

Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 67

April 2017

For Private Circulation Only

Easter, The Joy Of Christian Communities



SUNDAY MASSES

Morning

6:30 am (English Mass)
7:30 am (Konkani Mass)
8:45 am (Parish Mass)
10:00 am (Children's Mass in the Church)
10:00 am (English Mass in the Community Hall)

Evening

4:15 pm (Hindi Mass)
5:30 pm (English Mass)

Weekday Masses:

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

Wednesday

Novena to Our Lady of Perpetual Succour after all Masses

Thursday

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

First Friday:

Holy Hour 6:00 pm to 6:45 pm

Fourth Friday:

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

Catechism for Children:

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

Confessions:

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

Baptism:

2nd and 4th Sundays at 11:00 am

Pre-nuptial Enquiry:

By Appointment

Wedding Mass Timings:

Monday to Saturday
Disparity of Cult and Mixed Marriage: 3:00 pm
Catholic Weddings: 5:00 pm
All Thursdays and First Fridays: 4:30 pm
Sunday: 5:30 pm (Scheduled Mass)

Sick Calls:

At any time

Centre for Community Org., (Tel: 28269326)

Mon, Wed, Fri (10 am to 12 Noon)
Tuesday, Thursday (6 pm to 8 pm),
Saturday and Sunday-Closed.

Parish Office hours

9:00 am to 12:30 pm (Mon to Sat)
4:30 pm to 8:00 pm (Mon to Fri)
4:30 pm to 7:00 pm (Sat)
Tel: 28362110, 28202087
e-mail: h2h.bulletin@gmail.com
Website: www.sacredheartandheri.net

3 rd to 5 th April	Lenten Confessions (Mon to Wed) (Morning - 07.00 am to 07.30 am & 08.00 am to 09.00 am; Evening - 06.00 pm to 07.00 pm & 07.30 pm to 09.00 pm)
8 th April	Blessing of the Palms 06.45 pm - In front of the grotto, followed by procession and Palm Sunday Mass
9 th April	Palm Sunday
13 th April	Maundy Thursday 10.00 am - Mass for the Sick and Elderly 07.30 pm - Mass of the Last supper of the Lord, followed by Adoration till mid night
14 th April	Good Friday 07.00 - Stations of the Cross by youth of Area 3 (English) 10.00 am to 11.15 am - Stations of the Cross (Bible Cell) 11.30 am to 12.30 pm - Stations of the Cross (Konkani) 12.30 pm - Divine Mercy Novena (begins this day) 06.00 pm - Celebration of the Lord's Passion
15 th April	Holy Saturday 07.30 am - Meditation of the seven sorrows of Mother Mary followed by the Divine Mercy Novena 08.00 pm - Easter Vigil and Mass of the Resurrection of our Lord Jesus
16 th April	Easter Sunday Konkani Mass - 07.30 am English Mass - 08.45 am & 10.00 am No Evening Mass
19 th to 21 st April	Triduum in preparation for the Feast of Divine Mercy (during 07.00 pm Mass)
22 nd April	Saturday - First Holy Communion
23 rd April	Divine Mercy Sunday (Feast Mass at 10.00 am)
25 th April	Feast of St. Mark, Evangelist
29 th April	Memorial of St. Catherine of Siena, Virgin & Doctor
2 nd May	Memorial of St. Athanasius, Bishop & Doctor
3 rd May	Feast of Sts. Philip & James, Apostles
6 th to 7 th May	Throw Ball Tournament (PYC)
8 th to 20 th May	Summer Camp for Children
25 th May	Solemnity of the Ascension of The Lord
26 th to 28 th May	Rink Football Tournament (PYC)
26 th May	Memorial of St. Philip Neri, Priest
31 st May	Feast of Visitation of the Blessed Virgin Mary
1 st June	Feast of St. Justin, Martyr
3 rd June	Memorial of St. Charles Lwanga and companions, Martyrs
4 th June	Solemnity of Pentecost
5 th June	Feast of St. Boniface, Bishop & Martyr
11 th June	Solemnity of The Most Holy Trinity
13 th June	Memorial of St. Anthony of Padua, Priest & Doctor
18 th June	Solemnity of Corpus Christi
21 st June	Memorial of St. Aloysius Gonzaga, Religious
21 st to 23 th June	Triduum in Preparation for the Feast of the Sacred Heart
25 th June	Celebration of the Feast of the Sacred Heart in our Parish

For Additional Details, kindly refer to the Parish Weekly announcements.

From the Pastor's Desk

My dear parishioners,

With so many activities, liturgical functions and celebrations regularly taking place in our parish, we fail to realize that Easter is just round the corner. It looks like we welcomed 2017, just a few days ago, and now to think, we have completed the Lenten Season with prayer, fasting and abstinence, acts of charity and mercy, and are on the threshold to celebrating Easter, the most important and significant feast in the Christian calendar.

Our Parish has chosen: **'Year of Small Christian Communities'**, as its theme this year. By this, we reinforce the point that the strength and beauty of the parish lies in the success of its parishioners, living their Christian lives joyfully in their own Communities or in the 'local Church'. Keeping the theme of the year in mind and the upcoming celebration of 'Easter', we have rightly chosen 'Easter: The Joy of Christian Communities', as the theme for this issue of 'Heart to Heart' Bulletin.

One may say, "What is the connection between Easter and the Small Christian Communities?" "How is Easter the joy of Christian Communities?" The answer is simple: Easter or the Resurrection of Christ gave birth and meaning to the early Christian Communities. If there was no Easter, there would not have been Christians and there would not have been communities of Christians.

The Letters of St. Paul, which probably are the earliest Christian writings, and the story about the 'Early Church' written by the author of the Gospel of Luke, give us glimpses of the early Christian Community. How it all began in Jerusalem, how it included Gentiles (non-Jews), and how it spread as a counter cultural and multicultural community. The dimension of counter culture of the early Christians emanated from Jesus Christ Himself. For instance, according to the Gospels, the first person to see the risen Lord was Mary Magdalene – a woman. During Jesus' time, a woman's witness was not valid in the court of law, and yet the first witness of Christ's resurrection was a woman. The greatest proof of the Son of God is His resurrection, and the greatest and the first witness of His resurrection was a woman. What the world considered unworthy and unreliable – the witness of a woman, Christ Jesus made the solid foundation for the beginning of the ministry of His Church. The other significant point to note here is that Mary Magdalene loved Jesus very much. She did not give up hope even when He died. She came seeking for Jesus' dead body, but Jesus Christ granted her the privilege of seeing Him resurrected.

There is a story of a man who had mastered theology, telling a little girl who believed in Jesus Christ, "My poor girl! You do not know whom you believe in. In history, there have been many people who claimed to be Christ. There was Judas the Galilean in the first century, who revolted against the Romans, claiming that he was the Christ; there was Dositheus, the Samaritan, who affirmed that he was Christ; there was Simon Magnus who said that he appeared among the Jews as the Son of God; there was Theudas, who claiming that he was the Christ, persuaded people to go with him to the river Jordan to see the waters divided. History records twenty-four people who claimed to be the Christ. Which of them do you believe in?" The girl, without a hint of any hesitation or confusion, replied, "I know which Christ I believe in. I believe in the One who died for me on the cross and rose again from the dead. I believe in Him who rose from the dead and appeared to the disciples and to Mary Magdalene."

The earliest followers' experience of the Risen Christ, which was a profound religious one, gave rise to the Christian movement. This movement began within Judaism and it actively sought new members. And today, it is spread throughout the entire world!

The Small Christian Communities make our Sacred Heart Parish a very vibrant and alive parish. Taking the example of Mary Magdalene, many women in our parish take up leadership roles and an active part in the functioning of the SCCs and in the lives of the families in their respective communities. No doubt, it is their love and faith in Jesus Christ, who is the true 'Christ' that has drawn them to this mission, without any other considerations.

I urge you, SCC animators, both men and women, and the families in our parish to take this opportunity and celebrate Easter with joy and new vigour. Let this celebration of being part of the Resurrected life of Jesus, continue all through the year. Let it bring joy among the Small Christian Communities. May the light of the Easter candle drive away all that is evil and dead and fill you with a life in abundance, in the Risen Lord! May it unite all of us to live as brothers and sisters in Christ, going beyond ethnicity and economic divides!

I wish each one of you dear parishioners, a very Happy Easter!

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

Easter, The Joy Of Christian Communities

We lavishly praise mothers who time and again make heroic sacrifices for their children. We admire fathers who slog day in and day out to provide for their children. We applaud the great deeds of one friend for another. We commend teachers who go beyond the call of duty. We salute soldiers who valiantly fight until they go down. We give such worthy souls great appreciation, as we should, but will not praise Jesus for the supreme sacrifice He made. **Why?**

The four Gospels give us a sad account of the death of Jesus on the cross. The readings are vivid, touching and gripping. Yet, we are left unmoved. It is baffling. Have the many narrations of the story of Calvary made it less appealing? Are His wounds less painful because we cannot feel them? Is His blood thinner than ours? Have the 2000 years blurred the memories of his poignant sacrifice?

Besides the Gospels on the passion and death of Jesus, there are instances related of the torments He suffered at the hands of His brutal so-called enemies. His persecutors devised more and more cruel and dreadfully painful ways to inflict pain on Him. What did He do to deserve such a horrible death? He raised the dead to life, He fed the hungry. He healed the sick. He consoled the grieving and had compassion on those in trouble. Was He to be blamed? Yet He accepted death, death on the cross and the pain that went with it. For us. For our redemption!

