

# *Heart to Heart*

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 65

September 2016

For Private Circulation Only

*Holy Mary, Lead Our Children*



# 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  
 e-mail: h2h.bulletin@gmail.com  
 Website: www.sacredheartandheri.net

# FORTHCOMING EVENTS AND LITURGICAL FEASTS/MEMORIALS

13 <sup>th</sup> Sept	Memorial of St. John Chrysostom, Bishop & Doctor
14 <sup>th</sup> Sept	Feast of the Triumph of the Cross
15 <sup>th</sup> Sept	Memorial of Our Lady of Sorrows
16 <sup>th</sup> Sept	Memorial of Martyrs St. Cornelius, Pope and St. Cyprian, Bishop
20 <sup>th</sup> Sept	Memorial of Korean Martrys St. Andrew Kim & companions
21 <sup>st</sup> Sept	Feast of St. Matthew, Apostle & Evangelist
27 <sup>th</sup> Sept	Memorial of St. Vincent de Paul, Priest
29 <sup>th</sup> Sept	Feast of Archangels Michael, Gabriel, and Raphael
30 <sup>th</sup> Sept	Memorial of St. Jerome, Priest and Doctor
October	Rosary Month
1st Oct	World Elder's Day & Memorial of St. Theresa of the Child Jesus, Virgin
2nd Oct	Zeal 2016 (PYC)
2nd Oct	Thanksgiving Sunday
4 <sup>th</sup> Oct	Memorial of St. Francis of Assisi, Religious
7 <sup>th</sup> Oct	Memorial of Our Lady of the Rosary
13 <sup>th</sup> Oct	Senior Citizen Association day
15 <sup>th</sup> Oct	Memorial of St. Teresa of Avila, Virgin & Doctor
17 <sup>th</sup> Oct	Memorial of St. Ignatius of Antioch, Bishop & Martyr
18 <sup>th</sup> Oct	Feast of St. Luke, Evangelist
19 <sup>th</sup> Oct	Memorial of Sts. Isaac Jogues and John de Brebeuf and companions
23 <sup>rd</sup> Oct	Mission Sunday
28 <sup>th</sup> Oct	Feast of Sts. Simon and Jude, Apostles
1 <sup>st</sup> Nov	All Saints day
2 <sup>nd</sup> Nov	All Souls day
4 <sup>th</sup> Nov	Memorial of St. Charles Borromeo, Bishop
9 <sup>th</sup> Nov	Feast of Dedication of St. John Lateran Basilica
10 <sup>th</sup> Nov	Memorial of St. Leo the Great, Pope & Doctor
11 <sup>th</sup> Nov	Memorial of St. Martin of Tours, Bishop
12 <sup>th</sup> Nov	Memorial of St. Josaphat, Bishop & Martyr
12 <sup>th</sup> -13 <sup>th</sup> Nov	Parish Day and Family Meal
13 <sup>th</sup> Nov	World Communications Day
17 <sup>th</sup> Nov	Memorial of St. Elizabeth of Hungary
20 <sup>th</sup> Nov	Christ The King Feast
21 <sup>st</sup> Nov	Memorial of Presentation of Blessed Virgin Mary
22 <sup>nd</sup> Nov	Memorial of St. Cecilia, Virgin & Martyr
24 <sup>th</sup> Nov	Memorial of Martyrs Sts. Andrew Dung-Lac and companions,
30 <sup>th</sup> Nov	Feast of St. Andrew, Apostle
3 <sup>rd</sup> Dec	Feast of St. Francis Xavier
7 <sup>th</sup> Dec	Memorial of St. Ambrose, Bishop & Doctor
8 <sup>th</sup> Dec	Solemnity of Immaculate Conception
11 <sup>th</sup> Dec	Confirmation (10 am Mass)
12 <sup>th</sup> Dec	Feast of Our Lady of Guadalupe
13 <sup>th</sup> dec	Memorial of St. Lucy, Virgin & Martyr
14 <sup>th</sup> Dec	Memorial of St. John of the Cross, Priest & Doctor
18 <sup>th</sup> Dec	Sunday School Christmas Party
18 <sup>th</sup> Dec	Christmas Float
19 <sup>th</sup> - 21 <sup>st</sup> Dec	Advent Confessions

# From the Pastor's Desk

My dear parishioners,

8<sup>th</sup> September is clearly an important day in the Calendar of the Catholic Church, and more importantly to our Parish. On this day, we celebrate the birthday of Virgin Mary, the Mother of our Lord and Saviour Jesus Christ. It is also the birthday of our Church building, which was blessed and inaugurated on 8<sup>th</sup> September 2000, with the celebration of the Eucharist by his grace, Archbishop Ivan Dias. The Society of the Divine Word, the Congregation of the SVDs who serve in this parish also celebrate this day as their birthday. Besides, this day is also dedicated to the girl child.

The Church officially celebrates the birthdays of only three people during the liturgical year viz., Jesus Christ, St. John the Baptist and Virgin Mary. Because of the important role the Virgin Mother Mary played in the salvific work of Jesus Christ, the Church honours her with this feast. The Church teaches, and we believe that God had chosen her even before her birth to be the mother of Jesus Christ and that she was born without sin. The most significant aspect of her role in God's Plan of Salvation is her 'Yes' to His invitation to her to be the mother of His only Son and our Saviour Jesus Christ by the power of the Holy Spirit. She humbly accepted God's will and said: "*Behold the handmaid of the Lord, be it done to me according to Your word*". (Luke 1: 38)

The Church of St. Anne is the best-preserved Crusader Church in Jerusalem. It marks the traditional site of the home of Jesus' maternal grandparents, Saints Anne and Joachim, and the birthplace of the Virgin Mary. It is located just north of the Temple Mount, about 50 metres inside St. Stephen's or Lion's Gate. Next to the Church is the large excavation area of the Pools of Bethesda, where Christ healed a sick man (John 5:2-9). The New Testament says nothing about the birthplace of Mary. However, an ancient tradition, recorded in the apocryphal Gospel of James which dates from around AD 150, places the house of her parents, Anne and Joachim, close to the Temple area.

Jesus was not only human but also divine. Virgin Mary had been a great mother to Jesus Christ during His earthly life, from the time of His



conception until His death. She had to bring Him up and be with such a unique person during His childhood and His public ministry, suffering and death on the cross. Indeed, she did it so wonderfully even though sometimes she did not understand Jesus and could not bear to see her son suffering for no fault of His.

Jesus has made His mother the mother of each one of us. We can be rest assured that if we seek her assistance, she will help us to walk in Jesus' way and reach our heavenly abode. Virgin Mary was the perfect mother for her child Jesus. She groomed Him to be a wonderful human being. As we have dedicated this year also to the children of our parish, let us place them in the hands of Mother Mary. May they seek her guidance to be wonderful and loving children; through her intercession, may they experience the love of God in abundance, in their lives.

A special mention needs to be made of the girl children among us, as we specially remember them today. It is the duty of each one of us that they are respected, cared and loved equally as the boys are. We can make a difference in our society where laws in general protect girls, but the practice of the same is limited.

Dear parishioners, I wish each one of you a very happy feast of the Nativity of Virgin Mother Mary. May she bless your family and our parish and keep us united in the Lord!

**- Fr. Lawrence Correa SVD  
Parish Priest**

**Publisher:** Fr. Lawrence Correa SVD

**Editorial Team:** Fr. Innocent Fernandes SVD, Fr. Infant Vinodh SVD, Fr. John Serrao SVD, Antonette D'sa, Sarita Almeida, Irene Menezes and Annie Sebastian

**Bulletin Design:** Savio Rebello

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**e-mail:** h2h.bulletin@gmail.com

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# Mother Mary, Lead Your Children to Jesus - Your Son

Mary, Mother of Jesus, plays a very important and influential role in the life of a Christian! From the beginning of the Church, she has played the role of a mother, protector and a model. By receiving the title of **'Mother of the Church'**, she becomes the mother of us all. Just as we have a mother for our earthly needs, God has given us His mother for our spiritual needs. She is a mother who cares for us always and in all circumstances. She cares for the sick, especially the weak, the downtrodden and sinners. A mother always has a big heart and nurtures a soft corner for the weaker ones, among her children. If her child is disabled, physically challenged she devotes a lot more time, energy and attention on that particular child. Mary faithfully obeyed the will of God the Father and took care of Jesus in all situations. Mary imitates her son through her life of humility, obedience, caring and selfless-giving. Today, Mary represents every man and woman of every age and place. She is a true model for parents raising their children.

Parents, especially our mothers have a special bond, interlinked with love and devotion to our heavenly mother. They believe that Mary who was faithful to her son Jesus, and silently as well as profoundly accompanied Jesus during His most difficult and trying times on earth, will most definitely also be there for us. With deep rooted devotion and trust in Mary, they keep interceding to her for their children.

Mary who appeared in various places like Lourdes, Fatima or Velankanni did so mostly to little children who were poor, open minded and pure in heart. When our children are humble and receptive, it becomes easy and possible for our heavenly mother to lead them to her son Jesus.

Mary, like Jesus, was also a true teacher and a practical person. Whatever she believed, she mirrored in her life. She is always ready to accompany and walk along with her children. Mary's deeply humanitarian gesture in rushing to visit her cousin Elizabeth is a perfect example of her concern for her fellow being. Her life was a life without any complaints. Her very unique quality of sensitivity towards those who were in need like when she visited, greeted and stayed back to help her cousin Elizabeth; gives us more hope to turn towards her in our difficulties and struggles of daily life. She is also ever willing to accompany us and lead us by the hand, in our hour of need.

In the days gone by, mothers played a very central and important role in raising their children. There was no dearth of personal attention, care and dedication towards children. Today, with money not being an issue, children have a free and easy access to things, latest gadgets and a number of facilities. In reality, all these things hamper their growth. Values like caring, sharing, responsibility,

accountability, appreciation and gratitude are lost. To further compound the situation, children of today have to contend with peer group pressure and influences that have a greater impact than any of our talks, religious activities or value based education. They easily succumb to drinks, drugs, gambling and other activities bordering on sex which automatically sucks them into a hopeless downward spiral. Parents find themselves in a hapless situation, lamenting, as they witness their children being driven away from the mainstream of life. But on hindsight, the fault inadvertently lies in parents not providing the right direction and teachings at the right time to their children. Unfortunately, gadgets have taken a primary place and family time at home is heavily compromised. The spiritual side of life like honoring the Cross, reading the Bible, reciting the Rosary are slowly disappearing or being sacrificed for personal gratification.

