good News, Jesus, Judah, guide, Holy Spirit, Mary, Bethlehem)

- "Joseph, descendant of _____, do not be afraid to take _____ to be your wife. For it is by the _____ that she has conceived. She will have a _____ and you will name Him _____ because He will _____ His people from their _____." (Matthew 1:_____)
- "_____ in the land of _____ you are by no means the least of the leading cities of Judah for from you will come a _____ who will _____ my people _____" (Matthew 1:_____)
- Don't be _____! I am here with _____ for you, which will bring great _____ to all the people. This very day in David's town your _____ was born-_____ the Lord. (Luke 2:_____)

III) UNSCRAMBLE THE FOLLOWING WORDS

"EDMA ONGAM SU DNA LWETD ETH OWRD SEFLH AWS NDA"

IV) REARRANGE THE UNSCRAMBLD WORDS in question (III) TO IDENTIFY A SCRIPTURE VERSE MENTION THE CHAPTER AND VERSE

_____ (John _____:_____)

V) CIRCLE THE CORRECT ANSWER

- The Word "ADVENT" comes from the Latin "Adventus" which means
 a) Following b) returning c) Coming or Arrival
- What is a manger?
 a) Cradle b) Feeding tray for animals c) Bed
- Who do we remember on the Feast of the Holy Innocents celebrated on December 28th?
 a) St. Innocent b) Children Massacred by King Herod in his attempt to kill infant Jesus

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 need to be written clearly, on this sheet only.
- Elders must 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 10th January 2016
- There are three attractive prizes to be won. If there are many right answers the prizes will be determined by casting lots.
- Editorial Board's decision will be final and binding.

Full Name _____ Class _____

School _____ Telephone/Mobile No _____

Family No. _____ Address: _____

Answers of Quiz No. 36:

I) ANSWER THE FOLLOWING:

- Gabriel
- Zechariah & Elizabeth
- Jerusalem
- A pair of doves or 2 young pigeons
- Cana in Galilee; Changing water into wine.

II) MATCH THE FOLLOWING:

- 6) - d, 7) - e, 8) - a, 9) - c, 10) - b

III) FILL IN THE BLANKS :

- brother, sister, mother (Math 12:50)
- sun, moon, crown, twelve (Rev 12:1)
- handmaid, Lord, Word (Luke 1:38),
- afraid, favour, Lord (Luke 1:30)
- strength, proud, heart (Luke 1:51)
- TELLS SON WHATEVER MY YOU DO
- DO WHATEVER MY SON TELLS YOU (John 2:5)
- A garland of roses
- Joachim & Ann
- Fatima in Portugal

Winners of Quiz No. 36: 1st prize : Diyana Desmond Dsouza (Std V Canossa High School) 2nd prize : Elida D'Souza (Std VIII Canossa High School)
 3rd prize : Sasha Douglas Dgama (Std VI Canossa High School)

Hearty Laughter

Questions

A man took his son fishing one day. After a few hours in the boat with not much to do, the son started asking his father some questions. "How does the boat float?" he asked. The man thought about the question for a moment, then said, "I don't really know, son." "Well, how do fish breath underwater?" The man scratched his head. "I guess I don't know the answer to that one either." "Why is the sky blue?" the boy persisted. The father replied, "I really don't know, son." The boy started to worry that his father was getting upset at all the questions. "Do you mind me asking questions, Dad?" His father immediately reassured him. "No, of course not, son! If you don't ask questions, you'll never learn anything!"

Boys In the Hospital

The two young boys were discussing their ailments together in the children's ward. "Are you medical or surgical?" asked the first, who had been in the ward for a week. "I don't know what you mean," replied the second. "It's simple," replied the first. "Were you sick when you came in here? Or did they make you sick when you got here?"

Desperate Measures

Little Johnny went to his mother demanding a new bicycle. His mother decided that he should take a look at himself and the way he acts. She said, "Well Johnny, we don't have the money to just go out and buy you anything you want. So why don't you write a letter to Jesus and pray for one instead." After his temper tantrum, his mother sent him to his room. He finally sat down to write a letter to Jesus.

Dear Jesus, I've been a good boy this year and would appreciate a new bicycle.

Your Friend, Little Johnny

Now, Little Johnny knew that Jesus really knew what kind of boy he was (a brat). So, he ripped up the letter and decided to give it another try.

