



Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 63

March 2016

For Private Circulation Only

God's Merciful Love Conquered Death



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

Website: www.sacredheartandheri.net

FORTHCOMING EVENTS AND LITURGICAL FEASTS/MEMORIALS

March 19 th	Blessing of the Palms 06.45 pm – In front of the grotto, followed by procession and Palm Sunday Mass
March 20 th	Palm Sunday
March 24 th	Maundy Thursday 10.00 am – Mass for the sick and elderly 07.30 pm – Mass of the Last Supper of the Lord, followed by Adoration till mid night.
March 25 th	Good Friday 07.00 am – Stations of the Cross for all (English) 10.00 am - 01.00 pm – Three Hours Agony 01.00 pm - Divine Mercy Novena (Begins this day) 06.00 pm – Celebration of Lord's Passion
March 26 th	Holy Saturday 07.30 am – Meditation on the seven sorrows of Mother Mary followed by the Divine Mercy Novena 08.00 pm – Easter Vigil and Mass of the Resurrection of our Lord Jesus
March 27 th	Easter Sunday 07.30 am – Konkani Mass 08.45 am – Parish Mass 10.00 am – English Mass There is NO evening Mass.
March 27 th to April 02 nd	Divine Mercy Novena (after each Mass)
31 st March to 02 nd April	Triduum in Preparation for the Feast of Divine Mercy (During 07.00 pm Mass)
April 03 rd	Divine Mercy Sunday (Feast Mass at 10.00 am)
April 4 th	Solemnity of the Annunciation of the Lord
April 16 th	First Holy Communion at 5.00 pm
April 23 rd to 24 th	Throw Ball Tournament for Girls
April 25 th	Feast of St. Mark, Evangelist
April 30 th to May 1 st	Rink Football Tournament for Boys
May 3 rd	Feast of Sts. Philip and James, Apostles
May 6 th	Solemnity of Ascension of the Lord
May 14 th	Feast of St. Matthais, Apostle
May 15 th	Solemnity of Pentecost
May 22 th	Solemnity of The Most Holy Trinity
May 29 th	Solemnity of Corpus Christi
May 31 st	Feast of Visitation of the Blessed Virgin Mary
1 st June to 3 rd June	Triduum in Preparation for the Feast of Sacred Heart
June 05 th	Celebration of the feast of The Sacred Heart in our Parish

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

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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.

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From the Pastor's Desk

Heart to Heart - March 2016

My Dear Parishioners,

Easter is the greatest feast for us Christians, as on this day we celebrate the Resurrection of our Lord and Saviour, Jesus Christ. Good Friday was the climax of Jesus' suffering. He died on the cross for our sins on this day, and Easter is the Crowning of Jesus' *salvific* plan. On this day He defeated death and sin and was resurrected. This event is the proof of God's abundant and merciful love for us, erasing the stain of sin in all of us.

Our Christian life is a joyful one because we partake in the resurrected life of Jesus. The Church is not a dead inactive institution, but a community of believers in the Risen Lord, fully alive.

The significance of the Resurrection of Jesus Christ is well illustrated at the beginning of the Easter vigil. All lights are switched off and only the Easter candle is lit from the blessed fire. The lighted Easter candle is taken in a procession to the altar. On the way, members of the congregation light the candles they are holding from this Easter candle, thereby signifying Christ as our light and that without Him we will be in darkness and sin.

We have spent the season of Lent looking inwards and reflecting deep within ourselves. In our quest for personal communion with God, we introduced spiritual disciplines in our day-to-day lives (*fasting, penance, prayers, the Way Of The Cross, lenten mission, confession*), to name a few. During Lent, we gave up some of the habits and ways that were not Christ-like and embraced positive ways to be better Christians. We made resolutions to change ourselves, seek mercy and forgiveness and made concerted efforts to forgive others and be reconciled. Easter and the season thereafter, will be more meaningful and joyful to us, if we continue in this manner, embracing life and denouncing sin and death.

The life of the apostles and disciples of Jesus changed completely after Jesus' resurrection and the descending of the Holy Spirit on them. They became very courageous and proclaimed the message of the Risen Lord. They lived as one large community of believers, treated each other as brothers and sisters and shared what they had with others. In the same manner, having experienced the resurrected life of Jesus Christ, we are also called to live in peace and harmony in our families, communities and in the parish. We are also called to be concerned for people, especially, who are in need – spiritually, emotionally and economically.

Let this feast transform us more and more. Let it make us the living witnesses of the Risen Lord. Let Him reign in our hearts and in our homes so that our lives may be guided by Him through the Holy Spirit. Let us be more positive about ourselves and others, rather than being critical and negative. Let it help us to see the goodness in us and in others. Let our life's path be led by Easter light so that we never stumble in darkness.

Dear parishioners, I take this opportunity to wish each one of you, a very Happy Easter!

- Fr. Lawrence Correa SVD
Parish Priest

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God's Merciful Love Conquered Death

Easter is the story of **'Discovery'**, the discovery that Christ lives. This fact has taken away one deep fear out of life - the fear of death. In the heart of the Easter story, stands the deathless assurance that we do not make our way alone through this world. Christ is not a mere memory, but a presence; And because He lives, we too shall live. In answer to the age-old question - *"if a man dies, shall he live again"*? Easter declares, *"for as in Adam all die, even so in Christ shall all be made alive"*.

Easter is again the discovery that Christ not only lives, but triumphs. It removes not only the fear of death, but also the fear of defeat. If Christianity had ended on the cross, we would never have heard of it. If it offered nothing beyond Calvary, it would be a religion of despair. Easter, thus changed martyrdom into a coronation. Easter in short is the essence of everything that makes life worth living. By His own death Christ changed the very nature of death - made it a passage, a Passover, transforming the tragedy of tragedies into the ultimate victory.

At Easter, we have been made conscious of the wonders that God has worked on our behalf, especially the wonder of the resurrection of Jesus and the consequent wonder of our redemption. Pope Francis, through the papal *Bull Misericordiae Vultus* (The Face of Mercy), which he signed on 11th April 2015, on the eve of Divine Mercy Sunday, declared the extraordinary **'Jubilee year of Mercy'**. Jesus is the visible face of the invisible Father, of the God who manifests His power over all by forgiveness and mercy. Let the Church be the visible face of Jesus in the world. It is the Lord risen and glorified. The loving gaze of Jesus, freed Zachaeus and Mathew from being enslaved by money; the adulteress, Mary Magdalene from seeking happiness from worldly things; made Peter weep after his betrayal and assured paradise to the repentant thief.

“There is no evil to be faced that Christ does not face with us. There is no enemy that Christ has not already conquered. There is no cross to bear that Christ has not already borne for us, and does not now bear with us.... And on the far side of every cross we find the newness of life in the Holy Spirit, that new life which will reach its fulfillment in the resurrection. This is our faith. This is our witness before the world.

- St. John Paul II

Mercy is the ultimate and supreme act by which God comes to meet us and it is the fundamental law that dwells in the heart of every person who looks sincerely into the eyes of His brothers and sisters on the path of life. It is the bridge that connects God and man, opening our hearts to the hope of being loved forever despite our sinfulness. Christ's supreme expression of forgiveness towards those who crucified Him shows us the extent to which the Mercy of God can reach. This is why we need to contemplate daily the mystery of mercy, for it is a well spring of joy, serenity and peace.

In this holy year of Mercy, we must open our hearts to those living on the outer most fringes of society which modern society itself creates. We should work at healing wounds, assuaging them through consolation, binding them with mercy and curing them with solidarity and vigilant care. Mercy offers a chance to introspect, convert and believe.

- Fr. Scaria Pannackal SVD
Director, Institute of Indian Culture



Divine Mercy – As A Way Of Life

The message of Divine Mercy is more than a devotion, it is a **Way of Life!** It's about **Trust, Forgiveness and Mercy.** We need to integrate these concepts into every aspect of our lives to be committed and credible witnesses of the Divine Mercy. When we think of Divine Mercy, we normally think about God being merciful to us sinners and forgiving us in spite of our many sins and offences. But this is only one side of the coin. The other side is how we respond to God's unfathomable Mercy and be merciful to others, in the same manner as God is merciful to us.