I believe, we could always turn to God and He will make us radiant. And if we go to Mary, our mother, she will lead us to her beloved son Jesus who would without any doubt bless and transform our children into more graceful persons in Christ. It is sad and heartbreaking to witness today's generation being easily susceptible towards a life without values, disobedient towards rules and authority and having a careless attitude. There are also some children who are totally confused due to the negative effects of social media which unfortunately has intruded every sphere of life! Indiscipline and a total lack of respect towards authority (*parents / grandparents / elders / teachers*), has become a way of life. Due to the lack of time and easy access to money, elders succumb to the pressures exerted by their children, thus resulting to the ruin of the same children, whom they have to form.

Knowing all these drawbacks, Jesus gave us His mother, the weaker humanity, to help, guide and lead us. Her mission did not end with Jesus. She continues to inspire, bless and strengthen us and our younger generation. She accompanies her sons and daughters always and is sensitive and thoughtful towards their needs. In the words of St. John Paul II *"she is a great educational institution where she is also the head mistress who is the most qualified to teach about her son."* Let us then turn to her with greater trust and devotion. Her life itself is an open book and a huge practical *'library of life lessons'*, for all mothers and mothers-to-be! We have her example and her great humility, before God's message and God's will.

She will certainly lead our children to her divine son Jesus. May our daily prayer be **"Holy Mary, Mother of God, lead our children, weak and fragile, to your Son and bless them today and every day."** Amen.



# CCO On The Move

8<sup>th</sup> September, is a very memorable day for our **Centre for Community Organisation (CCO)**. It was on this day that the CCO was inaugurated and different activities commenced in the parish. The CCO completes 12 beautiful years, catering to the needs of our parishioners. We thank God for His immense blessings extended to the entire parish through our Centre. We also thank Mother Mary for guiding us in our tasks and endeavours.

Getting down to the activities at the CCO, we would like to apprise you of the events that have taken place during the last quarter.

The **Parish Youth Council (PYC)** organized a Summer Camp for children from 2<sup>nd</sup> May to 13<sup>th</sup> May 2016.

On 31<sup>st</sup> of May, **The Legion of Mary**, conducted the Rosary at the Church Grotto.

The **Senior Citizens Cell**, arranged a picnic for the seniors of our parish on 8<sup>th</sup> May, 2016.

The **Parish Associations Council (PAC)** comprising of Heads of all Associations/Cells, met on 9<sup>th</sup> June, to elect their representatives to the Parish Pastoral Council. Six Heads of Associations/Cells, were elected to the PPC at the PAC meeting held on 17<sup>th</sup> June.

The **Bible Cell** commenced their Bible sessions from 14<sup>th</sup> June 2016, with an orientation program. The speaker, Fr. Robert D'Souza spoke on the topic 'Theology of the New Testament'.

There were a number of events held on 26<sup>th</sup> July, 2016. Being **Laity Sunday**, the Heads of all Associations and Cells were commissioned during the 8.45 am Mass. In the evening, a program was organized by OLCM, for all heads in the Archdiocese of Bombay, at St. Andrew's Auditorium, Bandra. The theme was 'One In Spirit – All In Service'.

The **Parish Youth Council (PYC) & Neighbourhood Youth Group (NYG)** animators, were commissioned at the 5.30 pm Mass on 26<sup>th</sup> June.

The **Bombay Catholic Sabha**, held their Annual General Body Meeting at 6.45 pm on 26<sup>th</sup> June, at the Community Centre.

The **Health Cell** organized a 'Bone-Density' Camp on 26<sup>th</sup> June from 9 am to 12 noon headed by Senior Orthopaedic Surgeon, Dr. Nicholas Antao from Holy Spirit Hospital. Many parishioners took the opportunity to avail of this test which was free of cost.

The **St. Vincent de Paul Association (SVP)**, commenced Study Classes on 1<sup>st</sup> July for the needy children of our parish. These classes are being held for students from Std. I to Std.VII from 3 pm to 5 pm.

The **Eucharistic Ministers** were commissioned on 3<sup>rd</sup> July, 2016 during the 8.45 am Mass.

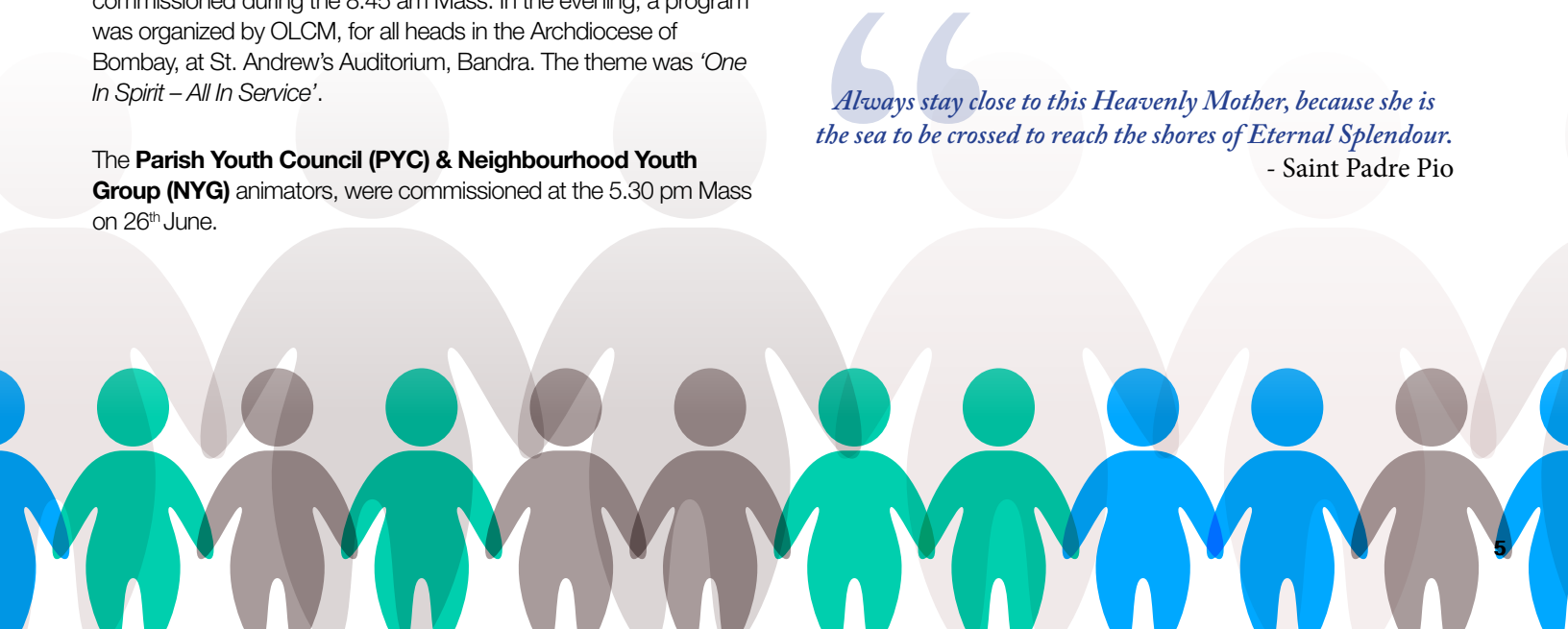
**Couples for Christ (CFC)** organized the **Christian Life Program (CLP)**, for married couples and singles from 3<sup>rd</sup> July, onwards. This program is a series of 12 talks on Christian Family Values, held every Sunday, from 6.45 pm to 8.30 pm, in the Mini Hall.

The Feast of the Nativity of Mother Mary, makes us ponder on the importance of the word "YES" which she so reverently said to the Angel of God who told her that she would become the mother of the Emmanuel. While reflecting on this word, the CCO team continues to commit ourselves to the work we are set out to do in our own humble way.

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

*Always stay close to this Heavenly Mother, because she is the sea to be crossed to reach the shores of Eternal Splendour.*

- Saint Padre Pio



# Salute and a Heartfelt Tribute to God's Soldier

**His Grace, Raphael Cheenath SVD  
Archbishop Emeritus of Cuttack-  
Bhubaneswar, Odisha.  
(29-12-1934 to 14-08-2016)**

A long long queue of praying parishioners of the Sacred Heart Parish, relatives, sisters, priests, Provincials, Bishops, Archbishops and His Lordship Oswald Cardinal Gracias who officiated your funeral, I too watched you, Your Grace, with a prayer in my heart and fond memories in my mind. You lay there in the most befitting place, in the Sacred Heart, ready for a divine welcome embrace, as a royal son of the Church and a proud member of Arnoldus Religious Family.

You reminded me of the times when we, as younger members looked upon you as a mentor, a leader and as an inspiration. You explained your words through your deeds; you were simple, honest and straightforward. You saw things ahead. Discipline, hard work, organisation and planning worked in your favour when it came to executing your envisioned targets. The more you succeeded, the more of successes, if you will, came on your way and that too without real breather-breaks between heavy responsibilities.

From your ordination in 1963, into immediately becoming a formator and an administrator, the first SVD Regional, the first Asian General Councillor in Rome, soon back to India, Rourkela as Bishop, then to Sambalpur and gradually as Archbishop of Cuttack, Bhubaneswar in Odisha. In your entire life what tested you to the core, like a metal in the furnace, was Kandhamal and it brought out the gold in you. We heard Archbishop John Bharwa calling you **'the Daddy of Odisha'**. The Shepherd in you rose up to look for and after the tortured and the shamed, the vandalised and desecrated people and places and you became the Archbishop of Kandhamal. Whenever you spoke, be it at the time of



Confirmations or the Silver Jubilee of Sacred Heart Parish, Kandhamal and people of Odisha were never missed and forgotten. The parishioners of Sacred Heart were touched by your missionary and pastoral zeal. You spoke from the heart and the Sacred Heart parish developed a soft corner for you, in their hearts.