Dear Jesus, I've been an Okay boy this year and I want a new bicycle.

Yours Truly, Little Johnny

Well, Little Johnny knew this wasn't totally honest, so he tore it up and tried again.

Dear Jesus, I've thought about being a good boy this year and can I have a new bicycle?

Signed, Little Johnny

Well, Little Johnny looked deep down in his heart, which by the way was what his mother was really wanting. He crumpled up the letter and threw it in the trash can and went running outside.

He aimlessly wandered about, depressed at the way he treated his parents and started considering his actions. He finally found himself in front of a Catholic Church. Little Johnny went inside and knelt down, looking around not knowing what he should really do. He finally got up and began to walk out the door and was looking at all the statues. All of a sudden he grabbed a small one and ran out the door. He went home, hid it under his bed and wrote this letter.

Jesus, I've broken most of the Ten Commandments, shot spit wads in school, tore up my sister's Barbie doll and lots more. I'm desperate. I've got your mama! If you ever want to see her again, give me a bike. Signed, You know who

Parish Activities

PPC and SCC Steering Committee Picnic

The PPC and SCC Steering Committee picnic was held on 22nd October, 2015 at Boscowadi, Uttan. The PPC members and SCC Coordinators were accompanied by our parish priest Fr. Lawrence Correa SVD, Fr. Innocent Fernandes SVD and Fr. Joseph Sahayaraj SVD who was our official photographer for the day along with Rohit.

With singing and music, the journey to Boscowadi seemed quite short. As we reached our destination, we gathered at the Grotto of Our Lady and praised and thanked God by celebrating the Eucharist. Totally famished, we headed towards the breakfast table and ate to our heart's content. We were free to relax for the rest of the morning! While some of us roamed the beach, others crossed the bay to visit the Mother Velankanni Church, while the rest enjoyed the wonderful verdant scenery and the breath taking view of the majestic expanse of the Arabian Sea. Few of the picnickers jumped into the pool to cool themselves. Most of the time we found ourselves joking, laughing and enjoying our freedom from our otherwise daily mundane chores!

After a sumptuous lunch we played some exuberant group games with much laughter and bonhomie which helped us bond like children fighting for points for our group. The games helped us recall old Hindi and English numbers which brought back wonderful memories of our younger days, thanks to our VP Andrew.

As the evening drew to a close, it was time to wrap up and we began with prize distribution. As a keepsake of the day well spent, we happily posed for pictures with much excitement and enthusiasm. A round of tea and biscuits was the cue that it was time to hit back home! We enjoyed singing on our trip back to Andheri with whatever traces of energy we were left with. We were glad to have reached home safe and sound by 6.30 pm, though the journey back was long and tiring. Having said our goodbyes to each other we headed home fully exhausted but in a happy frame of mind!

I take this opportunity to thank Fr. Lawrence and his team of priests, V.P. Andrew and his committee members. A special thank you goes to members of the Picnic Co-Committee who put in a lot of effort and time to make sure we enjoyed ourselves immensely. A big God bless to one and all!

Angela Fonseca
PPC - Community No. 31, Hosanna

The Vibrant Young At Heart

Come September, and it was time to celebrate the feast of Our Lady's Nativity. This time the Association decided to take the senior citizens to the Shrine of Our Lady of Fatima, Karjat. In the morning of 13th September 2015, 149 senior citizens assembled at the parish grounds, where colour coded identification badges were distributed to members so that they could board the right bus to Karjat. The journey being long, a light breakfast was provided in the bus itself. On reaching our destination, Fr. Calistus Fernandes, the parish priest, made special arrangements for a room where one could rest and a more elaborate breakfast was served.

We attended Mass at 11 am which was animated by the core-group. At the offertory, grains, pulses etc. were offered. In his homily, Fr. Calistus briefly explained the story of the inauguration of the Shrine, at Karjat. On 13th May 1917, Our Lady appeared to three little shepherd children at Fatima, Portugal, giving them a message to pray the Rosary and repent. In 1917, the then Bishop of Daman to whom the Catholic Mission of Karjat was entrusted, dedicated this mission to Our Lady of Fatima. A large elegantly carved beautiful wooden statue of Our Lady, presently placed at the altar, was brought to India from Portugal, making it the first shrine in Asia and India to be dedicated to Our Lady of Fatima. A small stone Church was built in 1935 and the statue was housed in it. The Archdiocese of Bombay is indeed blessed and privileged to have this Shrine in Karjat under its aegis.