When one thinks of Divine Mercy and living the message, the need for trust in God and being merciful to others comes to mind. However, forgiveness is also at the heart of the Divine Mercy message. It is an act of mercy towards others and oneself, and is often a condition for physical healing, but especially a condition for spiritual progress. Just as God forgives our sins, we are to forgive others of their transgressions. *“And whenever you stand praying, forgive, if you have anything against anyone; so that your Father also, who is in heaven may also forgive you your trespasses”* (MK 11:25).

FORGIVENESS: The need for forgiveness is even more apparent in a society with so many ills; one does not have to look far to see people suffering from the ravages of divorce, violence, addictions, pornography, and more. Forgiveness is not an emotion, but a decision. If forgiveness was not possible, God would not command us to forgive. I do not feel like forgiving as I am so hurt, but still I decide to forgive.

Many people avoid and try not to think about those who have hurt them, and do not deal with the underlying issues and cannot find the healing that they desire. Somehow, many of us believe that we have forgiven if we don't speak negatively of someone, even though deep down we harbor much suppressed anger. This anger comes to the surface in a variety of ways, and affects our relationship with others, even those we love the most. What good does it do to pray the Divine Mercy Chaplet at 3 o'clock, and then yell and scream at one's spouse in front of the children at 4 o'clock? We are living in a time of great mercy, and yet cannot receive the outpouring of God's mercy as long as we have not forgiven those who have offended us.

Extend your mercy towards others, so that there can be no one in need whom you meet without helping. For what hope is there for us if God should withdraw His Mercy from us?.

St. Vincent de Paul

In refusing to forgive our brothers and sisters, our hearts are closed and the harness of our hearts makes us impervious to the Father's merciful love; but in confessing our sins, our hearts are opened to His grace (See Catechism of the Catholic Church, #2840).

Our Lord Jesus told St. Faustina, *“Proclaim to the whole world My unfathomable mercy (Diary 1142). His mercy is so great that we will never be able to comprehend it; it is like an ocean that has no bottom”.* Yet, forgiveness is so difficult after someone has hurt us! St. Faustina wrote, *“He who knows how to forgive prepares for himself many graces from God. As often as I look upon the cross, so often will I forgive with all my heart”* (Diary 390). *“We resemble God most when we forgive our neighbors”:* (Diary 1148).

TRUST: Trust is the foundation of those who desire to live the message of Divine Mercy. We are to be vessels of mercy, and how much the vessel can hold and radiate out to others depends on trust.

Trust requires a conversion of the heart and is the basis of Our Lord's message. It is written in Ezekiel 36:26, *“A new heart I will give you, and a new spirit I will put within you: and I will take out of your flesh the heart of stone and give you a heart of flesh”.*

Trust in God requires a relationship with God. Some of us did not have a healthy relationship with our parents; who were supposed to nurture and support us, and as adults we find it difficult to trust. Psalm 62 invites us to take the risk by trusting in God and committing ourselves to His care.

Trust requires humility; the proud and successful person feels that his material wealth and accomplishments come from his own efforts alone. But trusting in oneself and not the Lord will lead to failure. *“Trust in the Lord with all your heart, and do not rely on your own insight”* (Proverbs 3:5).

The Lord made it clear to Saint Faustina that the more we trust in Him and try to live His will and not ours, the more graces we will receive. Jesus told her, *“Tell (all people), My daughter, that I am Love and Mercy itself. When a soul approaches Me with trust, I fill it with such an abundance of graces that it cannot contain them within itself, but radiates them to other souls”* (Diary 1074).

It Is Easter

Again, trust in God is easy when things are going well. However, in times of trial and suffering, doubts appear and we wonder, “*where is God?*” or “*does He really exist?*” In times of trial our faith is tested, and that is when we must trust in Him. We must believe the reality that we are merely pilgrims on earth for a short time, and that all these temporary things will pass. As spiritual warriors, we must “*walk by faith, not by sight*”. (2 Cor 5:7).

MERCY: Mercy is love that seeks to forgive, console, assist, and care for others in time of need. Mercy is an act of love done without expecting anything in return; it is done for love itself. Jesus made it clear in the Sacred Scripture that love of God and neighbor is the greatest commandment. (Mt 22:34-40). Our Lord wants us both to know of His unfathomable mercy and to be merciful to others, as He is merciful to us. Jesus told St. Faustina: “*Proclaim that mercy is the greatest attribute of God. All the works of My hands are crowned with mercy*”. (Diary 301).

We are to be merciful to others just as we are to ask for His mercy. “*Be merciful even as your Father is merciful*”. (Luke 6:36). This can be accomplished in a number of ways. Saint Faustina wrote, “*For there are three ways of performing an act of mercy: The merciful word, by forgiving and comforting; secondly, if you can offer no word, then pray – that too is mercy; and thirdly, deeds of mercy*”. (Diary 1158).

At any point of time, we may not be able to say a merciful word or perform a deed of mercy, but prayer is within the grasp of every soul. And when we perform deeds of mercy, we should strive to see Jesus in our fellowmen. St. Faustina recognized her shortcomings and prayed that she would be a reflection of His great mercy. (See Diary 163).

We should strive to comfort the hurting through corporal and spiritual works of mercy, reminding those in need that only God can bring true and lasting peace. We are to be the heart, hands and feet of Jesus, radiating the merciful love of The Divine Mercy to a hurting world.

O Lord, give us the courage to ask for Your mercy and strength to be merciful to others. Help us become a beacon of bright light, guiding others in an unsettled and troubled world back to You, who are Love and Mercy itself.

Source: *Divine Mercy As A Way Of Life* by Bryan S. Thatcher.

Sandra D'souza
Divine Mercy Apostolate

Mother earth heaves with aching humanity,
Perched on her breasts,
Her bones twitch with explosives,
And soundless screams rent the air,
She is wounded to the core.

Buried in her bosom is life,
Reduced to smithereens,
And yet, all is not lost!
From the emptiness of a shattered womb,
Emerges ‘**Life**’ heralding a new time,
Of justice, peace, joy and forgiveness.

It is Easter for all who believe that Mercy is the
breath of the living God.

‘The Breath of Breath,’ for you and for me!
Come; let us celebrate the Risen Jesus.

Sr. Marie Coutinho MCJ

We do not pretend that life is all beauty. We are aware of darkness and sin, of poverty and pain. But we know Jesus has conquered sin and passed through his own pain to the glory of the Resurrection. And we live in the light of his Paschal Mystery – the mystery of his Death and Resurrection. We are an Easter People and Alleluia is our song!

– St. John Paul II

CCO On The Move

Praise and glory to God our Father, who in His great love and mercy for us sent His only Son, Jesus Christ, to redeem us and make a way for us to reach eternal glory. The path to attain this eternal glory is not an easy path; the only condition that Jesus asks of us, is to obey God's commandments and love our neighbors, as we love ourselves.

At the CCO, people of all faiths are welcomed with love and empathy and we try our best to redress and solve their problems. We assist women who register themselves for job opportunities, especially housemaids. 'Matrimonial', a service rendered by the CCO free of cost, has seen a spurt in registrations amongst the youth of marriageable age.

Given below, is a gist of the activities carried out during the last quarter of 2015 and the first quarter of 2016:

The **Senior Citizen Cell** organized a Christmas Party on 7th December 2015, for the seniors of our parish.

The **SCCs** held an area-wise 'Carol Festival' on 19th December 2015. The theme was '*Christ, the Great Gift of Christmas*'.

To usher in the spirit of Christmas, a Christmas Float went around the different areas of our parish, on 20th December 2015.

The **Family Cell** organized a special Eucharist at 10 am on 27th January 2016, on the occasion of the '*Feast of the Holy Family*', followed by a get-together. The **Family Cell and CFC (Couples for Christ)**, celebrated World Couple's Day on 14th February 2016, with a Eucharist followed by a lively get-together, for couples of our parish.

“And He will destroy on this mountain the covering that is cast over all peoples, the veil that is spread over all nations. He will swallow up death for ever, and the Lord GOD will wipe away tears from all faces, and the reproach of His people He will take away from all the earth; for the LORD has spoken.

