

# *Heart to Heart*

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 69

September 2017

For Private Circulation Only

*Blessed are You  
Who Believed*



# 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

### Last Friday of the month:

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

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

9th September	Memorial of St. Peter Claver, Priest	2nd November	All Souls day
13th September	Memorial of St. John Chrysostom, Bishop & Doctor	4th November	Memorial Of St. Charles Borromeo, Bishop
14th September	Feast of the Triumph of the Cross	9th November	Feast of Dedication of St. John Lateran
15th September	Memorial of Our Lady of Sorrows	10th November	Memorial of St. Leo the Great, Pope and Doctor
16th September	Memorial of Martyrs St. Cornelius, Pope and St. Cyprian, Bishop	11th November	Memorial of St. Martin of Tours, Bishop
17th September	Best out of Waste - Care for Creation - by SCC's	11th -12th November	Parish Day and Family Meal
20th September	Memorial of Korean Martrys St. Andrew Kim & companions	13th November	Memorial of St. Frances Xavier Cabrini, Virgin
21st September	Feast of St. Matthew, Apostle & Evangelist	17th -19th November	Games of skills - Parish Level
27th September	Memorial of St. Vincent de Paul, Priest	17th November	Memorial of St. Elizabeth of Hungary, Religious
29th September	Feast of Archangels Michael, Gabriel, and Raphael	19th November	World Communications Day
30th September	Memorial of St. Jerome, Priest and Doctor	21st November	Memorial of Presentation of Mary
	Rosary Month	22nd November	Feast of St. Cecilia, Virgin And Martyr
1st October	World Elder's Day Thanksgiving Sunday	24th November	Feast of St. Andrew Dung Lac, Priest and Martyr and Companions
2nd October	Memorial of Guardian Angels	26th November	Christ The King Feast
4th October	Memorial of St. Francis of Assisi, Religious	30th November	Feast of St. Andrew, Apostle
7th October	Memorial of Our Lady of the Rosary	3rd December	1st Sunday of Advent (St. Francis Xavier feast)
13th October	Senior Citizen Association day	7th December	Memorial of St. Ambrose, Bishop and Doctor
17th October	Memorial of St. Ignatius of Antioch, Bishop & Martyr	8th December	Solemnity of Immaculate Conception
18th October	Feast of St. Luke, Evangelist	10th December	Confirmation (10 am Mass)
19th October	Memorial of Sts. Isaac Jogues and John de Brebeuf and companions	12th December	Feast of Our Lady of Guadalupe
22nd October	Mission Sunday	13th December	Memorial of St. Lucy, Virgin and Martyr
28th October	Feast of Sts. Simon and Jude, Apostles	14th December	Memorial of St. John of the Cross, Priest and Doctor
29th October	Talent Competition - Parish Level for NYGs	16th December	Christmas Bazaar
1st November	All Saints day	17th December	Sunday School Christmas Party Christmas Float
		18th - 20th December	Advent Confessions

# From the Pastor's Desk

My Dear Parishioners,

Warm and loving greetings to each and every one of you!

It is my pleasure to write these few lines as your new parish priest. Well, it has been a privilege and an enriching experience to be amongst you as your pastor. I have grown to love this parish and you the parishioners. Yes, I know, Sacred Heart Parish, Andheri East, is blessed with many parishioners who are willing to give their time, energy and talents to foster the parish community.

Now as I take up this new assignment, to be your Shepherd, I have a couple of requests for you, first, please pray for me. I will certainly need your prayers and support to build a stronger and a more vibrant parish. Next, please be patient with me, as it takes time for a new parish priest to become familiar with the unique character and challenges of the responsibilities as parish priest of a vibrant parish. What I can promise you is that I will work hard to keep the community together and pray for you each day. With the grace and mercy of God, I hope that we will all grow in holiness together. I seek the intercession of the Blessed Virgin Mary to help me follow whatever is God's will for my life and I invite you to do the same.



Now, as we enter the month of September, surely we are all excited. This month has some important events and celebrations. On the 5th of September, we celebrate Teacher's Day. A teacher's job is a noble one as the revealer of knowledge. They train us, mold our minds and care for us. They work hard for the growth and development of every child. Therefore, we must love them and treat them with due respect. In a very special way let us keep them in our prayers.

Secondly, on 8th September, with great Joy, we celebrate the feast of the Nativity of Our Lady, the most popular feast of Mother Mary in the city of Mumbai. As we know that the birth of a child brings joy in the family, the birth of Mother Mary is an occasion to be happy as it brings all of us together in a spirit of prayer by the Novenas held at various places. Mother Mary's life was filled with adoration and wonder for God. She always believed in the promises of God. She is a perfect role model for each one of us today. May we too glorify God as she did!

Also on 8th September, we celebrate Girl-Child Day. We should love and appreciate the girl child because she is a gift of God to every parent. Let us not look upon a girl child as a burden. They are a treasure, our hope and help in today's world. We must take a strong initiative to educate and nurture them well. Let every girl be given a respectable place in society because later it is she who will hold a family together in her role as mother, sister, teacher, nurse, doctor, etc.

Finally, on behalf of the Clergy Team, I take this opportunity to wish you all a very Happy Feast of the Nativity of Our Lady. May Mother Mary intercede for us and lead us to her Son, Jesus! Holy Mary Mother of God, pray for us!

GOD BLESS YOU ALL !

- Fr. Innocent Fernandes SVD  
Parish Priest

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# Blessed Are You Who Believed

**“Blessed are you among women, and blessed is the fruit of your womb. . . . And blessed is she who believed that there would be a fulfilment of what was spoken to her by the Lord.” (Lk 1:42, 45)**

In this great exclamation of Elizabeth, the cousin of Our Lady, we read the word 'blessed' three times. Mary is called 'blessed' by Elizabeth because she is so among all women, a phrase that has become part of the prayer, "Hail Mary," that we so often recite. Together with Mary, the fruit of her womb, namely Jesus, is also blessed. And thirdly, Mary is 'blessed' because she believed. Believed in what? Mary believed in the "fulfilment of what was spoken to her by the Lord." But how could she believe something that was not normal or in the natural order of things? Did Mary realize the consequences of her believing? Did she know what would happen if she said 'Yes' to the angelic message? (Read Lk 1:26-38). Why did Mary believe in such an extraordinary message?

In the gospel of Matthew (Mt 5:1-13) Jesus presents eight (or nine) 'be-attitudes', the 'blessedness' of people such as those who are poor in spirit, who weep, the peacemakers, the gentle, and so on. Blessed are also those who suffer for righteousness sake! In other words, 'blessedness' is not an inherent quality; blessedness is rather an outcome of some concrete and beneficial action; action that brings blessings to others. In

this sense, Mary is certainly blessed; Mary is the example of blessedness par excellence. She is a blessing to all the generations because she believed. It is because of her faith, fidelity, loyalty, humble submission to the will of God, that Mary has become blessed.



But did Mary realize the repercussions and consequences of saying 'yes' to the message of the Angel? Becoming an unwed mother had serious consequences. Mary had been betrothed to Joseph. Joseph was a righteous man (Mt 1:19). But even a righteous man would expect some propriety and fidelity from his fiancée! Would it not be a disgrace to any man, if he were to marry a woman who is already in the family way? Besides, the Law made it mandatory that such a 'loose' woman should not be left alive! She should be stoned to death! Such 'honour killings' were considered not only to be normal, but mandatory (read Deut 22:13-24), so that you may "purge the evil from your midst." (Deut 22:24). Mary and Joseph, her betrothed, surely were very much aware of the Law! In spite of that Mary gives her consent to the word of the Lord and believes

that His word will be fulfilled. Mary was willing to let herself be in danger! In other words, Mary submits to the Will of God no matter what happens afterwards. Is this not a sure sign of faith? Is there any other concrete expression of faith more powerful than this? Indeed, Mary is blessed because she believed.