From Odisha you came to Soverdia, Andheri like a good old SVD back to his religious. In your last days, I was fortunate to personally meet you many times. I saw you becoming weaker and weaker. In the beginning the fighter in you withstood every onslaught that came your way. Gradually, you realized the strongest and the mightiest, the weakest and the puniest, for all the passage and the final closure is the same. All of us are timed. A sentence that you frequently came back to with comfort and faith was: **"God made me, God loves me, God keeps me... and I surrender"**. You began to let go, slowly and then completely, like a child again in the hands of your parents. You could no longer lift your

limbs and do the things you hated others do for you. On the last day you could not coordinate your eyes with your thoughts and wants. The last words you uttered with herculean effort were, 'good night'. Good night to me and to all you knew and loved in this world.

I saw everything moving on almost perfectly, with orderliness and a gentle flow, everyone knowing what to do next and exactly when, in an atmosphere in which a liturgical tapestry was getting woven with choreographed details, beautiful liturgical singing, meaningful prayers, moving words of homage, kind acts of ushers and helpers. That was an exemplary farewell to an Archbishop who always planned and concluded things in an exemplary manner. As I got up from my seat, I wondered if I heard you say: **"Sacred Heart Parish, you have given me the best send-off you ever could. Good-bye now. My blessings will always be with you!"**

**Fr. Ittoop Panikulam SVD**

# The Year Of Mercy

*The universe God created,  
But through selfish motives man destructed  
His love is so great,  
His Mercy endless  
Rape, crime, suicide become boundless  
Where is humanity hiding?  
Only intolerance, communal disharmony and persecution are riding.*

*Do we care for our environment?  
Or we strike an axe and see them fade  
Which was created for our shade.*

*Let us heed to Pope Francis' plea to save the environment  
and bring about glee.  
And the request to make the Jubilee Year Of Mercy special  
to be pure and holy and avoid sin  
And also bring happiness in the lives of our kin.*

*The old is passing, the new is ringing,  
and Angels are singing, birds are flying,  
Children are dancing.*

*Let us celebrate the glorious year  
with warmth and love,  
The Year has arrived with hope and courage,  
let's take the challenges of life in our stride*

*Embracing the Year Of Mercy to be high on the ride.*

**Tereza Fernandes  
St. Joseph the Worker, Community No. 28**



*Wishing all Parishioners a  
Happy Feast of the Nativity of  
our Blessed Mother!*

*Mary seeks for those who approach her devoutly and with  
reverence, for such she loves, nourishes,  
and adopts as her children.*

*- Saint Bonaventure, Doctor of the Church*

*In trial or difficulty I have recourse to Mother Mary,  
whose glance alone is enough to dissipate every fear.*

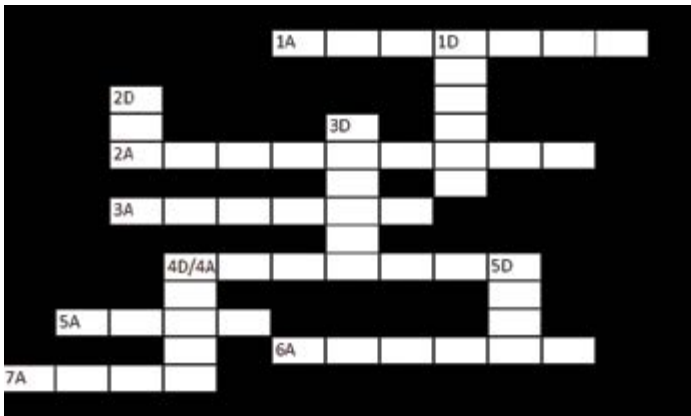
*- Saint Therese of Lisieux*



## BIBLE QUIZ NO. 2016-03

### I) WOMEN IN THE BIBLE

SOLVE THE CROSSWORD FROM THE CLUES GIVEN BELOW



#### ACROSS

- 1A.** She was chosen by God to be Isaac's wife
- 2A.** Mother of John the Baptist
- 3A.** A deeply religious widow who depends on God to help her complete the rescue of the nation by killing Holofernes.
- 4A.** A woman who was nearly sentenced to death due to false accusation before being saved by Daniel
- 5A.** Mother of God and Queen of Heaven
- 6A.** She was the sister of Moses.
- 7A.** A Moabite woman who shows uncommon loyalty to her Israelite mother-in-law and deep devotion to the God of Israel

#### DOWN

- 1D.** A Jewish woman, cousin of Mordecai who showed great courage in saving her people from being exterminated by their enemies.
- 2D.** She was the first woman created by God in His image.
- 3D.** She lived with her sister Mary and her brother Lazarus in Bethany
- 4D.** This was the name God gave to Abraham's wife.
- 5D.** She was an aged Jewish prophetess who prophesied about Jesus in the Temple

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

(believe, people, greeting, sorrow, moon, generations, true, against, God, sword, crown, honour, mercy, happy, twelve, salvation, Lord, destruction, servant, holy, Savior, heart, secret, remembered, sun)

- There was a woman, whose dress was the \_\_\_\_\_ and who had the \_\_\_\_\_ under her feet and a \_\_\_\_\_ of \_\_\_\_\_ stars on her head. (Rev 12: \_\_\_\_\_)
- Simeon blessed them and said to Mary, His mother, "This child is chosen by God for the \_\_\_\_\_ and the \_\_\_\_\_ of many in Israel. He will be a sign from \_\_\_\_\_ which many people will speak \_\_\_\_\_ and so reveal their \_\_\_\_\_ thoughts. And \_\_\_\_\_ like a sharp \_\_\_\_\_ will break your own \_\_\_\_\_" (Luke 2: \_\_\_\_\_).
- My heart praises the \_\_\_\_\_; my soul is glad because of God my \_\_\_\_\_, for He has \_\_\_\_\_ me, His lowly \_\_\_\_\_! From now on all \_\_\_\_\_ will call me \_\_\_\_\_ because of the great things the Mighty God has done for me. His name is \_\_\_\_\_; from one \_\_\_\_\_ to another He shows \_\_\_\_\_ to those who \_\_\_\_\_ Him. (Luke 1: \_\_\_\_\_).
- For as soon as I heard your \_\_\_\_\_, the baby within me jumped with gladness. How happy you are to \_\_\_\_\_ that the Lord's message to you will come \_\_\_\_\_. (Luke 1: \_\_\_\_\_).

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

"EOBLHD ETH IDNAHADM FO EHT RODL. EB TI NEOD OT EM NIGCARODC OT URYO LWIL"

(Luke \_\_\_\_\_ : \_\_\_\_\_).

### IV) CIRCLE THE CORRECT ANSWER

- From the cross, Jesus entrusted his mother to which of His following disciples?  
a) St. Thomas      b) St. Peter      c) St. John
- The World Youth Day, 2016 was held from July 26th to July 31st in which place?  
a) Krakow, Poland      b) Rio de Janeiro, Brazil      c) Madrid, Spain
- Which apostle of Jesus came to India to evangelize and spread the Good News?  
a) St. John      b) St. James      c) St. Thomas

#### 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 September 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 2016-02 :

- I) 1A) Aeneas    2A) Matthias    3A) Stephen    4A) Gamaliel    5A) Silas  
1D) Damascus    2D) Tabitha    3D) Ananias    4D) Philip    5D) Saul
- II) 1) angels, noisy, bell (1Cor13:1)  
2) preaching, secrets, faith, nothing (1Cor13:2)  
3) patient, jealous, irritable, wrongs, truth (1Cor13:4-6)  
4) love (1Cor 13:13)

#### III) COME TO ME ALL OF YOU WHO ARE TIRED FROM CARRYING HEAVY LOADS AND I WILL GIVE YOU REST (Matthew 11:28)

- V) 1) a) Argentina  
2) b) Feast of Christ the King-20th Nov, 2016  
3) c) Mexico

#### Winners of Quiz No. Quiz 2016-02 :

- 1<sup>st</sup> prize - Chris D'Costa (Std VIII, Dominic Savio High School)  
2<sup>nd</sup> prize - Tahira Fernandes (Std X, Canossa High School)  
3<sup>rd</sup> prize - Gareth Rafael Kumar (Std VII A, R N Podar High School)



# Hearty Laughter

## Forgetting Something

A man was on his way home with a new car, which was absorbing all his attention, when it struck him that he had forgotten something.

He stopped twice, counted his parcels, searched his pockets, but finally decided he had everything with him. Yet the feeling persisted.

When he reached home, his daughter ran out, stopped short, and cried:

"Daddy, where's Mommy?"

## Smile for the DMV

When Nick went to get his driver's license renewed, the local motor-vehicle bureau was packed.

The line inched along for almost an hour until the man ahead of him finally got his license.

He inspected his photo for a moment and commented to the clerk, "I was standing in line so long, I ended up looking pretty grouchy in this picture."

The clerk looked at his picture closely.

"It's okay," he reassured the man, "That's how you're going to look when the cops pull you over anyway."

## Creation

One day a group of scientists got together and decided that man had come a long way and no longer needed God. They picked one scientist to go and tell Him that they were done with Him. The scientist walked up to God and said, "God, we've decided that we no longer need you. We're to the point that we can clone people and do many miraculous things, so why don't you just go on and get lost."

God listened patiently and kindly to the man, and after the scientist was done talking, God said, "Very well! How about this? Let's have a man-making contest."

To which the man replied, "Okay, great!"

But God added, "Now we're going to do this just like I did back in the old days with Adam."

The scientist said, "Sure, no problem" and bent down and grabbed himself a handful of dirt.

God just looked at him and said, "No, no, no. You go get your own dirt!"

