

# *Heart to Heart*

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 64

June 2016

For Private Circulation Only

*'Sacred Heart of Jesus - Font of God's Abundant Mercy'*



# Our Regular Programme

## SUNDAY MASSES

### *Morning*

6:30 am (English Mass)

7:30 am (Konkani Mass)

8:45 am (Parish Mass)

10:00 am (Children's Mass in the Church)

10:00 am (English Mass in the Community Hall)

### *Evening*

4:15 pm (Hindi Mass)

5:30 pm (English Mass)

### *Weekday Masses:*

6:30 am, 7:30 am and 7:00 pm

### *Wednesday*

Novena to Our Lady of Perpetual Succour after all Masses

### *Thursday*

Holy Hour: 6:00 pm to 6:45 pm (Except Thursdays before 1<sup>st</sup> Friday of the month)

### *First Friday:*

Holy Hour 6:00 pm to 6:45 pm

### *Fourth Friday:*

Intercession through the Divine Mercy Chaplet at 7:30 pm in the Church

### *Catechism for Children:*

From 8:45 am to 9:45 am every Sunday

### *Confessions:*

Weekday 6:30 pm and Saturday 6:00 pm to 7:00 pm

### *Baptism:*

2<sup>nd</sup> and 4<sup>th</sup> Sundays at 11:00 am

### *Pre-nuptial Enquiry:*

by Appointment

### *Wedding Mass Timings:*

Monday to Saturday

Disparity of Cult and Mixed Marriage: 3:00 pm

Catholic Weddings: 5:00 pm

All Thursdays and First Fridays: 4:30 pm

Sunday: 5:30 pm (Scheduled Mass)

### *Sick Calls:*

At any time

### *Centre for Community Org., (Tel: 28269326)*

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

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

### *Parish Office hours*

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

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

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

Tel: 28362110, 28202087

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Website: www.sacredheartandheri.net

# FORTHCOMING EVENTS AND LITURGICAL FEASTS/MEMORIALS

5 <sup>th</sup> June	Feast of the Sacred Heart of Jesus, at our Church
11 <sup>th</sup> June	Memorial of St. Barnabas, Apostle
13 <sup>th</sup> June	Memorial of St. Anthony of Padua, Priest and Doctor
21 <sup>st</sup> June	Memorial of St. Aloysius Gonzaga
24 <sup>th</sup> June	Solemnity of the Birth of John the Baptist
26 <sup>th</sup> June	Laity Sunday
29 <sup>th</sup> June	Solemnity of Sts. Peter & Paul, Apostles
03 <sup>th</sup> July	Solemnity of St. Thomas and Faith Foramtion Sunday
22 <sup>nd</sup> July	Memorial of St. Mary Magdalene
25 <sup>th</sup> July	Feast of St. James, Apostle
26 <sup>th</sup> July	Memorial of Sts. Joachim and Ann, Parents of Mary
04 <sup>th</sup> Aug	Memorial of St. John Vianney, Priest
06 <sup>th</sup> Aug	Feast of Transfiguration of Jesus
07 <sup>th</sup> Aug	Vianney Sunday
08 <sup>th</sup> Aug	Memorial of St. Dominic, Priest
10 <sup>th</sup> Aug	Feast of St. Lawrence, Deacon & Martyr
11 <sup>th</sup> Aug	Memorial of St. Clare, Virgin
15 <sup>th</sup> Aug	Solemnity of Assumption and the Independence Day
21 <sup>st</sup> Aug	Justice Sunday
22 <sup>nd</sup> Aug	Memorial of Queenship of Mary
24 <sup>th</sup> Aug	Feast of St. Bartholomew, Apostle
29 <sup>th</sup> Aug	Memorial of Beheading of St. John the Baptist
30 <sup>th</sup> Aug to 07 <sup>th</sup> Sept	Novena in Preparation for the Nativity of Our Lady
08 <sup>th</sup> Sept	Nativity of Our Lady – Girl Child Day & Anniversary of the Dedication of the Church Building

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

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# From the Pastor's Desk

Heart to Heart - June 2016

My dear parishioners,

I am sure, most of us took a summer break from our busy schedules of study and work. Many families had an opportunity to spend some quality time by themselves and with their loved ones, away from the hustle and bustle of their daily routines. We are now back, fresh and all set to begin another year in the parish, schools and work places. And what better way to do it, than celebrate the Feast of the Sacred Heart of Jesus, our parish feast, on June 5, 2016.

The Heart stands for everything, especially the tender part of the person. Moreover, the Heart is also synonymous with love. Therefore, our celebration of the Feast of the Sacred Heart of Jesus is actually a celebration of God's love, as found in the person of Jesus Christ, love that is infinite and unconditional. Because our God is a God of love, He shows us abundant mercy. We know only too well how Christ won for us salvation by His death on the cross, a death which turned out to be so bloody that when *"one of the soldiers thrust a lance into His side, immediately blood and water flowed out"* (Jn 19:14). He died for us when we were yet sinners. We were God's enemies, but He made us His friends through the death of His Son (Rom 5:5-11). Our Lord Jesus Christ was a great lover. He was the most generous hearted person that ever lived.

In this issue of our parish bulletin, we focus on the theme: **'Sacred Heart of Jesus – Font of God's Abundant Mercy'**. This theme fits in very well with this year's theme: 'The Year of Mercy'. The great and generous heart of Christ still loves us in the same way - all of humanity and each person in it, personally. Even today, He calls us saying, *"Come to Me all you who labour and are overburdened and I will refresh you"* (Mt. 11: 28).

One day, a mother, a woman of wonderful faith, received a telegram which told her of the death of her eldest son. It was a terrible shock; she controlled her emotions, ran to the living room, placed the telegram at the feet of the image of the Sacred Heart and then calmly called her little ones and the servants. She asked that the throne of the Sacred Heart be adorned with unusual splendor. She herself helped to beautify the shrine with flowers and candles. Then she asked all to sing with her. After the singing, they recited the Creed and the Act of Consecration. It was only then, the mother read out the telegram to her children. *"Your brother"* she said sobbing, *"has gone to heaven to the arms of the King. His will be done. Long live His Sacred Heart. May His Kingdom come."* They all wept, of course, but peacefully and on the Heart of Jesus. This was not solely the grief of flesh and blood but the glorious and meritorious one. Our human heart often turns out to be like a ship on a stormy sea, driven about by winds blowing from all corners. In those moments, if we come to the Sacred Heart, He will give us great comfort and strength to suffer the trials of this life, lovingly with Him.

On this feast day of the Sacred Heart, we express our gratitude to our Lord for the great love He continues to show us in so many ways. But, if our gratitude is sincere, we have to promise Him that we will love one another as He has loved us. We need to imitate the Heart of Jesus in loving and showing mercy to others. This involves risks and pains. If we refuse to take the risk and won't reach out to anyone, then we will have no other alternative except wrap it safe in the coffin of our selfishness.

One of the institutions where we can imitate the Heart of Jesus is the family. Recently, I read a write up by Maria Anand P, titled, **'Need For Love In Family Living'**, in the *Inspirational Quote* of May 2016. I thought it is worth reproducing here:

*"Family is the channel of grace, love, sharing and caring which constantly renews the face of the earth. It is the first institution in the society where children are molded. It is a place we cherish our life moments in this existence. A new trend is people are becoming more individualistic, self-centered and egoistic in their family lives, wherein families experience division, turmoil and separation. The legal system encounters many cases of divorces in a day. The sense of family life is lost in society. Family is an institution of love. The institution is not made up of bricks and cement but with hearts. We need to grow in love. Love alone can remove all bitterness from our hearts. Light the candle of love in your homes and dispel the darkness of divisions and misunderstandings that divides families. We need to implant the message of love in the hearts of our children. When we spend time with our family members, in love and care, our homes will become a heavenly abode on earth."*

In *Amoris Laetitia* (the Joy of Love), the post-synodal apostolic exhortation by Pope Francis, released on 8 April, 2016, which followed the Synods on the Family held in 2014 and 2015, Pope Francis referring to St. Paul's 1st letter to the Corinthians, chapter 13, verses 4-7 stresses the aspect of being patient and forgiving to one's family members, as the heavenly Father is. Pope Francis also brings home the point that in order to forgive others and their limitations, we need to forgive ourselves first and accept our limitations.

Our parish is a Family of families. The goodness of our parishioners makes our parish a good parish. We can confidently say that we are striving to be a wonderful parish family. On April 6, 2016, Bishop Bosco Penha, the Emeritus Auxiliary Bishop, wrote a letter to us commenting on our parish bulletin. He said, and I quote: *"I found each and every article in this magazine very interesting. They all, together, portray in a powerful way, the many and varied pastoral activities carried out in the parish ..... What a rich array of ministries! Over the years that I have been involved in this parish (zonal bishop from 1990-2001), I have watched the steady growth of this parish becoming one of the most vibrant parishes in the archdiocese."* I am sure, we all agree with the Bishop and feel proud of the same. Let us keep up this spirit of oneness, understanding, service, forgiving one another in humility and love.