What more should He have done to gain our attention? What more sacrifice should He have done to merit our gratitude? What means should He have adopted to find a place in our hearts? When will our hearts listen? Will we keep the master waiting? Are we not His prototype? Don't we believe that we are created in His image? Are we not proud to call ourselves as living images of Christ?

The Gospel of Easter is very clear: we need to go back there, to see Jesus risen, and to become witnesses of His Resurrection. This is not to go back in time; it is not a kind of nostalgia. It is returning to our first love, in order to receive the fire which Jesus has kindled in the world and to bring that fire to all people, to the very ends of the earth.

- Pope Francis

His death and resurrection brought us liberation. A liberation from sin and its many manifestations. Today we can claim to be a free, happy and joyful people. Should we then not celebrate this joy and carry it across to the people of our communities, families and friends? Are we blind to see that the Risen Lord's life itself is an awe inspiring message! His life proves that after every storm there is a calm, after every failure a success and after every night and darkness, follows a day and sunshine! Then why can't we be joyful, faithful and hopeful, when the Risen Lord extends a message to us? Well, I see certain impediments.

Taking across this joyful note and pursuing the same is not as easy as we think. It entails small and multifarious problems. Many small Christian community groups (SSCs) and local Church fellowships remain superficial groups because they are afraid of conflicts. Whenever a contentious issue pops up that might cause tension or discomfort, it is immediately glossed over or swept under the carpet so to speak, in order to preserve a false sense of peace and bonhomie. Everyone jumps in and tries to smoothen everyone's ruffled feathers. The underlying issues are never resolved, and everyone lives with a quiet but seething frustration bubbling in them. Everyone is aware of the problem, but no one talks about it openly. This creates a very morbid environment, where secrets and gossip thrives. Paul's solution was straightforward: *"No more lies, no more pretense. Tell your neighbour the truth. In Christ's body we're all connected to each other, after all."* Though we may have many examples, life-lessons and solution cracking skills yet it takes time and a strong will to crucify our egos, sentiments and values.

Apart from being humble, I feel extending basic courtesies towards others, can play a vital role in bringing a happy demeanor in building a joyful community. Yes, courtesy is respecting our differences, being considerate of each other's feelings and viewpoints and being patient with people who irritate us. In a nutshell, agree to disagree! The Bible says, *"We must bear the burden of being considerate of the doubts and fears of others."* Paul told Titus, "God's people should be big-hearted and courteous."

Of all growth patterns, the growth pattern of the Chinese bamboo tree is the most amazing one. Plant a bamboo sprout in the ground, and for four or five years nothing happens! You water and fertilize it regularly yet you see no visible evidence that anything is happening. Nothing! But around the fifth year, things change rather dramatically. In a six week period the Chinese bamboo tree grows to be a staggering ninety feet tall. It seems incredible that a plant that lies dormant for years can suddenly surge with alarming growth! This is seen happening without fail with bamboo trees.

Now all things have been filled with light, both heaven and earth and those beneath the earth; so let all creation sing Christ's rising, by which it is established.

- St. John of Damascus

Yes, in the same manner, it takes both God's power and our efforts to produce loving, joyful Christian communities. If we focus on our purpose, believing in the message of Easter, we need not worry about the growth of our church, small Christian communities and our family lives. We only need to concentrate on the *watering, fertilizing, cultivating, weeding and pruning*. God will grow His church/communities small or big to the size He wants them to be, at a rate that's best suits the situation. Remember, Proverbs 19:21 *"Many are plans in a man's heart, but it is the Lord's purpose that prevails."*

Let us comprehend the essence of Easter this year and spread across the joyful message of the Risen Lord in our families, communities and parish. **Wishing You All A Meaningful Easter and God's Choicest Blessings Upon Your Families!**

Fr. Infant Vinodh SVD

The Cross had asked the questions; the Resurrection had answered them... The Cross had asked: "Why does God permit evil and sin to nail Justice to a tree?" The Resurrection answered: "That sin, having done its worst, might exhaust itself and this be overcome by Love that is stronger than either sin or death."

- Venerable Archbishop Fulton Sheen

CCO On The Move

Ushering in Easter 2017

Rejoice and be glad our Lord and Saviour has conquered death! The Risen Lord gives us joy, hope and meaning to celebrate. In the same manner, **Centre for Community Organisation (CCO)** believes that hope brings joy, expectations, excitement and celebration. This hope gives us the energy and zeal to work and bring a smile on the faces of those who need help to overcome struggles in life's journey.

The **Senior Citizens Cell**, arranged a Christmas Party on 5th December, 2016 for the seniors of our parish. The party was enjoyed by all and they were all given Christmas gifts to match the spirit of the season.

The **Sunday School Pastoral Team** held a Christmas party for children attending Sunday Catechism on 18th December 2016.

Carol Festival was held on 22nd December 2016, with the theme "Jesus Christ: Ray of Hope". The same was organized by the **Small Christian Communities (SCCs)** of our Parish.

The **Parish Cultural Committee (PCC)**, in collaboration with the **Parish Clergy Team**, organized a Konkani drama by Mario Menezes, titled 'Goem Konn Samballtolo' on 8th January, 2017. It was well attended and enjoyed by one and all.

The CCO organized an "All Associations' Day", which was celebrated on 22nd January, 2017 for all the Heads, Assistant Heads, Coordinators and Animators of all Cells and Associations of our parish. All those who attended the evening's get together enjoyed the games, music and the dinner that followed.

Republic Day celebrations on 26th January 2017, was held at 7.10 am on the Church grounds. The **Inter Religious Cell** of our parish organized the program.

The Youth Ministry of our parish in collaboration with the **Parish Youth Animation Team (PYAT), and youth members of Area 1**, organized 'Dream Big - 2', on 29th January, 2017. The theme was 'Effective Resumé/CV and Insights on Interview Cracking Skills'. This program gave the youth of our parish a window to learn the tools of creating impressive resúmes.

To commemorate International Day of the Sick and the Feast of Our Lady of Lourdes, a special Mass for the sick of our parish was organized by the **Health Cell**, on 11th February 2017, at 5 pm. After Mass, there was anointing of the sick.

A training program for animators of our **Small Christian Communities (SSCs)**, was organized on 12th February 2017.

On the occasion of World Couples' Day, the Family Cell and Couples for Christ, organized a Special Eucharistic celebration for the couples of our parish. The theme was "Love is for giving, love is forgiving." After Mass, a lively get together was held at the parish Community Centre.

OLCM, conducted a training program on 23rd February 2017, on the topic "After the Year of Mercy, What Next?"

The **Clergy Team** of our parish in collaboration with **Sunday School Teachers** and members of the **Bible Cell**, organized a Fest for our children and parishioners after the 10.00 am Family Mass on Sunday, 26th February 2017.

The **Women's Cell** of our parish, organized a get together for Tribal women belonging to the Adivasi Pada near Kamal Amrohi Studio at JVL on 19th February 2017 and for household domestics of our parish on 26th February, 2017, at 3.00 pm, at the Community Centre. There were more than 160 domestics in attendance. Besides a Cancer awareness talk by a Doctor, a round of games, snacks and return gifts were given to all attendees.

It was an eventful quarter for the CCO and a good beginning for 2017! We thank the Lord for His mighty blessings!

Ida Quinny
CCO Co-ordinator

Our Lord's body became a bait for death so that the dragon, hoping to swallow Him, might vomit up those also whom he had swallowed.

- St. Cyril of Jerusalem

Living the Year of Mercy

Pope Francis gave the Church a wonderful gift. He proclaimed the Year 2016 as an Extraordinary Jubilee Year of Mercy, a special time for the Church to make more evident its mission to be a witness of mercy. Pope Francis says "Mercy is the beating heart of the Gospel" (*Misericordiae Vultus*) and points out the path that we are called to follow.

Accepting Pope Francis' invitation, we celebrated the Jubilee Year of Mercy in our parish under the theme 'God's Love And Mercy'. Fr. John Mascarenhas SVD, along with the 'Year of Mercy' Team initiated it at the 2016 New Year's eve Eucharistic celebration. After Mass, the door of our Church was symbolically opened by our Parish Priest, Fr. Lawrence Correa SVD, for the parishioners to enter and to pray. It was a time of grace and peace, a call to each of us to love and forgive without reservation. The Year of Mercy prayer, taken from Pope Francis' Prayer for the Extraordinary Jubilee Year of Mercy, was recited after every Sunday Mass. After Fr. John Mascarenhas' transfer to Goa in June 2016, Fr. John Serrao SVD, took a profound interest not only to throw light on the conclusion of the Year of Mercy, but also helped the parish to practice various acts of mercy.

Beyond opening of the door of the Church, the extraordinary acts of love and mercy were visible in every community of our parish. Area-wise Adoration and Prayer Services were conducted in the Church. Communities, families and individuals rediscovered the joy of sharing and the beauty of solidarity.