## Rules For Dieting

- If you eat something and no one sees you eat it, it has no calories.
- If you drink diet soda with candy bars, the calories in the candy bar are cancelled out by the diet soda.
- When you eat with someone else, calories don't count as long as you don't eat more than they do.
- Food used for medicinal purposes never counts, such as hot chocolate, toast, and Sara Lee cheesecake.
- If you fatten up the people around you, then you look thinner.
- Movie-related foods do not have additional calories because they are part of the entire entertainment package and are not part of one's personal intake. Examples are milk duds, buttered popcorn, junior mints, red hots and tootsie rolls.
- Cookie pieces contain no calories. The process of breaking cookies causes caloric leakage.
- Things licked off knives and spoons have no calories if you are in the process of preparing something. Examples are peanut butter on a knife while making a sandwich, or ice cream on a spoon while making a sundae.
- Foods that have the same color have the same number of calories. For instance, spinach and pistachio ice cream, cauliflower and whipped cream. Note: Chocolate is a universal substitute and may be used in place of any other food.

# Parish Activities

## Theologies of the New Testament

After a long summer vacation, the Bible Cell of our Parish, re-opened on the 12th of June with an orientation session conducted by Fr. Robert D'Souza from the Vasai Diocese. The topic for the orientation session was 'Theologies of the New Testament'.

The session was conducted on two consecutive Tuesdays i.e. 12th and 19th of June. 'Theologies of the New Testament' may not be a very common topic and those who have missed out may like to know what it was all about. A brief understanding about the topic – 'Theology' means the study of God or of our faith in a systematic manner. Fr. Robert explained to us that though we may talk about one single theology about the Old Testament or one single theology about the New Testament, in reality there are several theologies in both these Testaments. The theology of the Old Testament (Law and the Prophets) cannot be abolished but we see it being fulfilled in the teachings of Jesus in the New Testament. We cannot study just the New Testament without understanding the background of the Old Testament since these two are interrelated or as explained by the words of St. Augustine *"the New Testament is hidden in the Old Testament and the Old Testament is explained in the New Testament"*. Understanding of all this was important as this June onwards, we began studying the Gospel of Matthew at our Bible sessions and Matthew speaks about the fulfilment of the Old Testament prophesies and presents Jesus as the New Moses and the Church as the New Israel.

In these two sessions, Fr. Robert took us through a journey of the New Testament beginning with the Gospel of Matthew till Revelation. All this was explained in a very simple and systematic manner which could easily be grasped by the lay faithful. The theologies of the New Testament can be categorized as – (a) God centred – (Theo-centric), (b) Christ centred - (Christo-centric), (c) Church centred – (Ecclesio-centric), (d) Human centred – (Anthropocentric) and (e) Centred around the creation - (Cosmo-centric), all these were explained in the light of the New Testament.

We had around 80-85 of our parishioners attend these two sessions and is heartening and encouraging to note that around 70-75 of them chose to continue with our Bible sessions for an in-depth study of the gospel of Matthew, held every Tuesday. The words of Saint Augustine, **"we study in order to save souls"**, is our driving force.

**Josephine Fernandes**  
Bible Cell

## Pilgrimage to the Holy Land

Twelve of our parishioners along with our Parish Priest Fr. Lawrence Correa SVD made the Holy Land pilgrimage organized by Isabel Tours from 18th to 29th May 2016. Our group comprised of 50 people. It was truly an enriching experience, traversing through the places where our Lord and Saviour Jesus Christ was born, baptized, preached, healed people, performed miracles, suffered, crucified, died, resurrected and ascended into heaven. Our pilgrimage covered Jordan, Israel, West bank and Egypt.

At Jordan, we visited the St George's Church famous for its mosaic works and the iconic painting of Mother Mary, which has a miracle documented in history. We also visited Mt. Nebo where Moses is believed to have died.

In Israel and Palestine, the birth place of three major monotheist religions of the world, we visited places of historical significance to all Christians viz., *Bethlehem, Nazareth, Cana, Capernaum, Tagbha, Haifa, Ein Karem, Jericho* to name a few. We visited the famous touristic baptismal site - River Jordan (Yardenit), which reminded us of our baptism with Fr. Lawrence sprinkling the water from River Jordan on us. We enjoyed our boat ride in the serene and scenic Sea of Galilee. At the Via Dolorosa, the final route trodden by Jesus to Calvary – we prayed the 'Way Of The Cross'.



## Good Shepherd Community Picnic

We were blessed to celebrate the Eucharist at a few places; at the Church of Cana where Jesus performed His first miracle. Here, the married couples amongst us, renewed their wedding vows. Holy Eucharist was also celebrated at the Mount of Beatitudes, Stella Maris Church, Church of St. Lazarus (*which has the tomb from where Jesus raised Lazarus from the dead*), Dominus Flevit (*place where Jesus wept over Jerusalem, the place overlooking the Western wall of Jerusalem*) and at a Franciscan chapel in Egypt.

In Egypt, we travelled in the opposite direction of the same path which the Israelites took out of Egypt and saw many biblical sites in the Sinai Peninsula. We saw the Mountain of Moses, the *Burning Bush* and the St. Catherine's Church. We also visited places in Taba, Sinai, Dahab and Cairo.

The Bahai Gardens, the Wailing Wall of the Jerusalem Temple, the lowest point of the earth at the Dead Sea, Giza Pyramids, Egypt Museum, the passage through the Suez Canal were some of the other places we visited. Our tour ended with a delightful evening dinner while cruising on the River Nile.

We returned home spiritually enriched, with memories to last us a life time. This pilgrimage enabled us to experience, understand and imbibe first-hand the history, culture, food and people of these places besides helping us to relate to their significance in the Bible and to our faith. The timely inputs by Fr. Lawrence and our travel guides added to making our trip a memorable one. The sheer experience of travelling, praying, singing, playing, shopping, sharing and staying together, brought all of us closer. When we left Mumbai we were mere acquaintances but we returned home as friends for life!

**Ann D'Souza**

**Our Lady of Nazareth, Community No.16**

“Let us not imagine that we obscure the glory of the Son by the great praise we lavish on the Mother; for the more she is honored, the greater is the glory of her Son. There can be no doubt that whatever we say in praise of the Mother gives equal praise to the Son.

- Saint Bernard of Clairvaux,  
Father and Doctor of the Church

Members of Community No. 7, went on a picnic for the first time to the Mandvi Hill Resort on Sunday, 24th April 2016. 80 picnickers, comprising children, youth, elders and senior citizens were transported to the venue in two buses.

We started at 7.30 am and reached the resort around 9.00 am. We were all in an excited frame of mind to spend the day together, that we felt the journey to be short!

We were welcomed at the entrance with chilled lime juice, water and jaggery, an energising drink! We hurriedly kept our belongings in the rest rooms allotted to us and straightaway headed towards the breakfast table and ate to our heart's content. Breakfast was followed by a quick game to get us all together. Immediately thereafter, most of us made a beeline for the swimming pool, enjoyed ourselves to the hilt, enjoying the rain dance and some thrilling water rides. Around 11 am the counters for Ice Gola, Sugar Floss and Popcorn were opened. We all felt nostalgic and young at heart while having these treats recollecting the memories of our childhood days!

We took a break around 1.30 pm to have lunch. We were served with a wide choice of dishes. Although it was a vegetarian fare, we all enjoyed the food (a nice change for the hard core non-vegetarians).

After the sumptuous lunch, we had a game of housie followed by a magic show. As a keepsake of the day, we happily posed for pictures and selfies! While some of us took the opportunity to make new friends, while relaxing on the lawn area near the pool, some rested, whereas a few among us went back to the pool. There were some, who checked out the surrounding area for some fresh toddy and ice apples (*tadgolas*).

At 4.00 pm we were served piping hot tea/coffee and biscuits. At 5.30 pm a mini dinner was served (mini only by name but in reality it was a robust dinner, which came as a big relief to the housewives not having to enter the kitchen that night). To top it all, while boarding the bus to return home at 6.30 pm, we were each given an ice-cream cup (to some extent, it did help replenish some of the energy levels spent through the day!)

“To serve the Queen of Heaven is already to reign there, and to live under her commands is more than to govern.

- Saint John Vianney

We finally reached home around 8.45 pm. After bidding each other fond farewells all were keen to know when the next community picnic would be. Everyone, both young and old had spent a lovely day together as one community, at the resort's mesmerizing location. It was truly an experience that rejuvenated both, body and soul!

A big thank you to Mr. Eric D'Souza and his team from Global Links (Holiday Packages & Tour Operators) for all the efforts that went in arranging the transportation and a big God bless to one and all for planning and making this picnic possible. We now look forward to next year's picnic and venue!

**Vina Castelino**  
**Good Shepherd, Community No.7**

“After the love which we owe Jesus Christ, we must give the chief place in our heart to the love of His Mother Mary.

- Saint Alphonsus Maria de Liguori

## Deepening our Relationship with Jesus in Context of SCCs

Over the years, we animators have realized how important spiritual guidance is while performing our community activities. Last year, our community members attended the 'Inner Healing' Retreat held at Atma Darshan.

This year, we organised a day's **Recollection** on 17th April, at Canossa Convent on the captioned theme. We were fortunate to have **Marita Nazareth** who conduct it for us. Marita who is a facilitator, life coach, writer who has facilitated over 1,000 Retreats/Workshops over the last 35 years, in India as well as overseas. She has had both, religious and laity as participants.

The session began with Marita placing a picture of the Divine Mercy of Jesus on an empty chair, symbolically inviting Jesus to be in our midst. I found this gesture very touching and realized that when we invite Jesus in every task we undertake, He is with us all the way and everything just falls into place, however difficult it may seem.

Marita took us through the following sessions, interspersed with relatable examples and role plays, each of which had a profound bearing and was a learning curve for us.



## Senior Citizens Day Out

Topic / Sessions	Learning / Benefits
Prayers of gratitude and seeing God's Plan in everything	Having an attitude of gratitude keeps us humble and grounded.
Discovering our inner potential – focusing on our strengths and befriending our 'shadow side' (limitations).	With the help of a coin we were reminded that we can always choose our thoughts and think positive.
Creating a bright and motivating future through creative meditation.	This created a highly energizing environment. These souvenirs are our prized possession now to remind us of the love we received.
Understanding what keeps us energized and enthused, we did simple actions like clapping, tapping, sending away negative energy with "wheee" sound from the center of our foreheads.	This activity took us back to our childhood days, freeing us of all inhibitions.
Left brain (logical) vs. right brain	Tapping the right side of the brain strengthens our belief that everything is possible and directs our steps towards achieving them.
Reflecting on Bible quotations	Believing in God's promises for our Life.