Dear parishioners, I wish each one of you a very happy feast of the Sacred Heart of Jesus. May the Sacred Heart of Jesus constantly transform our hearts and make them like His!

- Fr. Lawrence Correa SVD  
Parish Priest

# Sacred Heart of Jesus - Font of God's Abundant Mercy

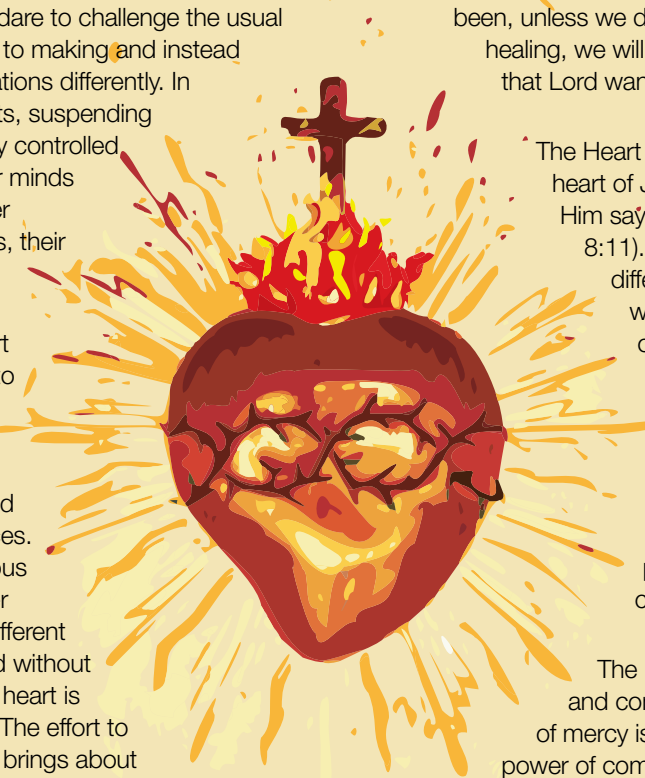
Mercy emanates from compassion which is basically the ability to understand the 'world' of other people. True, all of us share the same world, our 'common home'. However, we also know that we are all created differently; no two people are the same. To find our way in life, we need to make judgements about situations and people. It so happens, that sometimes we become prisoners of our own judgements. At other times, we become obsessed with our judgements and basically turn out to be judgemental in all cases! We can begin to understand the world of other people only when we resist the temptation to form instant and ready-made judgements. Or when we dare to challenge the usual judgements that we are so used to making and instead begin to look at people and situations differently. In short, challenging our judgements, suspending judgements, and not being rigidly controlled by our judgements opens up our minds for empathy; understanding other people, their world, their priorities, their insecurities, their joys and pains.

Understanding provides the heart with reasons to be more loving; to be more merciful. The more we lean towards understanding the more power we get to love and to be merciful. It widens our world view and challenges our prejudices. All of us carry with us an enormous amount of prejudices about other people which we pick up from different sources and get easily influenced without any evidence. An understanding heart is the best anti-dote to prejudices. The effort to understand itself challenges and brings about change in our prejudices about others.

There are many difficulties that we face in our journey to be understanding and thereby to be merciful to others. One of them is centred around the basic human reality of power. Usually, we are of the opinion that the more judgemental we are the more powerful we become. So some of us, as a defence mechanism, develop a sort of fear or resistance to be more understanding towards others. The more I become empathetic and understanding to other people, am I not becoming less powerful? This apprehension crops up in our minds very often.

Another block towards growth in understanding and being merciful, is the experience as well as the fear of deceit. We live

in a world where there are so many techniques available for people to cheat, to exploit and to betray the trust of others. This is a common experience that many of us have had. Some people come close to us, earn our trust and then vanish, or do something that is so unimaginably harmful and violent. Memories of deceit and breach of trust, of violence, leave scars in our hearts and minds and it becomes difficult for us to be empathetic and understanding again. We tend to become more guarded and more judgemental and our heart closes its doors towards most people. However real the sense of betrayal has been, unless we deal with it with an open mind and receive healing, we will find it difficult to be merciful in the way that Lord wants us to be merciful.



The Heart of Jesus is the true font of Mercy. The heart of Jesus is non-judgemental. We hear Him say "...I don't condemn you either..." (John 8:11). The Heart of Jesus looks at each of us differently, very differently from the way the world looks at us; or even people who we consider to be close to us, look at us. For the Heart of Jesus, each one of us is a child of God and that is the most important thing. Everything else is trivial and transient. The Heart of Jesus thus teaches us how to be non-judgemental. Not an easy task at all. It is a life long process and to keep at it we need to be close to the Heart of Jesus at all times.

The Heart of Jesus also teaches us that mercy and compassion are powerful tools. The power of mercy is superior to the power of hatred. The power of compassion is superior to the power of being judgemental. The power of empathy is greater than the power to dislike. This is what the Heart of Jesus teaches us. Every time we forget this and begin to think differently, the Heart of Jesus beckons us back and emphatically tells us, "be merciful even as your Father is merciful" (Luke 6:36). The Sacred Heart of Jesus symbolises the power of Mercy over everything that negates it, so that we may keep drawing conviction and grace and keep reaching out to more and more people in empathy, compassion and mercy. The Heart of Jesus removes every lingering doubt and every stumbling block that stops the stream of mercy from flowing out of our own hearts. It removes the doubts created by betrayal of trust and enables us to trust again.

"May the Sacred Heart of Jesus live in the hearts of all people!"

# CCO On The Move

The boundless love of the Sacred Heart of Jesus overwhelms us in different ways. We thank the Lord for His marvelous love and blessings bestowed on the CCO Team. We are strengthened by His undying love for us, as we endeavor to do our best to spread His love among the poor and needy.

As you are aware, our parish is called a 'vibrant' parish as we have many activities taking place on a regular basis. We would like to brief you about the activities that have taken place in our parish, in the second quarter of 2016.

The **Health Cell** led by Dr. John Rodrigues organized a Health Camp on 21st February 2016, for Diabetes; lipid profile, eye checkup and leg problems which occur due to diabetes. At the end of the health camp, Dr. Shubhashree Patil, Diabetologist, gave a talk on the prevention and treatment of diabetes.

**Legion of Mary**, held a sale of Catholic literature, statues and artifacts on 29th February which found good patronage from our parishioners.

The **Bible Cell** conducted special Bible sessions during Lent on the topic 'Corporal and Spiritual Works Of Mercy'.

**PAC** meeting was held on 16th March, 2016. The meeting was a well-attended by heads of associations and cells. Since it was the last meeting for the academic year 2015-2016, Fr. Lawrence Correa SVD took the opportunity to thank them for their selfless service and wished them a happy and enjoyable vacation.

**Divine Mercy Cell** conducted the Divine Mercy Novena from March 25th to April 2nd, and celebrated the Feast of Divine Mercy on 3rd April, with Mass at 10 am.

**The Youth** group organized 'Dream Big', a career guidance program on 17th April 2016, for the age group 15 to 30 years, Three high profile personalities from the Christian Chamber of Commerce, enlightened our youth on how they could nurture their interests and give wing to their dreams by starting micro and small scale businesses. They stressed on the myriad possibilities available to the youth today, to head start-ups and become entrepreneurs.

**The CCO** has forwarded 129 forms to the Benevolent Fund from June 2015 till date, in order to help our needy parishioners to get financial aid for education, medical and housing. We have received 45 new registrations for Matrimoniais. We have not only helped our parishioners but also assisted people of other faiths to get jobs in offices and as house-helpers.

We, at the CCO extend our heartfelt gratitude to all members of Cells and Associations for their cooperation and coordination with the CCO and the commendable work they have rendered during the academic year 2015-2016.

The Dental and Homeopathic clinics are functioning well.

We pray to the Sacred Heart of Jesus, to bless the CCO with His guiding love so that we continue to carry out our activities in accordance with His Will – serving all our parishioners, especially the marginalized of our parish, to the best of our abilities.

**Ida Quinny**  
**CCO Co-ordinator**

*What a beautiful truth of faith this is for our lives: the mercy of God! God's love for us is so great, so deep; it is an unfailing love, one which always takes us by the hand and supports us, lifts us up and leads us on.*

**- Pope Francis**

*If you leaf through the holy Scripture, you will discover constant references to the mercy of God. Mercy fills the earth. It extends to all His children, and is "all around us." It "watches over me." It "extends to the heavens" to help us, and has been continually "confirmed". God in taking care of us as a loving father looks on us in His mercy – a mercy that is "tender", welcome as "rain-clouds".*

**- St. Josemaria Escriva**

# You Surprised Me!

"I was taken by surprise", says Fr. Wilson Wilfred SVD, when he recalls of his experience at the Sacred Heart Parish. Like many others, he too had heard of this vibrant parish that stands out for its faith. As God willed, he was blessed with the opportunity of working in this parish, first as a deacon and later as a priest, for well over two and half years.

Young and energetic, Fr. Wilson comes across as a soft spoken person, vibrant with the youth, caring towards the elderly, tender while dealing with children and one who has love for the people of God. He has been part of every activity this parish has undertaken, joyfully giving of his time and energy to the mission he has been called to.