- (Isaiah 25 : 7 – 8)

The **Parish Cultural Committee** organized a Konkani drama 'Renver Bandlele Ghor' which was a well attended show and enjoyed by one and all.

The **All Associations Day** was held on 17th January 2016, on our Parish grounds. 358 members attended the function. (See page no. 12)

On 26th January 2016, the **Inter-Religious Cell** held the flag hoisting ceremony at 7.10 am on our Church grounds. The **Inter-Religious Cell** along with the **Canossian Sisters**, organized an Inter-Religious meet at the Canossa Basement Hall, which was well attended by people belonging to different sects and religions. (See page no. 14)

The **Bible Cell** celebrated 'Bible Week' from 1st to 7th February 2016 with a short reflection on "*The Word of God*" and a short video screening during the evening Mass. On 6th February, they also held a Bible Quiz competition. (See page no. 13)

The **Health Cell** celebrated the Eucharist on the occasion of "World Day of the Sick" at 5 pm, with a special blessing.

SARPI, an organization working for Women's empowerment, put up a stall on 13th & 14th Feb. 2016, on our Church grounds for the sale of their handmade products. It was well patronized by our parishioners.

The **CCO Team** wishes to thank the Almighty for blessing us in all aspects of our work, which we carry out every single day.

Ida Quinny
CCO Co-ordinator

“Christ is alive.” This is the great truth which fills our faith with meaning. Jesus, who died on the cross, has risen. He has triumphed over death; He has overcome sorrow, anguish and the power of darkness. “Do not be terrified” was how the angels greeted the women who came to the tomb. “Do not be terrified. You are looking for Jesus of Nazareth, who was crucified. He has risen; He is not here.

- St. Josemaria Escriva

I have found the 'Elixir of Life'

Josephine Fernandes of St. Paul's Community No. 21 of our parish; a home maker and a mother of two teenage kids, this in a nutshell is how she describes herself. She quit her professional career to be with her children. Although life for Josephine mostly revolves around her family what makes her stand out in the crowd, is her zest for the Word of God.

Life was pretty much a routine affair until one day when she was approached by a friend to attend a retreat at DPC Bandra Retreat House, preached by Fr. James Dsouza and late Fr. Rufus Pereira. Attending this very first retreat changed her world completely. Life was never the same, thereafter. Touched and transformed, Josephine simply fell in love with Jesus at the retreat. She experienced the tangible love of Jesus at this retreat mainly through the Sacrament of Reconciliation. Since then, it has been an upward journey with Jesus for the last 24 years. Through periods of storm and calm, through good times and bad times, not missing Mass and receiving the Eucharist daily, spending time adoring the Blessed Sacrament, has been the leitmotif of Josephine's life!

He Qualifies The One He Calls:

This upward journey continued when she got passionate about the *Word Of God*. This led her 7 years ago to join and complete the two year '*Ministry of The Word*' Course, at St. Pius X Seminary, Goregaon. Though her initial interest was only to increase her knowledge of the Bible, but once Josephine completed the Course she was zealous to proclaim the Word of God! Since then, she has been teaching the Word of God in our parish and also in the neighboring parish, Our Lady of Health Sahar and wherever she is called to share the Word. In 2015, she got an opportunity to preach at a 3 day' Lenten Retreat in Goa along with a priest from the Divine Call Centre. Although, not a trained teacher by profession, she began teaching the Word, at our parish 'Bible Cell' which meets every Tuesday, attended by about 70-75 parishioners. It has been 5 years that she has joined the Confirmation team of our Parish, with the intention to work with teenagers. It makes her happy to be able to teach them about Jesus and the essence of the Holy Spirit in their day-to-day lives. For all of this, Josephine also thanks the Almighty and credits her supportive husband and children.

Power With The Pen

Writing is truly a gift. The Lord blessed Josephine with this gift just a year before she joined the Seminary, for Ministry of The Word Course. She kept writing spiritual articles and today her articles have been published in the *Divine Inspiration Magazine*, the *Examiner* and many other spiritual magazines as well.



'Moments of Life': A Work Of The Holy Spirit

Poetry is something that began flowing, as the years went by. Josephine completed a compilation of 100 poems within a year, trusting firmly in the promptings of the Holy Spirit. Despite all kinds of hurdles and impediments that came her way, she published her first book titled '**Moments of Life,**' in June 2015. These poems speak about God's love in our everyday situations.

He Keeps My Life Growing And Going:

Ask Josephine how she copes with life multitasking and this is what she has to say: "*Life keeps me going because I have found the 'Elixir of Life' – Jesus, and He is the One who keeps my life growing and going. Life is a long journey and there are ups and downs, storms and calms but my Elixir is with me in every storm and He is with me when it's calm. He sees me through every situation 'whatever it may be'... and trusting in Him I move along. There are hurdles coming up very often, yes unexpected, but I've learnt to expect the unexpected! Life has to go on but it all depends on how we accept these sharp turns. Our attitude makes all the difference!*"

Cling to Jesus; He is the Elixir of Life – A message to our parishioners:

Josephine has the following message for all of us.

Cling to JESUS, He is the *Source* of our *Life*,
Our *Joy* in midst of *Struggles*,
Our *Strength* in *Weakness*,
Our *Peace* when *Confused*,
Our *Comfort* when *Destressed*
Our *Hope* in *Despair* &
Our *Light* in *Darkness*.

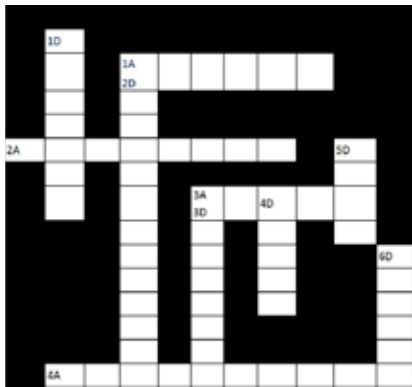
Do not get carried away with what the world offers but come to Him who alone can give us true and lasting Joy. For He is the 'Elixir of Life'!



**BIBLE QUIZ
NO. 2016-01**



I) SOLVE THE CROSSWORD FROM THE CLUES GIVEN BELOW



ACROSS

- 1A. He was a rich man from Arimathea who asked Pilate for the body of Jesus
- 2A Jesus promised the good thief that the very same day he will be with Him in this place
- 3A Jesus poured water into this before washing His disciple's feet
- 4A Jesus prayed with great anguish in this garden before His Passion

DOWN

- 1D. It hung in the temple and tore into two from top to bottom when Jesus breathed His last.
- 2D The full name of the disciple who betrayed Jesus
- 3D The crowd wanted this prisoner to be released instead of Jesus
- 4D The soldiers ordered this man to carry Jesus' Cross
- 5D A season of 40 days preceding Easter.
- 6D He was the Roman Governor who handed Jesus over to be crucified

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

(Holy Spirit, dies, teach, donkey, teacher, Zion, love, washed, King, single, Father, remember, many, Afraid, wheat, Lord, another's, commandments)

1. "Do not be _____, city of _____! Here comes your _____, riding on a young _____" (John 12: ___)
2. "A grain of _____ remains no more than a _____ grain unless it is dropped into the ground and _____. If it does die, then it produces _____ grains " (John 12:_____)
3. "I, your _____ and _____ have just _____ your feet. You then should wash one _____ feet." (John 13: ___)
4. "If you _____ me, you will obey my _____" (John 14: ___)
5. "The Helper, the _____ whom the _____ will send in my name, will _____ you everything and make you _____ all that I have told you". (John 14:___)

III) UNSCRAMBLE THE FOLLOWING WORDS

"WADR I MROF HET I EHWE DFTILE LIWL EYEEVNOR PU OT EM MA REHAT" (JOHN ___:___)

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

_____ (John _____: _____)

V) CIRCLE THE CORRECT ANSWER

1. **Where do we get the ash for Ash Wednesday?**
a) by burning logs b) by burning palms used during previous Palm Sunday c) by burning clothes
2. **What does the Paschal Candle represent?**
a) Christ, the Light of the World b) Easter Sunday c) The New Liturgical Year
3. **When did Jesus institute the Sacrament of the Holy Eucharist?**
a) Good Friday b) at the Last Supper which is commemorated on Maundy Thursday c) Easter