The **Spiritual and Corporal Works of Mercy** are actions we can perform that extend God's compassion to those in need. The reports presented by some of the Area Coordinators speak volumes on the works of mercy carried out by our parishioners :

- Visits, donations and other essentials were given to :
 - ▷ Sarva Seva Sangh, a center catering to the needs of street children and HIV/AIDS care and support
 - ▷ Asha Jyothi, Hyderabad, a HIV/AIDS care and support center
 - ▷ SVD Odisha Mission
 - ▷ Mother Theresa's Home at Vile Parle
 - ▷ Shanti Ghar, a shelter for battered and destitute women
 - ▷ Sneha Sadan, a home for street girl children
 - ▷ Home for the Aged, a home for the elderly
 - ▷ Cheshire Home, a home for the physically challenged

- Donations towards the education/assistance to students coming from poor and the marginalized of society.
- Fellowship meal for the Senior Citizens of the community, from all faiths.
- Girl-Child Day celebrated in the community with gifts distributed to girls below the age of 8, across all faiths.
- A site visit and get together with the women and children of the Adivasi settlement at Aarey Colony. Games were organized, snacks and gifts were distributed.
- Visits to hospitals, sick, old and house-bound members in our communities.
- A commitment to help with the medical expenses of a special child in the community from 2016, onwards.

Triduum and the closing ceremony of the Jubilee Year were commemorated on 17th, 18th and 19th November 2016. After the evening Mass, *Praise and Worship* was conducted by **Jesus the Real Vine**, followed by a talk on 'God's Love and Mercy'. On the 17th, **Fr. Mathew Korattiyil, SVD**, emphasized on treating people with dignity, especially the powerless. He stressed on cultivating an attitude of mercy within us and around us. On the 18th, **Fr. Joseph M. T., SVD** spoke on the *Scarcity and Abundance* mentality. He said our God is a God of blessings and abundance. To live a life of abundance we need to count our blessings and practice gratitude and generosity. On the 19th, we were very privileged to have amongst us **Missionary of Mercy appointed by Pope Francis, Fr. Leon Cruz, SDB**. Fr. Leon, emphasized on leaving our own footprints of mercy around us. We need eyes of mercy to look into eyes of someone suffering. We need ears of mercy to listen to someone who is in distress. We need words of mercy to heal wounded relationships and to restore peace in our families and communities.

The Year of Mercy has made us more aware, perhaps even more sensitive, to others' struggles. Pope Francis has renewed our faith. As we walk through the door of our Church, may we continue to draw nourishment from the Eucharist and build a world of mercy around us! May we continue to be the visible face of the invisible Father, of the God who manifests His power above all, by forgiveness and mercy!

Susan Noronha Chettiar
Good Shepherd, Community No. 7

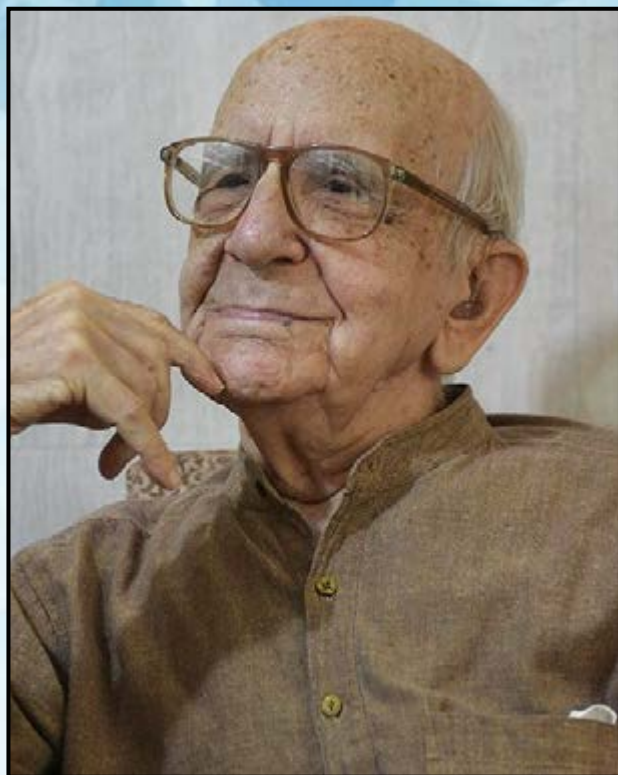
A Tribute of Love to Fr. Gussi Frederick Sopena SJ

Sacred Heart Parish, Andheri East, owes a great deal of heart-felt gratitude to Fr. Sopena, one of the most popular and immensely loved Jesuit priest, for his contribution, towards the birth and formation of our parish. Fr. Sopena left for his heavenly abode on 25th January 2017.

Fr. Sopena SJ and the Sacred Heart Parish Connect

The very idea of Sacred Heart Church in our area emerged out of a decision taken by Fr. Sopena as Parish Priest of Holy Family Church in 1979. He gave up his position as parish priest and moved into a chawl in Achanak Colony, to cater to the pastoral needs of the parishioners staying there. A part of his residence was converted into the Sacred Heart Chapel where Holy Mass was celebrated for the first time on June 1, 1979. This can be treated as the real beginning of our Parish, although it was only a chapel in those days of the Holy Family Church. Thereafter, he almost came close to setting up an experimental parish at the Sacred Heart Chapel, a forerunner to the present parish. Fr. Sopena led his flock by the sheer strength of his beliefs and example. The small catholic community too, had organised itself and taken responsibility for Parish activities. That is why he will always be remembered with immense warmth and gratitude as the **Founding Father** of the Sacred Heart Parish, Andheri East. Fr. Sopena too considered this endeavour as one of the happiest period of his life.

The parish edifice plans with its boundaries, as it stands today, was proposed by Fr. Sopena SJ in his communiqué to the Episcopal Vicar of the Holy Cross Church, Kurla on 14.12.1982. His efforts paid off and our Parish was conceptualized in June 21, 1987 by the Archdiocese of Bombay, and entrusted to the pastoral care of The Society of Divine Word (SVD) Fathers. On May 17th 1998, Fr. Sopena laid and blessed the foundation stone of our Church.



More about Fr. Sopena SJ

Fr. Sopena SJ was born in the city of Barcelona, Spain on 10th March 1926. In 1941, he joined the Society of Jesus, Spain. He was ordained a priest in Kurseong, Darjeeling on 27th April 1957.

When he moved to Maharashtra as part of pastoral assignment, he was alarmingly exposed to the backwardness existing in rural districts of Dhule and Raigad. In the late 1980s, he started the Janhit Vikas Manch, an organisation to develop skills amongst landless farmers and women, with special emphasis on educating tribal children. According to him, the purpose was not to build *brick and stone* Churches, but schools and save families. Some years later, Fr. Sopena met with an accident resulting in him losing a leg but this

did not deter his spirit nor stop him from continuing his missionary work, aided by a jaipur foot.

Having lived in India as a true son of the soil for over six decades, Fr. Sopena's long-cherished desire of becoming an Indian citizen was finally realised in April 2016, after a long and protracted struggle, lasting a span of nearly 38 years. Fr. Sopena was finally granted an Indian citizenship and died an Indian! He spent his final days at Andheri's Vinayalaya, a house for retired Jesuits. He left for his heavenly abode on 25th January 2017, after being hospitalized briefly for an age related ailment.

Our salute to this great and compassionate soul, yet a daring Priest of Christ! As parishioners of the Sacred Heart Parish, we will always aspire to be a 'Furnace of Love' he wished us to be.

RIP Dear Fr. Sopena!

Life Is Busy but Beautiful



Joseph Mendonsa is a practicing Chartered Accountant having his own office at Andheri. Besides being a busy professional, he is also an active member in the Church through the Bible Cell and Family Cell. Prior to this, he has served the parish as the leader of the English Charismatic Prayer Group for 3 years and was also the unit leader of Couples for Christ (CFC). He has done the 'Ministry of the Word' from St. Pius Seminary, Goregoan and has also successfully completed the course in Training for Family Enrichment (TFE) from the Archdiocesan Family Commission.

Life is Busy but Beautiful

Life is busy but beautiful is what Joseph tells when you ask him. Though it was the IQ (Intelligence Quotient) initially and later the EQ (Emotional Quotient) that was considered very important for a person to lead a successful and fulfilled life, he says it is now the SQ (Spiritual Quotient), which has taken the upper hand in his life, and rightly so.

Spirituality - A Way of Life

'Spirituality is nothing but a way of life' is what Joseph thinks. The way one prays and worships, whether in your personal or corporate life, should be reflected in the way you conduct your day-to-day life. There should not be any dichotomy between life in the Church and outside the Church. He says, "For me, Mass begins when I come out of the Church, after the Eucharistic celebration. Thus my spirituality consists of 3 Cs- **Creed** (My proclamation of faith), **Cult** (My worship life both personal and in the Church) and **Code** (My conduct in life). For me all 3Cs are equally important in order to have a good SQ, resulting in a happy, fruitful and successful life!"

Recourse to Christ: A Turning Point

Life for Joseph has been hectic since 1986, ever since he began his professional career. A successful man that he is, he takes great pride of being a self-made man until one fine day calamity struck. He faced a severe financial setback in his professional life. It was

due to some decisions taken in good faith, during the early 90s that did not work out as envisaged. All efforts and endeavors to come out of this financial hole went in vain, and on the contrary further messed up his life.

In those trying times, it was his wife Mabel, a great friend, a divine angel and a partner in the truest sense, suggested that he take recourse to Christ, as a last resort. With no other alternative/lifeline appearing on the horizon, Joseph, apart from attending a Retreat, started studying the Bible in earnest, just the way he had earlier studied Law and Tax, as a professional.