## God Can Even Call Through Our Curiosity: Journey To Priesthood

God's call didn't come to Fr. Wilson through fire or wind but believe it or not it was through curiosity! Although as a young boy he was encouraged by many, the thought of becoming a priest didn't come to him in his early days. After completing the 12th Board Exams, he joined the Society of Divine Word for a year, out of sheer curiosity, basically to experiment for a year. But God's ways are different. Fr. Wilson took an instant liking to this way of life! He found a strong pull and an inner urge to continue. It was during the novitiate that he finally made the ultimate decision to become a religious. Life was never the same once Fr. Wilson had made up his mind! Though his story may sound ordinary and too simplistic, for Fr. Wilson reliving the journey through this interview, has been a strong testimony of God's call to priesthood. God calls us not necessarily through fire and wind, He can even call through our curiosity like He did to Fr. Wilson!

What keeps his vocation alive are prayers of some special people, both religious and laity, young and old, who constantly keep praying for him. He believes, The Society of the Divine Word (SVD) gives its priests a wide range of opportunity and freedom, and most importantly, the homely atmosphere and community life offered no matter in which country/continent SVDs serve, truly convinced Fr. Wilson to be an SVD Priest.

Inspiration can come through many sources and for Fr. Wilson, it came in the form of three priests, one Jesuit and other two, SVDs.



## Experience in the Parish

According to Fr. Wilson, what attracts most to this parish is the faith of the people. He says: *"The young, old and even many children have surprised me, challenged me and even put me to shame through their tremendous faith in God. And so there was no option but to grow in my own faith and trust in God. The dedication and ability to spend time and energy for the Church is admirable. Although most people are employed during the day they still make the time out of their little free time, for the Lord. This kind of dedication shown by the parishioners has been an inspiration for me to give the best in every task"*.

Working with the youth has been another aspect of personal growth, for Fr. Wilson. Organizing various programs for the youth has resulted in having greater self confidence and honing of management skills. Youth, with their energetic presence have brought vibrancy to the Parish. He acknowledges that unity and faith shown, especially at the time of Ms. Tanya D'Souza's accident, will remain etched in his memory forever.

One more thing according to Fr. Wilson that this parish is well known for, is the care and love for priests. He personally had the good fortune to experience this first hand, when he was unable to move for a month, after a knee surgery last year.

## I Have Received More Than I Have Given.

As he readies himself to leave the familiar shores of this Parish, this is what Fr. Wilson has to say. *"I go as a person who has received more than I have given to the parish. I am going with heartfelt gratitude for all that I have learned and for all the love and care I received. I would also like to thank the Clergy team. Standing true to the SVD community, it was more a family where the members loved one another, than a community that was meant only for work. As I leave for Mysore on my second appointment as a priest, I go with confidence that my first appointment will be the best ever. I wish all the parishioners of the Sacred Heart Church, that you may continue to be vibrant with the Spirit of the Risen Lord and a community of faith, worship, love and service"*.

**Fr. Wilson Wilfred SVD**  
**Interviewed by Sr. Natalia D'Souza SSPs**

# To Gather Unto Him

He makes you smile!  
He makes you laugh!  
He makes you feel at ease!  
He is cool!  
He is care free!

His magical voice leads you into oblivion!  
His presence makes a difference!

He is leaving us as swiftly as he came a year ago! We will miss him. We will miss his flamboyant presence. We will miss his spiritual guidance! We will miss his smile and never say die attitude!

Fr. John Mascarenhas SVD fondly called 'Masky', who was once part of our clergy team years ago, returned to our parish last year with the hope that he will be associated with our parish for a longer term this time but sadly, it was not to be. Fr. John's new assignment to Goa's SVD Minor Seminary is Goa's gain, Mumbai's loss! After the initial shock, his never say die spirit is all praise for the people of this parish. He is grateful for the love, encouragement, appreciation and spiritual support received through the SCC's and different cells and units of our parish.

Quoting Fr. John : "Time and again, it has been your personal good wishes, prayers and positive insights that have contributed to my spiritual growth, God experiences and commitment to my religious life. I haven't had much difficulty mingling with you, since our connection with each other had roots of an old missionary companionship. I was amazed to receive so much of love and affection from the old, young and the kids alike!"

## A Homecoming: Experience in the Parish:

Fr. John began his priestly journey in this parish 20 years ago with his ordination motto "**To Gather unto Him**" and it has been an upward journey ever since. Working with different diocesan parishes, SVD schools and parishes in Bandra and Andheri, this missionary motto has deepened, as he went on working with passion and zeal. Experiencing the constant presence of the Almighty has been a source of comfort and strength for Fr. John. With His power and grace, He has led him to lead His people unto Him. "Fear not, I am with you always". He asks : "What more can I ask from the Lord?"

The Sacred Heart parish, Fr. John says, is an exemplary and vibrant parish in the Andheri deanery as well as in the Archdiocese of Bombay. He further adds: "We all must take a great pride in it and continue to work together with more zeal and efficiency, as One Family, rooted in the Sacred Heart of Jesus. Let us remain together of One Heart and One Mind. Hats off to all of you and Glory to God for all the wonders and marvels He works through each one of you."



## Visit to Holy Land: A Time Of Spiritual Renewal

Of all the long and fulfilling missionary journeys of his life, for Fr. John, the most fulfilling one has been his visit to the Holy Land in 2015. It was an enriching experience that helped him to deepen his faith and thirst for the scriptures, and enlightened him with the Divine wisdom and knowledge. It is his passion for the mission that motivates him to be a joyful, religious and mark the fragrance of God's abundant love, in every activity.

## Vocation to Priesthood and Religious Life: The Need Of The Hour

Our parish being surrounded with so many missionary congregations, is blessed and protected through Divine Intervention, calling each one of us to a life of holiness and missionary zealous endeavor. As our parish is blessed with so many young men and women who have been active and doing marvelous work, there is a need to channelize their energy and resources to discern a call for a priestly and religious life. We must encourage the young in our families and communities and continue to pray for them.

## He Makes a Way For You: Challenges

In the life of every priest and religious, each day brings in fresh challenges or life changing moments. But then, deep in your heart you know that "One who calls you, strengthens you", "He makes a way for you". With that hope, one surrenders to Him all sorts of challenges to become opening doors to a new world of excitement, amazement and a missionary spiritual adventure. This is true in Fr. John's life as well, as there have been ample challenges, hurdles and obstacles. There were times when he felt he was misunderstood by people but trusting in God Almighty, who holds our future in His hands and who is greater than any ocean of problems, opened a new world to him!

## All I Ask Of You Is Forever To Remember Me As Loving You!

As Fr. John readies himself to close a beautiful chapter of his ministry in our parish, he says: "I would like to express my gratitude to our parish priest Fr. Lawrence Correa, Fr. Innocent Fernandes, Fr. Wilson Wilfred, Fr. Canute Pereira and Deacon Pravin Aranha, with whom I shared a wonderful parish community life. An amazing and joyful community life led us to participate in all the activities of the parish. I wish to place on record, a word of 'Thanks' to the PPC members, SCC animators, members of all Cells and Associations, all communities with whom I worked closely with; Eucharistic members, IRD members, the youth and children. With a grateful heart, *A Big Thank You and God's everlasting blessings upon you, all my dear parishioners*". May the Sacred Heart of Jesus continue to live in your hearts and homes of all. **All I ask of you is forever to remember me as loving you!**

**Fr. John Mascarenhas SVD**  
**Interviewed by Sr. Natalia D'Souza SSps**

# A Warm Welcome Dear Fathers

## Fr. John Serrao SVD

Fr. John Serrao SVD hails from Moodbidri (Diocese of Mangalore). He was born on 27th January, 1951. Fr. John has 7 brothers and 3 sisters. Five of his brothers are priests and one of his sisters, is a religious nun. His youngest brother, Bishop Francis Serrao is the present Bishop of the Shimoga Diocese, in Karnataka.

Fr. John joined the SVD Minor Seminary in Kirem in 1967. He was ordained a priest in 1982, at St. Theresa's Church, Bandra. His pastoral motto is **"To become all things to all people"**. (1 Cor 9:22)

After a vast missionary experience spanning 27 years, in Africa, Zaire and Kenya, Fr. John returned to India in 2008. During the last 8 years, Fr. John was posted in Mysore. He worked for 5 years at the Vidya Niketan, SVD Seminary and as a Manager of St. Arnold's Central School, for the last 3 years.

Dear Fr. John, we, the parishioners of Sacred Heart Church, Andheri East, accord a warm and hearty welcome and take this opportunity to wish you all the best in your new posting, as co-pastor of our parish and pray for God's choicest blessings upon you!

## Fr. Infant Vinoth Kumar SVD

Fr. Infant Vinoth Kumar SVD hails from Karnataka (Archdiocese of Bangalore). He was born to Henry Peter and Mary Vadhana, on 26th December 1985. Fr. Infant is the youngest among his siblings. He has an elder brother and an elder sister. He comes from a religious background with two of his uncles who are priests and seven of his aunts are nuns.