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 30th April 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)** 1A)Manger 2A) Star 3A) Angels 4A) Bethlehem 5A) Advent 6A)Shepherds
1D) Nazareth 2D) Herod 3D) Emmanuel 4D) Inn
- II)** 1) David, Mary, Holy Spirit, Son, Jesus, save, sins (Math 1: 20,21)
2) Bethlehem, Judah, leader, guide, Israel (Mathew 2: 6)
3) afraid, Good News, joy, Saviour, Christ (Luke2: 10-12)

III) MADE AMONG US AND DWELT THE WORD FLESH SAW AND

IV) THE WORD WAS MADE FLESH AND DWELT AMONG US (John 1:14)

V) 1) coming or arrival 2) feeding tray for animals 3) Children massacred by King Herod in his attempt to kill infant Jesus

Winners of Quiz No. 37:

- 1stprize - Jessica Fernandes (Std VIII Canossa High School)
- 2ndprize - Elida D'souza (Std VIII Canossa High School)
- 3rdprize - Divinia F D'souza (Std VII Pawar Public School)

Hearty Laughter

HILARIOUS LAWS WHICH YOU HAVE NOT STUDIED IN SCHOOLS

Law of Equality: The time taken by a wife when she says I'll get ready in 5 minutes is exactly equal to the time taken by husband when he says I'll call you in 5 minutes!

Law of Queue: If you change queues, the one you have left will start to move faster than the one you are in now.

Law of Telephone: When you dial a wrong number, you never get a busy tone.

Law of Mechanical Repair: After your hands become coated with grease, your nose will begin to itch.

Law of the Workshop: Any tool, when dropped, will roll to the least accessible corner.

Bath Theorem: When the body is immersed in water, the telephone rings.

Law of Encounters: The probability of meeting someone you know increases when you are with someone you don't want to be seen with.

Law of the Result: When you try to prove to someone that a machine won't work, it will.

Law of Bio Mechanics: The severity of the itch is inversely proportional to the reach.

Theatre Rule: People with the seats at the farthest from the entry arrive last.

Law of Coffee: As soon as you sit down for a cup of hot coffee, your boss will ask you to do something which will last until the coffee turns cold.

Law of Proposal: After you accept a proposal you will get a better one.

Law of Getting Late: When you reach early for something it will never start on time

Law of Exam: If you didn't read a page which is of least importance, first question will be from that page only.

FORGOTTEN TEETH

A dinner speaker was in such a hurry to get to his engagement that when he arrived and sat down at the head table, he suddenly realized that he had forgotten his false teeth. Turning to the man next to him, he complained, *"I forgot my teeth, what am I going to do now!?"*

The man said, *"No problem."* He reached into his pocket and pulled out a pair of false teeth. *"Try these,"* he said. The speaker tried them on. *"Too loose,"* he said. The man then said, *"I have another pair, try these."* The speaker tried them on and responded, *"Too tight."* The man was not taken back at all. He said, *"I have one more pair. Try them."*

The speaker said, *"They fit perfectly."* With that, he ate his meal and gave his speech.

After the dinner meeting was over, the speaker went to thank the man who had helped him. *"I want to thank you for coming to my aid. Where is your office? I've been looking for a good dentist."*

The man replied, *"I'm not a dentist. I'm an undertaker."*

MARRIAGE SECRET

A couple had been married for 45 years and had raised a brood of 11 children and were blessed with 22 grandchildren.

When asked the secret for staying together all that time, the wife replies, *"Many years ago, we made a promise to each other: the first one to pack up and leave has to take all the kids".*

Parish Activities

All Associations Day - 2016

The event that I always look forward to after ushering in the New Year is our Parish All Associations Day. This year, the Day was celebrated on 17th January. The vibrancy and true spirit of the Parish family is well demonstrated and articulated, when members of all Cells and Associations come together to celebrate the achievements and events of the year gone by.

At the Eucharistic celebration, our Parish Priest Fr. Lawrence Correa SVD, on behalf of the clergy team acknowledged and expressed appreciation and gratitude to all the Cells and Associations who contribute without any expectations and thus continue to make our parish one of the most vibrant parishes in the Archdiocese of Bombay.

The celebrations began immediately after Mass. Melodious music filled the air and there was a buzz of cheer on the Church grounds. Humorous chatter from our popular compere Osmond Pereira kept the spirits high. His subtle jokes and his wisecracks in Konkani had us all in splits. Members were welcomed with cake and a cold drink. Fr. Lawrence, in his welcome speech expressed his sincere gratitude to Ida Quinny, Head of the CCO and her team and to all Cells and Association members, for their unstinted support and time devoted to the various activities conducted in the Parish.

The grand musical march brought everyone on to the floor. We were divided into groups based on the month our birthdays fell in. Points won at the ensuing games were added to the winning group. A novel idea getting everyone to interact and thus breaking the ice! Among the many games played, was a quiz based on questions linked to our parish, which had us all stumped and groping for answers! (eg. the inauguration dates of particular cells or associations) The quiz made us realize how little we knew of our parish. Many spot prizes added to the allure of the occasion.

Ida Quinny proposed the Vote of Thanks, expressing her gratefulness for the support she enjoys from the Parish Clergy Team, the Liturgical team, volunteers that help without hesitation and give so freely of their time and talent, the PPC and SCC members, Animators; pillars on whom she confidently leans on. She also thanked the Church support staff and all those who helped in making the All Associations Day a grand success.

Of course, how can any party be complete without the all-time favorite 'Masala'? The beat had us all dance. The recitation of Grace by Fr. Innocent Fernandes SVD had the buffet dinner declared open. While the hungry ones made a beeline for dinner, the rest of us continued dancing.

An event of such grandeur can succeed only with team work and precise planning. Kudos to the CCO team who worked hard towards making the event a huge success!

It was a great evening filled with many happy moments. You bet, I was filled with a sense of belonging, gratitude and pride to be a part of this large, vibrant Sacred Heart Parish!

Lucy Rocha

PPC Member - Community No. 15, Akashdeep

Community Picnic

Community No. 1 went for a picnic on Sunday, 24th January, 2016. We welcomed the day with a good deal of enthusiasm and merriment. The venue was 'Mount View Resort', Virar. There were 86 people including 12 children who joined in for the picnic. We were transported to the picnic spot by two buses and a private vehicle.

Everyone was more than delighted to spend their time together, as one community! We left at 7.00 am and reached Mount View Resort at 8.30 am. There was an element of fun and frolic along the way. We sang in unison, adding to the joy of the moment!

As soon as we reached the venue, we were all treated to a sumptuous breakfast after which most of us dived into the swimming pool and swam to our heart's delight! Then around 1.00 pm we gathered for lunch, a break we were eagerly looking forward to. While some of us took the opportunity to rest for a while after lunch and enjoy a nice siesta surrounded by some beautiful greenery around, others among us returned to the pool, while some others were re-connecting and making new friends.

Around 4.30 pm a round of piping hot tea coupled with some evening snacks had us all refreshed for our journey back home. Like all good things coming to an end, our picnic too came to an end. We left the venue at 6.00 pm and returned home happy, safe and sound at around 7.30 pm.

A day well spent in the company of family and friends!

Christopher Rodrigues

Community No. 1, Immaculate Conception

Annual Day - Hosanna Community

Members of the Hosanna Community celebrated their Annual Day on 3rd January 2016. The event began with Fr. Lawrence Correa SVD, our Spiritual Director celebrating Holy Mass at 10.00 am, at the Community Center.

The community celebration thereafter, began with a round of delicious refreshments with Angela Fonseca introducing the core team of our Community and Derwin, the Compere for the day, to the attendees. Secretary, Theresa, gave a brief report on the various activities carried out by the community during 2015. The annual statement of accounts was read out by Elizabeth Chettiari. This was followed by formally welcoming new families to their counterparts in the community.

Daniella took charge of the games and Nikita assisted her ably. They did a wonderful job of getting everyone on to the floor to introduce and interact with each other through the much loved *People's Bingo Game*. This was followed by another group game – *Treasure Hunt*. Everyone participated with great enthusiasm and bonhomie and a great time was had by all. There were a lot of spot prizes announced throughout the event, for all age groups, keeping the surprise element very much alive and the spirits high!