*When the Holy Spirit finds Mary in a soul, He enters that soul completely and communicates Himself completely to that soul.*

*- Saint Louis de Montfort*

But, again, where does her faith lead her to? God seems to enjoy testing people who believe in Him. **"I reprove and discipline those whom I love. Be earnest, therefore, and repent."** - (Rev 3:19). Mary believed in the word of the Lord and she humbly consented to be the 'virgin' mother of His Son, Jesus. What did Mary receive in return? What would anyone expect in return for being humble and obedient to God? Will not any person expect some kind of reward? Would you and I not think that we will receive comforts of life, prosperity, peace, and so on? Would it be wrong to expect something good in return? Surely not! And, even if we do not receive anything good or profitable in return, we may not expect sufferings! What did Mary expect in return for her humility and submission to God's will? The text in the gospel of Luke does not indicate anything. Did Mary receive any special favours from God? Did she receive fame, wealth, position, or anything else? Mary received none of these. Probably, she never desired any of these. But we do have numerous examples of what she did receive. She was told, quite politely but frankly, that "a sword will pierce your own soul too" (Lk 2:35). Is this the reward for being obedient to God's will? And, according to the gospel of Matthew, Mary and Joseph had to flee to Egypt because of the edict of Herod the great, who wanted the child Jesus to be killed (read Mt 2:16). Again, going to an unknown, foreign land is not a 'comfortable' thing to anyone. Without knowing the language and culture of the place, and having no place to stay, no means of survival, having no prospects, with no assurance of anything, going to a foreign country is an imprudent and dangerous thing to do. But we notice, Mary embraces all the troubles, without complaining. She takes it all as part of the will of God, as part of her 'yes' to God. As Job would put it, **"Shall we receive the good at the hand of God, and not receive the bad?"** (Job 2:10). Mary was willing to receive the 'bad' as well.

Anyone among us would have said, 'enough is enough'! We would have easily given up when troubles came on our way. But as if what Mary underwent was not enough, there were more 'swords' in store for her. Her young, popular, powerful, charismatic Son, a teacher, a healer, hailed by people as 'prophet', was caught like a criminal and was condemned to die on the cross. This was not for any kind of culpable offence that He had committed. This was because He wanted to free the human race from the clutches of the law. He spoke the truth because He was

the Truth (cf. Jn 14:6; 18:37; see also Jn 8:32, 40, 45-46). He challenged the authorities of the time. On the one hand, He was probably the most gentle and humble person. But on the other hand, He was a harsh critic of those who thought highly of themselves. Mary too had to share in the sufferings of her Son. While He was carrying His heavy cross, when all His followers had deserted Him and had fled, Mary remains by His side and finally stands at the foot of the cross, strengthening her Son (Jn 19:25-27). Did she understand what was going on? Did she realize at that time why all this was going on? Did it have to be like this? Is this the end of the promise of God? What must have been the thoughts going through in her heart then? What must have been her feelings seeing her Son dying on the cross? Instead of being congratulated and felicitated for all the good works done by Him for the people, here He was condemned by the very people whom He had uplifted. And, Mary had to bear the pain, a pain only a mother could bear. This was the result of her 'Yes' to the Lord.

Yet, Mary had to take it all in her stride – all for saying 'Yes' to the Lord. What was her driving force when she was called to undergo such trials? Mary had the faith; faith that hoped for a positive outcome no matter what was going on. She had sung the praise of the Lord in her hymn to the Lord: **He has shown strength with His arm; He has scattered the proud in the thoughts of their hearts. He has brought down the powerful from their thrones, and lifted up the lowly; He has filled the hungry with good things, and sent the rich away empty. He has helped His servant Israel, in remembrance of His mercy, according to the promise He made to our ancestors, to Abraham and to His descendants forever."** (Lk 1:51-55).

Mary was fully convinced that God's word is always true. God's promises never fail. What God had promised their father Abraham, is going to be fulfilled now. So, Mary had surrendered herself totally to the will of God. Now we understand what it means to believe in the "fulfilment of what was spoken to her by the Lord" (Lk 1:45). It demanded a lot from Mary. This was almost blind faith. There was absolutely no guarantee of any kind. And yet, Mary believed in the fulfilment of the word of the Lord. Therefore, she is blessed; blessed forever and hailed so by all the generations of the world: "Hail Mary, full of grace. The Lord is with you, blessed are you . . . ."

- Fr. Valerian Pius Fernandes SVD

## CCO On The Move

The feast of the Nativity of our Lady is celebrated by Christians as well as non-Christians all around the world. It is an important day for the CCO of our parish as it completes thirteen wonderful years! It has been a journey of growth and development in different areas as we strive to reach out to our parishioners. We are glad to update the Parishioners with the different events that have taken place since our last communication.

**The Youth Cell** of our parish, conducted a **Summer Camp** from 8th to 19th May for children in the age group of 6 to 14 years. The camp was a great success and the children thoroughly enjoyed themselves. The Youth cell also conducted a football tournament - "**Heart to Heart Liga 2k17**" - a Rink Football tournament for men, held on 26th, 27th and 28th May. The tournament saw good participation from the various communities.

**A Leadership Camp cum Picnic**, for the youth of the parish was organized on 30th July. The camp was held at Bosco Wadi, Gorai. The youth who participated in this activity, found it to be quite interesting and helpful.

**The Bible Cell** conducted a Triduum on 31st May, 1st and 2nd June in preparation for the feast of Pentecost.

**Couples for Christ (CFC)**, have started the Christian Life Programme for all married couples and singles for this academic year.

**The Legion of Mary** conducted the Rosary at the grotto on 31st May, at 6 pm. The statue of Our Lady moved among homes in the various zones during the month of May and was brought back to the Church on that day. On 25th June, The Legion of Mary, conducted **Youth Utsav** at 4 pm in the Community Centre.

On 17th June, **the Youth, Family Cell and Couples for Christ**, organized a prayer service to invoke God's blessings, for the success of the new academic year. Parents and youth attended the prayer service in large numbers.

On 17th June, **the Small Christian Community's (SCC's) of our Parish**, renewed their commitment of service towards their communities. His Lordship, Bishop Barthol Baretto, celebrated Mass and also blessed the Animators of the 34 SCC's. On 29th June, a Collage Contest on the theme "Building our Community" was organized and 19 communities actively participated.

**The Senior Citizens Cell**, celebrated the feast of Saints Joachim and Anne, on 22nd July at 4.30 pm with Mass, followed by a get together and fellowship.

At the CCO, we have helped place jobseekers both Christians and non-Christians who have approached us. We also helped parishioners who came to get medical, education and housing assistance by filling up their forms and sending them to the Benevolent Fund of the parish for their scrutiny. Many of our needy parishioners have received help.

The CCO has begun assisting in the registration process to the Maulana Azad Scholarship for girls; who have passed 10th Std. who have secured 55% and above and fulfil the eligibility criteria.

The **Dental Clinic** and the **Homeopathy Clinic** are serving the needs of the parishioners and doing well.

We thank Our Lady for her blessings showered on the CCO.

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

*Mary is the sure path to our meeting with Christ. Devotion to the Mother of the Lord, when it is genuine, is always an impetus to a life guided by the spirit and values of the Gospel.*

*- Saint John Paul II*

*As soon as she [Mary] had the use of reason, that is, from the first moment of her immaculate conception in the womb of St. Ann, from that time she began with all her powers to love her God; and thus she continued to do, ever advancing more in perfection and love through her whole life. All her thoughts, her desires, her affections, were wholly given to God; not a word, not a motion, not a glance of the eye, not a breath of hers that was not for God and for His glory, never departing one step, nor separating herself for one moment from the divine love.*

# Live and Let live



'Live and Let Live' is the motto of Mrs. Henrietta Monsorrate, of St. Paul's, Community No. 21 of our parish. She is soft spoken, gentle and a very committed community member who respects every individual she comes across. She believes in taking one day at a time.

Henrietta came to belong to Sacred Heart Parish in 1994. She was a member of the Liturgy Committee for the Inauguration of the Sacred Heart Church and till today continues to be a part of the Liturgy team. Besides this, she is also a Eucharistic Minister, a member of the Senior Citizen Cell and a SCC animator for Community No.21.

*'We have one life to live. Live it to the fullest and best. My trust in the Lord and His mercy helps me face all my difficulties. I always look to the bright side of things and expect goodness in all. I try to follow God's teaching and live up to it. I pray that God's will be done in my life.'* With this strong belief, Henrietta allows the Lord to work with her and through her.