Fr. Infant joined the SVD Minor Seminary in the year 2002. He completed his Diaconate Ministry at the Blessed Teresa of Calcutta parish, Mysore. He was ordained a priest on 8th May 2016, at the Our Lady of Victories Church, Karnataka by Bishop A.A.S. Durairaj SVD, Bishop of Khandwa Diocese.

His pastoral motto is **"Love to lend and blend"**.

We take great pleasure in welcoming Fr. Infant Vinoth Kumar, SVD to our parish as a co-pastor. This will be his maiden assignment as a priest.

Dear Fr. Infant SVD, we, the parishioners of Sacred Heart Church, wish you a blessed and fruitful ministry in our parish.





# Congratulations Fr. Canute Pereira SVD

We congratulate Fr. Canute Pereira SVD, who was ordained on Tuesday, 3rd May 2016 at St. John the Baptist Church, Permude, Mangalore. The Sacrament of Priestly Ordination was confirmed to him by Most Rev. Dr. Leo Cornelio SVD, the Archbishop of Bhopal.

Fr. Canute who hails from a devout family; was born to the Late Lawrence and Late Stella Pereira, Permude, Mangalore on 9th June 1984. He has one brother and two sisters and he is the youngest of his siblings. Having received a great spiritual backing from both his parents from his early years, he joined the SVD Seminary, Kirem - Mangalore, in 2003 after completing his 12th standard. He owes it all to the fervent prayers of his mother and the simple lifestyle inherited from his father, which helped him to move ahead all through his seminary life.

Fr. Canute came to our parish for his Diaconate Ministry in October 2015. During his diaconate, he has been involved with the youth activities, SCCs, various cells, associations and in administering Sacraments. He is fondly known to be a warm and friendly person.

**"Love as He Loved"** is his pastoral motto. He is assigned to Paraguay, a Latin American country for his future apostolate as a Priest.

We wish Fr. Canute all the best for his future endeavours in the Lord's vineyard and assure him of our prayerful support.



# The Healing Power of Words

Being ill at ease or suffering from an acute discomfort, is a feeling that emanates from one's mind which later gets transferred to the body in the form of various kinds of diseases.

Negative emotions such as *grief, jealousy, anger, ego, humiliation, mortification* etc., are more frequently connected to the beginning of an early incubation of the disease. These feelings often come out as words, which if negative, can further bring about a deterioration in the health of the person or can be the cause of developing early signs of the disease in others.

Words that seek to bring other people down, can keep us away from our own light. By indulging in harmful and negative speech towards others, we end harming our own souls in the long run. Always use words with a great deal of moderation and respect. Choose words wisely while putting across your views to others always weighing your words with care.

Just look around and you will see many people destroying their love relationships, careers and even the best works of their lives by carelessly using wrong words. Everything comes from the word and happens after the word has been spoken, as mentioned in the Bible. "*..... in the beginning it was always the word*"

The tongue is a very sacred organ and how you use it to speak to others is sacred. It has the power to heal if used wisely and positively. Always utter words that are uplifting, encouraging and healing like a luminous being, who is able to help others, while simultaneously enhancing yourself, towards accomplishment!

Human beings were created to serve as conductors of His divine kindness. Hence, be good to all and do good to all. When you do good to all, the divine healing power in you will be awakened and you will be in a happy frame of mind, open to sharing and rejoicing.

All problems, difficulties and illnesses are the result of our own doings and thought processes. We need to develop a heightened sense of self-awareness and need to look at things and circumstances positively and try to consciously overcome our short-comings and failures. During the course of such events, good words used appropriately at the right time, can take a positive turn in this ever changing world.

# The Devious Heart

Positive words benefit people. Whenever you visit the sick in hospitals or when they are convalescing from their illnesses, it is mandatory you use *positive, encouraging and motivating* words to help bring about a speedy recovery.

Gossip and criticism come from closed and cold hearts. Those who nurture closed hearts, become a burden for others and extinguish their light in their own surroundings. Not knowing the positives of being a good human being, such people often blame, manipulate and take advantage of the emotional vulnerability of other human beings. They do not realize that being careful and thoughtful with their words would lead to less regret and unhappiness around.

Always remember: It takes a long time to build something but it takes just a moment to destroy all the goodness done. Words of wisdom, kindness and positivity indeed have the power to heal and change the lives of people to a calmer, happier life!

Kind words help people who are down and have lost the will to live. It uplifts them and they see a ray of hope and believe in their tomorrows. Hence, use your tongue wisely. Use it to thank, to heal and to enliven others. God resides at the tip of your tongue to bring harmony in your life and in the lives of those around you.

During the feast of the Sacred Heart of Jesus, let us all pledge to use words of appreciation, encouragement and motivation to help others heal their wounds and become positive and healthy individuals to enlighten the lives of others, thereby healing all diseases and illnesses from within. May the Sacred Heart of Jesus heal us all and help us realize the power and goodness of using positive and encouraging words. Let us work towards good health!

**Dr. John Rodrigues, MD  
Community No. 25, Pawan Atma**

*“There is nothing more man needs than Divine Mercy – that love which is benevolent, which is compassionate, which raises man above his weakness to the infinite heights to the holiness of God.”*

**- St. John Paul II**

Constantly it goes beating, pumping,  
Palpitating, pulsating,  
Within its delicate walls thumping,  
That's how it goes pumping.

Intricately woven, a delicate creation,  
Placed gently among cells of human origin,  
Pumping, thumping,  
Silently carrying out the work entrusted.

Most tiny feelings spring up from deep within,  
Grief, anger, strife, sorrow all stored within,  
Created to be a store-house of love,  
Polluted by human greed rather than love.

God desired to pour therein His love,  
For it was meant to be His store-house of love,  
But love choked by thistles and thorns,  
Instead of love - lust, greed and hatred is born.

It's the human heart devious above all,  
As in lines of scriptures is told.  
Created a vessel of love to hold,  
But hatred and hurt, enmity and revenge it holds.

Weighed down by the grime of life,  
To this vessel of love it's such a crime,  
Unable to serve as God's store-house of love,  
Until dimmer and dimmer goes the pumping, thumping,  
When someday, somewhere ends the pulsating, pumping,  
With no love, in God's store-house of love!

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

*Let us always bear in mind that if the Lord were to judge us according to strict justice, none of us, perhaps, would be saved. So let us make righteousness and peace exchange a kiss, which we shall obtain if we always tend towards mercy rather than justice, in imitation of our Heavenly Father.*

**- St. Padre Pio**



## BIBLE QUIZ NO. 2016-02

### III) UNSCRAMBLE THE FOLLOWING WORDS AND IDENTIFY THE SCRIPTURE VERSE- MENTION THE CHAPTER AND VERSE

"ECOM OT EM LAL FO UYO HWO ERA EDIRT OMFR RCIGNARY YVAHE DSOLA DAN I LVWIL EIGV UOY ESTR "

(Matthew \_\_\_\_\_:\_\_\_\_\_)

### IV) CIRCLE THE CORRECT ANSWER

- 1. Pope Francis is native of which country?**  
a) Argentina      b) Brazil      c) Italy
- 2. When will the Extraordinary Jubilee Year of Mercy which commenced on December 8, 2015 end?**  
a) Christmas-25th Dec, 2016      b) Feast of Christ the King -20th Nov, 2016  
c) Feast of Immaculate Conception - Dec 8th, 2016
- 3. The Basilica of Our Lady of Guadalupe is a famous Marian shrine located in which country?**  
a) France      b) Spain      c) Mexico

#### Please Note:

- The Quiz is only for children of our Parish who are studying in Std. 10th and below.
- Drop the answers in the letter box in front of the Parish sacristy, latest by 30th June 2016
- There are three attractive prizes. If there are many right answers the prizes will be determined by casting lots.
- Editorial Board's decision will be final and binding.