The day concluded with the Holy Eucharist celebrated by Fr. Ittoop SVD of Gyan Ashram. The Mass brought about feelings of peace, unity, love due to Christ assuring us *"Come to Me all you who are burdened and I will give you rest"*.

It was a memorable day, well spent. We took home only positive and immense benefits. The feedback from our animators was both, encouraging and heartwarming!

**Theresa D'Silva**  
PPC, Holy Family, Community No. 13

The much awaited picnic for Senior Citizens to Bosco Wadi – Uttan, finally took place on 8th May, 2016. It was indeed a sight to behold to see enthused children/grandchildren bid warm goodbyes to their parents/grandparents on that Sunday morning. The senior most person to attend the picnic was 80 years old.

Two busloads carrying 80 senior citizens, all comfortably seated in the bus, took off to Uttan, a coastal area of Mira-Bhayandar, nestled in the serene verdant surroundings. On arriving at Bosco Wadi, we quickly settled ourselves in the air conditioned dormitories allotted to ladies and gents respectively and then proceeded for breakfast.

Our talented and very enthusiastic couple, Conrad and Anita D'Sa, made every effort to get the seniors to participate in two excellent group games. A lot of talents emerged through the games. Hats off to our young-at-heart for their enthusiasm, creativity and intelligence! Soon it was time for lunch. The buffet lunch was a feast for the eyes as well as our stomachs! After lunch, some got into the cool blue waters of the swimming pool while some chose to relax in the dormitories, to escape the summer heat. While quite a few amongst us took the opportunity to get to know each other better.

We had an eight year old school-going child who was vacationing at her grandmother's house, and accompanied her for the picnic. We were surprised to receive a two-page letter from her telling us how she enjoyed herself in the midst of all the senior citizens. This is what she wrote : *"Today is Sunday. I got up at 6.30 am because I had to go for a picnic. We went to the church compound. The people got into the mini bus. When the mini bus got full, it left. The big bus was waiting for three people. After sometime, the big bus left too at 8.30 am leaving the three people behind. We had a nice time singing songs in the bus. When we reached Bosco Wadi, we heard that the Mini bus had lost its way. Finally, after sometime, they reached Bosco Wadi. After breakfast, we played games, thereafter, we went to the swimming pool. I was scared at first but then I was happily swimming. I enjoyed the picnic"*. (This is an extract from the letter sent by Aisha D'Costa).

As all good things come to an end, we started packing to leave, but not without playing a game of housie which everyone enjoyed. After a refreshing cup of tea and biscuits, we left for a visit to the Church in the vicinity and then traveled back home. The experience of our first picnic was so enjoyable that those who took part in it enthusiastically requested us to make it an annual event. Truly it was an enjoyable day and our Almighty God saw us through the day and we reached home safe and sound at 6.30 pm.

**Rosie Fernandes**  
Senior Citizen's Cell

## Inter-Religious Dialogue Cell Celebrates Ramzan Eid At Hanjar Nagar

The Inter-Religious Dialogue Cell members of our parish celebrated Ramzan Eid at Samay National Hanjar Society, on 7th July 2016. There were five of us, 2 ladies and 3 gentlemen who were part of this visit. We had agreed to meet the members of the Society soon after their morning *namaz* at 8.45 am, near the gate of the mosque. We were taken aback to see many poor people gather around the entrance of the mosque.

The group representatives welcomed each of us with a flower. We in turn, offered them a bouquet of flowers and the thoughtful gesture was reciprocated by them too.

They were curious to know the reason behind our participation in their celebration especially when we belonged to another faith. We told them as members of the IRD Cell of Sacred Heart Parish, we always look for opportunities to meet up with people of other religions in order to learn of commonalities of what can unite us as a society rather than dwell on what differentiates us.

At the meeting, we also stressed on the fact that Christians and Muslims share the same religious root, and as members of IRDC we work towards maintaining warm and conducive relationships with people of all faiths. India being the cradle of a multitude of religions, to live in peace and harmony, we need to be more accepting and accommodating of our brethren of other faiths, religious views and beliefs.

Their leader too shared with us that every Muslim is required to pay *Zakat Al Fitr*, a holy obligation at the conclusion of the month of Ramadan as a token of thankfulness to God having

enabled him to observe the period of fasting. We were told that worshippers are expected to have paid '*Zakat*' before they come for their morning *namaz* on Eid.

There was a press reporter at the venue of the celebrations and was keen to know the reason behind our presence at the *Eid* gathering. He also sought our views and opinions about the issue of Hindu-Muslim discord in our country.

Before leaving for home, we thanked our hosts for giving us an opportunity to learn more about Islam. It was truly an enriching and memorable experience to exchange inter-religious values.

We left with some very sweet taste in our mouths, of '*Sheer Korma*', offered by our hosts, the signature dish without which no *Eid* is said to be complete!

**Elikutty  
Holy Family, Community No. 13**

## Health Cell Happenings

The Health Cell of our Parish began the new academic year with a 'Bone Density and Arthritis Check Up Camp', by the eminent and well known senior orthopedic surgeon, Dr. Nicholas Antao from the Holy Spirit Hospital. 2016 being the golden jubilee year of the Holy Spirit Hospital, this Camp was held to commemorate this momentous occasion and jubilee celebrations.

More than 80 of our parishioners availed the benefit of the Bone Density Camp, where an automated test was performed to assess the level of bone and calcium loss in the body. Medical advice and treatment was given to all those parishioners who were found to have bone and calcium deficiency and free medicines were distributed by the orthopedic team of doctors. The Camp was successful and most of the parishioners went home feeling good and happy knowing their health status.

We wish to take this opportunity to thank all our Health Cell members, who are ever ready to serve and assist on Sunday mornings, whenever our Parish conducts Health Camps, reaching out to every parishioner in need of medical advice. May God bless you all!

**Dr. John Rodrigues  
Health Cell Co-ordinator**





## With Gratitude to Our Priests on Vianney Sunday

Vianney Sunday, the feast of St. John Marie Vianney, the patron saint of all priests was celebrated on 7<sup>th</sup> August 2016. It's a day when we, the lay faithful, get an opportunity to express our appreciation, affection and gratitude to our priests. PPC members of our parish along with the SCC coordinators planned to make this day a memorable one for our parish clergy team – Frs. Lawrence Correa, Innocent Fernandes, John Serrao and Infant Vinodh.

The Liturgy, the felicitation ceremony at Mass, as well as the luncheon program was planned and executed by the parish Executive Committee. The Eucharist at the 8.45 am parish mass was celebrated by Fr. Lawrence along with Frs. Innocent, John, Infant, Chinnappa, Gregory and Crispino Dsouza. Fr. Lawrence spoke briefly about the life of St. John Marie Vianney and how comparisons can be drawn between the life of St. Vianney and the lives of the present day priests. His homily was very inspiring and thought provoking highlighting the fact that priests are human too, facing the same frailties and dilemmas as we do. Celebrating Vianney Sunday reinforces in us the responsibility to pray for all our brother priests.

The get together at the Community Centre began after the 10 am Mass. The priests were ushered into the hall in a procession by members of the Executive Committee carrying the framed picture of St. Vianney. As they marched into the hall, they were warmly welcomed by the assembled PPC and SCC members; before they

encircled the beautifully decorated table which had a rich chocolate cake all ready to be cut and herald the celebration! Our members then recited a prayer and a poem in honour of St. Vianney!

Our compere (a PPC member), did a swell job making the get together lively and fun. The priests were asked to share a memorable anecdote or two that has occurred in their lives and we did have a great time listening to their interesting stories. After a round of the refreshing '*mohito*' and sizzling starters; we broke into groups for a round of games. The games centered on building up of kingdoms, with each group bringing out the underlining meaning up very beautifully - that finally we should all come together to build up the kingdom of God, through family prayer and unity seeking Jesus in everything we do. Other games followed, ending with the much liked brain teaser Quiz!

With Fr. Lawrence leading us in a prayer of blessing and grace, we proceeded to partake of what was a sumptuous meal topped with some mouth watering desserts. It was indeed a nice end to a wonderful afternoon spent with our clergy team! A small but heartfelt show of *love, gratitude and appreciation* to our priests who serve us selflessly and tirelessly.

**Anella Quadros**  
**Secretary, Parish Pastoral Council**



## YOUTH FULLY A L I V E

### Summer Camp Returns

After a hiatus, the 'Summer Camp' was back in our parish and welcomed with great vigour and enthusiasm by the youth as well as children. Under the guidance of Fr. Wilson Wilfred SVD, the PYC organized this camp for children in the age group of 6 to 14 years. To our surprise, the response was overwhelming and we had 120 children sign up for the camp!

Many fun games and activities were organised for the children. Outdoor games such as *kho-kho*, *football*, *dragon tail* and Indoor games such as over-under, bucket ball with a twist, were conducted to instil the value of team work in them. As a reward for all their hard work, snacks were served every day during the duration of the camp. The kids were encouraged to showcase their creativity by having them incorporate their own team names, mascots and war cry that would stay and be their badge of recognition throughout the camp. To beat and combat the summer heat, water games were held for 2 days during the camp, when the participants really had a rollicking time. The Art and Craft session showed that the children were not only sporty and active but also creative and could actually think Out of the Box! General knowledge and intelligence was put to test in the quiz round and they proved their mettle! They proved to us the famous saying "Never underestimate the power of children". After all the hard work put up by the children, it was movie time! The inspiring movie "Inside Out" was screened for their watching pleasure. The grand finale was the game 'Treasure Hunt,' which led the children on a wild exploration chase of the entire Gyan Asharm campus, Arnold School grounds and the Church grounds in search of the elusive hidden treasure, testing their intelligence, reasoning, thinking, creativity and team work in the bargain! Summer Camp 2016, concluded with the hosting of a Talent and Fancy Dress show. We had the children as well as the volunteers participate, demonstrating a wide range of their cultural talents.