Henrietta worked as a teacher passionately for about 37 years, ensuring that her students imbibed values along with their education. In the 26 years as a Head Teacher she worked hard to bring out the best not only in the children but also the teachers.

A considerable number of life experiences for Henrietta have come from being a member of the Disciples of the Divine Word (D.D.W), a lay association group of the Society of the Divine Word (SVD). As an active member, she has had many opportunities to be part of the SVD missions in India. Many of the experiences remain fresh in her mind.

She reminisces that visiting the Tala Mission in the India-Mumbai Province many times was an experience to cherish. It provided her with an opportunity to interact with the tribal people in

those villages and the members of the Self-help Group. Here, she was blessed to be able to use her expertise as a teacher with the Balwadi teachers.

Another place she visited was a Centre for physically challenged children in Eastern Indian Province. Here along with other team members, she generously helped the children in the rectification surgeries. She also visited Vidya Jyoti SVD Minor Seminary and Divya Jyoti Seminary, Sason. She along with the others in the team interacted with the seminarians and understood their needs.

During her visit to India Hyderabad Province, she visited Asha Jyoti and spent time with the children affected by HIV at Medak District, Telangana. 'It was such a pleasure and delight to be with these children' she says.

Being a DDW member she was also lucky to visit India Central province where she visited Indore and nearby missions including Muwaliya (Jhalod) in Gujarat.

Henrietta sums up her experiences saying *'I have shared my time, talents and resources with people, especially children and the aged living on the margins of our society. My mission experience has helped me become more sensitive towards the needs of others over my own needs.'*

In conclusion she says: 'God always hears and answers His people, though not always in the way and manner we desire, but yet in such a way as is for His glory and their good. Prayerfully accept God's will each day and patiently wait for God to act.'

**- Henrietta Monsoratte  
Interviewed by Sr. Nathalia D'souza SSPs**

# Spending Quiet Moments With Jesus

When we come across words like, 'meditation' or 'contemplation' we feel they are ascribed only to the religious or those living in monasteries. We may either be too occupied with our daily affairs to set aside some time for meditation or we just brush it aside saying 'it's not my cup of tea!' But in reality it's not so. We need to break ourselves from the chaos and confusion of our daily hectic life and calm ourselves by coming into His presence, by being alone with God for a quiet time of prayer, reflection and meditation. Calming ourselves and spending time in prayer and reflecting upon our lives will give us the inner peace and help solve many of our problems. When we come to 'HIM', it is the first step that we have taken to ease a lot of our worries. Jesus Invites us "Come to Me, all you that are weary and are carrying heavy burdens and I will give you rest" (Mt 11:28). Our God waits to converse with us, for only a silent heart can listen to His gentle voice.

Initially it may be difficult to spend time with the Divine whom we cannot see although we know He is present. It may also be difficult to stay calm and be aware of His presence. We are so used to a fast paced life and want everything to begin quickly and end likewise.

We get restless while trying to remain silent. There are many distractions making it difficult for us to concentrate. Our worries may keep disturbing us all the time. But if we simply let go of everything and decide to spend a quiet time with the Lord, the Holy Spirit will take control. We may not know what to say or may find it hard to pray; but there is no need for many words in prayer. The Psalmist says, "Be still and know that I am God" (Psalm 46:10).

Once we have come into His Presence and quietened ourselves we may read a passage from the Bible, probably the gospel of the day would be ideal. Invoking the Holy Spirit before reading the scripture is of great help. Read the word of God slowly, trying to understand what it means. At times we may not understand the text or what God is telling us through His Word.

We need to read it again and again slowly and try to ask questions that may arise in our mind. Sometimes we may get answers to our questions or at other times not. Let's not get disappointed. We can also place ourselves in the context of the gospel passage and imagine Jesus before us. Here begins a wonderful moment of meditation. At times we may be led into repentance. Yet at another time we may experience the hand of Jesus upon us, touching and healing us just as He touched the leper and healed him. Each experience of ours will vary. This can lead to moments of great joy. Daily meditation will slowly lead us into contemplation. Then we will not have to use our intellect but we will grow in an ever-deepening relationship with God. We will simply experience intimacy with God and enjoying His presence, we will be wrapped in His loving embrace.



'For a day in Your courts is better than a thousand elsewhere'  
(Psalm 84:10).

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

*The Immaculate alone has from God the promise of victory over Satan. She seeks souls that will consecrate themselves entirely to her, that will become in her hands forceful instruments for the defeat of Satan and the spread of God's kingdom.*

**- Saint Maximilian Kolbe**





## BIBLE QUIZ NO. 2017-03

### I) CIRCLE THE CORRECT ANSWER

- What is the meaning of the name "Jesus"?  
a) Healer                      b) Mighty One                      c) God saves
- How many chapters are there in the book of Psalms?  
a) 150                      b) 100                      c) 10
- Which is the shortest chapter in the book of Psalms?  
a) Psalm 23                      b) Psalm 119                      c) Psalm 117
- Which is the last book of the New Testament?  
a) Gospel of John                      b) Revelation                      c) Acts of the Apostles
- According to the Book of Proverbs- Chapter 1, what is "the beginning of knowledge"?  
a) Wisdom                      b) Fear of the Lord                      c) Commandments
- How many plagues did the Lord God send upon the Egyptians before Pharaoh let the Israelites leave Egypt?  
a) 10                      b) 3                      c) 5
- Which book in the Bible deals with the suffering of the innocent which are a test of their fidelity and shall be rewarded in the end.  
a) Tobit                      b) Job                      c) Ruth
- Which Gospel was written by a doctor?  
a) Matthew                      b) Luke                      c) Mark
- What book gives us the Ten Commandments?  
a) Genesis                      b) Leviticus                      c) Exodus
- Which of these is not a book of the Bible?  
a) Jude                      b) Hezekiah                      c) Nehemiah

### II) FILL IN THE BLANKS:.

- All scripture is \_\_\_\_\_ by God and is useful for \_\_\_\_\_, for \_\_\_\_\_, for \_\_\_\_\_ and for giving \_\_\_\_\_ so that the person who serves God may be fully \_\_\_\_\_ and \_\_\_\_\_ to do every kind of \_\_\_\_\_ "(2 Timothy 3:16,17)
- For \_\_\_\_\_ loved the \_\_\_\_\_ so much that He gave His only \_\_\_\_\_ so that everyone who believes in Him might not \_\_\_\_\_ but might have \_\_\_\_\_ "(John 3:16)
- Jesus said to Thomas, "I am the \_\_\_\_\_ and the \_\_\_\_\_ and the \_\_\_\_\_; no one goes to the \_\_\_\_\_ except by me" (John 14:6)
- "I am the \_\_\_\_\_ Bread that came down from heaven; whoever eats this bread will \_\_\_\_\_ forever; and the bread that I will give is my \_\_\_\_\_ for the \_\_\_\_\_ of the world "(John 6:33)
- "I am the \_\_\_\_\_ who is willing to \_\_\_\_\_ for the \_\_\_\_\_ "(John 10:11)
- "I am the true \_\_\_\_\_ and my Father is the \_\_\_\_\_. He takes away every branch that does not bear \_\_\_\_\_ and everyone that does, he \_\_\_\_\_ so that it bears much fruit". (John 15:1, 2)
- I am the \_\_\_\_\_. Whoever comes in by me will be \_\_\_\_\_; he will come in and go out and find \_\_\_\_\_ "(John 10:10)
- "I am telling you the truth", Jesus replied." Before Abraham was born, \_\_\_\_\_ "(John 8:58)

### III) UNSCRAMBLE THE WORDS AND FIND THE GREAT COMMISSION OF JESUS FOUND IN THE GOSPEL OF MATTHEW Chapter 28: \_\_\_\_\_, \_\_\_\_\_

OG ERTHREOEF NDA EKMA ISESDCLPI FO LAL NSOITAN, ZGBPIINAPT EMHT NI EHT MEAN FO EHT RFAEHT, NDA FO EHT ONS NDA FO EHT YHLO IITSPR, HCTENGIA MEHT OT EVROBSE LAL TTAH I EVHA DDMMOACNE OYU.DAN DLOHEB, I MA HTIW OUY SYAWLA, LITUN EHT DEN FO EHT EGA."