Daniella did a great job by playing lively music to keep the fun element of the morning going. Sadly, all fun and frolic came to an end.

Derwin proposed the Vote of Thanks thereafter a scrumptious lunch was had by all. We are thankful to Frs. Lawrence, Innocent, Wilson and Deacon Canute for gracing the occasion and making us all feel loved and cherished.

We wish to thank all the members of Community No. 31, for taking time off their busy schedule and contributing to making our Community Annual Day celebration, both, memorable and successful!

**Catherine Nazareth
Community No. 31, Hosanna**

Divine Word Among Us

'Divine Word Among Us' was the theme for the **Bible Week Celebration** at our Parish from 1st - 7th February 2016. What was this celebration all about? This year is marked as the **50th Jubilee of 'Dei Verbum'**... now your next question would be? And what is '*Dei Verbum*'? '*Dei Verbum*' is the Latin word for 'The Word of God'.

The Second Vatican Council which began in 1962 was completed on 8th December 1965. In this Council, sixteen documents were issued by the Council fathers; '*Dei Verbum*' is one of the major Council documents on Divine Revelation. Through the Divine Revelation, God chose to communicate with humans and revealed Himself through His Son Jesus, when the Word became flesh and came to live among us. Jesus Christ, the Word made flesh, was sent as "*a man to men*". This beautiful explanation about *Dei verbum* was preached on the first day by Fr. James Uravil SVD, who was the former Director of '*Dei Verbum*' Course, Rome.

Throughout the week, priests and religious were invited to share their thoughts on topics like '*Word of God - The Strength Of Family*', '*The Book Of Mercy*', '*The Mother of God*' and so on. This sharing was a real spiritual treat for all. I'm sure everyone went home enlightened and encouraged to read and learn the Word of God. A short video clip was shown daily, based on the Word of God, after each Mass.

On 6th February, soon after the 7 pm Mass, a Bible Quiz on the Gospel of John was held at the Community Centre. Around 100 of our parishioners participated. The Quiz for children was conducted in the Mini Hall while the elders were quizzed in the Main Hall. All had their Bibles open till the 'Green Signal' was given for the Quiz to begin. It was wonderful to see all the eager participants, especially the elders trying to drill in the Gospel of John till the last minute. Exciting prizes were awarded to the winners on the following day at the 8.45 am Mass and children were awarded prizes at the 10.00 am Mass. Not all can be winners, but all those who participated can surely be counted as the '*Winners of the Word!*'



God's patience has to call forth in us the courage to return to Him, however many mistakes and sins there may be in our life. ... It is there, in the wounds of Jesus, that we are truly secure; there we encounter the boundless love of His heart. Thomas understood this. Saint Bernard goes on to ask: But what can I count on? My own merits? No, "My merit is God's mercy. I am by no means lacking merits as long as He is rich in mercy. If the mercies of the Lord are manifold, I too will abound in merits." This is important: the courage to trust in Jesus' mercy, to trust in His patience, to seek refuge always in the wounds of His love.

- Pope Francis

Sunday 7th February, was celebrated as Bible Sunday. The Bible Cell members were re-commissioned as Word Ministers at the 8.45 am Mass, by our Parish Priest Fr. Lawrence Correa SVD, who blessed and prayed over us to continue God's mission. We had the sale of Bibles in various languages besides English; in Hindi, Marathi, Tamil, Malayalam, Konkani, Gujarati, Bengali etc. The excellent sale of Bibles proved that the seed sown through the week was bearing fruit. Soon after the 5.30 pm Mass the film '**Jeremiah**' was shown in the Church and attracted a good audience. With that, we concluded the Bible Week Celebration of the 'Divine Word Among Us', but the Word will always continue to grow and bear fruit among us

Josephine Fernandes
Bible Cell

Altar Servers' Picnic

The Altar Servers of our parish along with our dear teachers, planned to go for a picnic this year.

The place zeroed in for the picnic on 21st February 2016, was the famous resort called 'Farm Regency' at the serene and picturesque, Gorai. After an exciting bus journey, we reached the resort at 8.00 am.

Before we could begin with the fun and games and get into the picnic spirit, we celebrated the Eucharist amidst beautiful surroundings with Fr. Wilson SVD, as the main celebrant and Dn. Canute Pereira, assisting him.

As soon as Mass was over, breakfast was announced. We had a sumptuous breakfast and then proceeded to spend our energies in the pool. Swimming and the water games, had only made us hungry! So, we headed straight to the buffet table at noon time and helped ourselves to a variety of tasty dishes. Lunch was awesome!

After lunch, we participated in some innovative group games which had a fun element to them. We enjoyed ourselves. The games helped us to bond better and we felt like one big family!

Around 4.00 pm, we left the resort for a place called '**Global Pagoda**' nearby. It is a famous Buddhist Meditation Center, acclaimed as the biggest building in the world without pillars! It was indeed a wonderful and memorable experience seeing this unique and beautiful edifice.

We thank Fr. Wilson Wilfred SVD, our Spiritual Director, Dn. Canute Pereira SVD, Miss. Jacinta and Miss. Veronica Baretto, for planning this picnic for us. It was indeed an enjoyable picnic and all of us had a good time! We felt the day ended too soon. Can't wait for our next picnic!

Anoushka D'souza
Altar Server

Inter Religious Meet

Members of the Inter Religious Dialogue Cell of our Parish and the Canossian Sisters of Nirmal Ashram, organized an Inter Religious Meet at the Canossian Basement Hall, on 31st January 2016. The artistic and meaningful banner designed by Fr. Wilson SVD depicted the emblem "**Unity in Diversity**" - **Many Lamps One Light, Many Faces One Heart!** The program was inaugurated with the lighting of the Lamp by Sr. Josemary Keelath FdCC Provincial of the Canossian Daughters of Charity, Fr. Lawrence SVD, Parish Priest, Sr. Ranjana Carvalho, Provincial of the Fatima Sisters and the Speakers of the day.

Harbinder Singh Bedi, the Host for the program did a fantastic job. He explained the theme '**Merciful God**'. The opening prayer was led by Sr. Alka FdCC with a presentation of spiritual melodies together with pictures of different religious rites and practices. It was an auspicious beginning that put the program in perspective. Mr. Charles Carvalho (moderator), brought spice to the one hour session made up of speeches interspersed with dance recitals by angelic dancers from Canossa Primary School, a street play on environment by students of Canossa School, Vasai and the song "**Ek Hai Bhagwan**" sung melodiously by Fr. John Mascarenhas SVD.

The speakers were erudite and deeply spiritual. Dr. M.T. Joseph, SVD spoke on the boundless mercy and love of God. He encouraged us to receive and transmit God's mercy to others through our deeds and interactions.

Prof. Ms. Harsha Badkar, spoke on '**Moksha**' in Hinduism. We need to be in peace with ourselves first and then with others. She further reiterated that we should lovingly try to eradicate the pain and sorrow of others. She differentiated between 'Daya' and '**Karuna**'. '**Karuna**' equates both the giver and receiver.

Mr. Zuhair Nathani, spoke of the compassionate, boundless, forgiving love of Allah. We receive His virtues only by opening our

hearts and passing it on to others. He explained that the love of a mother for her child is so passionate, yet it is only one per cent of God's love for us. Justice and mercy are the two sides of the currency of love.

The Sikh priest Mahinderpal Singh, said "In front of God all are one, avoid anger and accept God's mercy. A drop of compassion shown by each of us will build a peaceful world".

Mr. Sudhakar Pawar, spoke on Buddhism which teaches the control of the mind, awareness of breathing and control of passions. This makes us more humane and merciful.

Brahmakumari Priti, advised us to be positive in our thoughts, relationships and actions. Understanding one's true self and meditation will help us transmit positive vibrations around. In conclusion, she encouraged everyone present to pledge to daily undertake at least three acts of love.

Andrew D'souza, proposed the Vote of Thanks. He was profuse in thanking the organizers, speakers for their enlightened talks and performers for putting up enjoyable performances. The speakers and special invitees were presented with mementos. It was a thought provoking evening with everyone interacting warmly.