It was a day of prayer and thanksgiving for each of us. After lunch, there was a praise and worship session followed by benediction, after which we readied ourselves for our return journey. A hot cup of tea before boarding the bus back home revived our spirits! This whole day program helped our senior citizens to bond with each other. It was a memorable and fulfilling trip. For most members it was their first visit to Karjat and they are eagerly looking forward to re-visiting the shrine as they were more than satisfied with this outing and felt blessed.

The response of our senior citizens to the various programs arranged by the Senior Citizen' Cell has been overwhelming which is very gratifying. Thanks to Conrad and Anita D'Sa, the lovely husband-wife duo along with members of the core team for their enthusiasm in making every program enjoyable and memorable for us all.

Rosie Fernandes
Sr. Citizen' Cell

Theresian Red Carpet Affair

It was a buzzing October this year, as we Theresians, decided to roll out the red carpet for our families as we began preparations for the **Theresian Red Carpet Affair** in honour of our patron saint, St. Therese of the Child Jesus. The event was held on 4th October 2015 in the Community Centre of our Parish.

We thank Fr. Joseph Sahayaraj SVD from the bottom of our hearts for celebrating the community mass and for making it very special by interceding to St. Therese of the Child Jesus, to pray for our Theresian families.

The celebratory Affair began with our home celebrities i.e. Frs. Lawrence, Innocent, John, and Wilson together with our families, walking the red carpet, to the tune of *'We are the Champions'*. Nayantara introduced our Spiritual Director, Fr. John Mascarenhas SVD, to all present and we all agreed in unison that he is a gem of a person and a jolly good fellow! A special prayer was offered for two of our youth members who are all set to enter into Holy Matrimony, shortly.

In tune with our Red Carpet theme, teams were formed; *'The Avengers'* (who reigned supreme in the games), *'The Von Trapp Family'* (The Sound of Music), *'Indiana Jones'* (Raiders of the Lost Ark) and the *'Titanic'* (which in keeping with its name sank through the games!). Varied games based on films, singers, Oscar/Bollywood/Grammy award stars, were held. Prizes were given to performers who regaled the gathering with the signature steps of some well known national/international stars! We even had impromptu performances put up by a couple of volunteers who danced/belted out numbers, which further upped the entertainment quotient of the evening!

Together with the fun and frolic, members enjoyed the delectable cuisine arranged for them! The music too was in sync with our theme, ranging from *'The Sound of Music'* to the hit numbers of *Michael Jackson*, *Shakira* and *One Direction*!

Fr. John was aptly thanked by Lorna for being our innovative and aspiring Spiritual Director and for actively participating in our huge family celebration. True to his jolly good nature, Fr. John led us through the verses of the enlightening song *"He's enough"*, a befitting climax to our Red Carpet Affair, for after all, He is enough!