( \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ )

### IV) CIRCLE THE CORRECT ANSWER

- Do Catholics worship Mary?  
a) Yes, because we carry her statues                      b) No, we honour her  
c) Yes, because she is the Mother of God.
- The Miraculous medal is based on an image shown to which saint by the Blessed Virgin Mary in an apparition.  
a) Saint Agnes                      b) Saint Martha                      c) Saint Catherine Laboure
- To whom did Mary declare, "I am the Immaculate Conception"  
a) Bernadette                      b) Juan Diego                      c) Lucia, Jacinta and Francesco
- At the foot of the Cross Mary was with  
a) Pontius Pilate                      b) John                      c) Simon of Cyrene

#### 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 2017
- There are three attractive prizes. If there are many right answers the prizes will be determined by casting lots.
- Editorial boards decision will be final and binding.

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

#### Answers of Quiz No. 2017-02

I) 1) St. Arnold Janssen 2) St. Margaret Mary Alacoque 3) St. Pope John Paul II 4) St. Mother Teresa of Calcutta 5) St. Catherine of Sienna 6) St. Augustine 7) St. Thomas Aquinas 8) St. Teresa of Avila 9) St. Dominic savio 10) St. Joseph Frienedemetz

II) 1) Matthew Chapter 5: Verses 3-11; Luke Chapter 6, Verses 20-26  
2) Blessedness 3) Sermon on the Mount 4) Eight  
5) Francisco Marto & Jacinta Marto

#### III) "BUT AS HE CALLED YOU IS HOLY, BE HOLY YOURSELVES IN EVERY ASPECT OF YOUR CONDUCT" (1 Peter 1:15)

IV) 1) Peter 2) Rio de Janeiro; Brazil 3) Saint Faustina Kowalska 4) Sunday after Easter

#### Winners of Quiz No. 2017-01 :

1<sup>st</sup> prize - Ganeth Kumar, Class VIII, R N Podar School  
2<sup>nd</sup> prize - Aden Dsouza, Class II L R S M Vissanji  
3<sup>rd</sup> prize - Angelina Bagul, Class IV, Canossa High School

# HEARTY LAUGHTER

## VALUE OF SILENCE

Ed and his wife Norma went to the state fair every year, and every year Ed would say, "Norma, I'd like to ride in that helicopter." Norma always replied, "I know Ed, but that helicopter ride is fifty bucks, and fifty bucks is fifty bucks!"

One year Ed and Norma went to the fair, and Ed said, "Norma, I'm 75 years old. If I don't ride that helicopter, I might never get another chance." To this, Norma replied, "Ed, that helicopter ride is fifty bucks, and fifty bucks is fifty bucks"

The pilot overheard the couple and said, "Folks I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and not say a word I won't charge you a penny!

But if you say one word it's fifty dollars." Ed and Norma agreed and up they went. The pilot did all kinds of fancy manoeuvres, but not a word was heard. He did his daredevil tricks over and over again, but still not a word...when they landed, the pilot turned to Ed and said, "By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed! "

Ed replied, "Well, to tell you the truth I almost said something when Norma fell out, but you know, fifty bucks is fifty bucks!"

## BUSINESS MANAGEMENT

An old merchant had a small shop in a busy locality for years.

One day a huge corporate supermarket set up shop across the road from his little shop.

They put up signs advertising their prices, including one that said "Butter - 100 rupees".

In response, the merchant added a sign to his own window, "Butter - 90 rupees".

The next day, the big supermarket had a new sign, "Butter - 80 rupees".

Sure enough, the merchant's sign now read "Butter - 70 rupees".

This went on for a while, until eventually one of the merchant's customers pointed to the sign and said, "Sir, you cannot keep your prices so low for long. These big companies can use their buying power to sell products cheaper, but a little store like yours can never compete."

In response, the old merchant bent forward conspiratorially and muttered,

"Frankly speaking, I don't even sell butter. But love to eat it cheaper"

## CHRISTIAN ONE LINERS

Prayer : God answers Knee-Mail.

The Boss : Under the same management for over 2000 years.

Come As You Are : You are not too bad to come in and you are not too good to stay out.

Insomnia Cure : If you can't sleep, try counting your blessings.

Nutrition : The best vitamin for a Christian is B1.

Refunds : Try Jesus. If you don't like Him, the devil will gladly take you back.

Seating Arrangements : Where will you be seated in eternity? Smoking or non-smoking?

Two Ears : Since God gave us two ears and one mouth, He must have wanted us to do twice as much listening as talking.

Stand : If you don't stand for something, you will fall for anything.

# Parish Activities

## SCCs: the Salt and Light of Christian existence ...

### We Pledge ...

June 17th was a significant day for the animators of the 34 communities of our Parish. Forging ahead on the theme **“Year of the Small Christian Communities (SCCs)”**, together in solidarity they participated in a solemn pledge **to make present the spirit of the Eucharist in every community**, at the Eucharistic Celebration at 7.00 pm presided over by his Lordship, Bishop Barthol Barretto. The Pledge was an indicator of the animators accepting responsibility and giving freely of their time for communitarian service, considering it a special vocation and grace from God.

Bishop Barthol in his powerful homily which focused on the day's theme: Feast of Corpus Christi, concluded with a request to the lay faithful to ensure that:

- no family in the Parish goes to bed, hungry
- no family is deprived of medical assistance

The evening was one step closer towards our efforts to kindle a communitarian spirit in the hearts of all and a tacit reminder that we are all a part of the SCCs by virtue of our Baptism.

**Candida Mendoza**  
**Parish SCC Project Coordinator**

*“The Glorious Virgin did not have a stain in her birth because she was sanctified in her mother's womb and safeguarded there by angels.*

*- Saint Anthony of Padua*

*“Mary has the authority over the angels and the blessed in heaven. As a reward for her great humility, God gave her the power and mission of assigning to saints the thrones made vacant by the apostate angels who fell away through pride. Such is the will of the almighty God who exalts the humble, that the powers of heaven, earth and hell, willingly or unwillingly, must obey the commands of the humble Virgin Mary. For God has made her queen of heaven and earth, leader of His armies, keeper of His treasure, dispenser of His graces, mediatrix on behalf of men, destroyer of His enemies, and faithful associate in His great works and triumphs.”*

*- Saint Louis Marie de Montfort*

### Community Collage Contest

Sunday afternoons are for power naps – to rejuvenate oneself for the week ahead. But it was different on Sunday 16th July 2017. Forfeiting their “siesta”, around 100+ community members of our Parish, teeming with ideas, eagerly made their way to the community center hall, to participate in the **“Community Collage Contest”**. **Nineteen communities**, with participants of all age groups, braved the weather conditions that afternoon.

**“Building our Community”** was the theme of the contest, organized as part of the many activities planned for the Year of the Small Christian Communities. From the word **“GO”** the participants got cracking, furiously converting their sheet of chart paper into unimaginable masterpieces. So engrossed and excited were the teams that none realized how quickly the two hours allotted to them came to a close.

Showcasing their activities during the last year in a variety of creative ensembles, each collage was unique in its idea, presentation and theme, making it extremely difficult for the esteemed judges to give their verdict.

The final outcome: Community no. 7, Good Shepherd walked away with the 1st prize; followed by Community no. 16, Our Lady of Nazareth bagging the 2nd prize and Community No. 29, Our Lady of the Rosary winning the 3rd prize. Our gratitude goes to the 4 judges comprising of Fr. Valerian Fernandes SVD, Fr. Praveen Aranha SVD, Fr. Ashok SVD and Fr. Louis SVD who took time out of their busy schedules, to motivate the communities with their presence and judge the contest. Whilst the winning teams were awarded trophies, every contestant received a “Certificate of Participation”; it was indeed an afternoon well spent.

The final salute: a short video clip, capturing the teams in action and the felicitation of the winners, was screened in the Church over the July 22-23 weekend.

Kudos to the winners and every participating contestant!

**Jessie Serrao**  
**Parish SCC Project Team**



**SUN**day  
**CAT**echism

## Sunday School...Get..Set...Go

(Sunday School is for the children of our parish from Std. I to Std. X. It begins at 8.45 am with an animated class in St Arnold's School followed by a special Eucharist for the Children at 10.00 am in the Church, every Sunday. Please encourage your children to attend Catechism every Sunday and celebrate the Children's Mass).