Ponnama Antony
Inter Religious Dialogue Cell

Couples For Christ - Building Families and Communities

It's been a year and a half, 20 months to be precise, since we attended the orientation talk of the 'Christian Life Program' (CLP) conducted by the Couples for Christ (CFC). Since then, our lives have seen an 180 degree change - in terms of our relationship with God (through *personal prayer, scripture reading and fasting*), our relationships with our family (*spouse, son, mother, sibling*) and the bonding and fellowship we share with our brothers and sisters in the CFC.

Prior to attending the CLP and subsequently joining the CFC, we were only "Sunday" Catholics. We thought we knew everything about God and His teachings, especially the Bible. Attending CLP talks opened our eyes. It made us realize the huge difference between the lives we were living and the life the Lord expected His followers to live. Things like *praise*

and worship, how to pray, personal prayer, fasting, in brief, how to live a good Christian life and many aspects of relative importance were learnt, during the course of the Talks. We praise and thank God for the CFC Ministry for their dedication, hard work and commitment to the cause.

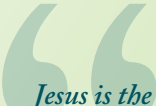
What is Couples for Christ (CFC)?

Many people have a misconception about the CFC. They think (we plead guilty too) it is for couples whose marriages are in trouble. **NO!** On the contrary, the CFC helps couples in enriching their marriage. Through the Christian Life Program (CLP), individuals are taught ways of improving their personal relationships. Firstly with God - in terms of personal prayer and scripture reading, and subsequently with their spouse, children, family, neighbors and community at large.

The CFC is a Family Ministry. It is also known as a "**Womb to Tomb**" Ministry. In order to inculcate Christian values at an early age. We have Kids for Christ (KFC). After 10th Std., they move to Youth for Christ (YFC). When they start working they move to Singles for Christ (SFC), and eventually, to the parent group CFC. This implies continuity of guidance and support the Ministry offers to its members, from childhood until death. CFC also has Servants of the Lord (SOLD) and Handmaids of the Lord (HOLD) for men and women who are single or whose spouse is absent.

We, on behalf of the CFC hereby invite all couples (young and old) to attend the Christian Life Program (CLP) scheduled to begin on the 1st Sunday of July, 2016. The CLP is a series of 12 Talks. There will be a 'talk' held every Sunday, from 7.00 pm – 9.00 pm, at the Community Centre of our parish. A good opportunity for all our parishioners to be part of this life changing Ministry!

Stephen and Maria Coutinho
Community No. 31, Hosanna


Jesus is the Emmanuel: God with us. His resurrection shows us that God does not abandon His own. He promised He would not: "Can a woman forget her baby that is still unweaned, pity no longer the son she bore in her womb? Even these may forget, yet I will not forget you." And He has kept His promise. His delight is still to be with the sons of men.

- St. Josemaria Escriva



An Eye-Opener for Our First Holy Communicants (FHCs)

On 21st February 2016, we took forty one of our First Holy Communicants (FHCs) on a field trip, to a Balwadi (a school for street and slum children) in Marol. When our children saw the school these poor children attended viz., a small tin shed with no proper door, window or fan, they were shocked!

We then took our FHCs along with 32 children (Balwadi and other poor children including a small boy from Shantighar), by bus to the Hemant Karkare Park, at JVL. During the bus journey, our FHCs made friends and bonded very well with the other children. All joined in singing the latest Hindi songs!

At the Park, some of our FHCs sang English action hymns taught to them by our catechist Christina D'Souza. They also entertained the Balwadi children with impromptu dancing. The Balwadi children too sang English action songs. Later all children were divided into groups for a round of games conducted by our catechist, Ms. Gertrude Rodrigues. Innovative games with 'Cups and Ice-Cream Sticks', 'Straws', 'Balloons' and the 'Hoola-Hoop' were played. We had a special ball game for the very small Balwadi children. All winners were given prizes! Children also played on slides, swings and see-saws. All children were treated to an assortment of snacks!

Before leaving for home, Fr. Mathew Korattiyil SVD, the in-charge of Sarva Seva Sangh / Balwadis, gave each of the Balwadi children a token return gift, on behalf of our FHCs. Our FHCs were delighted to see their new friends being given a gift, for they realized that there is greater joy in giving than in receiving! It is pertinent to mention that one of our FHCs, Risa D'Souza, who won a ball as a prize promptly gave it to Nazreen Sheikh (a Balwadi child whom she had befriended and did not win any prize)

Suffice to say, everyone had a marvelous time. A big thank you to Fr. Lawrence SVD, our Parish Priest, Fr. Wilson SVD, our Spiritual Director and sponsor and also to all parents of our FHCs who contributed generously towards this trip!

“But if we have died with Christ, we believe that we shall also live with Him. For we know that Christ being raised from the dead will never die again; death no longer has dominion over Him. The death He died He died to sin, once for all, but the life He lives He lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

- (Romans 6 : 8- 11)

Appended below, is a feedback of what some of the kids had to say about the trip:

“Mummy, bahut mazaa aaya.” - Anirudh

“I enjoyed the trip, but I was shocked to see where these poor children were living.” - Nysha Fernandes.

“The field trip was great fun. I was surprised to see how the poor children were living and going to a school which is a small tin shed with no windows or fans.” -Erica D'Souza.

This trip was an eye opener for our FHCs. Values such as loving, caring and sharing were reinforced, when they met up with the Balwadi children. They also learnt how grateful they need to be towards God and their parents, for all that they receive and do for them.

**Francisca Saldanha
Catechist - First Holy Communion**

The Journey To Our Confirmation Day....

Confirmation, like any other Sacrament, is an outward sign of inward grace and no combination of any alphabets can describe what we experienced during this period of time, when we are at the close of Adolescence. It is a time when we question all beliefs, and our faith is no exemption!

Our journey of a thousand miles to the Sacrament of Confirmation began on the 14th of June 2015. On that day, we were divided into 8 groups and an animator was assigned to each group with a base mark of 100 talents (Ref. Mt 25:14-30). More Talents were earned or lost during activities during the ensuing sessions. At the close of 6 months, Group six earned the most talents and triumphed. The sessions were held every Sunday post Mass, from 10.00 am to 11:30 am and involved explanations, *real-life case studies, quizzes, rapid discussions* and occasional *visits* by our priests. The catechist and animators played a crucial role in helping us find our wings and open our hearts to Gods loving care. I am certain that each and every confirmand built a close relationship with their respective group animator during this time.



YOUTH FULLY ALIVE

Youth Social Outreach Camp at the Mangaon And Tala Mission

On 18th October 2015, we paid an institutional visit to the St. Pius X Seminary, Goregaon, which was an eye-opener for many of us. The trip to the Seminary involved icebreakers, games and brothers sharing their life experiences, their battles. On the 24th and 25th of October we had a two-day *Recollection*. The *Recollection* was without doubt the highlight of our Confirmation journey. A time when we sang, danced, rejoiced and prayed. The Inner-Healing session was a time of catharsis with everyone experiencing the touch and cleansing of the Holy Spirit. There were special Masses celebrated for confirmation candidates and their parents on 16th August and 29th November, during which the Lord's Prayer and Creed were presented respectively to the candidates followed by a short Animator-Parent Meet. The Confirmation Team also paid a visit to the homes of all the candidates. On 6th December, we made our Confessions. Two days prior to Confirmation Day, we went through the final practice, for the 'Confirmation Mass'.

Finally, 13th December was upon us. The big day! A day we were preparing and looking forward to. Eighty Seven of us were confirmed at the solemn 10.00 am Eucharist, by His Lordship, Bishop Dominic Savio Fernandes.

The very Sacrament of Confirmation is about believing with all our heart and soul of the love that God has for us. It is a covenant between us and the Almighty. Confirmation calls us to not only be followers of Jesus but also to be like Him in all our works and ways, for He is the way, the truth and the life. Confirmation is about fulfilling the sacrifice that Jesus made for us because in the very end, on judgment day, it is only our faith and love for Him that shall be taken into consideration and the rest shall fade into oblivion.

Abigail Rebello
Confirmand – 2015 Batch

The Lord's triumph, on the day of the Resurrection, is final. Where are the soldiers the rulers posted there? Where are the seals that were fixed to the stone of the tomb? Where are those who condemned the Master? Where are those who crucified Jesus? He is victorious, and faced with His victory those poor wretches have all taken flight.