Parents of the Summer Camp children were present on the final day of the camp and voiced their great appreciation for our dedicated team of volunteers for putting up such a splendid camp of activity and learning for their children. We extend a heartfelt THANKS to all our sponsors who made generous contributions to make the Summer Camp a big success. A big, big THANK YOU also to the children and their parents for making it possible!

We hope to see you all again and wish more to join the Summer Camp in 2017!

Until then, Adios!

**Riviera Noronha  
Akashdeep, Community No. 15**

### God Commissions A Person To Go For Him

The Commissioning Ceremony of the Parish Youth Council (PYC) was held on 26<sup>th</sup> June, 2016. All the newly elected Parish Youth Council members along with the re-elected members were present at this Ceremony.

The PYC Members were filled with hope and determination for what was to come ahead in their Youth Ministry. His lordship, Bishop Bosco Penha commissioned the 54 elected PYC members who have committed themselves to a term of two years of service for the youth of our parish. He also explained the PYC structure and the purpose for which it was formed. It was a great honour to be part of this new family.

After Mass, there was a short Orientation Program organised by the outgoing PYC team. The program was held at the Community Centre. It was initiated by the sharing of thoughts by the outgoing PYC Executive team along with the parish pastoral team. Words of wisdom from Bishop Bosco Penha, helped inspire the newly elected PYC members. The games helped members to interact and get to know each other better. As a token of appreciation and a fond re-call, a farewell video of the activities undertaken by the outgoing members was played. It not only helped PYC members go down memory lane but also helped the new members envisage what was expected of them. The tradition of handing over the files to the newly elected office bearers took place during this session.

The session concluded with a prayer and goodbye gifts were presented to the outgoing members by the newly elected PYC executive team.

The aim of the Council is to provide vision and unite the youth of our parish with the person Jesus Christ, the process through which we hope to animate and engage our spiritual lives. Top of the wish list is that the Council is able to identify the gaps and areas of concern, with the feedback received and work contentiously towards development and improvement of PYC.

**Jebin Jose  
Vice-President, Parish Youth Council**

*All true children of God have God for their father and  
Mary for his mother; anyone who does not have Mary for  
His mother, does not have God for His father.*

*- Saint Louis Marie de Montfort*



## Life Isn't About Finding Yourself, Life Is About Creating Yourself

The Orientation Session for the newly elected Parish Youth Council (PYC) members was held at Atma Darshan. The Orientation program began with Mass, celebrated by Fr. Infant Vinodh SVD, followed by a hearty breakfast.

The next session was a talk by Deacon Ivan Fernandes, where he spoke to the members about the qualities required of a leader and guided the members towards taking up responsibilities in their youth ministry. The members had a fun-filled time, interacting with each other through ice breaking sessions.

In the latter part of the day, Bernard Xavier, of the Parish Youth Animation Team briefed the participants about the yearly calendar, and about the events lined up for the year. The most important part of the session was the 'Elections' of PYC office bearers. Jebin Jose was elected as the Vice President, Denver Fonseca - Secretary and Berancye Xavier- Joint Secretary. The stage was now set for the wonderful journey ahead for the newly elected PYC members.

The Youth Ministry is not about getting things accomplished, but it is about actively participating in the lives of young people, facing our tomorrows together in unison and anxiously awaiting the coming of our savior Jesus Christ!

**Amruta Pathare**  
Executive, Parish Youth Council



*All the sins of your life seem to be rising up against you. Don't give up hope! On the contrary, call your holy mother Mary, with the faith and abandonment of a child. She will bring peace to your soul.*

*- Saint Josemaria Escriva*



# Health Page

## Posture Perfect

The term 'Posture' is used to describe how your body is positioned while you are sitting, standing or lying down. The way we align ourselves is of empirical importance as it emphasizes the stress levels on our bones, muscles, tendons, etc. Correct posture changes and impacts the way we carry our weight on our hips, knees, ankles and spine.

A bad posture can result in aches and pains due to strained muscles, joints and ligaments, a bad body gait and impression, poor respiratory efficacy, endless syndromes and problems and the list could go on. Posture is essential for maintaining good physical health. Body alignment helps to perform activities with less energy utilization and less strain to the body.

Our bodies form a constant 'C' posture. We wake up head hanging low, having to drag ourselves through seamless travel, work, bending over the preparation of meals, eating, doing various household chores and at the end of the day going to bed in a foetal position. The constant flexion of our spines causes trauma to the joints and discs that can either result in slip discs or wedged fractures. Travelling in over crowded trains and public transport hasn't made life any easier. Forced to stand for long periods in constrained spaces has bad repercussions. Having to balance our body weight on one leg, effects our bodies adversely.

It has become so common to hear people remark that we are not as fit as our parents were. Modern technology while it has its positives also contributes in neglecting our health as well. There is a 'remote button' for everything! Planning of work and execution, even meetings happen at the work station. Our entertainment is watching TV and reducing ourselves to being couch potatoes. Basically, sitting is the new 'smoking' habit and our furniture, the ash tray.

Hunching over most of our work related activities seems to be an alarming problem. Our work, travel and play seem to be weighing us down into postures that are transferring our mental strains to physical impediments. I won't be the first and I can assure you not the last health professional to say that most of our aches and pains are posture related. Blame it on the ergonomics of work stations, the long dreary hours at our office desks or even the boss, the storyline doesn't change. We need to sit up despite it!

What happens when life hands you lemons? You make lemonade! It's time we stop passing the buck, making excuses to suit our convenience. We need to take precautions before our physical bodies give way. It is natural. If the mind can weigh the body down trust me it works the other way too. The body is highly adaptable. Even if it has been pulled in all kinds of directions and postures through the years and has stood its stead, we need to be practical and logical. Our bodies have a threshold and we need to respect the same and read the signals.

It is important we focus on all postures: *sitting, standing, lying down*. Apart from lying down, sitting and standing should be avoided for more than 20 minutes at a stretch. When we focus on sitting, it is necessary for our work station to be at eye level, the fore arms supported well until the wrists, knees are at an angle of 90 degrees and the feet placed on a step (footstool) or on the ground, with equal weight distribution. Your back should be in the chair with a small pillow to support your lower back and avoid leaning to one side of the chair or crossing your feet and sitting in the chair for long periods. I like to suggest you take water and restroom breaks often.

Standing postures usually depend on the activity being performed. For example when standing in the kitchen, ideally it is better to have one foot on a step and alternate between the two. Do not bend over the work counter and it should be at elbow height. Your chest should be out, shoulders upright, stomach in and remember to maintain a distance (1') between your feet.

While lying down, the best positions to be in are on your back, or side, with pillows placed below the thighs and between knees, respectively. The function of a pillow is to support the head in such a manner, so that the cervical spine is in a neutral position.

The only way to get fluidity in movement is to keep moving. The best exercises to prevent posture pains are those that involve putting you through the full range of the movement that joints can achieve. Being active and doing simple stretching of one's limbs during work and travel, can prove to be very beneficial.

Let us try and experiment to see how posture can change our body dynamics. Slouch your body completely, with chin out, shoulders rounded and caved in over a jutting gut. Now take a deep breath. After doing this, now change your posture. Sit tall, shoulders back, chest out, spine tall and then breathe. Did you experience the difference?

Perfect postures or near perfect help improve your respiratory function, enhances the voice, improves digestion, physique and helps reduce stress and strain on the body. Need I say more? If at the end of this read, you find yourself sitting a little straighter than what you usually do, you can give yourself a small pat on the back. You have benefitted albeit a bit after reading and understanding this article. All it takes is a little effort from you. Be regular and follow the guidelines every day and salute to a healthier you!

**Dr. Simone Mitchell PT  
Physiotherapist**

# From the Parish Register

## BAPTIZED IN CHRIST



Ayden Rebello	S/o	Christopher & Anna Rebello	8-May-16
Michelle Miranda	D/o	Melkio & Malane Miranda	22-May-16
Rhianna Allen Celestine	D/o	Allen Celestine & Simi Allen Celestine	29-May-16
Myra Rocky D'Souza	D/o	Rocky Jocky D'Souza & Priti Rocky D'Souza	12-Jun-16
Alice Sunny D'Souza	D/o	Sunny Jocky D'Souza & Rida Sunny D'Souza	12-Jun-16
Nathan Pinto	S/o	Rohan Darryl Pinto & Elvira Pinto	24-Jul-16

Nischal Passanha	To	Bhawana Krishna Ratre	30-Apr-16
Rahul Mohan Singh	To	Jeema Annie Leon Cruz	12-May-16
Kelvin Harold D'Almeida	To	Meghann Fernandes	15-May-16
Donvio Paul D'Souza	To	Perpetual Christine D'Souza	21-May-16
Romil Bharat Mamaniya	To	Rowena Reena Cook	22-May-16
Roger D'Souza	To	Antonette Diana Rodrigues	28-May-16
Sebastian Thomas Fernandes	To	Freda D'Silva	28-May-16
Ivan Lobo	To	Alinda Mary Josline D'Souza	2-Jul-16
Neil Marshal Almeida	To	Yashshree Ajit Chaubal	16-Jul-16