Sunday School commenced this year on 18th June with more than 600 children from Std. I to X on the rolls and 40 teachers in attendance. Our parish has one of the most vibrant Catechism classes in the Archdiocese. The Children look forward to attend the Sunday School. The teachers ensure that there are many interesting activities, making the entire journey of Faith Formation very exciting and fascinating for all.

The Liturgy chosen that day was a special one, creatively organized by KFC (Kids for Christ). Every Sunday one class from the Secondary section takes the responsibility of planning the Liturgy. The teachers make sure that almost all the students of the respective class participate in the Liturgy by being lectors for the Readings, Responsorial Psalm, Prayers of the Faithful or even by enacting a skit during the liturgy.

**Commissioning Day:** On 25th June more than 40 teachers who include religious sisters, pre-novices and laity were commissioned in a meaningful and thoughtful ceremony led by the Parish Priest. The children cheered, as their teachers took their allegiance to be responsible catechists and lead the children in the Faith, entrusted to us by Church.

**Parent's Day :** On 30th July, the students of Std. VIII put up an interesting skit, on how rules, regulations and guidance by parents, though seemingly insignificant, play an important role in molding children. Every bit of guidance by parents is important and cannot be neglected, just like adding even a tiny pinch of an unnecessary ingredient can ruin a tasty dish. The event concluded with a performance by the children of the Primary section coming together for a beautiful prayer sung with hands raised in blessing to the assembled parents.

**Vianney Sunday :** A special felicitation ceremony for the clergy team comprising all the four priests was organized by the Sunday School children in appreciation of their involvement and zeal for faith formation of the

little ones. One child read out the acronym P-R-I-E-S-T, others displayed posters stating what each alphabet meant in terms of the virtues and values of a priest. The celebration ended with floral bouquets being presented to the clergy team by the children.

We are excited about the forthcoming events:

Aug 30th to Sept 07th - Novena for the Nativity of Our Lady

Sept 8th - Nativity of Our Lady, also celebrated as Girl Child Day

Sept 03rd - Deanery Faith Formation Day for Std. V and Std. VI children

Sept 24th - Recollection for Catechists

Oct 01st - Thanksgiving Day and Guardian Angels Day.

Presentation of the Our Father to First Holy Communicants.

**Anil Dsouza**  
**Catechist**

## Theology of the body

Twenty three Catechists from our parish attended the current academic year's first recollection for Catechist's held at St. Vincent Pallotti Parish, Marol on 16th July. Deacon Ivan Fernandes, was the resource person for the evening.

The Topic was "The Theology of the Body", a work based on 129 reflections of Pope John Paul II, during his Wednesday audiences between 05-08-1979 and 28-11-1984, to deepen a renewed understanding of the human body, the gift of sexuality and the value of married love. It was during the same period the founder of Playboy magazine, Hugh Hefner made billions of dollars by commercialising the human body and contributing to the sexual revolution.

The song "I love the shape of you" by Ed Sheeran was played as a starter. The comments by participants largely focused on how the lyrics and music, though catchy for teenagers, impart wrong values especially by viewing persons as objects of desire.

The Pharisees ask Jesus whether is it lawful to divorce one's wife? Jesus responds, "Because Moses by reason of



**YOUTH FULLY  
ALIVE**

## HEART TO HEART LIGA 2K17

*the hardness of your heart permitted you to put away your wives: but from the beginning it was not so*" (Matt 19:8). The experience of man, before the fall and original sin as mentioned in the book of Genesis clearly indicates God's purpose in creating man and woman.

Deacon Ivan explained the following four originals in Genesis as mentioned by Pope John Paul.

**a. Solitude :** - Adam realizes that there is something different about himself as against other creatures and he is unable to find a suitable partner. This self-realisation of a dignity before God, higher than the rest of creation is original solitude.

**b. Nakedness:** - God created man and woman with a sense of innocence without shame of nakedness but when they sinned, they hid themselves and realized they were naked.

**c. Unity:-** Adam's first recorded words "*This is now bone of my bones, and flesh of my flesh....*" explains the original unity of man and woman as one body, living for the other in mutual love. This union is expressed concretely in the couple's bodily gift of themselves to one another.

**d. Sin:-** Adam's sin of disobedience in eating from the tree of knowledge of "Good and Evil" and its effects upon the rest of the human race.

Many religions consider the human body as sinful, prone to decay and a cause for temptation. Using the body for selfish pleasure alone is not what God intended for humans. God created man and woman to complement each other; there is a sameness in them, yet with a difference. The act of self-giving between spouses, results in the miracle of a new life. Many present-day marriages are subsisting only for the children, not because of the mutual love of husband and wife. Matrimony is a commitment to share not only happiness but also pain and suffering.

In conclusion Deacon Ivan, encouraged the Catechists to apply the theology of the body for the greater glory of God and to demonstrate love to the little children entrusted to them, especially the ones who feel unloved at home.

**Loveleena Desmond D'souza**  
Catechist

The Heart to Heart Liga 2k17, a Rink Football Tournament for the men of our parish was held on the 26th, 27th and 28th of May 2017 on the Sacred Heart Parish grounds. The event was organized by the youth of Area 2 along with the Parish Clergy and Parish Youth Animation team (PYAT).

This tournament is so popular in the parish, that no sooner were the dates announced, teams were coming forward to submit their registration forms. Finally, 18 teams participated in the event. These teams were sub-divided into 5 groups, each consisting of 4-5 teams. All the matches were held in tournament style with points being calculated for each match based on matches won, goals scored, fouls committed etc.

Day 1 commenced with our Parish priest Fr. Lawrence Correa SVD inaugurating the tournament by kicking the ball into the goal. Thereafter the sportsmanship oath was taken by all the captains and they signed on a football.

The group stage matches started on Day 1 and continued to Day 2 with a lot of enthusiasm and excitement among the players as well as the audience. Thereafter the two teams scoring the highest number of points from each group moved ahead to the quarter finals which were held towards the end of Day 2.

On Day 3, the matches began in the morning with all the qualifying teams putting their best foot forward and competing hard to enter the semifinals. Finally it was Community 3, 16, 26 and 30 who made it to the semifinals.

Two exhibition matches were played, one between the girls of our parish and the FCM (Football Club of Mumbaikars) Team and the second between the Boys of the PYC.

The Finale 2 teams made a grand entrance. The National Anthem was also played thereby adding to the feel of a Premier League. The Finals were played between Community No. 3 and Community No. 30. The Match was a tough one and really unpredictable as both the teams were equally good. Eventually Community No.30 emerged as the Champions of the Tournament.

It was a great effort by the youth of Area 2 along with several individuals who wholeheartedly helped to make it a grand success. A big thank you for organizing such an incredible tournament.

**Franklin D'souza**  
Our Lady of Nazareth, Community No.16

## A Break to Break-Free

With life in the city beating everyone black and blue, and the desperate wait for a weekend to run away from all the problems, the Church showed the youth of our parish a way. Who would have thought a '**Leadership camp cum Picnic**' would be the ideal getaway? Our journey began on 30th July as we left the Church grounds with sleepy eyes at 6.45 am in a bus to Boscowadi, Gorai. The bus quickly moved into peaceful greenery, away from the chaos of the city. The day at our new destination commenced with a Eucharistic celebration filled with zeal, laughter and learning by Fr. Infant Vinodh SVD, which kept our rumbling stomachs at bay. Post breakfast, the fun continued with a psychology session, complex on paper but simplified with clever examples by Fr. Infant.

An intriguing guest, Fr. Alwyn Misquit got us all excited about life and its challenges. As he shared his personal experiences, his vibe of positivity spread among every person present there. He stood by his word of lifting our spirits higher! He taught us some key takeaways for life in just one session. His points were thought-provoking and challenging. He also added humour to spice the session.