Be filled with hope: Jesus Christ is always victorious.

– St. Josemaria Escriva

On Saturday, 23rd January, we began our trip to Raigad at 6.30 am, still in the sleepy frame of mind, we boarded the bus. But soon we were all 'awake', It was quite a long journey but it was fun as we were singing and chatting along the way. This time, the trip wasn't just for the PYC members but we had NYG members joining us, so there were many faces to strike new friendships with.

On the first day, we went to Mangaon and stayed at the Sarva Vikas Deep. We were greeted by Frs. Jomet and Cosmos. They explained the work that the mission does before we proceeded to have a hurried breakfast. We were then split into two groups to visit the *Bhuvan* and *Nilage villages*. We had to walk up a hill and most of us, were exhausted by the time we arrived at our destinations. Nevertheless, just seeing the excitement on the faces of the villagers was enough to recharge us all. We all had to fall back on the Marathi we learnt in school, and managed to get the messages across with a mix of Hindi!

No teenagers were present among the villagers as all go to cities in search of better jobs. We played with the kids games like '*Dog and the Bone*' and '*Kho Kho*' which brought back fond childhood memories for all of us. We also helped to clean up their village. So yes, we can proudly say we did our bit towards the '*Swatch Bharat*' campaign. We ended the visit with tasty lunch that the villagers had prepared for us.

On our return, we freshened up and readied ourselves for Mass. Both groups shared their experiences and both groups found themselves fighting to prove which group had more fun! After dinner, we had a bonfire outside with the kids who reside there and played games with them.

..the Apostle Thomas personally experiences this mercy of God. ... Thomas does not believe it when the other Apostles tell him: "We have seen the Lord." ... And how does Jesus react? With patience: Jesus does not abandon Thomas in his stubborn unbelief ... He does not close the door, He waits. And Thomas acknowledges his own poverty, his little faith. "My Lord and my God!": with this simple yet faith-filled invocation, he responds to Jesus' patience. He lets himself be enveloped by Divine Mercy; he sees it before his eyes, in the wounds of Christ's hands and feet and in His open side, and he discovers trust.

– Pope Francis

We began the following day with Mass. After breakfast we began our onward journey to **Tala**. On the way, we stopped at Morba Bricklaying and saw how bricks are made and a few of us even tried our hands at it.

At the Vanjlonshi village, we were greeted by the locals. The kids performed a few dances for us and in reciprocation our youth too performed a dance. But the highlight was cycle stunts by *Papias*! It was a feat most of us had never seen before! Later, we all sat down for a fellowship meal prepared by the locals, followed by some dance with the kids.

We visited a river in the area along with the kids and it was so scenic and beautiful. We then went to Fr. Cosmos' place of residence and finally left for home with most of us sleeping since our energy levels were at the lowest having it all spent during the course of the day!

All in all it was a fun trip that got us all to appreciate how blessed we really are!

Janessa Fernandes
Community No. 16

Youth Day at Jeevan Jyoti Community

During one of our Community meetings, we felt the need to bring the youth within the community together, as the number of youth members involved in the NYG were dwindling by the day compared to the actual numbers that exists in our community. So it was decided to organise a Youth Day - a *'Day of Togetherness'* in the Community. The brain behind this activity was our very own Spiritual Director Fr. John Mascarenhas, SVD. Under his able guidance, the planning for this activity was executed and carried out by our PPC Member, Lloyd Zaccheus, SCC Coordinator, Felix Benson and Youth Animator, Vevila Fernandes. The event focused on highlighting the activities carried out by the NYG at the Community level as well as at the Parish level. Fr. John entertained the youth with some innovative games which had all the youth participating with great enthusiasm.

On 29 November 2015, the event began with an opening prayer lead by Fr. John followed by a PPT on the activities done by the NYG, for the past two years. Our Parish Spiritual Director for the youth, Fr. Wilson Wilfred, SVD was present for the occasion. He spoke to the youth on how our NYG was appreciated by his Eminence Bishop Bosco Penha and the clergy team for the active participation by the NYG towards Community and Parish activities and told them to keep up the good work.

Later, we had an ice breaker game *'Fruit Salad'* which had the youth in their elements! Suddenly the occasion turned lively and had all the youth on the floor. It was easy to divide them into five groups and the games that followed, initiated team work and spirit. It helped the youth to interact, bond and know each other better.

The event concluded with the SCC Coordinator sharing what the NYG is all about and the importance of NYG in the Community. He also shared his personal experiences of being a youth Animator. He then welcomed Vevila Fernandes, the youth animator to the NYG members. Finally the SCC Coordinator called upon each and every youth to share their experiences of being NYG members and how it has helped them to grow. On listening to them, the new members who were present also shared their eagerness to be a part of the NYG.

The Community Youth Day had wholehearted participation and support from the NYG members. Thanks to the SCC Coordinator and the Youth Animators who helped coordinate the event. Support given by Perpetual Fernandes and Olinda Fernandes in making this event a successful and a memorable occasion for the youth is much appreciated.

It was heartwarming and encouraging to hear the Youth testify that it was a good initiative which helped them to interact and know each other at a deeper level. They found the event interesting and innovative; and expressed the need for more such activities be organised.

The Youth Day ended by the PPC Member proposing the Vote of Thanks!

Lloyd Zaccheus
Community No. 11, Jeevan Jyoti

Health Page

Osteoporosis – A Silent Killer

World Osteoporosis Day is celebrated on 20th October but that should not be the only day that we make a mental note of it, to signify the importance and complications that arise out of osteoporosis.

Osteoporosis is a disease of the bone which involves a lower than normal bone density, leading to greater risk of fractures. There are two types of osteoporosis; Primary and Secondary. Primary osteoporosis is further subdivided into Type I and Type II. Type I is usually post-menopausal, due to the decrease of estrogen in the body. Type II is more of a senile cause, i.e. it occurs after the age of 70 as there is more desorption than formation of bone. Secondary osteoporosis as its classification suggests, is secondary to a primary cause, that is, it is caused by other conditions, such as hormonal imbalances, certain diseases, or medications (such as *corticosteroids*).

The co-relation between calcium absorption and Vit D3 is prominent. Naturally the incidence of osteoporosis is very common, as our lifestyles has mainly become to travel from point A to point B and then to an AC office where we remain cooped the whole day. As for our kids, the trend of not wanting them to tan is not helping the cause either. The main source of Vit D is sunlight which we shun from and in metro cities like Mumbai the pollution is so high that the right amount and quality of sunlight does not reach us.

The majority of aches and pains have been originating from these deficiencies. Hence, it takes a prolonged period to recover as our bones weaken the joints and muscles become prone to injury. Despite India being a tropical country where we fear oxygen bars for fresh air would at some point be needed, it seems realistic to think they would be clubbed with tanning salons.

As the saying goes “*Prevention is better than cure*”, it has been highly mistaken that osteoporosis is an old women’s disease. It can affect both young and old, across genders. Normally, osteoporosis is often discovered after a trivial accident causes a fracture. So why wait till then? It is extremely important to maintain a routine, eat healthy and exercise. I’m sure it comes as no surprise to you when I say the most important prevention is exercise.

Exercise programs are best decided by a professional. It is important to know if you are *osteoporotic*, *osteopenic* or at risk of the same. There are a range of exercises that are important for building bone and maintaining bone strength. These range from weight bearing exercises that are of high impact or low impact. High impact exercises are used to help build bone but are not appropriate for osteoporotic patients as it increases the risk of fracture. High impact exercises are *dancing, jogging, jump rope, stair climbing, high impact aerobics* etc. Low impact exercises cover *stepping machines, elliptical machines, low impact aerobics, brisk walks* etc. All these exercises are a safer alternative to keep bones healthy.

Non-impact exercises are those that help reduce risk of fall and stress or strain on body like balance exercises, posture exercises and functional exercises. *Yoga* and *Pilates* help in strengthening and functioning of the body. However, some positions used may increase risk of fractures. Muscle strengthening exercises with weights or resistance bands help keep the muscles healthy, maintain posture and reduce stress on joints.