Seeking First the Kingdom of God

“Seek ye first the KINGDOM of God and everything will be added unto you” - Mathew 6:33. It is this verse that changed Joseph’s perspective towards life. Though he knew deep in his heart that when Jesus says everything else, He literally means everything - *spiritually, physically, materially, emotionally and psychologically*, he kept wondering what this Kingdom of God that he is supposed to seek first. Again it was Rom 14:17 verse that enlightened him – *‘Kingdom of God is of joy, peace and happiness in the Holy Spirit’*.

Thus Joseph started seeking the kingdom of God by spending more time with his family, near and dear ones, family prayers and outings, forgiving people, letting go of things burdening his soul and letting God take control, frequenting the Sacrament of Reconciliation, getting involved in various ministries in the Church, doing the Ministry of the Word and reaching out to people in need, in various ways.

“*Learn therefore who is the Suffering One, and who shares the suffering of the Suffering One, and why the Lord is present on the earth, to clothe Himself with the Suffering One, and carry Him off to the heights of heaven. It is He that delivered us from slavery to liberty, from darkness to light, from death to life, from tyranny to eternal royalty; and made us a new priesthood, and an eternal people personal to Him. He is the Pascha of our salvation.*

- St. Melito of Sardis

He keeps His Promises

Our Lord is so true to His promises! When Joseph started seeking God’s kingdom truthfully, God started restoring his little kingdom that was in shambles. *“In fact, He restored it many fold, Alleluia! We truly serve a Great and Mighty God,”* says Joseph, thanking and praising the Almighty.

Being Faithful

Just the way how God has been faithful, so also Joseph and the family keep and grow in faith. He now shares a personal relationship with the Lord and the Holy Spirit through daily personal prayers, scripture reading, studies and reflection, meditation, frequenting the Sacraments, the recitation of family prayer and couples prayer, before retiring for the day. These aspects form a very integral part of his daily life and keep him going.

Message to Readers for a Fruitful Life

Fruitful life means a life filled with the fruits of the spirit – *Love, Joy, Peace, Patience, Goodness, Kindness, Faithfulness, Humility and Self control* (Gal 5 :22,23) which is nothing but markers to help lead one’s life! This is the Code which leads us to love our neighbor in word and action. As the name suggests, fruits of the Spirit are visible in one’s life only if one is filled, empowered and led by the Holy Spirit. To be led by the Spirit one needs to have true contrition (change of heart and mind) and truly accept Jesus as your personal Lord and Saviour. Once you make this commitment, the grace and power of Holy Spirit starts flowing into you as an amazing grace like the early church in Acts of the Apostles. So, this Easter, is a God given special and grace filled season to have such a personal encounter, with our loving and merciful Lord.

**Joseph Mendonsa, Our Lady of Rosary, Community No. 29
Interviewed by Sr. Nathalia D’souza SSpS**



MIRACLES OF JESUS

I) ANSWER THE QUESTIONS IN THE BLANK SPACE PROVIDED

- Which was the first miracle that Jesus performed?

- Which is the only miracle of Jesus that is mentioned in all the four gospels?

- For how many years was this man lying in the porches near the Sheep Gate at Bethzatha in Jerusalem waiting to be healed?

- What food did the boy give to Jesus so that He could feed the five thousand people?

- How did Jesus reach His disciples who were in a boat in the middle of a lake rowing towards Capernaum?

- What was the name of the blind man who sat by the road to Jericho begging whom Jesus healed?

- What was the name of the man from Bethany who was buried for four days and Jesus raised him from the dead?

- After rubbing some mud on the man’s eyes, where did Jesus ask the man who was born blind, to wash his face?

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

- (sickness, Jericho, touch, pick, waves, forgive, twelve, paralysed, Clean, Prophet, wind, faith, David, diseases)
- Seeing this miracle that Jesus had performed, the people there said, “Surely this is the _____ who was to come into the world!” (John _____)
 - Everyone was amazed, “What kind of man is this? they said. “Even the _____ and the _____ obey Him!” (Matthew _____)
 - A woman who had suffered from severe bleeding for _____ years came up behind Jesus and touched the edge of His cloak. She said to herself, “If I only _____ His cloak, I will get well.” Jesus turned around and saw her, and said, “Courage my daughter! Your _____ has made you well.” (Matthew _____)

**BIBLE QUIZ
NO. 2017-01**

- A man suffering from a dreaded skin disease came to Jesus, knelt down and begged Him for help. “If you want to,” he said, you can make me _____.” (Mark _____)
- I will prove to you then, that the Son of Man has authority on earth to _____ sins.” So He said to the _____ man, “Get up, _____ up your bed and go home!” (Matthew _____)
- As Jesus was coming near _____, there was a blind man sitting by the road begging. He cried out, “Jesus! Son of _____! Take pity on me!” (Luke _____)
- He did this to make what the prophet Isaiah had said come true, “He himself took our _____ and carried away our _____.” (Matthew _____)

III) UNSCRAMBLE THE FOLLOWING WORDS AND IDENTIFY THE SCRIPTURE VERSE. MENTION THE BOOK, CHAPTER AND VERSE

“FI UOY VEAH IFAHT SA GIB SA A DUMRAST EDES UOY ANC YSA OT HSIT LIHL OG OMRF EHRE OT ERHTE NDA TI LLWI OG”

IV) CIRCLE THE CORRECT ANSWER

- After the Resurrection to whom did Jesus first appear?**
a) Mother Mary b) Simon Peter c) Mary of Magdala
- Easter Island belongs to which country?**
a) Mexico b) Chile c) Brazil
- What does Maundy in “Maundy Thursday” mean?**
a) Discipleship b) Commandment c) Washing of the Feet

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 7th May, 2017
- There are three attractive prizes to be won. If there are many right answers the prizes will be determined by casting lots.
- Editorial board’s decision will be final and binding

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

Answers of Quiz No. Quiz 2016-04 :

- II)** 1) Bethlehem, least, leader, guide (Matthew 2:6)
2) Lord, pregnant, Son, Immanuel (Isaiah 7:14)
3) righteous, David, safe, peace, Salvation (Jer 23:5,6)
4) baby, king, star, east, worship (Matthew 2:2)
5) child, ruler, Counsellor, God, Eternal, Prince of Peace (Isaiah 9:6)

III) DON'T BE AFRAID I AM HERE WITH GOOD NEWS FOR YOU WHICH WILL BRING GREAT JOY TO ALL THE PEOPLE (Luke 2:10)

- IV)** 1) a) January 7th 2) b) Australia 3) c) St. Francis of Assisi

Winners of Quiz No. Quiz 2016-04 :

- 1st prize - Tahirah Fernandes, Std X, Canossa High School
2nd prize - Karen D’Souza, Std VI, Canossa High School
3rd prize - Glevita D’Souza, Std VII, Canossa High School

Hearty Laughter

NEVER SATISFIED

Two friends met on the street. One looked sad and almost on the verge of tears. The other man said, "Hey my friend, how come you look like the whole world has caved in?"

The sad fellow said, "Let me tell you. Three weeks ago, an uncle died and left me 50-thousand dollars." "That's not bad at all...!"

"Hold on, I'm just getting started. Two weeks ago, a cousin I never knew kicked-the-bucket and left me 95-thousand, tax-free to boot." "Well, that's great! I'd like that."

"Last week, my grandfather passed away. I inherited almost a million."

"So why are so glum?" "This week - NOTHING!"

WHAT TIME IS IT ?

A man had been driving all night and by morning was still far from his destination. He decided to stop at the next city he came to, and park somewhere quiet so he could get an hour or two of sleep.

As luck would have it, the quiet place he chose happened to be on one of the city's major jogging routes. No sooner had he settled back to snooze when there came a knocking on his window. He looked out and saw a jogger running in place. "Yes?" "Excuse me, sir," the jogger said, "do you have the time?" The man looked at the car clock and answered, "8:15". The jogger said thanks and left. The man settled back again, and was just dozing off when there was another knock on the window and another jogger. "Excuse me, sir, do you have the time?" "8:25!" The jogger said thanks and left. Now the man could see other joggers passing by and he knew it was only a matter of time before another one disturbed him. To avoid the problem, he got out a pen and paper and put a sign in his window saying, "I do not know the time!"

Once again he settled back to sleep. He was just dozing off when there was another knock on the window. "Sir, sir? It's 8:45!"

DANGEROUS FOOD

A dietician was once addressing a large audience in Chicago. "The material we put into our stomachs is enough to have killed most of us sitting here, years ago.

"Red meat is awful. Soft drinks erode your stomach lining. Chinese food is loaded with MSG. Vegetables can be disastrous, and none of us realize the long-term harm caused by the germs in our drinking water. But there is one thing that is the most dangerous of all and we all have, or will, eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"

A 75-year-old man in the front row stood up and said, "Wedding cake".

PUNCTUATION

An English professor wrote the words, "Woman without her man is nothing" on the blackboard and directed his students to punctuate it correctly.

The men wrote: "Woman, without her man, is nothing."

The women wrote: "Woman! Without her, man is nothing."

THINGS TO THINK ABOUT

1. You spend the first two years of your children's life teaching them to walk and talk. Then you spend the next sixteen telling them to sit down and shut up.
2. Grandchildren are God's rewards for not killing your own children.
3. Mothers of teens now know why some animals eat their young.
4. Children seldom misquote you. In fact, they usually repeat word for word what you shouldn't have said.
5. The main purpose of holding children's parties is to remind yourself that there are children more awful than your own.

Parish Activities

Small Christian Communities (SCCs) – An Update

Christmas Festival 2016 – A Super Curtain Raiser To Our Saviour's Birth

Amid the feverish preparations for Christmas, the Animators of the 7 Areas of the Parish set aside their personal commitments to unite our parishioners once again for a spirited Christmas Festival organized on the parish grounds on 22nd December 2016.