The youth were thereafter allowed to follow their heart, some chose to unwind in the swimming pool while others took a walk in the woods! A few youth were blessed to see the Our Lady of Vailankanni Church, Uttan amidst the pouring rain. Post adventure, the delicious food helped to nourish our bodies for the mysterious games in store

for us. The animators divided everyone into groups of 5, which brought forth our competitive spirit and the excitement to win doubled. The programme for the day was tactfully planned to tap the talents of the youth, with many spot prizes won. Certificates of participation were presented to all participants, three title prizes were also awarded. Linus Aranha from community No 1 was awarded the Best Leadership award, Stella Nikalji from community No 22 won the best Team Player award and Jaspreet Kaur from community No 28 received the Ms. Congenial award. The time spent with one another got better when new faces worked together as a team to beat the tasks laid in front of them. The day passed by so quickly, that it was already time to return. The ride back home was beautiful. In spite of a tiring day, the bonding that took place got everyone together singing their hearts out, literally. It was a burst of happiness which spread out of the windows of the bus leaving other travelers curious about what was happening inside. The Parish priest Fr. Innocent Fernandes SVD, our high spirited PYAT team led by the spiritual director Fr. Infant Vinodh, and the lovely youth who were committed, made a normal Sunday into an extraordinary milestone in the lives of one and all who participated.

The day was indeed a break to break free from the shackles of negativity forever.

*Sonia Rodrigues*  
*Our Lady of Nazareth, Community No 16*

*The devotions we practice in honor of the glorious Virgin Mary, however trifling they may be, are very pleasing to Her Divine Son, and He rewards them with eternal glory.*

*- Saint Teresa of Avila*

*To give worthy praise to the Lord's mercy, we unite ourselves with Your Immaculate Mother, for then our hymn will be more pleasing to You, because She is chosen from among men and angels. Through Her, as through a pure crystal, Your mercy was passed on to us. Through Her, man became pleasing to God; Through Her, streams of grace flowed down upon us.*

*- Saint Faustina*

# Health Page

## TOBACCO AND ORAL HEALTH

While most people are aware of the harmful impact the use of tobacco has on their overall health, very few know of the detrimental effects it has on their oral health. Creating awareness of the harmful effects of using tobacco is amongst one of the greatest challenges the world faces today. Tobacco related diseases are increasing, especially in the developing countries where the use of tobacco is rising at alarming rates.

Use of tobacco as cigar, cigarettes, pipe smoking, bidi, hookah, chewing tobacco and snuff is not only harmful to our health but also very addictive as tobacco contains more than 4800 chemicals, most of which contain poisonous cancer - causing agents. When one inhales these harmful chemicals, it first passes through the mouth and throat before reaching the lungs. On the other hand, chewing tobacco causes release of the harmful chemicals slowly into the mouth. Over a period of time, these chemicals cause changes to the oral cavity which could ultimately lead to cancer.

### Impact of smoking on oral tissues

Smokers tend to develop dental and gum disease which aggravate with continued tobacco use and are four times more likely than non-smokers to develop periodontitis (a condition affecting the supporting structures of teeth) the effects of which are more pronounced in young adults, especially in young women.

Smoking reduces the blood flow to the gums and slows down the healing process of oral wounds. It raises the temperature in the mouth thereby destroying important cells. It also reduces immunity to fight infections, causes dryness in the mouth and hastens tooth decay. The damage that tobacco does to one's oral health can range from mild to severe. Some of the relatively harmless effects are stained teeth and bad breath. The more harmful effects include altered sensation of taste and smell, dryness in the mouth, tooth decay, plaque formation, tartar accumulation, diseases of the gums and periodontal diseases, delayed healing of wounds, low success rate of gum treatments, implants and other surgical procedures, leathery white patches and red sores in the mouth that could lead to cancer at a later stage. The gums suffer severe direct damage than the teeth.

### Impact of Smokeless tobacco on oral health

Individuals who use smokeless tobacco or chew tobacco are fifty times more likely to develop oral cancer, especially in areas where

tobacco is held in the mouth. Individuals who chew tobacco place it in their mouth along the gum line, right inside the cheeks. The harmful chemicals released slowly irritate the gum tissues causing it to pull away from teeth and increases the risk of tooth decay. This makes the gums more prone to gum diseases. The sweeteners which are added to enhance the flavour while chewing tobacco increases the risk of tooth decay. Besides, the tiny particles cause abrasions to the teeth. They also result in bad breath, stained teeth and oral tissues, dullness in taste sensation, reduction in healing process, leathery white patches and red sores in the mouth that could lead to cancer if not treated.

### Passive smoking

Passive smoking also known as second-hand smoke or environmental tobacco smoke is defined as the involuntary inhalation of smoke from other people's cigarettes, cigars, or pipes. This exposure causes non-smokers, especially babies, children, youth and pregnant women to be susceptible to the same diseases as those caused by direct smoking.

### Tobacco use and Children

Cigarette smoking during childhood and adolescence causes significant health problems among young people. People who start smoking at an early age are more likely to develop a severe addiction to nicotine than those who start at a later stage. It is hence important for parents to educate children about the dangers of smoking and chewing tobacco. Children exposed to tobacco may also have delayed formation of permanent teeth and are more prone to tooth decay. Women who smoke are more likely to have children with an oral cleft.

Tobacco is the leading preventable cause of death in the world today. The only way to prevent these harmful effects of tobacco is to quit using tobacco, which is the best thing that one can do not only for the teeth and mouth but also, for the overall health. Although it is not easy to quit because of the addictive nature of nicotine in tobacco, one must gradually reduce the amount of tobacco use. Frequent dental check-ups and necessary dental treatments can ensure oral health and prevent oral cancer.

*Dr. Neethu Treasa Mathew (B.D.S)*

**This Health Page contains general information about medical conditions and is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. Information on this page is for general information purpose only. If you have any specific questions about any medical matter you should consult your doctor. Do not delay in seeking medical advice, disregard medical advice or discontinue medical treatment because of information on this page. Sacred Heart Parish and the Editorial team of Heart to Heart bulletin make no representation and assume no responsibility for the accuracy of the information contained in this Health Page.**

# FROM THE PARISH REGISTER

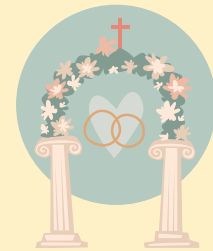
## BAPTIZED IN CHRIST



Johaam Sequeira	s/o	Glen Sequeira & Bhavana Kewalramani	28-May-17
Aarush D'Souza	s/o	Agnelo D'Souza & Glenda D'Souza	28-May-17
Evanna Lobo	d/o	Cleetus Keith Lobo & Manisha Cleetus Lobo	11-Jun-17
Benedict Julian Fernandes	s/o	Mayur Peter Fernandes & Vinitha Fernandes	11-Jun-17
Rebecca Kevin D'Souza	d/o	Kevin D'Souza & Sheela Kevin D'Souza	25-Jun-17
David fernandez	s/o	Sebastian & Giselle Fernandez	25-Jun-17

## UNITED IN CHRIST

Kenveet Marvin D'Souza	To	Stenna Jean Fernandes	27-May-17
Leonard Vinay D'Souza	To	Archana Pushp Singh	12-Jun-17
Savio Anthony Moraes	To	Rina Alvina Lobo	25-Jun-17



## RESTING IN CHRIST



Agnes Sequeira	55 Years	B-205, Sai Elegance	27-May-17
Alfi Banz	69 Years	Casa Blanca House, 263/21, Sher-E-Punjab	28-May-17
Florence E. Paris	70 Years	R.No.1, Ganga Chawl, Subhash Nagar	3-Jun-17
Teresa Xaxa	93 Years	B/5, Laxminagar, Opp: Sai Baba Temple	6-Jun-17
Joyce Fernandes	89 Years	Home for the Aged	17-Jun-17
Mathew Quinny	87 Years	Simran' Plot No.46, B/7, Sher-E-Punjab	19-Jun-17
Sebastian Michael Rodrigues	73 Years	Takshila 7 A/4	21-Jun-17
Philomena Mary Cardoz	65 Years	E3/103, Bindra Daffodil CHSL	23-Jun-17
Fr. Augustine Kanjamala	77 Years	Institute of Indian Culture	4-Jul-17
Pushpa Noronha	83 Years	703-A, Dheeraj Gardens	14-Jul-17
Emily Fernandes	76 Years	A-304, Trans Apartment	24-Jul-17
Harry Francis D'Souza	65 Years	2A/23, Takshila	24-Jul-17
Rosy Xavier	84 Years	E-3, 303, Landmark, Poonam Nagar	8-Aug-17