Full Name \_\_\_\_\_ Class \_\_\_\_\_  
School \_\_\_\_\_ Telephone/Mobile No \_\_\_\_\_  
Family No. \_\_\_\_\_ Address: \_\_\_\_\_

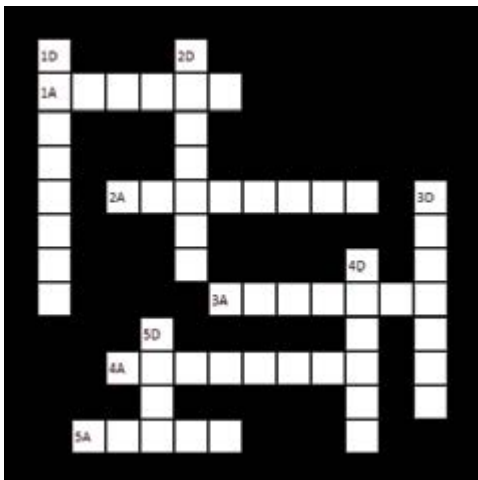
#### Answers of Quiz No. Quiz 2016-01:

- I) 1A) Joseph    2A) Paradise    3A) Basin    4A) Gethsemane  
1D) Curtain    2D) Judas Iscariot    3D) Barabbas    4D) Simon    5D) Lent    6D) Pilate
- II) 1) afraid, Zion, King, Donkey (John 12:15) 2) wheat, single, dies, many (John 12:24)  
3) Lord, teacher, washed, another (John 13:14) 4) love, commandments (John 14: 15)  
5) Holy Spirit, Father, teach, remember (John 14: 26)
- III) DRAW I FROM THE I WHEN LIFTED WILL EVERYONE UP TO ME AM EARTH
- IV) WHEN I AM LIFTED UP FROM THE EARTH I WILL DRAW EVERYONE TO ME (John 12:32)
- V) 1) b) by burning palms used during previous Palm Sunday  
2) a) Christ, the Light of the World  
3) b) at the Last Supper which is commemorated on Maundy Thursday

#### Winners of Quiz No. Quiz 2016-01:

- 1<sup>st</sup> prize - Tahirah Fernandes. (Std. IX Canossa High School)  
2<sup>nd</sup> prize - Jessica Fernandes (Std VIII. Canossa High School)  
3<sup>rd</sup> prize - Jayden Chettiar (Std. IX Holy Family High School)

### I) SOLVE THE CROSSWORD FROM THE CLUES GIVEN BELOW



#### ACROSS

- 1A. He was paralysed and bedridden for 8 years and Peter healed him in Jesus name. (Acts 9:33)  
2A. He was chosen to serve as apostle in the place of Judas Iscariot. (Acts 1:26)  
3A. He is the first martyr and was stoned to death. (Acts 7:55)  
4A. He said this of the apostles- "If what they planned and have done is from God, you cannot possibly defeat them". (Acts 5:38)  
5A. He was praying with Paul at midnight when the chain fell off all the prisoners. (Acts 16:25)

#### DOWN

- 1D. Saul was travelling to this city when a light from heaven flashed about him. (Acts 9:3)  
2D. She was from Joppa who spent her time doing good and Peter raised her from the dead. (Acts 9:36)  
3D. He was the husband of Sapphira who was consumed by greed and lied to the Holy Spirit, thereby causing him to fall dead. (Acts 5:5)  
4D. He was directed by the Holy Spirit to preach to the Ethiopian eunuch who was baptised immediately. (Acts 8:28)  
5D. He persecuted the followers of the Lord and Jesus asked him "Why do you persecute me". (Acts 9:5)

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

(Jealous, love, preaching, irritable, angels, wrongs, patient, noisy, faith, truth, secrets, bell, nothing)

- "I may be able to speak the languages of men and even of \_\_\_\_\_, but if I have no love, my speech is no more than a \_\_\_\_\_ gong or a clanging \_\_\_\_\_." (1Cor13: \_\_\_\_\_)
- I may have the gift of inspired \_\_\_\_\_; I may have all knowledge and understand \_\_\_\_\_; I may have all \_\_\_\_\_ needed to move mountains- but if I have no love, I am \_\_\_\_\_. (1Cor 13: \_\_\_\_\_)
- Love is \_\_\_\_\_ and kind; it is not \_\_\_\_\_ or conceited or proud; love is not ill mannered or selfish or \_\_\_\_\_; love does not keep a record of \_\_\_\_\_; love is not happy with evil, but is happy with the \_\_\_\_\_. (1Cor 13: \_\_\_\_\_)
- Meanwhile these three remain: faith, hope and love and the greatest of these is \_\_\_\_\_. (1Cor 13: \_\_\_\_\_)

# Hearty Laughter

## Funny Translations Into English

In A Bucharest Hotel Lobby:

The lift is being fixed for the next day. During that time we regret that you will be unbearable.

In A Hotel In Athens:

Visitors are expected to complain at the office between the hours of 9 and 11 am daily.

In The Lobby of a Moscow Hotel Located Across a Russian Orthodox Monastery:

You are welcome to visit the cemetery where famous Russian and Soviet composers, artists and writers are buried daily except Thursdays.

In a Budapest Zoo:

Please do not feed the animals. If you have any suitable food, give it to the guard on duty.

In an Acapulco Hotel:

The manager has personally passed all the water served here.

## Country Refreshment

A man was on a long walk in the country. He became thirsty so decided to stop at a little cottage and ask for something to drink.

The lady of the house invited him in and served him a bowl of soup by the fire. There was a wee pig running around the kitchen, running up to the visitor and giving him a great deal of attention. The visitor commented that he had never seen a pig this friendly.

The housewife replied: "Ah, he's not that friendly. That's his bowl you're using."

## Reality

Two boys were walking home from Church after hearing a strong preaching on the devil. One said to the other, "What do you think about all this Satan stuff?" The other boy replied, "Well, you know how Santa Claus turned out. It's probably just your dad"

## This Lawyer Is Thorough

The attorney tells the accused, "I have some good news and some bad news."

"What's the bad news?" asks the accused.

"The bad news is, your blood is all over the crime scene, and the DNA tests prove you did it."

"What's the good news?"

"Your cholesterol is 130."

## Obituary

This week our Church was saddened to learn of the death of one of our most valued members, Someone Else.

Someone's passing creates a vacancy that will be difficult to fill. Someone Else has been with us for many years and for every one of those years, Someone did far more than a normal person's share of the work. Whenever there was a job to do, a class to teach, or a meeting to attend, one name was on everyone's list, "Let Someone Else do it." Whenever leadership was mentioned, this wonderful person was looked to for inspiration as well as results; "Someone Else can work with that group."

It was common knowledge that Someone Else was among the most liberal givers in our Church. Whenever there was a financial need, everyone just assumed Someone Else would make up the difference.

Someone Else was a wonderful person; sometimes appearing superhuman. Were the truth known, everybody expected too much of Someone Else. Now Someone Else is gone! We wonder what we are going to do.

Someone Else left a wonderful example to follow, but who is going to follow it? Who is going to do the things Someone Else did?

When you are asked to help this year, remember, we can't depend on Someone Else anymore!

# Parish Activities

## COUPLES FOR CHRIST INDIA... Love. Life. Family.

### What is CFC?

The Couples for Christ, India (CFCI), operates under the Conference of the Catholic Bishops of India Family Commission, and under the Family Commission, in each diocese. The CFCI does not invite people to join CFCI. Instead, through its **Christian Life Program (CLP)** the community presents the Good News of Jesus Christ to all who are willing to listen. CLP is an integrated course intended to lead the program participants into a renewed understanding of and response to God's call to them as Christian couples/individuals. Joining the CFC is not a prerequisite for attending the CLP, everyone is welcome.

We, the Couples for Christ group of the parish, are starting the **CLP from Sunday, July 3, 2016** in the Mini Hall from 6.30 pm – 8.30 pm. The talks will be delivered by married couples and will focus on the practical aspects of Christian family life.

We invite you to come and experience Jesus in your life as an individual or as a couple.

**The CLP has two basic purposes:** *Evangelism and Spiritual Renewal.*

**To evangelize** is to take the basic message of Christianity and to proclaim it so that those who hear it can receive a fuller experience of the Holy Spirit in their lives.

**Spiritual renewal** works in three ways:

- 1. For an Individual:** It brings the person into a stronger relationship with God.
- 2. For the Family :** It brings married couples into a renewed commitment to Christian family life.
- 3. For the Church :** It brings people within the parish to a fuller experience of life in the Spirit and helps revitalize and foster community life in the parish.

### Content of the Christian Life Program (CLP)

The CLP starts with an Orientation Session on July 3, 2016 in the Mini Hall from 6.30 pm to 8.30 pm, followed by 3 modules of 4 sessions each, every Sunday.

- The first module presents the absolute basics of Christian life.
- The second module presents the kind of life that God calls us to, and helps individuals / couples to make a reorientation of their lives around Jesus.
- The third module helps individuals / couples to appropriate for their lives the power of the Holy Spirit.

The topics of the Sessions are :

### Module 1: The Basic Truths About Christianity

1. 10th July : God's love
2. 17th July : Who is Jesus Christ?
3. 24th July : What it means to be a Christian
4. 31st July : Repentance and faith

### Module 2: The Authentic Christian Life

5. 7th August : The Christian Ideal: Loving God
6. 14th August : Loving Your Neighbor
7. 21st August : The Christian Family
8. 28th August : Life in the Holy Spirit

### Module 3: Living A Spirit Filled Christian Life

9. 4th September : Receiving the power of the Holy Spirit
10. 11th September : Growing in the Spirit
11. 18th September : The life and mission of CFC
12. 25th September : Transformation in Christ

**Please make time to attend at least one session.**



**Couples For Christ India (CFCI) - For Everyone in the Family**

**Lloyd & Zeldia Fernandes**  
Members of CFC, Community No. 15, Akashdeep

“  
*Don't get upset with your imperfections. It's a great mistake because it leads nowhere - to get angry because you are angry, upset at being upset, depressed at being depressed, disappointed because you are disappointed.*  
*So don't fool yourself. Simply surrender to the Power of God's Love, which is always greater than our weakness.*

*- Saint Francis de Sales*

## Parish Family Cell Wins Recognition!

Every year, the Family Commission of the Archdiocese of Bombay, organizes the Family Rally. At this Rally, Deanery level awards are presented to Family Cells from parishes belonging to the various deaneries, based strictly on performance and family related activities. This year the Rally was held on Sunday, 13th March, 2016.