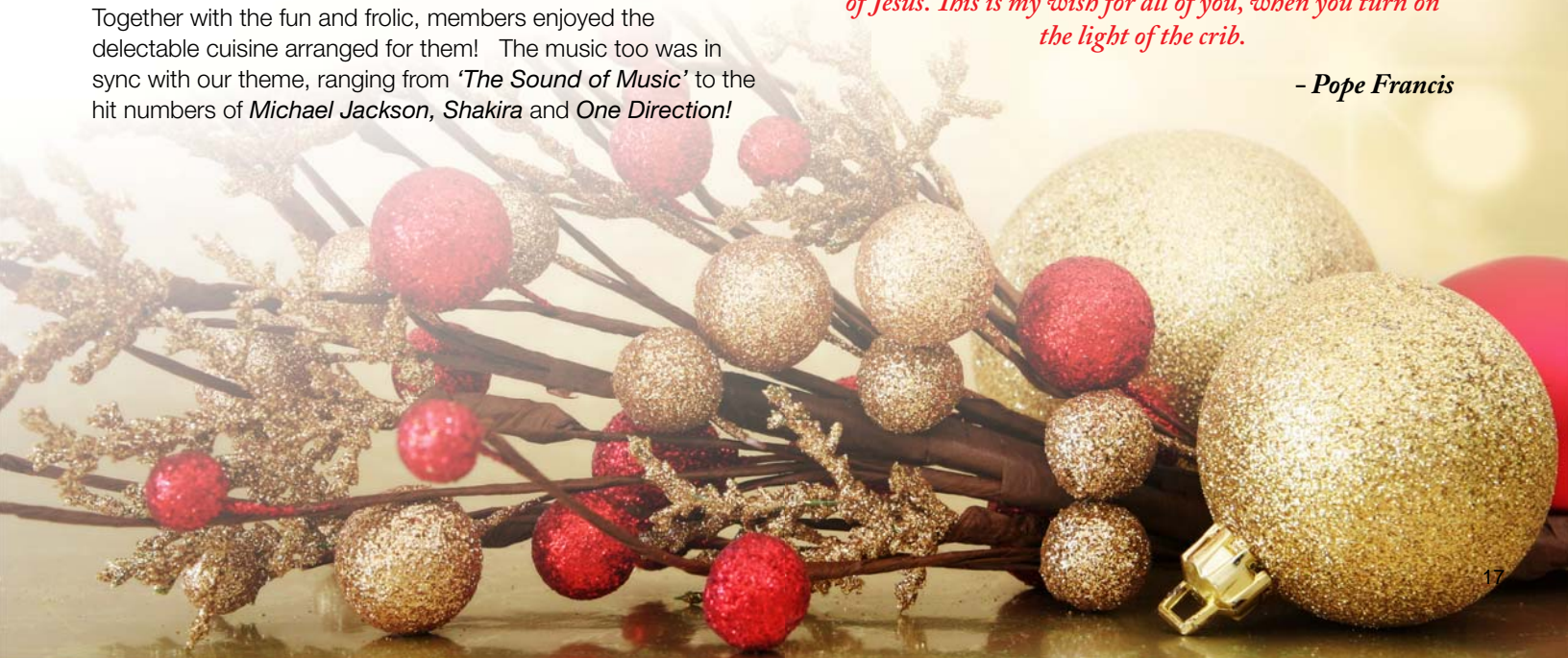
Lastly, kudos to our youth members (who assisted in the logistics) and animators who rose to the occasion by donning different caps be that of team captains, co-hosts, game organizers, DJ, etc. A truly community affair from the word go!

Apart from the fun factor, our Theresian families and non-Catholic friends came together in unison during the *'Living Rosary'* conducted on 31st October 2015. The fervour and devotion that was displayed during the *'Living Rosary'* is indeed something our Community is proud of. We could manage these events with much aplomb and success only by the intercession of our patroness St. Therese of Child Jesus and with the grace and guidance of God above!

Althea A. Trinidad
Animator - Community No. 10,
St. Therese of the Child Jesus

"In switching on the light of the Nativity scene, we wish for the light of Christ to be in us. A Christmas without light is not Christmas. Let there be light in the soul, in the heart; let there be forgiveness to others; let there be no hostilities, which are dark. Let there be the beautiful light of Jesus. This is my wish for all of you, when you turn on the light of the crib.

- Pope Francis



Jesus Is The Rock On Which I Stand

The Confirmation candidates had two days of **‘Recollection’** on the 24th and 25th of October, conducted by **‘Jesus, The Real Vine’** team. There were talks on *God’s Love, the Sacrament of Reconciliation, the Person of the Holy Spirit, the Joy of the Lord is our Strength, the Life of St. Rita* etc. Both days concluded with Eucharist, celebrated by Fr. Cyril SVD and Fr. Joaquim SVD.

My experience at the Recollection was that of a close encounter with the Holy Spirit. I experienced God’s love for me.

At first, I was a bit anxious as to how I would cope with my studies with my exams soon approaching. I had to spend two whole days at Church but then I realized if God has called me, HE has called me for a purpose to know HIM better.

1st Day

We gathered together as the Session began with **‘Praise and Worship’** songs. Initially, I was a bit shy and hesitant to dance and so were a few others. But we were encouraged to do so freely and gradually we lost our inhibitions and joined in. I learnt that God loves us so much that it can be seen by His only Son’s death on the Cross; He paid the price for our sins so that we can all have eternal life. My question was why mankind is so special that God sent Jesus to earth to suffer such a horrible death? Why does God care so much for my well being? The Holy Spirit convicted me of God’s love and that we are His masterpiece. Just like how a painter paints hundreds of paintings but decides to make that one perfect painting - his **‘masterpiece’**, showcasing his skills to describe himself well; We were created in God’s image and He finds His goodness in us.