## UNITED IN CHRIST



## RESTING IN CHRIST



Terezinha Fernandes	93 Yrs	Home for the Aged	8-May-16
John Benjamine D'Souza	60 Yrs	C/9, Uttarayan CHS Ltd., M C Road	10-May-16
Henry Lawrence Menezes	80 Yrs	D-602, Hilton Tower, Sher-E-Punjab	11-May-16
Vincent Jerome D'Souza	86 Yrs	404, A-Wing, Nirman Park, R J Road	19-May-16
Rumaldin Marshall D'Cunna	79 Yrs	1/24 B, Bhatkar Chawl, Pump House	20-May-16
Idalina Coelho	72 Yrs	B-401, Vastu Riddhi, Pump House	20-May-16
Joseph Lonan Beliyil	80 Yrs	F-803, Dheeraj Darshan, Opp: Kokan Hospital	21-May-16
Benedicta Monteiro	73 Yrs	101/A, Poonam Darshan, Poonam Nagar	22-May-16
Bertha Lobo	82 Yrs	4-A, 121, Kalpataru Estate, J V Link Road	22-May-16
Edward Thomas Peries	71 Yrs	2, Ganga Chawl Seva Committee, Subhash Nagar	24-May-16
Francis Lobo	45 Yrs	401, Jaswant Park, Opp: Home for the Aged	27-May-16
Roque Mascarenhas	97 Yrs	42-A, Prashanth Nagar, M C Road	29-May-16
Virzilio Marcus Dias	63 Yrs	A-503, Blue Meadows, Near Majaz Depot, JVLR	2-Jun-16
Philomena Britto	77 Yrs	1/1, Sunder Nagar, M C Road, Andheri East,	9-Jun-16
Celine D'Mello	78 Yrs	B/7, Plot No.46, Simran, Sher-E-Punjab	9-Jun-16
Daisy Francis DeXavier	75 Yrs	A' 7/12, Avillion, Greenfields Society, J V Link Road	18-Jun-16
Thomas Lobo	93 Yrs	Sai Krupa, Chawl No.2/1, Malpa Dongri No.1	19-Jun-16
Gloria Fernandes	72 Yrs	A2/31, Green Fields, JVLR	24-Jun-16
Donald Peters	61 Yrs	16-B, Room No.60, PMGP Colony, Poonam Nagar	27-Jun-16
John Miranda	58 Yrs	Flat No.302, Plot No.135, Jyoti Meadows, Sher-E-Punjab	30-Jun-16
Amaral Inacio Vicente	61 Yrs	B/4, Mahakali Kutir, M C Road	14-Jul-16
Grace Freitas	82 Yrs	B-2, 57 & 58, Green Fields, J V L R	15-Jul-16
Deepika Santosh Rodrigues	33 Yrs	Dinkar Chawl, Shanti Nagar, M C Road	16-Jul-16
Christine Felix Tauro	70 Yrs	67, Prashantinagar, Lala Compound	19-Jul-16
Cecilia D'Souza	50 Yrs	301-A, Trans Residency III, MIDC	3-Aug-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)**

## PARISH PASTORAL COUNCIL 2016 - 2019

EXECUTIVE COMMITTEE		
SR. No.	NAME	DESIGNATION
1	Fr. Lawrence Correa SVD	President
2	Andrew D'Souza	Vice President
3	Anella Quadros	Secretary
4	Josephine Fernandes	Jt. Secretary
5	Ida Quinny	CCO Coordinator
6	Candida Mendoza	Parish Coordinator of SCCs

Ex-Officio Members		
SR. No.	NAME	DESIGNATION
1	Fr. Lawrence Correa SVD	President
2	Fr. Innocent Fernandes SVD	Co-Pastor
3	Fr. John Serrao SVD	Co-Pastor
4	Fr. Infant Vinodh SVD	Co-Pastor
5	Sr. Magaret Chettiar FDCC	Canossa Convent
6	Sr. Rebecca A FS	Fatima Convent
7	Sr. Reena Philip SSpS	Holy Spirit Convent
8	Fr. A.V. Chinnappa SVD	SVD Unit Leader
9	TBC	SDB

Lay Office Bearers		
SR. No.	NAME	REPRESENTING
1	Ida Quinny	CCO Coordinator
2	Candida Mendoza	Parish Coordinator of SCCs

Elected Lay Representatives		
SR. No.	NAME	REPRESENTING
1	Josephine Fernandes	Lay Representative
2	Francisca Saldanha	Lay Representative
3	Hazel Mendonca	Lay Representative
4	Joseph Chettiar	Lay Representative
5	Derrick Fernandes	Lay Representative
6	Sarita Almeida	Lay Representative

Nominated		
SR. No.	NAME	REPRESENTING
1	Jebin Jose	Youth Representative

Elected Community Representatives			
COMM. No.	NAME	Community	Spiritual Directors for the Year 2016-17
1	Gracy Fernandes	Immaculate Conception	Fr. Infant Vinodh SVD
2	Agatha Fernandes	Our Lady of Fatima	Fr. John Serrao SVD
3	Evita Quadros	Holy Cross	Fr. Lawrence Correa SVD
4	to be elected	Divya Jyoti	Fr. Innocent Fernandes SVD
5	Dulcin Saldanha	St. Anthony's	Fr. Innocent Fernandes SVD
6	Theresa Fernandes	Morning Star	Fr. Lawrence Correa SVD
7	Rosita Fernandes	Good Shepherd	Fr. Infant Vinodh SVD
8	James Correa	Infant Jesus	Fr. Innocent Fernandes SVD
9	Ronald Rego	Divine Mercy	Fr. John Serrao SVD
10	Laveena Vaz	St. Theresa of the Child Jesus	Fr. Lawrence Correa SVD
11	Lloyd Zaccheus	Jeevan Jyoti	Fr. Infant Vinodh SVD
12	Ellie D'lima	Apostles of Christ	Fr. John Serrao SVD
13	Theresa D'Silva	Holy Family	Fr. Infant Vinodh SVD
14	Carmen Fernandes	Helpers of Jesus	Fr. Lawrence Correa SVD
15	Venessa Maria Quinny	Akashdeep	Fr. Innocent Fernandes SVD
16	Phyllis Pereira	Our Lady of Nazareth	Fr. John Serrao SVD
17	Ida Quinny	St. Dominic Savio	Fr. Lawrence Correa SVD
18	Jane Lobo	Good Samaritan	Fr. Infant Vinodh SVD
19	Rosy Santa Maria	Christ the King	Fr. John Serrao SVD
20	Robin Adiyal	Dayasagar	Fr. Innocent Fernandes SVD
21	Janet Lopez	St. Paul's	Fr. Innocent Fernandes SVD
22	Andrew D'Souza	Prem Sagar	Fr. Lawrence Correa SVD
23	Esmeralda Pinto	Shantidaan	Fr. Infant Vinodh SVD
24	Marilyn Barsagade	Emmanuel	Fr. Lawrence Correa SVD
25	Paul J. Kuthokathan	Pavan Atma	Fr. Innocent Fernandes SVD
26	Evjin Noronha	St. Anne's	Fr. John Serrao SVD
27	Melwin D'Souza	Holy Trinity	Fr. Infant Vinodh SVD
28	Dilpreet Kaur Bedi	St. Joseph the Worker	Fr. Innocent Fernandes SVD
29	Agnes Anthony	Our Lady of Rosary	Fr. Lawrence Correa SVD
30	John D'Souza	Shalom	Fr. John Serrao SVD
31	Elizabeth Chettiar	Hosanna	Fr. Infant Vinodh SVD
32	Anella Quadros	Sacred Heart	Fr. John Serrao SVD
33	Candida Mendoza	Yahweh's Clan	Fr. John Serrao SVD
34	Rayna D'Souza	Mystical Rose	Fr. Infant Vinodh SVD

## Parish Association Council (PAC) 2016 - 2017

1	Parish Clergy Team	Fr. Lawrence Correa SVD	Parish Priest
2		Fr. Innocent Fernandes SVD	Co-Pastor
3		Fr. John Serrao SVD	Co-Pastor
4		Fr. Infant Vinodh SVD	Co-Pastor

Sr No	Cells/Associations	Name of Head	Name of Asst Head	Spiritual Director
1	Parish Pastoral Council	Andrew D'Souza	Anella Quadros	Fr. Lawrence Correa SVD
2	CCO	Ida Quinny	Antonette D'Sa	Fr. Lawrence Correa SVD
3	SCC	Candida Mendoza	Roslin Ambrose	Fr. Innocent Fernandes SVD
4	Finance Committee	Ryan D'Souza		Fr. Lawrence Correa SVD
5	Community Welfare Fund	Edward Fernandes	Rose Almeida	Fr. Lawrence Correa SVD
6	St Vincent de Paul	Maria Nanal	Cynthia Pinto	Fr. Innocent Fernandes
7	Sunday School Pastoral Team	Francisca Sadanha	Anil D'Souza	Fr. Lawrence Correa SVD / Fr. Infant Vinodh SVD
8	Charismatic Renewal (Eng.)	Derick Fernandes	Veronica Fernandes	Fr. Innocent Fernandes SVD
9	Charismatic Renewal (Konkani)	Cecilia Nazareth	Angeline Fernandes	Fr. John Serrao SVD
10	Couples for Christ (English)	Joseph Chettiar	Lloyd & Zeldia Fernandes	Fr. Innocent Fernandes SVD
11	Couples for Christ (Konkani)	Peter Rodrigues	Emelia D'Souza	Fr. Innocent Fernandes SVD
12	Eucharistic Ministers	Lloyd Zacheus	Henrietta Monseratte	Fr. John Serrao SVD
13	Usher's Group	Anella Quadros	Rosita Fernandes	Fr. John Serrao SVD
14	Liturgy Team	Anil D'Souza	Annupama Subodhan	Fr. Lawrence Correa SVD
15	Lectors Cell	Hazel Mendonza	Terence Fernandes	Fr. John Serrao SVD
16	Legion of Mary (Sr)	Roger D'Souza	Dr. Alex Mathew	Fr. Innocent Fernandes
17	Legion of Mary (Jr)	Alex Mathew	Peter D'Souza	Fr. Innocent Fernandes
18	Parish Bulletin	Sarita Almeida	Antonette D'Sa	Fr. Infant Vinodh SVD / Fr. Innocent Fernandes SVD / Fr. John Serrao SVD
19	Pre-Baptism Team	Agnelo Fernandes	Sandra Fernandes	Fr. Innocent Fernandes SVD
20	Women's Cell	Flora D'Souza	Cynthia D'Cunha	Fr. John Serrao SVD
21	Health Cell	John Rodrigues	Milagrine Fernandes	Fr. Innocent Fernandes SVD
22	Bombay Catholic Sabha	Osmond Pereira	Jeanette Castelino	Fr. John Serrao SVD
23	Inter-Religious Dialogue Cell	Michael D'Souza	Ponamma Antony	Fr. John Serrao SVD
24	Senior Citizen	Anita D'Sa	Hermione Pinto	Fr. John Serrao SVD
25	Divine Mercy	Jane Lobo	Rosy Pereira	Fr. Innocent Fernandes SVD
26	Bible Cell	Josephine Fernandes	Prakash Nazareth	Fr. Infant Vinodh SVD
27	Parish Youth Council	Jebin Jose	Denver Fonseca	Fr. Infant Vinodh SVD/ Fr. Innocent Fernandes SVD
28	Altar Servers	Lavina Vaz	Nandita Fernandes	Fr. Infant Vinodh SVD
29	Hope & Life Movement	Bridget Noronha	Carol Fernandes	Fr. Innocent Fernandes SVD
30	Parish Cultural Committee	Henrison Lobo		Fr. Infant Vinodh SVD
31	St Paul's Guild	Babu Durairaj	Steven Linj	Fr. Innocent Fernandes SVD
32	Parish Website	Rosita Dias	Rohit D'Almeida	Fr. Infant Vinodh SVD
33	Family Cell	Joseph Mendonca	Lucy Rocha	Fr. Innocent Fernandes SVD
34	Parish Choirs - English	Conrad D'Sa		Fr. Innocent SVD
		Cassian Pereira		
		Osmond Pereira		
		Marian Fernandes / Jayesh George		
	Konkani	Rosy Monis		
Hindi	Vinod Waghmare / Barthol Palande			
Chidren	Tony Dias			