Captivating choral performances by each Area, set the evening ablaze in melodious harmony and kept the audience enthralled from start to finish. Added to the merriment was the unbridled camaraderie of the comperes Sharon Pinto and Adrian Rebello with their special brand of humour and interesting facts and figures on the true meaning and significance of Christmas. However, for the animators who had worked tirelessly behind the scenes, with rehearsals running late into the evening, their special moment was when both Fr. Lawrence Correa SVD and Fr. Innocent Fernandes SVD appreciated and profusely thanked them for their concerted efforts in training the performers, resulting in an exuberant display of talent.

Transforming Leadership – Building Teams

Training is learning and learning has no age limit. This is what brought 126 SCC Animators of our parish together, on Sunday, 12th February 2017 for an inspiring and interactive morning, in the ground floor hall of our Community Centre. The topic for the day was: **'Transforming Leadership – Building Teams'**. The Resource Person was none other than Mr. Thomas Lobo, a well-known trainer in the Archdiocese of Bombay and currently the Campus Director at St. John Technical and Educational Campus, Palghar.

If the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will give life to your mortal bodies also through His Spirit who dwells in you.

– Romans 8:11

Dividing the animators into groups for effective discussion and debate, Mr. Lobo introduced the topic namely, *How An Animator Can Become A Good Leader And Build Teams In Our Communities.*

The key takeaways from the Session were:

- 'ASKS' depicting good leadership attributes of 'Attitude', 'Skills', 'Knowledge' and 'Spirituality'.
- Leadership is not power, prestige, position but 'Service'.
- The proof of leadership is found in the followers and the fruit of good leadership is 'Teamwork'.
- Team Development takes place in four stages:
 - i. 'Forming' – the stage where clarity is being sought on the purpose, structure etc., of the team
 - ii. 'Storming' – characterized with debates and conflicts over control, hierarchy and leadership
 - iii. 'Norming' – strong sense of group identity and cohesiveness and
 - iv. 'Performing' – move from getting to know each other to the job of task performance.

The story of 'The Rabbit and the Tortoise' was presented and the six lessons from the story were discussed. The discussions and the sharing by the groups brought out the essence of the training – **'TEAMS'** meaning **T**ogether **E**ach **A**chieves **M**ore **S**uccess. Successful teams are led by good effective leaders who can inspire others to achieve greatness.

The Session concluded with a short video clipping of 'The Geese in Flight' and a tower building exercise where each team's strategy and time taken to build the tower were evaluated. A useful lesson learnt in effective teamwork. It was indeed a well spent and rejuvenating Sunday morning.

Candy Mendoza, Rosalin Ambrose & Jessie Serrao
The SCC Project Team

All Association's Day

Members, representing various Cells and Associations of our parish, participated in the annually held All Association' Day, on Sunday, 22nd January 2017.

Fr. Lawrence Correa SVD, our parish priest, celebrated Holy Mass at 05.30 pm. In his homily, Fr. Lawrence spoke on how important it is for parents to play a major role in helping and guiding their children in choosing vocations, and shared with us his personal experience of his vocation and calling. The highlight of his homily was how we as Christians should stand together and accept each other rather than discriminate and dwell on things that separate us. Only then, will we be able to stand together as one Christian community.

After Mass, the members gathered on the Church grounds, where arrangements for the evening's entertainment were made. Everyone was greeted with a piece of cake and a soft drink. Fr. Lawrence welcomed all those assembled, and expressed his gratitude to all who invest their time and energy in keeping their respective Cells and Associations working.

The evening commenced with a medley of action songs led by Osmond and his team, which had everyone on their feet. The comperes of the evening were Charles Carvalho and his wife Fallon Carvalho. They started the fun-filled evening by entertaining and regaling members with much humour and innovative ice breaking games that helped every one bond with

each other. There was plenty of dancing too. There was active participation from all attendees and there were spot prizes galore which helped increase everyone's spirits a notch higher.

The games brought members from all age groups together. It was heartwarming to see our Religious take part in all the games with much gusto and enjoy themselves. The games gave us plenty of opportunities to make new friends. Good music by DJ Johnny, kept the youth as well as elders on their toes.

With the fun and games over, Ida Quinny, CCO Co-ordinator, thanked our Parish Priest and Director of CCO, Fr. Lawrence Correa SVD, and the clergy team, the Support Staff of our parish, Life Sound System, Galaxy Caterers, Volunteers and all those who attended the evening's program and contributed to making it a memorable event.

Towards the end of the program, Fr. Innocent Fernandes SVD led the gathering into saying the Grace, before declaring the buffet open for the Fellowship meal.

We thank the Lord for this wonderful evening. God bless Ida Quinny and her team for organizing a well-planned and fun-filled evening.

Celine D' Souza
Prem Sagar, Community No. 22

Recollection for the Extraordinary Ministers of the Holy Communion

On 11th December 2016, on what was a pleasant evening, we had a **'Recollection'** for all the Eucharistic Ministers of our parish. The theme revolved around the realization that we in ourselves, are such great miracles!

Keeping the theme in mind, the session commenced with the movie **'The Greatest Miracle'**. The most hard-hitting and mind-boggling part of the movie was the realization that at some point in our lives, we could all connect to the three central protagonists of the story, even though the problems they confronted were so different from the ones we face in today's day and time.

The content of the movie showcased every part of the Holy Mass and its significance in great detail. It stressed on how important it is to spiritually prepare oneself before attending a Eucharistic celebration. 'The Greatest Miracle', recounts a heavenly tale about spirits and religious services that we often choose to underestimate. Three unique stories but with a deep underlying connect. Monica, Don Chema and Doña Cata meet at a Eucharistic celebration with each one battling their own personal demons. Despite the fact that this is not the first time they are attending Holy Mass, they require help to grasp its actual significance. That direction originates from their guardian angels, who help them comprehend the battle amongst great and malicious, and the phenomenal triumph of confidence that manifests itself at every Eucharistic celebration.

The movie was followed by a short exercise called **'Hand Prints'** and **'Heart Prints'**. We learnt that our hands are meant not only for ourselves but also doing good for others. Any service we do is to be done with our hearts and not just our hands because hand prints can be easily erased but heart prints cannot. We, in ourselves, have so much to offer to others who may not be as blessed as us. We should come forward and make a concerted effort to help those in need. The Session ended with Fr. John Serrao SVD, our Spiritual Director, blessing us in the name of the blessed Trinity.

It was an informative, spiritually strengthening and an enjoyable evening. The spirit of gratitude was reinforced in us through the exercise and the movie. We wish to thank all who have been

a part of our ministry and have been the silent support of our services and endeavors to serve others to our full potential. A line that stayed with us long after the Recollection was over, is what I would like to end this Article with: **"We constantly wait in anticipation for a miracle to happen in our life, unaware that the miracle is life itself"**.

Jacinta Menezes
Eucharistic Minister

Are You Ready or Equipped for Spiritual Warfare?

Same sex marriages, extreme individualism, addictions, domestic violence and divorce are sadly becoming a norm rather than an exception. The Christian family today is undoubtedly under attack. The word 'attack' means to affect in a harmful way, using vigorous or violent force. The primary role of the family is companionship, procreation, parenting and salvation. God designed family to be the basic unit of society and the Church. But families are falling apart and this is not a new development. We see satan attacking the family, way back in the Garden of Eden where Adam and Eve disobeyed God, then their son Cain killed his brother Abel. Ephesians 6:12 says **"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms"** which means families / individuals are fighting a spiritual warfare.

The teachings of the Catholic Church revolve around **Christ being the central figure of a Christian marriage and families should show Love in every aspect**; the Church minces no words about the Sacrament of Matrimony and Papal documents like the *Familiaris Consortio* by Pope John Paul II promulgated in 1981, and *Amoris Laetitia* by Pope Francis in 2016, give a wealth of encouragement, guidance, and wisdom about the beautiful gift and vocation of marriage and family life. The recent Archdiocese Synods also emphasize the role of the Laity in the Catholic Church and they are expected to share the teachings of the Church.



The Couples for Christ India (CFCI) is a Lay Family Ministry approved by the Catholic Bishops Conference of India (CBCI) and operates under the Family Commission of the Archdiocese of Bombay. **CFC strives to equip family and individuals for Spiritual Warfare by making Christ as the Centre of the family.** CFC is an evangelistic and missionary community of Lay faithful that work toward strengthening the family bonds and teaching Christian values to children. CFC is a holistic family life renewal ministry encompassing, besides the ministry to married couples, ministries for every member of the family viz., **Kids for Christ (KFC), Youth for Christ (YFC), Singles for Christ (SFC), Handmaids of the Lord (HOLD) and Servants of the Lord (SOLD).** CFCI is a womb-to-tomb Ministry.

Couples for Christ began in our Parish in the year, 2000. Today, we have Couples for Christ, Kids for Christ, Youth for Christ and Handmaids of the Lord. Our members are active in Parish Associations and Cells and also help families in making Christ as the Head and Centre of the Family.