**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 2017-18

EXECUTIVE COMMITTEE		
SR. No.	NAME	DESIGNATION
1	Fr. Innocent Fernandes 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. Innocent Fernandes SVD	President
2	Fr. Valerian Fernandes SVD	Co-Pastor
3	Fr. Infant Vinodh SVD	Co-Pastor
4	Fr. Praveen Aranha 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. Brian Moras SDB	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	Hazal Mendonca	Lay Representative
4	Joseph Chettiar	Lay Representative
5	Derrick Fernandes	Lay Representative
6	Sarita Almeida	Lay Representative

Nominated		
SR. No.	NAME	REPRESENTING
1	Berancye Xavier	Youth Representative

COMMUNITY REPRESENTATIVES OF THE PARISH PASTORAL COUNCIL (PPC)				
COMM. No.	COMMUNITY NAME	PPC MEMBERS	Spiritual Director	Area No.
1	Immaculate Conception	Gracy Fernandes	Fr. Praveen SVD	1
2	Our Lady of Fatima	Agatha Fernandes	Fr. Praveen SVD	3
3	Holy Cross	Evita Quadros	Fr. Infant SVD	3
4	Divya Jyoti	Celine Pinto	Fr. Valerian SVD	3
5	St Anthony's	Dulcin Saldanha	Fr. Infant SVD	1
6	Morning Star	Theresa Fernandes	Fr. Innocent SVD	1
7	Good Shepherd	Rosita Fernandes	Fr. Innocent SVD	1
8	Infant Jesus	James Correa	Fr. Valerian SVD	1
9	Divine Mercy	Ronald Rego	Fr. Innocent SVD	3
10	St. Theresa of Child Jesus	Laveena Vaz	Fr. Innocent SVD	5
11	Jeevan Jyoti	Lloyd Zaccheus	Fr. Praveen SVD	5
12	Apostles of Christ	Ellie D'lima	Fr. Infant SVD	5
13	Holy Family	Thelma Lobo	Fr. Innocent SVD	2
14	Helpers of Jesus	Carmen Fernandes	Fr. Infant SVD	2
15	Akashdeep	Venessa Maria Quinny	Fr. Praveen SVD	2
16	Our Lady of Nazareth	Phyllis Pereira	Fr. Innocent SVD	2
17	St. Dominic Savio	Ida Quinny	Fr. Infant SVD	4
18	Good Samaritan	Jane Lobo	Fr. Praveen SVD	4
19	Christ the King	Glaxy Ferrao	Fr. Valerian SVD	4
20	Daya Sagar	Robin Adiyal	Fr. Praveen SVD	6
21	St. Paul's	Janet Lopez	Fr. Infant SVD	6
22	Prem Sagar	Andrew D' Souza	Fr. Innocent SVD	6
23	Shantidaan	Esmeralda Pinto	Fr. Valerian SVD	7
24	Emmanuel	Marilyn Barsagade	Fr. Infant SVD	7
25	Pavana Atma	Paul J Kuthokathan	Fr. Infant SVD	6
26	St. Ann's	Evjin Noronha	Fr. Praveen SVD	7
27	Holy Trinity	Melwin D'Souza	Fr. Valerian SVD	2
28	St. Joseph the worker	Dilpreet Kaur Bedi	Fr. Infant SVD	4
29	Our Lady of Rosary	Agnes Anthony	Fr. Valerian SVD	5
30	Shalom	John D'Souza	Fr. Praveen SVD	7
31	Hosanna	Elizabeth Chettiar	Fr. Praveen SVD	6
32	Sacred Heart	Anella Quadros	Fr. Valerian SVD	3
33	Yahweh's Clan	Candida Mendoza	Fr. Innocent SVD	5
34	Mystical Rose	Rayna D'Souza	Fr. Valerian SVD	5

**PARISH ASSOCIATION COUNCIL (PAC)**

1	Parish Clergy Team	Fr. Innocent Fernandes SVD	Parish Priest
2		Fr. Valerian Fernandes SVD	Co-Pastor
3		Fr. Infant Vinodh SVD	Co-Pastor
4		Fr. Praveen Aranha 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. Innocent Fernandes SVD
2	CCO	Ida Quinny	Antonette D'Sa	Fr. Innocent Fernandes SVD
3	SCC	Candida Mendoza	Roslin Ambrose	Fr. Innocent Fernandes SVD
4	Finance Committee	Ryan D'Souza		Fr. Innocent Fernandes SVD
5	Community Welfare Fund	Edward Fernandes	Rose Almeida	Fr. Innocent Fernandes SVD
6	St Vincent de Paul	Rose Almeida	Cynthia Pinto	Fr. Valerian Fernandes SVD
7	Sunday School Pastoral Team	Francisca Sadanha	Anil D'Souza	Fr. Infant (std I to X) / Fr. Valerian (Confirmation)
8	Parish Youth Animation	Wilfred Lobo	Bernard Xavier	Fr. Infant Vinodh SVD
9	Charismatic Renewal (Eng.)	Derick Fernandes	Veronica Fernandes	Fr. Valerian Fernandes SVD
10	Charismatic Renewal (Konkani)	Cecilia Nazareth	Angeline Fernandes	Fr. Praveen Aranha SVD
11	Couples for Christ (English)	Lloyd Fernandes	Zelda Fernandes	Fr. Praveen Aranha SVD
12	Couples for Christ (Konkani)	Peter Rodrigues	Emelia D'Souza	Fr. Praveen Aranha SVD
13	Eucharistic Ministers	Lloyd Zacheus	Henrietta Monseratte	Fr. Valerian Fernandes SVD
14	Usher's Group	Anella Quadros	Flora D'souza	Fr. Praveen Aranha SVD
15	Liturgy Team	Susan Noronha	Annupama Subodhan	Fr. Valerian Fernandes SVD
16	Lectors Cell	Terence Fernandes	Hazel Mendonca	Fr. Praveen Aranha SVD
17	Legion of Mary (Sr)	Alex Mathew	Peter D'Souza	Fr. Praveen Aranha SVD
18	Legion of Mary (Jr)	Veronica Rodrigues	Alex Mathew	Fr. Praveen Aranha SVD
19	Parish Bulletin	Sarita Almeida	Antonette D'Sa	Fr. Infant Vinodh SVD / Clergy Team
20	Pre-Baptism Team	Agnelo Fernandes	Sandra Fernandes	Fr. Innocent Fernandes SVD
21	Women's Cell	Flora D'Souza	Cynthia D'Cunha	Fr. Praveen Aranha SVD
22	Health Cell	Dr. John Rodrigues	Milagrine Fernandes	Fr. Infant Vinodh SVD
23	Bombay Catholic Sabha	Osmond Pereira	Jeanette Castelino	Fr. Praveen Aranha SVD
24	Inter-Religious Dialogue Cell	Michael D'Souza	Ponamma Antony	Fr. Praveen Aranha SVD
25	Senior Citizen	Anita D'Sa	Adrain Andrades	Fr. Valerian Fernandes SVD
26	Divine Mercy	Jane Lobo	Rosy Pereira	Fr. Infant Vinodh SVD
27	Bible Cell	Josephine Fernandes	Jesse Monteiro	Fr. Infant Vinodh SVD
28	Parish Youth Council	Berancye Xavier		Fr. Infant / Fr. Praveen
29	Altar Servers	Nandita Fernandes	Justina Peris	Fr. Praveen Aranha SVD
30	Hope & Life Movement	Bridget Noronha	Carol Fernandes	Fr. Valerian Fernandes SVD
31	Parish Cultural Committee	Henrison Lobo		Fr. Praveen Aranha SVD
32	St Paul's Guild	Babu Durairaj	Steven Linj	Fr. Praveen Aranha SVD
33	Parish Website	Rosita Dias	Rohit D'Almeida	Fr. Infant Vinodh SVD
34	Family Cell	Joseph Mendonca	Lucy Rocha	Fr. Valerian Fernandes SVD
35	Parish Choirs - English	Conrad D'Sa		Fr. Praveen Aranha SVD
		Cassian Pereira		
		Osmond Pereira		
		Marian Fernandes / Jayesh George		
	Konkani	Rosy Monis		
Hindi	Vinod Waghmare / Barthol Palande			
Chidren	Tony Dias			