The Family Cell of the Sacred Heart Parish was pleasantly surprised that our Cell was conferred with two Certificates:

- **The Best Family Cell in the Andheri Deanery.**
- **Conducting the WAVE Program.**

It was indeed a moment of great honor and immense pride to receive these coveted awards from the hands of His Lordship, Bishop Agnelo Gracias.

The Family Cell was formally commissioned in our parish on 27th December 2014, the Feast of the Holy Family, by Fr. Innocent Fernandes SVD. The Family Cell has as its Vision Statement - *"Christian families transformed and empowered for Christ's Mission"* and aims at reaching out to distressed families in times of crisis and difficulties.

In November 2015, a session of **WAVE** (We Abhor Violence Everywhere) was organized by the Family Cell, for our parishioners. The speakers Diana and Baptist Gudinho of the Family Apostolate of the Archdiocese educated the participants on the various forms of violence present all around us, even within the confines of our own homes, which we are blissfully ignorant and unaware of. The session was very informative and left every participant much wiser and enlightened. The 'Family Cell' together with the 'Couples for Christ' of our parish, organized the Couples Mass on 14th February 2016, which was attended by a large number of our parishioners and the feed-back received was very appreciative and encouraging.

We are proud and happy to be part of the Family Cell and look forward to organizing more family life education programs, workshops on family catechesis, family management, etc., so that every family in our parish truly mirrors a Vibrant Domestic Church, which is our ultimate aim.

**Yvonne D'souza**  
**Family Cell**

## Jesus And His Chosen Few

We, the Eucharistic Ministers are the very few chosen ones to hold **Jesus** in our hands to give Him to others. Our spiritual director - Fr. John Mascarenhas SVD wanted us to have a spirit filled day; hence he planned for us a 'Recollection' on 8th April 2016, assisted by Lloyd, at an outdoor location.

In order to avoid the morning traffic rush of our city, we set out early on our journey. We reached the venue praying and singing, in a joyful and comfortable frame of mind. We were surprised, pleasantly so, that Father had chosen such a scenic place for us.

After a hearty breakfast, we were asked to take a walk on the beach. It was a beautiful experience to feel the cool sea breeze, the soft sand under our feet, the calm sea and the view was just beautiful, beyond words! The sight mesmerized us. The spirit-filled day was slowly unfolding and embracing us gently. We were totally engrossed bonding and building closer ties with each other. Everyone was happy and cheerful. The message on the wall was amply clear: we were indeed happy to be together!

We were kept spiritually nourished by some quality sharing by Fr. John. Using objects (*rocks, shells, pebbles, seaweed, driftwood*) which we were asked to collect on our walk on the beach, Fr. John said these objects resembled our lives and the personal experience of Jesus when administering Communion to the home bound. Seated around Father, it was an uncanny observation, that we resembled the Twelve Apostles sitting with Jesus, as we were twelve of us! (*missed the absent ministers who unfortunately could not join us.*) Like the Twelve Apostles we found ourselves listening attentively, and trying to take in every word spoken. Fr. John's inspirational talks enriched our minds and souls. He encouraged us to follow Jesus and to be spirit-filled. We were made to realize how blessed we are to be chosen as Ministers and how Jesus is constantly working in us, changing our inner beings. We performed scripture based skits and Father appreciated our efforts though most of us were amateur actors!

Celebrating the Eucharistic outdoors amidst beautiful nature, sure was a unique experience, which cannot be explained in words. One has to experience it first hand to feel it. We remembered our family and friends and prayed for all, including the absent ministers.

We were served a delicious lunch, with everyone relishing the food! The fellowship building was good. Everybody felt the idea of having the 'Recollection' outdoors was a novel and good experience for us all.

Thank you, Fr. John for leading us. Your patience, love and kindness is greatly appreciated. We will all continue to learn and be inspired by you.

**Jacinta Saldanha**  
**Eucharistic Minister**

## WITNESSEING THE FINAL MOMENTS OF THE SUFFERING CHRIST

'Good Friday' on 25th March 2016, saw a huge gathering of our parishioners participating in 'The Way Of The Cross' with the Lord. It commenced from Atma Darshan, with stops at Gyan Ashram, Lotus Lawns, St. Arnold Campus, culminating in Church. The Stations Of The Cross certainly helped us feel in the least possible way what the Lord went through, walking in the scorching heat and dust with the mocking and writhing pain inflicted by the ruthless soldiers, the weight of the cross and the sins of humanity.

Generally, the Way Of The Cross is witnessing and living the journey of Christ, in His last hours. This year, the Way Of The Cross had reflections as seen through the eyes of a soldier. It helped us realise how often we mock Christ while we go about our day-to-day lives. Just like soldiers, we whip, dominate and hurt our loved ones and others, knowingly or unknowingly. It helped us connect to the time and situation and how we take comfort in the herd mentality and remain silent witnesses to oppression and the wrongs happening within our families and society at large.

The logistics and organising skills that went into putting this solemn prayer service together by the NYGs of our parish, is commendable. They encouraged parishioners to participate in the singing of the hymns and the recitation of prayers which helped make 'The Way Of The Cross', a meaningful experience.

After the Way Of The Cross service ended, the Three Hour Agony service began. It was based on the last seven words of the dying Jesus, on the Cross. The very energetic Franciscan priest Fr. Fidelis D'lima OFM, led us into prayer and deep communion with Jesus, His suffering and ultimate death on the cross. Meditating on the gamut of thoughts Jesus went through before His death, and His decision to endure all kinds of pain and suffering for each one of us, is a testimony/reminder of the everlasting love of the Son and the limitless care of the Father.

*“And I understood that the greatest attribute of God is love and mercy. It unites the creature with the Creator. This immense love and abyss of mercy are made known in the Incarnation of the Word and in the Redemption [of humanity], and it is here that I saw this as the greatest of all God's attributes.”*

*- St. Faustina Kowalska*

Among the many questions raised : Are we ready to take up our crosses and follow the Lord? Are we ready to endure the little pains we feel in our personal and professional lives for the sake of others? Are we able to share a little of the immense care God our father and provider bestows on us, with our families and neighbours?

Prayers after meditation, apt hymns by the choir made the service meaningful and instilled a deep understanding of the way Christ gave of Himself to us, not partly but fully, and how we as Christians are called to give of ourselves, in the same manner.

We dispersed with a plea to the Divine Mercy, with the recitation of the chaplet and novena which further strengthened our faith in our merciful God who will be with us all along, as He was with His Son Jesus!

**Vanessa D'souza**  
**Community No. 6, Morning Star**

## Easter Triduum 2016

The Easter 'Triduum' was a well planned and executed event organised by our parish clergy and liturgy teams. Fr. Selva Rathnam SJ, President of the Jana Deepa Vidyapeeth, Pune, was the preacher.

**Maundy Thursday** commemorates Christ's Last Supper wherein He laid out the model for the Eucharist while giving us His mandate: 'To love one another as He loved us.' Fr. Selva brought out the theme "God's Mercy Expressed In Service", with a theological background. He explained the relevance behind the 'Washing of the Feet' ritual, at that time in History, and emphasised on the fact that Jesus learnt this act of humility from Mary Magdalene.

This year, Pope Francis urged the Universal Church to include men and women, rich and poor, religious and secular, in fact anyone who claims to be a follower of Jesus, to be part of the twelve disciples. It was indeed a heart-warming experience to see Fr. Lawrence, our Parish Priest wash the feet of his flock!

On **Good Friday** we commemorated the crucifixion and death of Jesus. All the readings spoke about the temptations, sufferings and death of Jesus.

Fr. Selva, preached on the theme: "God's Mercy Reaches It's Culmination". He stumped the congregation, by asking, "What is good about Good Friday?"



## Preparation for First Holy Communion (FHC) Day

Father helped us understand that temptation by itself is not a sin but yielding to it, is sin. Jesus faced the temptations, but did not succumb.

When we are tempted, we simply need to 'Walk with Jesus.'

He said temptation comes in three ways:

- 1) Like a 'Military Leader' who attacks the enemy at unguarded moments. We should be on guard and stay away from persons or situations that cause us to sin.
- 2) 'False Lover' who whispers that the tiny sin that we have committed will remain a secret, so we can continue to err.
- 3) A 'Nagging Partner' forcing and coaxing us to do what is not of God's kingdom. We should say a firm 'No' to every temptation.

Jesus suffered for the love of us and brought redemption.  
***"There has never been a Preacher greater than Jesus, never a Pulpit greater than the Cross, never an Audience greater than the one that witnessed the Crucifixion, never a Sermon greater than the words Jesus uttered on the Cross."***

Fr. Selva, brought out the real essence of 'Easter' in his homily, at the Easter Vigil Mass. He explained *"God's Mercy, Made Eternal"*. 'Easter' comes from the word 'East' which means 'to rise'. The sun rises from the East and Jesus rose from death, therefore - Easter. The Easter Vigil is symbolic of Jesus being the light of the world. The new fire symbolizes the Light of Salvation and Hope that God brought into the world through Christ's Resurrection, thus dispelling the darkness of sin and death.