So does the Almighty find great joy in us despite of our imperfections. God loves us unconditionally. The Repentance Session helped us to realize the importance of the need to forgive and seek God’s forgiveness.



2nd Day

The high point of this day was the ‘Inner Healing’ Session. Towards the end of the day, we had a session to prepare us to receive the Holy Spirit. As we allowed the Holy Spirit to touch us, we became aware of the sins that we had committed but forgotten. We were beginning to realize our faults and how we have lived in denial for long. As I closed my eyes, I could feel God cleansing me. I felt as if my sins were being separated from my being. I rejoiced in the Holy Spirit for helping me cleanse my soul. It was a spiritual experience that cannot be expressed in mere words.

This experience has brought me more closer to the Triune God and has surely been a turning point in the present phase of my life.

A big Thank You to Jesus the Real Vine team for making the ‘Recollection’ a life changing and memorable experience!

Joshua D’Souza
(Confirmand –2015 Batch)

“*God’s mercy can make even the driest land become a garden, can restore life to dry bones (cf. Ez 37:1-14). ... Let us be renewed by God’s mercy, let us be loved by Jesus, let us enable the power of His love to transform our lives too; and let us become agents of this mercy, channels through which God can water the earth, protect all creation and make justice and peace flourish.*

- Pope Francis

“*Nothing was so necessary for raising our hope as to show us how deeply God loved us. And what could afford us a stronger proof of this than that the Son of God should become a partner with us of human nature?*

- St. Augustine

World Elder's Day

1st October is celebrated as 'World Elder's Day'. We organized a get-together with a couple of games and served delicious snacks and tea. This was followed by a candle light procession carrying the statue of Our Lady of Fatima to the Church where she is placed for the whole month. As October is the month of the Rosary, the rosary was recited by the elders, followed by Eucharistic Service con-celebrated by Fr. Eddie D'Mello SVD and Fr. John Mascarenhas SVD. In his homily, Fr. Eddie highlighted the important role St Theresa of Lisieux (*the saint of the day*) played in the mission of the Church. Without leaving the convent walls, she has been declared the Patroness of Missions, dedicating her life to prayer and penance for all missionaries the world over. Fr. Eddie exhorted the elders to emulate St. Theresa, by our prayers for the missions.

It was 13th October 1917, that the 6th and final apparition of Our Lady of Fatima in Portugal took place. It also being our 'Association Day', was a day of celebration for the Senior Citizens, as Our Lady of Fatima was adopted as our patroness. As tradition would have it, boiled grams (*chanas*) were distributed after mass. Everyone went home animated by the evening's celebration.

Members of our Senior Citizens' Cell eagerly look forward to an evening out every month to participate in the activities organized by the core group of the Senior Citizen' Cell. It takes a lot of dedication, commitment and hard work to put together these events, for which the members are indeed grateful. It is this kind of enthusiasm and never say die attitude that makes the Association vibrant as ever.

**Ludolf D'Souza
Sr. Citizens' Cell**



Visit To The St. Pius X Seminary

On 18th October, Mission Sunday, we, the candidates preparing for the Sacrament of Confirmation visited the St. Pius X Seminary at Goregaon for a *Study cum Exposure* Trip. We assembled at our parish grounds and then proceeded to Goregaon in two buses. We commenced our journey with a small prayer. The area covering the seminary was forested by a lot of trees. We found ourselves enveloped in an atmosphere of tranquillity and peace which came with the verdant surroundings! We were led to the Gym area by our animators and seminarians where our program on '*Vocation and Discipleship*' was conducted by a team from the Diocesan Vocation Centre.

Brother Sunil conducted an ice breaker activity in which he taught us different kinds of handshakes and then we practiced the same with each other. Another activity which helped us understand our individual personalities was based on '*Animals We Like*'. Fr. Godwin Fernandes, the Director of the Diocesan Vocation Centre welcomed us and spoke to us about the events in his life and how God called him to serve the people of God.

Brothers Ashwyn and Santan also shared their vocation stories and how they responded to God's calling. They were people pretty much like us enjoying their lives and jobs. However, things changed when they learned more about God and got more attuned to their surrounding and God's doings. They found peace in God and His works.