For more information, please contact:

Sebastian & Ruby Chettiar; Community No. 26
 Hillary & June Aguiar; Community No.13
 Lloyd & Zelda Fernandes; Community No. 15
 Stephen & Maria Coutinho; Community No. 31
 Michael & Juliana D'Souza; Community No. 13 (Kids for Christ)
 Leena Aranha; Community No. 8 (Handmaids of the Lord)
 Joseph & Caroline Chettiar; Community No. 1

Joseph Chettiar
Couples For Christ

I want to Celebrate and support the Institution of Marriage and the Family, at this critical moment in the history of our civilization.

Pope Francis



Family Mass In Our Parish

The parish Family Cell, under the guidance and direction of our Spiritual Director, Fr. Innocent Fernandes SVD and in collaboration with Sunday catechists organised a family Mass on 26th February, 2017 at 10.00 am with the theme **'Importance of the Word of God in our Families'**.

Fr. Nazareth Sequeira SVD, from Vasai was the main celebrant with Fr. Innocent as the con-celebrant. It was truly a heartening sight to see the Church over filled with **worshipping families**, made up of parents sitting along with their children from Sunday School.

The homily by the main celebrant dwelt on the power and importance of the Word of God in families. He appealed to families to make the Word of God an integral part of our day to day lives. His message truly touched and convicted many in the congregation. As the liturgy of the Mass was based on the theme for the day 'Bible Sunday', the hymns ably led by Mr. Marian's choir added meaning to the same.

To further drive the point home, there was a personal testimony given by Joseph Chettiar and his family. His school going children spoke about their love for the Word of God and how this habit was cultivated and encouraged by their parents. Their mother aptly concluded the testimony by briefing parents of their role in their children's faith formation.

Indeed, the first 'Family Mass' in our parish has resulted in spiritually motivating our families to lead lives like the Holy Family of Nazareth. The efforts of Family Cell members are appreciated for initiating the concept of celebrating the 'Family Mass' in our parish.

God Bless all the families of our Parish!

Joseph & Mabel Mendonsa
Family Cell

“Who can describe the bond of God's love? Who is able to explain the majesty of its beauty? The height to which love leads is indescribable In love the master received us, Jesus Christ our Lord, in accordance with God's will gave His blood for us, and His flesh for our flesh, and His life for our lives.

- St. Clement of Rome

Family Fest 2017

Sunday, 26th February 2017, was celebrated as **'Family Day'** at our parish. The **'Family Fest 2017'** was organized for all our parishioners on the Church grounds. It was a joint venture of the **Clergy Team** along with **'SUNCAT Teachers'** and the **'Bible Cell Members'**. Sunday, 26th February was also celebrated as the **Bible Sunday** in the Archdiocese of Bombay. It was a day of great excitement for the children and their parents, as all of us were looking forward to this Fest. The 10.00 am Eucharist was celebrated as the 'Family Eucharist' for all the families of our parish. Parishioners came as family units in large numbers for the special Family Eucharist.

Soon after the Family Eucharistic celebration ended, the Family Fest began. Fr. Lawrence Correa SVD, our Parish Priest welcomed everyone to the Fest and declared the Fest open with a Prayer of Blessing. There were 16 Game Stalls for children as well as for adults. Parishioners were spoilt for choice - with a variety of fun and entertaining games which really kept the families engaged and the children glued to the Game Stalls. The games were simple yet very interesting and full of fun. There were games like *Throwing the Ring*, *Picking the Brick*, *Turning the Wheel*, to name a few. The scorching heat of the noon day sun did not matter at all to the children or dampen their spirits. They were engrossed in playing the games with much energy and enthusiasm. There were exciting prizes to be won at every Game Stall. The prizes acted as magnets for the children, drawing them in droves towards the Game Stalls.

No Fest is ever considered complete without a Cafeteria! The aromas wafting from the Cafeteria were too strong to ignore and resulted in making our stomachs go on an overdrive. The Cafeteria offered a variety of food, like *chicken lollipops*, *potato chops*, *chicken rolls*, *sandwiches*, *sorpotel* etc., and soft drinks to beat the heat. While the children were busy playing games, the adults made themselves comfortable in the shady areas around the Church and helped themselves to the finger-licking cafeteria treats.

A special mention must be made for the youth of our parish who were of great help and support in conducting the games and encouraging children as well as adults to participate. They were the live wires around keeping the adrenalin pumping and how! There was a lucky draw and some exciting prizes to be won. The names of the lucky winners were announced at the end of the Fest. Though tired and exhausted, children did not wish to leave but stay back to play some more games; but we had to wind up by 1.00 pm. It was indeed a great Fest, full of fun and frolic, *one-of-a-kind*. It was a novel experience putting it together for the families of our parish but an enjoyable experience all the same!

Josephine Fernandes
Bible Cell





Visit To The Home For The Aged

The **'Home For The Aged'** located at Mahakali Caves Road, run by **The Little Sisters Of The Poor** and established in the year 1958, is a shelter home for the elderly who lack resources to live in a paying institution. The community of The Little Sisters of The Poor is committed to the care and well-being of the inmates of the home, which goes beyond any consideration of caste, creed, class or religion. They depend entirely on the charity of the public, whose support has been unflinching all these years. Little Sisters of The Poor, who have their presence established in 31 countries of the world today, understand that it is truly a great grace that God has given them to serve the elderly poor in their Homes.

We visited the Home as a small group of about 18 confirmands, most of whom were visiting the place for the first time. Never had we been exposed to such true and great acts of kindness before. Watching the Sisters devoting their lives to serve the elderly was the biggest example of selflessness we had come across.

We were first introduced by our teachers to a group of ladies sitting out in the hallway sharing their usual evening chat with one another. They were delighted on seeing us. We introduced ourselves, sang a few songs and carols to create an atmosphere of festivity and asked them for their blessings for our upcoming Confirmation day.

We then moved ahead and encountered another group of gentlemen, one of whom was selling beautiful handmade flower arrangements (for just Rs. 20 each!), sitting and entertaining themselves in front of the television. After another sing-song session with them, we mixed around with the elderly and kept them busy. Later, we returned to see the elderly ladies one more time. This was to make up for our earlier extremely short visit. This time, we personally went ahead and introduced ourselves again and spoke to them like they were no less than friends to us. This was followed by yet another round of singing, including both English and Konkani songs this time.

Before we knew it, the hour was up and it was time for the inmates to recite their daily rosary and signaled our departure as well. However, before we left the Home, we made sure that we visited their beautiful Chapel. We then bid farewell to all present there and thanked them for their kind hospitality and for providing us with a wonderful time and experience.

As we left, I looked around and saw many smiling faces around me. We all left the Home with cheery smiles on our faces after the eye-opening and yet delightful hour, promising them we would soon come back to meet them again.

Chellann Vaz
Confirmand (2016 Batch)

Confirmed and Initiated in Christ

Our journey to receive the Sacrament of Confirmation began in June 2016. While some of us already had a considerable idea about what Confirmation was all about, the rest of us were eager to find out. In the first meeting itself, we were told how the purpose was to increase our faith and bond closer to God. Six months later, with the collective efforts of a team of dedicated catechists, animators and resource persons who were involved in our training, that purpose has been completely fulfilled.

Our sessions showcased what it meant to be an authentic Catholic and why Confirmation was an important Sacrament for us. As days went by, accompanied with the much needed teachings of Biblical morals and values, the sessions were aimed at making us more mature, sensible and responsible.

Fr. Felix's session held in September 2016, was filled with ingenuity. Not only was it beneficial for us but our parents too found themselves deeply interested in the session. Comparing our lives with that of a bamboo reed, he told us how we should always aim to soar high in our lives.

In October 2016, two days of Recollection were organised for us. Personally, I found these two days to be the most influential and inspirational days in my life. The Prayer Team showed us how important prayer and worship were in our lives. They encouraged us by narrating a couple of personal encounters they had faced and how they moved past them with the help of prayer and worship. They showed us how to accept our mistakes and made us feel like it's never too late for a change which was further elaborated upon when we visited the St. Pius X Seminary, a week later.

We made our confessions a week before we were to be Confirmed, and found ourselves spiritually ready to receive the Sacrament. Even on D-day, 11th December 2016, the final day of this wonderful experience, we were being made more aware and knowledgeable, this time by His Lordship Bosco Penha. In his homily, he explained how one must devote at least 15 minutes every day, in prayer, and how prayer plays an important part in our lives. *"There are 24 hours in a day and 168 hours in a week, so we can never be busy enough to not make some time for prayer,"* he explained. He also elaborated on how all of us should actively be a part of our parish and serve it in some way or the other, as currently only an approximate 10% of

parishioners are involved in serving their parish. Today's youth play the most prolific role in a Church. The solemn Mass was followed by a short felicitation during which all the 78, newly confirmed youth, were awarded with certificates by the Bishop. Although, this grace-filled journey has now come to an end, the spiritual treasures that we have inherited and imbibed will benefit us forever.

Ethan Fernandes
Confirmand (2016 Batch)

An Evening Dedicated to God's Special Children

Seven differently-abled children gathered at the Sacred Heart Parish, on 27th Dec 2016 to celebrate an evening different from their otherwise everyday evenings!

The evening began with a special Eucharistic celebration for the children along with their parents and siblings. This was followed by their participation in fun-filled events organised by our Parish Team in association with a team of Sunday School teachers and pre-novices from Fatima Mata Sadan.

The children couldn't hide their glee and enthusiasm any further as they happily participated in various games and the dancing session that followed. There was a sudden surge in their excitement with the entry of Santa Clause as a special seasonal treat to add to the gaiety of the evening. It was truly a sight to behold!