The frequency of such exercises can vary from walking for 30 minutes on most days of the week, exercising thrice a week and noticing and correcting your posture ever so often. As mentioned in a lecture by American physiotherapist Sara Meeks, two third of the compression fractures of the spine that occur due to osteoporosis go undiagnosed. Isn’t that motivation enough to start exercising? The regime involves basic and simple exercises that help maintain the body in its proper alignment.

It just boils down to keeping a regime of proper nutrition and exercises, posture correction, balance and gait training and you’ll be a sturdier and stronger person for it.

**Dr. Simone Mitchell PT,
Physiotherapist**

“*The Lord took His wounds with Him to eternity. He is a wounded God; He let Himself be injured through His love for us. His wounds are a sign that He understands and allows Himself to be wounded out of love for us. These wounds of His: how tangible they are to us in the history of our time! Indeed, time and again, He allows Himself to be wounded for our sake. What certainty of His mercy, what consolation do His wounds mean for us! ... And what a duty they are for us, the duty to allow ourselves in turn to be wounded for Him!*”

- Emeritus Pope Benedict XVI

FROM THE PARISH REGISTER

BAPTIZED IN CHRIST



Cymona Indwar	D/o	Tarcius Minz & Cyrila Indwar	29/11/2015
Bethany Janelle D'Souza	D/o	Alex & Lolita Stella D'Souza	29/11/2015
Evonne Rodrigues	D/o	Sijo & Asha Rodrigues	29/11/2015
Kshitiz Prince Minz	S/o	Ganesh & Sarita Minz	13/12/2015
Alden Mendonca	S/o	Anil & Gloria Mendonca	13/12/2015
Ancy Pinto	D/o	Simon Abelin & Steffy Pinto	20/12/2015
Ansel Fernandes	S/o	Francis Elogues & Anita Philomena Fernandes	20/12/2015
Vir Renzo Martis	S/o	Kern & Raksha Martis	27/12/2015
Alric Francis Barretto	S/o	Melroy & Jeniffer Barretto	24/01/2016
Rose Marcus Salve	D/o	Marcus Solomon & Jaya Marcus Salve	08/02/2016
Isaiah Cxyler D'Souza	S/o	Rocky & Crissy D'Souza	21/02/2016
Adam Cliford Nazareth	S/o	Stephen & Jane Nazareth	28/02/2016

RESTING IN CHRIST



Roque Fernandes	69	E/5, Malinee Apts.	05/12/2015
James Johnson Peter Tigga	59	218/4, Ram Laxman CHS Ltd., Shere-E-Punjab	05/12/2015
Maria Patrociana Fernandes	87	90/10, Munshi Colony	07/12/2015
Gertrude Pereira	96	Home for the Aged	23/12/2015
Agnes Soans	53	23/A, Mamta Kutir	24/12/2015
Johny Joseph D'Souza	50	405, Laxmi Nagar, Road No. 11, M I D C	25/12/2015
Errol John Lobo	70	C-4, Swagat, J V L R	27/12/2015
Ivan Matanga	73	6B/4, Takshila CHS Ltd.	09/01/2016
Philomina Samuel	74	150A, Lala Compound	21/01/2016
Mira D'Souza	60	306, Poonam Pushp, Poonam Nagar	09/02/2016
Terezine D'Costa	75	16/B/25, Takshila CHS Ltd.	10/02/2016
Lucy D'Costa	85	A-104, Trans Apartments	21/02/2016
Batista Piedade Godinho	74	54, Prashanti Nagar, Lala Compound	24/02/2016
Albina Anatalia Mascarenhas	90	14-A/22, Takshila CHS Ltd.	24/02/2016
Simon Rebello	63	B-10, Rooftop CHS Ltd.	27/02/2016
Anjali Thomas Rodrigues	73	13/261, 3rd Floor, PMGP Colony	28/02/2016
Hilda Gracy Coutinho	79	Bosteav Chawl, Room No.7, Shanti Nagar	29/02/2016
Ida Leons Puthanchakal	84	201, E-3, Dafodil, Bindra Complex	01/03/2016



The theology of littleness is a basic category of Christianity. After all, the tenor of our faith is that God's distinctive greatness is revealed precisely in powerlessness. That in the long run, the strength of history is precisely in those who love, which is to say, in a strength that, properly speaking, cannot be measured according to categories of power. So in order to show who He is, God consciously revealed Himself in the powerlessness of Nazareth and Golgotha. Thus, it is not the one who can destroy the most who is the most powerful...but, on the contrary, the least power of love is already greater than the greatest power of destruction.

- Emeritus Pope Benedict XVI

Platini Braz D'Souza	To	Analisa Lianne Alphonso	21/11/2015
Milton Crasto	To	Renita Jasmine Pinto	27/11/2015
Savio Philip Barretto	To	Eulalia Pascoalina Goveia	28/11/2015
Rishabh Bhaskar	To	Rashmi Jha	29/11/2015
Vicky D'Souza	To	Lydia Diana Monteiro	11/12/2015
Rahul Pandirkar	To	Denize Nicola Alphonso	12/12/2015
Christoswin Michael Poppen	To	Renita Margaret D'Souza	12/12/2015
Jubin Idiculla Varghese	To	Anjali Sally Lukose	12/12/2015
Milton Rego	To	Elita Roma Lopez	19/12/2015
Erwin Fernandes	To	Elaine Christine D'Souza	20/12/2015
Malcolm Cosmos Blakely	To	Jessica Josepha Rodrigues	20/12/2015
Orville Brian D'Souza	To	Sharon Reshma Pereira	22/12/2015
Reuben Roque Victor D'Souza	To	Shirly Pally	23/12/2015
Edsil Coutinho	To	Aleesha Nicole Mathew	26/12/2015
Andell D'Mello	To	Udella Alba Carneiro	26/12/2015
Praven Godwin D'Souza	To	Sephorah Anna Rodrigues	26/12/2015
Rohan Jacob George	To	Steffy Kuthokathan	27/12/2015
Jason D'Souza	To	Prema Fancy D'Souza	27/12/2015
Joel Rodrigues	To	Clementia Jovita Crasta	27/12/2015
Shelton Wolfgang Britto	To	Immaculada Marina Dias	28/12/2015
Raymond Edmond Fernandes	To	Christina Judianna D'Souza	30/12/2015
Morvin Jerome Rodrigues	To	Roshni Leah Pereira	30/12/2015
Vinay Anand Zarpkar	To	Natasha Coutinho	30/12/2015
Enrique Quskin D'Rozario	To	Sheryl John	02/01/2016
Rayner Vincent D'Silva	To	Giselle Maryanne Fernandes	02/01/2016
Marvin D'Souza	To	Joanne Maria Athaide	03/01/2016
Wayne Osborne D'Souza	To	Divya Vianny Lobo	03/01/2016
Leroy Alban Fernandes	To	Ayesha Muriel Lasrado	04/01/2016
Kyle Jan Mead	To	Meagan Savia Florinda Pinto	09/01/2016
Johny Yaragal	To	Arockia Mary Cynthia Royappan	11/01/2016
Jackis Rodrigues	To	Flora Fernandes	14/01/2016
James Libera	To	Jocelyn Lopes	16/01/2016
Farrell Mario Miranda	To	Crystal Rego	23/01/2016
Cletus Wilson Machado	To	Rini Regina Fernandes	24/01/2016
Ashish Rao	To	Savia Francisca Alphonso	27/01/2016
Michael Anthony Netto	To	Tamara Rosemarie Fernandez	29/01/2016
Sandeep Elvis Pereira	To	Aparajita Sen	29/01/2016
Vineet Pinto	To	Pooja K Lakhote	30/01/2016
Vikas Virender Sharda	To	Valerie Pearl D'Sa	31/01/2016
Vaibhav Mathu	To	Marita Fiona Vaz	02/02/2016
Danny Leo D'Souza	To	Janet Priya Corriea	06/02/2016

UNITED IN CHRIST



**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



Community No. 1 - Picnic



Inter Religious Meet



Youth Day - Community No. 11



Youth Camp at Tala Mission



Altar Servers' Picnic



All Associations Day



Bible Quiz



Confirmation Day