In his talk, Brother Ashwyn explained how each one of us is precious in the eyes of God. In the eyes of the Almighty we are all born equal. Rich people don't have any more value than the less rich. He gave an example of a Rs. 100/- note. In whatever state the note is, whether it is crumpled or dirty its value remains the same.

After our session, we had a break in which we were served tea and biscuits. Brother Ashwyn then took us around the Seminary. Though it was a Sunday, the Seminary premises seemed busy as ever with many other group gatherings and activities happening. We visited the Grotto of Our Lady and experienced serenity first hand. We were taken to the grounds where the Ordination Ceremony of newly inducted priests takes place. We also grabbed the opportunity to visit the Chapel. His Lordship, Bishop Dominic Savio Fernandes was celebrating Mass at that time. Our evening drew to a close with the Vote of Thanks before we began our return journey.

This visit was both, memorable and an eye opener. The Disciples of Christ, were ordinary humans. Their encounter with Jesus and the Holy Spirit helped them become unique witnesses for Christ! Likewise, each individual who responds to God's call can foster the kingdom of God, be a collaborator in God's plans, through one's service in a state of life of their choosing!

**Xiandra D'Mello
(Confirmand - 2015 Batch)**



Zeal 2015 – Stand Out To Shine

The evening of 1st November commenced with the celebration of the Holy Eucharist, after which the fun-filled event: **'Zeal 2015 – Stand Out to Shine'** was declared open.

The comperes for the evening Achilles and Tanya kick started the event with an ice-breaker game in order to prepare the participative teams for the ensuing games. In keeping with the theme, next in line was the **Talent Show** which gave the participants the opportunity to bring to light their many artistic talents.

Worth a mention were some of the sterling performances put up at the Show, as envisioned by the organising team. Some of the performances/acts enacted on the stage consisted of the beautiful duet song *'Let her Go'*, the rap song composed by the performing duo, the exciting duo mash up of *'Stand By Me'*, *'I'm Not The Only One'* and *'Thinking Out Loud'*, and a hilarious skit on 'The Effects Of Technology' which received a tremendous round of appreciation!

The Talent Show ended with a flash mob choreographed by the youth. This was followed by an activity, *'The Sci-fi Shuffle'*, which juxtaposed team spirit and got everyone interacting with each other. The DJ then set the jam session rolling with the entire crowd on the floor dancing to their heart's content. The evening came to a close with the fellowship meal.

The objective of **'ZEAL'** is to give the youth of our parish a platform to showcase their talent(s), which was fulfilled to a great extent at **'Zeal 2015 – Stand Out to Shine'** event. On the whole, we can in all honesty say that we have all had a fun-filled and memorable evening!

Trisha Fernandes
Community No. 28 - St. Joseph the Worker

"I think we too are the people who, on the one hand, want to listen to Jesus, but on the other hand, at times, like to find a stick to beat others with, to condemn others. And Jesus has this message for us: mercy. I think — and I say it with humility — that this is the Lord's most powerful message: mercy."

— Pope Francis

Dream Big: Guiding Careers

Every individual dreams of becoming independent. Choosing the right career is an important aspect towards becoming independent. In order to mould and help the youth of our parish decide on the various options available on the career front, the Parish Youth Council in collaboration with the Parish Youth Animation Team organized **'DREAM BIG : GUIDING CAREERS'** on 15th August 2015, our country's 68th Independence Day. This was an initiative taken to help tomorrow's working population choose the right career, one that matches their skills and aptitude.

Mr. Narendra Kinger, a psychologist by profession, was the main speaker for the day. Around 40 youth attended the session. The session commenced at 11.30 am. Mr. Kinger commenced the session by giving the youth an overview of the traditional careers in our country like that of a *flute seller, paanwala, coolie* etc. The reason behind this introduction was to stress on the fact that all jobs, even the so called 'menial' jobs and the people doing these jobs need to be perceived with respect, as there is dignity in labour.

Most individuals take up a job because of the tempting salary that is being offered. Some others are compelled to join their family business while only a few work because they love the kind of job that they are doing without worrying about the pay. But everyone's dream job would be the one which lets them do what they love doing, and at the same time get paid handsomely, for it. By citing various anecdotes, Mr. Kinger illustrated these points and also explained the link between an individual's aptitude and the career one opts for. He shared his personal experience; in order to make the environment friendly and trust worthy so that the youth feel free to express their thoughts and do not hesitate in asking questions and clearing their doubts.