This evening would not be possible if not for the generosity of our large hearted sponsors who willingly contributed towards the snacks and prizes for the various games held at the evening gathering. This gave the children immense happiness and an innate sense of belonging.

As the celebration came to an end, like all good things do, all of us returned home totally touched by the spirit and sagacity shown by the children. I am sure all who were part of this celebration would agree with me, that it was more than an evening, it was truly a memory to cherish!

Margaret Jordan
Catechist

An Exposé to Life's Realities

Our First Holy Communicants (FHC's) like most others, take a lot of things for granted, and keep demanding more and more from their parents, irrespective of whether their parents can afford it or not. This year being a special year for them, when they are going to receive Jesus, we make them understand that Jesus loved us so much that He gave His Life for us, that He cared for us and taught us how to love, care and share with those less fortunate than ourselves. We also wanted our children to open their eyes to the struggles their parents go through and to appreciate and love them and be happy with what their parents give them.

With this and more in mind, we took about 70 of our FHCs in two buses, for a field trip to one of the Balwadis (*an open school for street and hutment children*) located at Marol. These Balwadis are taken care of by Fr. Mathew Korattiyil SVD, of Sarva Seva Sangh. Once there, we drew their attention to reality - how these poor children do not have a big school building with doors, windows and fans to cool them in the summer. It is just a small open ground which they call school and a tiny hut that they call home.

Later, we took 20 of these Balwadi children, along with our FHC's to Hemant Karkare Park in Poonam Nagar, where our children got the chance to gel and mingle with them. They even took care of the smaller ones in the group. They played on the swings, sea-saws and slides. Subsequently, we put them in groups of ten, and it made a happy scene seeing them all freely mixing with each other. We had games like the train game, boat game etc., and each child in the group that won, got a prize.

They enjoyed the *idlis* with *chutney* and *Frooti* treat. Later, much to their delight, we gave them the famous hot and tasty "Baba Dairy Samosas". With their hunger and thirst now sated, our FHC's presented each of the Balwadi children a big chocolate, as a gift. By 01.00 p.m., we left the park with our FHC's taking home with them Christ's teachings of *loving, caring and sharing* with each other, especially the less privileged.

We thank Fr. Lawrence Correa SVD, our Parish Priest and Fr. Infant Vinodh SVD, our Spiritual Director, for supporting us in our endeavor to bring our FHC's, closer to Jesus!

Francisca Saldhana
Catechist – First Holy Communion



Our Visit to the Mangaon and Tala Camps

Before the sun was fully out in all its glory, a group of approximately 20 of our parish youth, began a journey to the Missions of Mangaon and Tala at 6.45 am on 26th November 2016. A sense of excitement filled the bus and remained with us throughout our journey.

On arrival at Mangaon, we were welcomed by the Sarva Vikas Deep team. We had breakfast and freshened up. Fr. Richard Quadros SVD, the director of Sarva Vikas Deep, briefed us on the activities of the institution. It's been a decade since the Mission at Mangaon began. The SVDs have helped the underprivileged of these hamlets, to grow and flourish.

We were divided into two groups. Each group was assigned an Adivasi village. We travelled by "Tum-Tums" (their version of our Rickshaws) to the respective villages; accompanied by a local volunteer. We helped with the cleaning, i.e. sweeping the ground, collecting waste and clearing pathways that vend through the village. We also cleared the playground of weeds, near a small school which was located at one end of the village.

After completing the cleaning, we gathered at a house in the village. We then partook of the lunch, specially prepared for us by the villagers. After the meal, we all gathered together to listen to the problems, the villagers faced in their everyday lives. They told us how they make do with whatever they have and try their best to solve issues. Soon it was time for us to bid them farewell and head for the SVD. The villagers thanked us for spending time with them.

On our arrival at the SVD, Fr. Richard, asked us to reflect on what we had learnt from our experiences of the day. Thereafter the boys at the SVD Hostel, put together a little entertainment program for us. After enjoying the Jam Session, it was soon lights out, and time to get some richly deserved rest.

Early next morning, we attended Mass with the local Catholics. After breakfast, we readied ourselves to visit our next Mission. After a round of warm goodbyes and clicking of pictures, we left the SVD Campus of Mangaon. We then proceeded to one of the villages of the Tala Mission headed by Fr. Cosmos Ekkka SVD and his team. At the village, the residents put on a small program for us. We organized a few games for all the children and teenagers present and had them participate wholeheartedly. We then had lunch prepared by the villagers and rested a while. Tea and refreshments taken, we bid a warm farewell to Fr. Cosmos and his team, before we headed home.

Visiting the Mangaon and Tala Missions was truly an eye

opening experience. Our problems seem miniscule compared to the ones the villagers face. We must learn to broaden our minds and embrace our problems like the villagers, rather than sit and whine. We returned home more wise and appreciative and definitely more thankful for the life we're living.

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

Dream Big (Part 2)

The **Dream Big (Part 2)** event held on 29th January 2017, paid rich dividends because of the immense efforts put in by the youth belonging to **Area 1**. It automatically encouraged the audience to participate in the Seminar on **'Resume Writing and Interview Cracking Skills'** and succeeded in meeting the end-goals for which the event was planned and executed.

Mr. Parag Lathia, Marketing Director of ICICI Bank, graced the occasion as a Speaker. His Session with the audience was an interactive one and he spoke from industry experiences. The insights he shared about the do's and don't's in resume writing were real eye-openers. His superlative oratory skills made everyone in the audience sit up and take note. The sharing of important *'make or break'* tips earned through life's experiences on how to rock an interview was perceived by the audience in rapt attention, as vital pieces of refined information were eagerly noted for future application. Mr. Lathia managed to wrap all this in an hour and a half which was a class act by itself!

Although the target audience aimed at was for the age group of 15-30, in reality the majority of the attendees were on the cusp of graduation. On hindsight, it was noted with a wee bit of regret that the number of participants was much smaller than anticipated, due to a delay in the promotion of the event.

Nevertheless, it was commendable that the event was a great success from the word go. The facilities made available to the Speaker as well as the snacks provided, along with the writing materials given to the audience was greatly appreciated.

The event, which commenced with a Welcome Speech by Grecienne Misquitta, was followed by a short prayer by Fr. Innocent Fernandes SVD. It concluded with a *thank you* speech given by Renolle D'souza. A token of appreciation was handed over to Mr. Lathia after which the event came to an official close.

**Trisha Fernandes, St Joseph the Worker, Community No. 28 &
Sebastine Rodriguez, Holy Cross, Community No. 3**

Health Page

Do You Know Your Inborn Talents And Qualities?

Every child born in this world is a gift from God and is unique in its appearance of the face, colour of the eyes and hair, shape of the nose etc. The child is unique in his/her behaviour, expression and body language, when relating to others in the form of communication and behavioural patterns. No two persons on this earth are found to be exactly the same in their behaviour and personalities even if they look alike, as in the case of identical twins.

So far, science uses finger prints to identify the individual for the purpose of government documents like Aadhaar Card, Passport, PAN Card etc. Forensic science uses fingerprints as a source for crime detection. Fingerprints of an individual are unique to that person and the fingerprints on all ten fingers of a person also differ from each other.

In 1983, Prof. Howard found out that the fingerprints of 5 fingers of the right hand are connected to the five lobes of the left brain and vice versa. These fingerprints in a person develop at the age of 3 months to 6 months, when the baby is in the womb of the mother. Once these fingerprints appear, they do not change in one's lifetime. It is also found that a child who is born without a brain (Encephaly Child) he/she has no fingerprints. This confirms the connection between fingerprints and the developing brain.

DMIT means Dermatoglyphic Multiple Intelligence Test. Dermatoglyphic means 'skin' and glyphic pertains to ridges on the fingers (fingerprints). According to DMIT, every individual has 8 types of intelligence. They are as follows:

1. Book or Word smart (Verbal - Linguistic)
2. Logic Smart (Logical - Mathematical)
3. Nature Smart (Naturalistic)
4. Self Smart (Intra-personal)
5. Picture Smart (Visual - Spatial)
6. Music Smart (Musical)
7. Body Smart (Bodily Kinesthetic)
8. People Smart (Interpersonal)

There have been findings that out of these 8 types of intelligence, every individual has a minimum of 3 to 4 types of intelligence. For example, if a child is weak in Maths then the DMIT will find them to be nature smart, music smart or verbal smart. Hence, the DMIT test will come up with a lot of options to decide on their future careers. It will also suggest alternative options like Sports, Music, Art & Creativity, Entrepreneurship and Leadership qualities.

It also helps to know your Emotional, Adversity, Creativity and Intelligence Quotient (EQ, AQ, CQ and IQ) which helps one to achieve overall success and be a happy person.

DMIT test is being done worldwide since 1985 especially in developed countries like the USA, Japan, Singapore, China, Malaysia etc. That explains the number of medals these countries win at the Olympics as they choose candidates who are sports and body smart (Kinaesthetic). So, a child who opts to pursue his/her studies in the medical / engineering / MBA / CA etc. streams, would find it difficult to cope with the studies and hence, suffer from stress, if they do not fit into the above required intelligence quotient.

In order to get an accurate understanding of what your child is capable of achieving in his/her life, a DMIT Test would be a great blessing to guide them accurately as to what they should perceive as his/her career. A DMIT Test will not only enable students to be successful in their careers but also choose their hobbies and maintain inter-personal relationships at home, work and in society.

Dr. John Rodrigues M.D.