## GUIDELINES TO SEND ARTICLES FOR THE BULLETIN

- Articles should be sent strictly, only by e-mail: h2h.bulletin@gmail.com to reach the Editorial Board, within the stipulated deadline, as announced in the Parish Weekly Announcements. Hand written copies cannot be accepted.
- Articles on behalf of Individuals/Cells/Associations/Communities should necessarily be approved by the Spiritual Director and the Head of the respective Association / Cell / Community on behalf of whom you are reporting. It will be their responsibility to ensure that the Article is factually and morally correct.
- Please ensure that the Article consists of an appropriate title, name of the author, Community name and number. It is important to also mention the telephone number of the author so that clarifications, if any, can be obtained.
- Please ensure submission of Articles by the prescribed date to avoid disappointment. Articles received after the deadline will be published in the current issue, subject to availability of space. In case of lack of space it will be carried forward to the next issue, subject to its relevance then.
- **Articles on the Activities in the Parish are restricted to a maximum of 500 words.**
- As much as it is important for Cells / Associations / Communities to report their activities - Heads and Spiritual Directors of Communities / Cells / Associations should encourage their members to contribute Articles to the Bulletin. A maximum of one article per person will be considered per issue.
- Kindly note that it will not be possible to entertain any request for changes in the Article after its submission.
- The 'Photograph Page' gives a visual representation of the events held in the Parish and aims to display the variety of activities taking place in the parish, organized by the parishioners of different age groups, Cells, Associations, Communities etc. Photographs of the parish activities sent for publication should be of High definition quality. The discretion to publish the photographs will be the prerogative 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 TO SEND ADVERTISEMENTS TO THE BULLETIN

- Booking of advertisements should be done at the Parish Office by paying the requisite fee within the stipulated deadline as mentioned at the Parish Weekly Announcements.
- While booking advertisements, a CD of the advertisement in a vector format with the following file extensions only (**jpeg, Pdf, .ai, .eps and .cdr**) should be submitted along with a hard copy/(printout) of the same. **Word Documents will not be accepted.**
- While sending Artwork by e-mail, kindly mention Payment Receipt Number. A hard copy (printout) of the artwork should also be submitted to the Parish Office.
- The Editorial Team will exercise its discretion when publishing any commercially supported content. It reserves the right to reject any promotion it deems to be misleading or controversial..

**- Publisher and Editorial Team**

## Sacred Heart Parish, Andheri East

## Annual Calendar for the Year 2017-2018

Sr. No	Date and Day		Event
<b>June, 2017</b>	4 <sup>th</sup>	Sunday	Pentecost Sunday
	17 <sup>th</sup>	Saturday	Renewal of Commitment of SCC'S
	21 <sup>st</sup> - 23 <sup>rd</sup>	Wednesday - Friday	Triduum in preparation for the Feast of Sacred Heart of Jesus
	25 <sup>th</sup>	Sunday	Feast of Sacred Heart of Jesus Laity Sunday
<b>July, 2017</b>	9 <sup>th</sup>	Sunday	Faith Formation Sunday
	16 <sup>th</sup>	Sunday	SCC - Collage Contest
	30 <sup>th</sup>	Sunday	Parents Day
<b>August, 2017</b>	6 <sup>th</sup>	Sunday	Vianney Sunday
	15 <sup>th</sup>	Tuesday	Solemnity of Assumption of Our Lady and Independence day
	20 <sup>th</sup>	Sunday	Justice Sunday SCC Training Program for Animators
	30 <sup>th</sup> - 31 <sup>st</sup>	Wednesday - Thursday	Novena in preparation for Nativity of our Lady
<b>September, 2017</b>	1 <sup>st</sup> - 7 <sup>th</sup>	Friday - Thursday	Novena in preparation for Nativity of Our Lady
	1 <sup>st</sup>	Friday	Birthday of Fr. Valerian Fernandes SVD
	3 <sup>rd</sup>	Sunday	Taize Prayer- Parish Youth
	8 <sup>th</sup>	Friday	Nativity of Our Lady and Girl Child Day
	17 <sup>th</sup>	Sunday	Best out of Waste - Care for Creation - By SCC's
<b>October, 2017</b>	Rosary Month		
	1 <sup>st</sup>	Sunday	World Elder's Day Thanksgiving Sunday
	13 <sup>th</sup>	Friday	Senior Citizen Association day
	22 <sup>nd</sup>	Sunday	Mission Sunday
	29 <sup>th</sup>	Sunday	Talent Competition - Parish Level for NYGs
	<b>November, 2017</b>	1 <sup>st</sup>	Wednesday
2 <sup>nd</sup>		Thursday	All Souls day
11 <sup>th</sup> - 12 <sup>th</sup>		Saturday - Sunday	Parish Day and Family Meal
17-19 <sup>th</sup>		Friday - Sunday	Games of Skills -Parish Level
19 <sup>th</sup>		Sunday	World Communications Day
26 <sup>th</sup>		Sunday	Christ The King Feast

Sr. No	Date and Day		Event
<b>December, 2017</b>	3 <sup>rd</sup>	Sunday	1st Sunday of Advent (St. Francis Xavier Feast)
	10 <sup>th</sup>	Sunday	Confirmation (10 am Mass)
	16 <sup>th</sup>	Saturday	Christmas Bazaar
	17 <sup>th</sup>	Sunday	Sunday School Christmas Party Christmas Float
	18 <sup>th</sup> - 20 <sup>th</sup>	Monday - Wednesday	Advent Confessions
	24 <sup>th</sup>	Sunday	Christmas Eve
	25 <sup>th</sup>	Monday	Christmas
	26 <sup>th</sup>	Tuesday	Birthday of Fr. Infant Vinoth SVD
	27 <sup>th</sup>	Wednesday	Christmas Get Together - Parish Youth
	28 <sup>th</sup>	Thursday	Birthday of Fr. Innocent Fernandes SVD Blessing of Children
	29 <sup>th</sup>	Friday	Birthday of Fr. Praveen Aranha SVD
	<b>January, 2018</b>	10 <sup>th</sup> - 12 <sup>th</sup>	Wednesday - Friday
15 <sup>th</sup>		Monday	Feast of St. Arnold Janssen
21 <sup>st</sup>		Sunday	All Associations day
26 <sup>th</sup>		Friday	Republic day Outreach cum Picnic for NYGs
<b>February, 2018</b>		2 <sup>nd</sup> - 4 <sup>th</sup>	Friday - Sunday
	11 <sup>th</sup>	Sunday	Bible Sunday Couples Day (Family Cell) Training programme for SCC's
	14 <sup>th</sup>	Wednesday	Ash Wednesday
	<b>March, 2018</b>	11 <sup>th</sup>	Sunday
6 <sup>th</sup> - 8 <sup>th</sup>		Tuesday - Thursday	Konkani Missions English Missions
19 <sup>th</sup> - 21 <sup>st</sup>		Monday - Wednesday	Lenten Confessions
25 <sup>th</sup>		Sunday	Palm Sunday
26 <sup>th</sup> - 31 <sup>st</sup>		Monday - Saturday	Holy Week
30 <sup>th</sup>		Friday	Stations Of The Cross
<b>April, 2018</b>		1 <sup>st</sup>	Sunday
	7 <sup>th</sup>	Saturday	First Holy Communion
	8 <sup>th</sup>	Sunday	Divine Mercy Sunday
<b>May, 2018</b>	5 <sup>th</sup> - 6 <sup>th</sup>	Saturday - Sunday	Throw Ball Tournament (PYC)
	7 <sup>th</sup> - 19 <sup>th</sup>	Monday - Friday	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



1st Prize Winners of Collage Contest - Good Shepherd, Community No. 07



2nd Prize Winner of Collage Contest - Our Lady of Nazareth, Community No. 16



3rd Prize Winner of Collage Contest - Our Lady of the Rosary, Community No. 29



Leadership Camp cum Picnic



Emmanuel, Community No. 30 - Winners of Heart to Heart Liga - 2K17



Holy Cross, Community No. 03 - Runners Up of Heart to Heart Liga - 2K17



Induction Mass of Fr. Innocent Fernandes SVD as Parish Priest