He also enlightened the youth on the various aspects that one should look at before choosing a company and signing on the dotted line and that includes benefits offered by the company. The session culminated at 12.30 pm with the question and answer round.

I am sure the youth who attended this session benefitted immensely from this talk and would opt for a career that gives them both, job satisfaction as well as remuneration in accordance with their expectations.

Glywin Pinto,
PYC, Community No. 23 - Shantidaan

Health Page

Abdominal Pain - An Indicator Of What You Eat Or Drink

We are soon approaching the season of rejoicing and celebrations. No celebration is considered complete without having a drink or two followed by partaking of a well prepared multi-cuisine sumptuous meal!

Often, there are occasions when one may have overindulged in eating or consuming the wrong type of food or drink, which has eventually ended up with one experiencing an acute abdominal pain or discomfort. This pain may be a sharp shooting kind of pain or a dull aching pain accompanied by stomach cramps. The cause for pain may be due to a simple problem of indigestion of food consumed on the previous day, or due to constipation. Most people complain of gas pain, resulting from chronic hyperacidity and heartburn. What is generally considered as gas pain is often diagnosed after medical tests that the person has suffered a minor heart attack or is experiencing angina. A person complaining of stomach pain should visit the hospital at the earliest and take an ECG to rule out whether it is heart related or not.

For ease of understanding, abdominal pain (*stomach in medical language is referred to as apandoras magic box*) is divided into upper part above the navel, middle part around the navel and lower part below the navel. A sudden pain in the upper part can be due to **severe indigestion, food intolerance, gas, constipation, gallstones, reflux oesophagitis**. Experiencing stomach pain after imbibing alcohol followed by an intake of heavy fat rich food can be due to acute pancreatitis.

Abdominal pain associated with fever can be a sign of stomach infection. Visit a doctor immediately, if you find it difficult to have meals two days in a row or if there are signs of dehydration, constipation and if vomiting persists. Any injury in the abdominal area, painful urination, presence of traces of blood in stools or vomiting of blood could all be warning signs of an ensuing serious problem and immediate medical help should be sought. In case of sudden breathlessness following abdominal pain, or a pregnant woman complaining of pain in

her abdomen, could be a serious issue.

Once you localize the pain, find out the severity of the pain whether severe or mild, record the timings and duration the pain persists, whether it is related to food consumed or not, whether the pain worsens with the intake of alcohol and whether pain radiates to other parts of the body. Check whether the person in pain is on any kind of continuous medication or not. If the medical history of the person complaining of stomach pain shows that he/she is suffering from worm trouble, then it should be noted. If the person suffering from stomach pain is a woman then ascertain whether she is pregnant or not before taking the next line of action.

Depending on the cause, intensity, seriousness of pain, immediate action should be taken without any further delay in giving relief and finding an immediate solution to the person suffering from abdominal pain.

Precautions can be taken to avoid stomach pain. Eat food that is freshly cooked and which is prepared hygienically. Avoid alcohol, tobacco, smoking and other unhealthy addictions. Report to a specialist, such as a gastro-enterologist/urologist or a gynecologist, as the case may be. Investigate and ascertain the cause behind the abdominal pain, treat it completely without there being any chance of a future recurrence. Chronic abdominal pain, in cases such as irritable bowel syndrome (IBS), ulcerative colitis, chronic pancreatic, gastric esophageal reflux (GERD), chronic indigestion etc., all have a high rate of recovery/curability if patients treat themselves with constitutional homoeopathy treatment.

A word of caution : Avoid self-medication while suffering from abdominal pain, however trivial and bearable it may appear. You never know what's in store. Always consult your family doctor or a specialist. An early detection of the cause is important for an early and complete recovery.