From the Parish Register

BAPTIZED IN CHRIST



Faith Pereira	D/o	Stany & Quincy Pereira	27-Nov-16
Anaya Meira David	D/o	Amit Elvis David & Anupama Adusumalli	27-Nov-16
Rochelle Fernandes	D/o	Ignatius & Diana Fernandes	27-Nov-16
Florencia Rodrigues	D/o	Yogesh Birje & Veronica Rodrigues	27-Nov-16
Catherine Fernandes	D/o	Michael Fernandes & Anuja	28-Nov-16
Evaan Mark Pereira	S/o	Ryan & Bhavna Pereira	4-Dec-16
Yohaana Krish Pereira	S/o	Ryan & Bhavna Pereira	4-Dec-16
Simona Goveas	D/o	Johnson & Jennifer Goveia	11-Dec-16
Aaron Timothy Lazarus	S/o	Kenneth & Vanessa Lazarus	11-Dec-16
Jonah Francis Pereira	S/o	Royce Paul & Khusbu Pereira	11-Dec-16
Sangeeta Borde	D/o	Martand & Kamal	11-Dec-16
Zayne Pereira	S/o	Joslyn & Tracy Pereira	18-Dec-16
Megan Pereira	D/o	Clint & Malvina Pereira	25-Dec-16
Sancia Rishel Tellis	D/o	Sheldon & Risa Tellis	25-Dec-16
Keegan Pinto	S/o	Kevin & Sharon Pinto	1-Jan-17
Kristen Francisca Fernandes	D/o	Lester & Joan Fernandes	22-Jan-17
Natan D'Souza	S/o	Agnelo & Reshma D'Souza	22-Jan-17
Ethan Lisbon Pereira	S/o	Lisbon & Christina Pereira	22-Jan-17
Edward Marshal Fernandes	S/o	Marshal & Kanchan Baptista Fernandes	22-Jan-17
Jayden Swamy	S/o	Abrahamraj & Vijaya Kumari Swamy	12-Feb-17
Alisha D'Souza	D/o	Navin & Sarita D'Souza	12-Feb-17
Elina Fernandes	D/o	Joaquim & Velankani Fernandes	12-Feb-17
Angel Chirayath	D/o	Bejoy Paul & Shailaja Chirayath	26-Feb-17

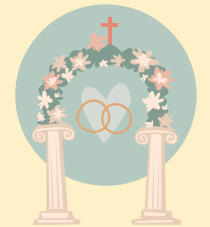
RESTING IN CHRIST



Sr. Lydwina Tuscano	70 Years	Fatima Mata Sadan	24-Nov-16
Thomas Luis Santarita	55 Years	Sawant Maske Chawl, Malpa Dongri	24-Nov-16
Richmond Lawrence D'Souza	83 Years	C/504, Kaatyayni Residency	25-Nov-16
Eliza Pinto	82 Years	Room No.19, Mamta Kutir, Opp. Takshila Complex	5-Dec-16
Hilary Coutinho	79 Years	A-10/15, Guru Govind Singh CHS Ltd., Bindra Complex	16-Dec-16
Julie D'Silva	33 Years	B-101, Rebello Compound, Subhas Nagar	28-Dec-16
Alina Horta	65 Years	610, Ganesh HSL, Bldg # R-11, MMRDA, Poonam Nagar	5-Jan-17
Mary Conception Dias	80 Years	102, E-1, Wing-2, Bindra Lotus Apts	8-Jan-17
Agnes Vaz	69 Years	3A/203, Shanti Nagar SRA	15-Jan-17
Ana Francisca Isabel Menezes	96 Years	148, Flat No.2, Ajeet Bldg., Sher-E-Punjab Society	17-Jan-17
Maria Fernandes	75 Years	B-11, Malinee Apts	25-Jan-17
Geeta Mary Narang	82 years	176, Uttar Dakshin, Sher-E-Punjab Society	27-Jan-17
Peter Rathod	50 Years	Jai Ambe Welfare Society, Shukla Chawl No.2, Subhash Nagar	28-Jan-17
Philip Norbert Castelano	73 Years	Bindra Complex, Tulip Apts, E-2, Wing-1, Flat No.203	16-Feb-17
Maria Victoria Monteiro	86 Years	2/8, Rajeshwari Niwas	17-Feb-17
Sr. Adela D'Mello	71 Years	Fatima Mata Sadan	18-Feb-17
Pedrina Mathew	88 Years	Home For the Aged	4-Mar-17

Andrew Celestine	To	Sunita Achankunju	19-Nov-16
Biswadipak Bagchi	To	Olivia Christy Pinto	25-Nov-16
Kevin D'Souza	To	Sabita Sharon Aranha	26-Nov-16
Joel Ryan Julian	To	Candida Sheha D'Souza	26-Nov-16
Lloyd Ritesh Mascarenhas	To	Madhushree Umesh Bangera	26-Nov-16
Joy Justine Chakalpadth	To	Smita Britto	27-Nov-16
Grasiyan Rodrigues	To	Lapoldin Boniface Fernandes	27-Nov-16
Rajeev Dominic Rajvaidya	To	Meenaxi Momaya	27-Nov-16
Michael Augustine Fernandes	To	Anuja Uddhav Haldankar	28-Nov-16
Steeve Roger Goveas	To	Martina Theresa D'Souza	2-Dec-16
Pratul Carlton Lobo	To	Steffi Fernandes	3-Dec-16
Graden Murzello	To	Ramola Pinto	3-Dec-16
Karan Savio Aranha	To	Udita Shah	10-Dec-16
Norton Alfred Monteiro	To	Sophia Virginia Godinho	10-Dec-16
Alistair Dominic Ventura D'Souza	To	Kim Belinda D'Souza	11-Dec-16
Nenshad Kersi Elavia	To	Roshni Ophelia D'Souza	12-Dec-16
Rohan Charles Vaz	To	Sharon Fatima Henriques	17-Dec-16
Sheraton Xavier	To	Jeeza Hazel Monteiro	17-Dec-16
Ronnie Anthony D'Souza	To	Glenna Larisa Mendonca	18-Dec-16
Crispino Santamaria	To	Michelle George Saldanha	20-Dec-16
Darryl Francis Pereira	To	Chaitali Nandi	23-Dec-16
Cassian Edgar Rebello	To	Shirley Abraham Menezes	23-Dec-16
Rohan Mark Braganza	To	Vevila Claudia Fernandes	26-Dec-16
Mark Anthony Fernandes	To	Relina Mariam Peris	28-Dec-16
Savio Pereira	To	Sanjana Dias	28-Dec-16
Kenneth Jackson Frank	To	Venecia Fernandes	29-Dec-16
Malcolm Merwyn Fernandes	To	Priyanka Athalye	29-Dec-16
Ryan Victor Rego	To	Lolita Jenevia D'Souza	30-Dec-16
Stefano Paoli	To	Jacinta Jaya Maria Salve	1-Jan-17
Clayton Valerian D'Souza	To	Natasha Cynthia D'Mello	1-Jan-17
Rohit Reddy	To	Rashmi Sunder Uchil	3-Jan-17
Francis Edwin Fernandes	To	Elysha Chris Barretto	6-Jan-17
Russel D'Almeida	To	Krishna Sudhir Desai	7-Jan-17
Adrian Savio Brown	To	Valda Gerry Castanha	7-Jan-17
Savio Azavedo	To	Josephine D'Souza	8-Jan-17
Derrick Braganza	To	Tina Fernandes	8-Jan-17
Nigel Alvares	To	Priyanka Faustine Rodrigues	8-Jan-17
Ashley Pardeshi	To	Janice Shauna D'Mello	14-Jan-17
Simon Britto Thevar	To	Norica Suzan Pinheiro	15-Jan-17
Ashish Kumar Singh	To	Maria Lavina Vaz	15-Jan-17
Roshan Lasrado	To	Shraddha Anil Babanagar	20-Jan-17
Gary Rodrigues	To	Ankita Mishra	21-Jan-17
Royston Frank Lewis	To	Steffi Lobo	26-Jan-17
Alwyn D'Souza	To	Anita Joyce D'Almeida	27-Jan-17
Noel Joseph Cyril Fernandes	To	Rashmi Runa Rathod	29-Jan-17
Keenan Carvalho	To	Nikita Tandon	4-Feb-17
Joel Martin Lopes	To	Steffi Fernandes	4-Feb-17
Damian Louis	To	Gracy Maria Fernandes	4-Feb-17
Abhishek Waghmare	To	Grizel Clarissa D'Costa	5-Feb-17
Anthony Luis Dias	To	Rachel Cassie Vaz	10-Feb-17
Amit Gaikwad	To	Avril Noelle D'Souza	12-Feb-17
Larsen Gabriel Mathias	To	Karan Mazil D'Souza	18-Feb-17
Nestor Arockia Sunder Raj Dasan David	To	Nikita Christina David	18-Feb-17
Jude Savio Azavedo	To	Sonia Sharif	19-Feb-17
Bipin Savji Bhai Rakholiya	To	Raveena Menezes	19-Feb-17
Ligoury D'Souza	To	Delisia Maria Rathod	25-Feb-17
Karim Chagani	To	Angeline Bhamre	26-Feb-17

UNITED IN CHRIST



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

PARISH VISION MISSION STATEMENT

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



Altar Servers Picnic to Palm Beach Resort, Arnala



Couples Get-Together



Dream Big 2



Family Day - Fun and Fair



SCC Animators Training Session



Special Childrens Christmas Party



Youth Camp



Christmas Float

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