We live in a world covered in darkness and becoming aware of this darkness is important, for it allows the Risen Lord to enter into our lives and lead us from darkness to light, from falsity to truth.

**Sr. Monica FDCC**

*"All our religion is but a false religion, and all our virtues are mere illusions and we ourselves are only hypocrites in the sight of God, if we have not that universal charity for everyone - for the good, and for the bad, for the poor and for the rich, and for all those who do us harm as much as those who do us good."*

**- St. John Marie Vianney**

An informal name for "First Communion" is the first celebration of the Eucharistic sacrament - a treasured first encounter with Jesus, in one's life. This greatest gift that Jesus gave us takes a whole lifetime to open and requires a response from us. We must take care to prepare our children well, for this momentous day. It is most often celebrated by children when they have reached the age of reason and are capable of participating in the sacramental life of the Catholic Church.

The children were first initiated into the 'Right of Acceptance' in the SCCs and in the Church. At a specially held Mass, accompanied by their parents, they were made aware of the importance of **'The Lord's Prayer'** and **'The Creed'**. The best preparation was taking them for Mass every Sunday and helping them understand its importance. They were shown audio-visuals of the Parables of Christ and taught how to use them in their day-to-day life. They were also taken to the 'Balwadis' (schools for street children conducted in open spaces). Here, they acquainted themselves with children who come from underprivileged backgrounds and learnt to care and share. Above all, they thanked God and their parents, for all that they receive.

To share in the Communion rite for the first time, they were given "sufficient knowledge and careful preparation so as to understand the mystery of Christ according to their capacity" (Code of Canon Law 913). They were encouraged to explore some of their many God-given "gifts" viz., love, peace, forgiveness, friendship and creation. They were made to understand about what receiving Jesus in FHC means and the changes it would make in their lives.

The children had an intensive week from 11th April to 15th April where they were taught how to make their confession, practiced prayers, hymns etc. On 14th April, they made their First Confession.







## YOUTH FULLY A L I V E

### Message to Entrepreneurs In The Making - Dream Big!

At last, the big day was upon us. On 16th April 2016, forty eight children received their First Holy Communion. The Eucharistic Celebration commenced at 5.00 pm with Fr. Lawrence Correa SVD as the main celebrant. The lectors were siblings of the FHCs who were well-trained by Terence and a mention must be made of how well they read. The melodious voices of the choir headed by Tony Dias made the Mass very vibrant. Fr. John's homily was most appropriate for the occasion. It was easy for the children to understand the meaning of the Eucharist. He told them their day was special and they should never forget it, because it started and ended with a 16! The children's action song, "Into my Heart" was well-rendered. One could visualise Jesus coming into their hearts! After Mass, the FHCs were photographed with the celebrants, at the Community Centre. They were then handed their FHC certificates along with a rosary, scapular, bookmark on how to make their confession and a snack box. They all looked angelic in their attires - little Angels sent from above, to glorify God!

**Francisca Saldhana  
Catechist (First Holy Communion)**

“Before the coming of Jesus Christ, men fled away from God and, being attached to the earth, refused to unite themselves to their Creator. But the loving God has drawn them to Himself by the bonds of love, as He promised by the prophet Osee [Hosea]: “I will draw them with the cords of Adam, with the bonds of love” (11:4). These bonds are the benefits, the lights, the calls to His love, the promises of Paradise which He makes to us, but above all, the gift which He has bestowed upon us of Jesus Christ in the Sacrifice of the Cross and in the Sacrament of the Altar...”

- St. Alphonsus Maria Ligouri

Post our exams, around Easter time, we, the youth of our parish had an opportunity to participate in an event ‘**Dream Big**’, organised by the Youth Ministry of our Parish on Sunday, the 17th April, 2016. We participated with zero expectations and an open mind! We were promised an evening of advice about wealth management and creation of wealth, an introduction to entrepreneurship and the pros and cons of owning one's own micro and small scale business. And we must mention, that we were not let down. After formally thanking the speakers for their precious time and agreeing to share their knowledge and expertise with the youth, Fr. Lawrence Correa SVD led the house in prayer before the session began.

The resource persons who addressed us, spoke to the point and gave us detailed explanations on their areas of expertise. Mr. Albert D'Souza, Chairman of Printania Offset Printers, Model Co-operative Bank and St. John's Group of Colleges, spoke enthusiastically about what it means to be an entrepreneur in today's day and time. He explained the various qualities an entrepreneur must possess. He shared his personal experiences as an entrepreneur and encouraged us to expand our horizons and think like an entrepreneur would.

After Mr. Albert's inspiring talk, Mr. Clifton D'silva, Director of Altina Securities Private Limited, took to the mike. He spoke about the importance of wealth management and how wealth can be created. Mr. D'silva spoke very eloquently and had all of us listening in rapt attention! He not only gave us tips and shared the methodology of investing and earning but also shared the pitfalls of overconfidence and forewarned us to always err on the side of caution. His advice earned a big round of applause from all the participants. Last but not the least, was the young and vibrant speaker, Mr. Reuben Buthello, a young second generation entrepreneur from the Buthello Group of Companies. He explained to us the pros and cons of having one's own business. He opted to explain his points via a power point presentation that caught everyone's attention. He used examples that the youth could relate to. He urged us to start our businesses so that we become employers instead of being just employees. He ended his presentation with passages from the Bible that encouraged us not only to be business savvy but also be honest in our business dealings.

There was a question and answer round addressed to and answered by all the three speakers. They cleared all our doubts and questions with great enthusiasm with nuggets of wisdom thrown in, much to our amusement. There were laughs and smiles all around at the end of the event. The program concluded with the Vote of Thanks. We all went home much wiser than when we entered, with a newly acquired responsibility: to 'DREAM BIG'.

**Lynda Fernandes  
Community No. 9, Divine Mercy**

## Throw-Ball Tournament 2016

With the court demarcated in white, nets put up and the ball fully pumped with air, the Parish Youth Council was all set to get the show going. After weeks of rigorous practice sessions, the teams too were up and ready for the much awaited annual Women's Throw-Ball Tournament.

It commenced on 23rd April 2016. A total of 6 Areas out of 7, put up teams with their best players. The event began with Fr. Lawrence Correa SVD addressing the players as well as the crowds. After the players took the oath to play fair and by the rules, Fr. Lawrence declared the tournament open!

Each Area played two matches and every Area put up a tough fight. Every player brought to the game a different set of skills. Some were good at service whereas some were good at breaking the service! Surprisingly, even the crowds were silent spectators more intent in the moves the players made. After 6 matches, 4 teams made their way to the semi-finals. End of Day 1.



Day 2 began on 24th April. Area 1 and Area 2 battled it out in the first pool of semi-finals with Area 2 declared winners after a game of 3 sets. Area 5 and Area 7 battled it out in the second pool. Area 7 came out victorious. It was a display of their classic serves that gained them a good lead in every set. Then came the much awaited Exhibition Match between the *ladies* who are regular players on our Church grounds vs. the NYG boys. The game was high on entertainment with the crowds cheering both the teams, the ladies as well as the boys! After 2 sets, both teams were tied on the board. The 3rd set was won hands down by the ladies! Not taking away anything from the boys here, but the ladies did outplay the boys! At the end of the day it was experience that won! Ladies take a bow!

After the Exhibition Game, it was time for the BIG game to begin. You could feel the tension in the air. The crowd was so silent that you could probably hear a pin drop to the floor! All eyes were on the players. With sporadic cheering, two sets of 25 points were done in no time. It was a tie! The tie breaking set was nerve wracking with the crowds going with collective "Ohs" and "Ahs" for their respective Areas. Area 2, the defending champions managed to retain their crown for 2016 too! "We don't give it back" they shouted in unison, as they received the winner's Trophy!

Awards were presented to the '*Best Player*' and to the team who played '*Fair*'. The event ended with a PYC member proposing the Vote of Thanks. Big question: Who will step in to beat Area 2's record? Guess we will need to wait until next year! Suffice to say that the Throw Ball Tournament 2016 ended well and with much success!

**Leona Trinity Fernandes  
Community No. 9, Divine Mercy**

*“Mercy is more than simply being compassionate. Mercy is the overflow of charity, which brings with it also an overflow of justice. Mercy means keeping one's heart totally alive, throbbing in a way that is both human and divine, with a love that is strong, self-sacrificing and generous. Here is what St Paul has to say about charity in his hymn to this virtue, “Charity is patient, is kind; charity feels no envy; charity is never perverse or proud, never insolent; does not claim its rights, cannot be provoked, does not brood over an injury; takes no pleasure in wrong-doing, but rejoices at the victory of truth; sustains, believes, hopes, endures, to the last” (I Cor 13: 4-7).*

*- St. Josemaria Escriva*

# Health Page

## Dealing with Migraine

Migraine is a severe headache, experienced by a person as a throbbing pain in the front or on one side of the head. It is usually accompanied by symptoms such as nausea, vomiting, and a heightened sensitivity to light, sound, and smell. It could last anywhere from a few hours to a few days. It is known to affect women 2 to 3 times more commonly than men.