Dr. John Rodrigues MD



FROM THE PARISH REGISTER

BAPTIZED IN CHRIST



Caeden Bruno Fernandes	S/o	Collin Victors & Clover Ann Fernandes	09/08/2015
Alston Anthony D'Gama	S/o	Peter Ransom Ignatius Micheal & Raynah Maria D'Gama	09/08/2015
Luke D'Almeida	S/o	Rohit & Jacqueline D'Almeida	23/08/2015
Rhea Lily Gomes	D/o	Sunil & Ruby Gomes	23/08/2015
Shriya Mendonca	D/o	Praveen & Sushma Mendonca	23/08/2015
Shaunit Mendonca	S/o	Praveen & Sushma Mendonca	23/08/2015
Kyle Henriques	S/o	Francis & Charlotte Henriques	06/09/2015
Genesis Colaso	D/o	Bernard & Sherly Colaso	13/09/2015
Agelina More	D/o	Albert D & Christine More	13/09/2015
Samaira Antao	D/o	Francisco & Sharmila Antao	27/09/2015
Velora Leo Fernandes	D/o	Leo & Velentina Fernandes	27/09/2015
Abigail Avinash Menezes	D/o	Avinash & Steffi Menezes	25/10/2015
Andrew John	S/o	John Prakash & Motcha Alankaram	25/10/2015
Zidane Zayne Mascarenhas	S/o	Collin Benamine & Janice Maria Mascarenhas	08/11/2015
Amara Adele Quadros	D/o	Clayton & Alysha Quadros	08/11/2015
Samara Cecilia Mathias	D/o	Keegan & Simone Mathias	08/11/2015
Ruth D'Souza	D/o	Arun Lawrence & Jennifer D'Souza	08/11/2015
Krizel Pereira	D/o	Merwyn & Reena Pereira	15/11/2015
Jayden Coutinho	S/o	Savio & Pauline Coutinho	15/11/2015

Christopher Allwyn D'Silva	To	Flavia Pinto	06/09/2015
Stephen Joseph Martin	To	Celina D'Souza	25/10/2015
Alvin Louis Rodrigues	To	Snehal Shetty	25/10/2015
Jerry Constancio D'Costa	To	Trija Inacio D'Souza	07/11/2015
Royson Joaquim Lobo	To	Reena Sharel Pinto	07/11/2015
Michael Joseph Fernandes	To	Liberata Bela Fernandes	08/11/2015
Collin Belloumi Crasto	To	Greta Monteiro	11/11/2015
Albert Norman Lester D'Souza	To	Pearl Sonia Simon	14/11/2015
Sanil D'Souza	To	Malanie Verna Mascarenhas	18/11/2015



UNITED IN CHRIST

RESTING IN CHRIST



Sandra Mary Joaquim Fernandes	18 Years	Room No.2, Ashram Chawl, Mahakali Caves Road.	13/08/2015
Sebastian Estebero	82 Years	Home For the Aged	17/08/2015
Peter John Fernandes	92 Years	401/ E-3, Bindra Daffodil 1, Mahakali Caves Road.	18/08/2015
Evelyn Rego	85 Years	G-2/403, Poonam Kirti, Poonam Nagar.	26/08/2015
Shrinivas Tompal	43 Years	Shivaji Nagar Chawl, near Hanjar Nagar, Pump House.	06/09/2015
Cecilia D'Souza	86 Years	101, L-2, Poonam Pragati, Poonam Nagar.	09/09/2015
Antonio Fernandes	65 Years	B-27, Roof Top CHS Ltd., Mahakali Caves Road.	16/09/2015
Gabriel Singh	70 Years	701/E, Gautam Nagar, MIDC.	21/09/2015
Mark D'Costa	67 Years	A-104, Trans Apartments, Mahakali Caves Road.	23/09/2015
Asses Maria D'Souza	84 Years	F-501, Oberoi Splendor, J V L R.	08/10/2015
Julie Rodrigues	77 Years	Home for the Aged,	09/10/2015
Ambrose Philip Clifton Fernandes	59 Years	2A/405, Hillview CHS Ltd.,	11/10/2015
Lucy D'Souza	80 Years	B-204, Hawa Apartments, Mahakali Caves Road.	03/11/2015
Alex Domnic D'Souza	99 Years	Room No.3, Nisha Chawl, Mahakali Caves Road.	08/11/2015

**For the 8:45 am Mass Schedule, Youth Mass Schedule and the Holy Hour Schedule
look up the Parish website : www.sacredheartandheri.net**

PARISH VISION MISSION STATEMENT

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



PPC and SCC Steering Committee Picnic



Thanksgiving Eucharist - Parish Day



Parish Day Celebrations - Day 1



Parish Day Celebrations - Day 2



Mission Sunday Stall



Zeal 2015



Procession during Christ the King Feast



Vacation Bible Joy