## PARISH YOUTH COUNCIL FOR THE YEAR 2016 - 2017

Executive Committee Members		
DESIGNATION	NAME	COMMUNITY NAME
Vice-president	Jebin Jose	Infant Jesus
Secretary	Denver Fonseca	Hosanna
Joint-secretary	Berancye Xavier	Akashdeep
Treasurer	Sherwin Pereira	St. Dominic Savio

PYC Members		
COMMUNITY No.	PYC MEMBERS	COMMUNITY NAME
1	Linus Aranha & Gloria Rodrigues	Immaculate Conception
2	Inigo Royston & Brendon Castelino	Our Lady of Fatima
3	Binoy D'souza & Placido D'Souza	Holy Cross
4	Shallon Lewis & Andrea Barnes	Divya Jyoti
5	Natasha Rodrigues & Jessica Fernandes	St. Anthony's
6	To be elected	Morning Star
7	Dixsin D'gama & Kevin Thomas	Good Shepherd
8	Shaun Dias & Jebin Jose	Infant Jesus
9	Kanishka Dsouza & Maya Sodder	Divine Mercy
10	Carol Dsa & Chelann Vaz	St. Theresa of Child Jesus
11	Sophia Fernandes & Leanne Pereira	Jeevan Jyoti
12	Clint Futardo & Aaron Pereira	Apostles of Christ
13	To be elected	Holy Family
14	To be elected	Helpers of Jesus
15	Kryshelle Roacha & Berancye Xavier	Akashdeep
16	Franklin Dsouza & Rima Dsouza	Our Lady of Nazareth
17	Dwayne Patel & Sherwin Pereira	St. Dominic Savio
18	Candice Rodrigues & Hershel Moraes	Good Samaritan
19	Shefali Coelho	Christ the King
20	Susan Tompal & Shawn Buthello	Daya Sagar
21	Rinolle Dsouza & Mikhail Mascarenhas	St Paul's
22	Savio Menezes & Derik Pinto	Prem Sagar
23	Simran D'souza & Tracy Lopez	Shantidaan
24	Kenneth Dsouza & Yohan Mahanti	Emmanuel
25	Joanne Rodrigues & Valerie Rodrigues	Pavan Atma
26	Alroy Chettiar & Reni Xavier	St. Ann's
27	Leon Travasso	Holy Trinity
28	Jaspreet Bedi & Christopher Simenti	St. Joseph the worker
29	Abigail Rebello & Dyann Dsouza	Our Lady of Rosary
30	Allwyn D'souza & Chistopher lewis	Shalom
31	Denver Fonseca & Joel Fernandes	Hosanna
32	Glavita Fernandes & Rhea Kamra	Sacred Heart
33	Amruta Pathare & Rahul Fernandes	Yahweh's Clan
34	Tanya Dsouza & Anushka Saran	Mystical Rose

## GUIDELINES FOR SENDING MATTER FOR PUBLISHING IN THE PARISH BULLETIN

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

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

## GUIDELINES FOR BOOKING OF ADVERTISEMENTS IN THE PARISH BULLETIN

Parishioners who wish to ADVERTISE in the Parish Bulletin, are requested to abide by the following guidelines:

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

- Publisher and Editorial Team

From the Annual Calendar for the Year 2016-2017

Sr. No	Date and Day		Event
June, 2016	1 <sup>st</sup> – 3 <sup>rd</sup>	Wednesday to Friday	Triduum in preparation for the Feast of Sacred Heart of Jesus
	5 <sup>th</sup>	Sunday	Feast of Sacred Heart of Jesus
	26 <sup>th</sup>	Sunday	Laity Sunday
July, 2016	3 <sup>rd</sup>	Sunday	Faith Formation Sunday
	24 <sup>th</sup>	Sunday	Parent's day (at the NYG level)
	31 <sup>st</sup>	Sunday	Dream Big I
August, 2016	7 <sup>th</sup>	Sunday	Vianney Sunday
	15 <sup>th</sup>	Monday	Solemnity of Assumption of Our Lady and Independence day
	21 <sup>st</sup>	Sunday	Justice Sunday
	27 <sup>th</sup> - 28 <sup>th</sup>	Saturday - Sunday	Regen Olympia - 2016 - Telematches (PYC)
	30 <sup>th</sup> - 31 <sup>st</sup>	Tuesday - Wednesday	Novena in preparation for Nativity of our Lady
September, 2016	1 <sup>st</sup> - 7 <sup>th</sup>	Thursday to Wednesday	Novena in preparation for Nativity of Our Lady
	8 <sup>th</sup>	Thursday	Nativity of Our Lady and Girl Child Day
October, 2016	Rosary Month		
	1 <sup>st</sup>	Saturday	World Elder's Day
	2 <sup>nd</sup>	Sunday	Zeal 2016 (PYC)
			Thanksgiving Sunday
	13 <sup>th</sup>	Thursday	Senior Citizen Association day
	23 <sup>rd</sup>	Sunday	Mission Sunday
November, 2016	1 <sup>st</sup>	Tuesday	All Saints day
	2 <sup>nd</sup>	Wednesday	All Souls day
	12 <sup>th</sup> - 13 <sup>th</sup>	Saturday - Sunday	Parish Day and Family Meal
	13 <sup>th</sup>	Sunday	World Communications Day
	20 <sup>th</sup>	Sunday	Christ The King Feast

Sr. No	Date and Day		Event
December, 2016	3 <sup>rd</sup>	Saturday	Feast of St. Francis Xavier
	11 <sup>th</sup>	Sunday	Confirmation (10 am Mass)
	18 <sup>th</sup>	Sunday	Sunday School Christmas Party
			Christmas Float
	19 <sup>th</sup> - 21 <sup>st</sup>	Monday to Wednesday	Advent Confessions
	22 <sup>nd</sup>	Thursday	Carol Festival (to be Confirmed)
	24 <sup>th</sup>	Saturday	Christmas Eve
	25 <sup>th</sup>	Sunday	Christmas
	26 <sup>th</sup>	Monday	Birthday of Fr. Infant Vinodh SVD
	28 <sup>th</sup>	Wednesday	Birthday of Fr. Innocent Fernandes SVD
Blessing of Children			
January, 2017	11 <sup>th</sup> - 13 <sup>th</sup>	Wednesday to Friday	Triduum in preparation for the feast of St. Arnold Janssen
	15 <sup>th</sup>	Sunday	Feast of St. Arnold Janssen
	22 <sup>nd</sup>	Sunday	All Associations day
	26 <sup>th</sup>	Thursday	Republic day
	27 <sup>th</sup>	Friday	Birth Day of Fr. John Serrao SVD
	29 <sup>th</sup>	Sunday	Dream Big 2
February, 2017	11 <sup>th</sup>	Saturday	World Day of the sick (Health Cell)
	12 <sup>th</sup>	Sunday	Couples Day (Family Cell)
	26 <sup>th</sup>	Sunday	Bible Sunday
March, 2017	1 <sup>st</sup>	Wednesday	Ash Wednesday
	12 <sup>th</sup>	Sunday	Women's day Celebration (Women Cell)
	13 <sup>th</sup> - 15 <sup>th</sup>	Monday to Wednesday	Konkani Missions
			English Missions (dates to be decided)
April, 2017	5 <sup>th</sup> - 7 <sup>th</sup>	Wednesday to Friday	Lenten Confessions
	9 <sup>th</sup>	Sunday	Palm Sunday
	10 <sup>th</sup> - 15 <sup>th</sup>	Monday to Saturday	Holy Week
	16 <sup>th</sup>	Sunday	Easter Sunday
	22 <sup>nd</sup>	Saturday	First Holy Communion
	23 <sup>rd</sup>	Sunday	Divine Mercy Sunday
	27 <sup>th</sup>	Thursday	Birthday of Fr. Lawrence Correa SVD
	28 <sup>th</sup> - 30 <sup>th</sup>	Friday to Sunday	Rink Football Tournament (PYC)
May, 2017	6 <sup>th</sup> - 7 <sup>th</sup>	Saturday - Sunday	Throw Ball Tournament (PYC)
	8 <sup>th</sup> - 20 <sup>th</sup>	Monday to Saturday	Summer Camp for Children



# PARISH VISION MISSION STATEMENT

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



Holy Land Pilgrimage



Orientation for the PYC



Participants at the SCC Recollection



PYC Commissioning



Ramzan Eid Celebration - Inter Religious Dialogue Cell



Vianney Sunday Celebration