The exact cause of migraine remains unknown. However, there are several factors that can trigger this form of headache. Some of them are:

- Lack of sleep or change in sleeping patterns
- Smoking
- Irregular meals or fasting
- Causing low blood-sugar levels
- Dehydration
- Exposure to the Sun
- Alcohol, stress, anxiety, or depression
- Over exertion, exercise, jet lag, etc.
- Certain medications,
- Hormonal fluctuations in women
- Certain foods containing nitrates, MSG, etc.
- Foods like nuts and chocolates
- Almost 90% of the sufferers have a family history of migraine. This means that if one or both of your parents suffer from migraine, then you too have a risk of suffering from it.
- Most people have migraine headaches preceded by an aura. Auras are sensory disturbances that serve as warning signs before the onset of a headache. Auras could be in the form of: Zigzag lines, sparkling or flashing lights in the visual field.
- Blind spots in vision
- Unpleasant smells
- Pin and needle sensation in limbs
- Stiffness in shoulder and neck

*We can tell Him all the secrets of our heart, disclosing our want and misery to Him Who alone can remedy them, and saying: O Friend of my heart, she whom Thou lovest is sick. Visit and heal me, for I well know that Thou canst not love me and yet leave me alone in my distress.*

*- St. Margaret Mary Alacoque*

Individuals suffering from migraines should keep a close watch on factors that have triggered acute attacks in the past, so that they can avoid them. It also helps if you maintain a healthy lifestyle, including regular exercise, sleep, and meals. Avoid excessive tea, coffee, and alcohol. Make sure you drink plenty of water and stay well hydrated.

Migraines are chronic in nature; this means that sufferers have a tendency to develop migraine attacks repeatedly whenever they are exposed to one or more of the triggers. Interestingly however, avoiding triggers may not always be the solution, as many individuals are known to suffer from severe migraines, even without exposure to them. Hence, it is advisable that you consider any therapy which aims at removing this tendency and curing migraines completely.

Homoeopathy is one such form of therapy which is beneficial in acute as well as chronic migraines. For chronic migraines, it is recommended that you consult a doctor. Timely intervention and regular treatment of migraine will certainly help you live a migraine-free life.

**Dr. Nishel Lobo M.D. (Hom.)**  
Consulting Homoeopath



# From the Parish Register

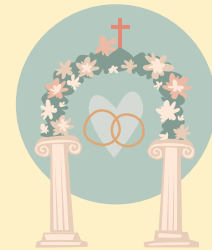
## BAPTIZED IN CHRIST



Abriel Thomas Fernandes	S/o	Thomas Fernandes & Linnet Thomas	27-Mar-16
Zane Paes	S/o	Trilok Paes & Lisette Ann	27-Mar-16
Hazel DeAlmeida	D/o	Joecan & Shefali DeAlmeida	27-Mar-16
Travis Aden D'Silva	S/o	Troyden Tolentino D'Silva & Shefali Satish Govekar	27-Mar-16
Samul Gomes	S/o	Sebastin & Manju Gomes	27-Mar-16
Louis Gomes	S/o	Sebastin & Manju Gomes	27-Mar-16
Soniya Gomes	D/o	Sebastin & Manju Gomes	27-Mar-16
Shanu Dhami	S/o	Mahindra & Manju Dhami	27-Mar-16
Madhu Dhami	D/o	Mahindra & Manju Dhami	27-Mar-16
Mahendra Dhami	S/o	Lal S & Shantidevi Dhami	27-Mar-16
Priyanka Vincent Dias	D/o	Laxman & Sunita Hazare	27-Mar-16
Dwayne D'Souza	S/o	Richard & Diana D'Souza	3-Apr-16
Zayden Nazareth	S/o	Sheldon Nazareth & Duran Maria Fernandes	10-Apr-16
Wilson Kiro	S/o	Oscar & Nirmala Coleta Kiro	24-Apr-16

## UNITED IN CHRIST

Mahendra L Dhami	To	Manjula Bakla	18-Mar-16
Noel Naveen	To	Babian Celine Fernandes	9-Apr-16
Clayton Leonard Francisco D'Souza	To	Louchelle Melissa Barretto	9-Apr-16
Benson Savio Fernandes	To	Carmeline Johnsingh Christopher	12-Apr-16
Ferdinand John Albert Furtado	To	Marita Sunita Cabral	16-Apr-16
Rocky D'Souza	To	Sonia Stella Menezes	16-Apr-16



## RESTING IN CHRIST



Francis Sequeira	90	265/7, Happy Home, Sher-E-Punjab	2-Mar-16
Cecilia Norbert Castellino	67	203, E-2,Wing-1, Tulip, Bindra Complex	18-Mar-16
Treza Andrew Lobo	70	3-B/701, Shantinagar SRA CHS Ltd.,	22-Mar-16
John Casmir Moras	61	Rajeshwari Niwas, Mahakali Caves Road	23-Mar-16
Paul Monteiro	55	7C/609, Utsav CHS Ltd., MHADA Colony	25-Mar-16
Martha Peter Muntode	76	6-B/31, Takshila CHS Ltd.,	29-Mar-16
Annie Castellino	92	Home For the Aged, Andheri (E)	2-Apr-16
Martin Lin Alphonso	80	21-B, Flat No.32, Takshila CHS Ltd.,	4-Apr-16
Staney John Fernandes	30	Room No.5, Siddhivinayak Chawl, Pump House,	5-Apr-16
Nataline Fernandes	87	8, S S Yadav Chawl, Opp: Takshila CHS	6-Apr-16
Grace Polycarp	81	D/14 Saroj Apartments	8-Apr-16
Lazarus Michael	53	6, Sakil Niwas, Opp: Sai Baba Mandir, M C Road,	11-Apr-16
Fermine D'Lima	92	A/19, Rooftop CHS Ltd,	11-Apr-16
Lilly D'Souza	69	Home For the Aged, Andheri (E)	27-Apr-16

**For the 8:45 am Mass Schedule, Youth Mass Schedule and the Holy Hour Schedule look up the Parish website : [www.sacredheartandheri.net](http://www.sacredheartandheri.net)**

# Farewell Dear Fathers

## Thank you & God bless you



### Fr. John Mascarenhas SVD

Too soon, barely having completed a year in his current assignment, we have to bid farewell to Fr. John Mascarenhas SVD. It was just last year, in June 2015, that Fr. John joined our Parish. It was his second stint in our parish. He was co-pastor previously, from October 1996 until the inauguration of the new church in October 2000. He leaves our parish to undertake an important assignment, as Rector of St. Francis Xavier Ashram, the SVD Seminary and Director of Ashirwad in Raia, Goa. Armed with a degree in Education and an extensive experience in the field of education, having been the Principal at St. Theresa's School, Bandra; the SVD Seminary, Raia is blessed to have Fr. John at the helm of its affairs.

During his short tenure here, Fr. John has proved himself to be a people's pastor who was always available for the sheep of his flock. It was a regular sight to see Fr. John mentoring the youth and encouraging parishioners to participate in the activities of the parish. Fr. John is a person with valuable insights which he generously shared in his capacity as Spiritual Director of the various cells of our parish viz., the Parish Youth Animation Team, the Eucharistic Ministers, Ushers Group, Lectors Cell, Women's Cell, Bombay Catholic Sabha, Divine Mercy Cell, Altar Servers, Parish Cultural Committee, Parish Choirs and the Parish Bulletin team.

His cheerful disposition always brought a smile to those around him. We will surely miss Fr. John's melodious singing and friendly presence.

Au revoir Father! We wish you all the very best in your future endeavors.

May you always be a shepherd after God's heart!



### Fr. Wilson Wilfred SVD

Fr. Wilson Wilfred SVD came to our parish as a Deacon in October 2013 and on 3rd May 2014, was ordained a Priest in his home town in Killukottai. It was our great pleasure to welcome Fr. Wilson to our parish in June 2014 as a co-pastor, his first pastoral assignment after ordination. He has been with us since then. In June 2016, he will be leaving our parish to take up his next assignment in Mysore where he is appointed as Treasurer at Vidya Niketan, SVD Formation House.

Both, elders and the youth will be missing Fr. Wilson's meaningful homilies which always carried an underlying message! Besides being the co-pastor of our parish, he was the Spiritual Director of several SCCs. He was also the Spiritual Director of the Parish Cultural Committee, Sunday School, Parish Youth Animation Team, Bible Cell, Parish Youth Council, Parish Website and the Parish Bulletin Team.

We at Sacred Heart, will miss you Fr. Wilson Wilfred immensely. We pray that you be blessed abundantly to spread God's message of love and mercy to all you come in contact with and expand His kingdom far and wide!

Fr. Wilson, we wish you all the best in your future assignments and may God be with you always!

**Publisher:** Fr. Lawrence Correa SVD

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# PARISH VISION MISSION STATEMENT

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



Dream Big 2016



Eucharistic Minister's Recollection



Runners Up of Throwball 2016 - Area 7



Winners of Throwball 2016 - Area 2



First Holy Communion 2016