



Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 70

December 2017

For Private Circulation Only



*Be The Joy
In Your
Community*

Our Regular Programme

SUNDAY MASSES

Morning

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

Evening

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

Weekday Masses:

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

Wednesday

Novena to Our Lady of Perpetual Succour after all Masses

Thursday

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

First Friday:

Holy Hour 6:00 pm to 6:45 pm

Fourth Friday:

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

Catechism for Children:

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

Confessions:

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

Baptism:

2nd and 4th Sundays at 11:00 am

Pre-nuptial Enquiry:

By Appointment

Wedding Mass Timings:

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

Sick Calls:

At any time

Centre for Community Org., (Tel: 28269326)

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

Parish Office hours

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

FORTHCOMING EVENTS AND LITURGICAL FEASTS/MEMORIALS

| | | |
|-----------------|-------------|---------------------------------------------------------------------------------------------------------------------------------|
| 16th Dec | Sat | Christmas Extravaganza |
| 17th Dec | Sun | Sunday School Christmas Party Christmas Float |
| 18th - 20th Dec | Mon - Wed | Advent Confessions (Morning - 7.00 am to 7.30 am & 8.00 am to 9.00 am; Evening - 6.00 pm to 7.00 pm & 7.30 pm to 9.00 pm) |
| 24th Dec | Sun | Christmas Eve Carol Singing - 9.15 pm Vigil Mass - 10.00 pm |
| 25th Dec | Mon | Christmas Konkani Mass - 7.30 am English Mass - 8.45 am & 10.00 No Evening Mass |
| 26th Dec | Tue | Feast of St. Stephen, Martyr |
| 27th Dec | Wed | Feast of St. John, Apostle and Evangelist |
| | | Christmas Get Together - Parish Youth |
| 28th Dec | Thurs | Feast of Holy Innocents - Blessing of Children |
| 31st Dec | Sun | New Year's Eve Thanksgiving Holy Hour - 9.00 pm Holy Eucharist - 10.00 pm |
| 1st Jan | Mon | Solemnity - Mary, Mother of God Konkani Mass - 7.30 am English Mass - 8.45 am & 10.00 am No Evening Mass |
| 2nd Jan | Tue | Memorial - Sts. Basil the Great and Gregory Nazianzen, Bishop & Doctor |
| 4th Jan | Thurs | Memorial - St. Elizabeth Ann Seaton, Religious |
| 5th Jan | Fri | Memorial - St. John Neumann, Priest |
| 6th - 14th Jan | Sat - Sun | Novena in preparation for the feast of St. Arnold Janssen |
| 7th Jan | Sun | Solemnity - Epiphany of the Lord |
| 8th Jan | Mon | Feast - Baptism of the Lord |
| 15th Jan | Mon | Feast of St. Arnold Janssen |
| 17th Jan | Wed | Memorial - St. Antony, Abbot |
| 21st Jan | Sun | All Associations day |
| 24th Jan | Wed | Memorial St. Francis de Sales, Bishop & Doctor |
| 25th Jan | Thurs | Feast - Conversion of St. Paul |
| 26th Jan | Fri | Republic day; Memorial of Sts. Timothy & Titus, Bishop Outreach cum Picnic for NYGs |
| 31st Jan | Wed | Memorial - St. John Bosco, Priest |
| 2nd Feb | Fri | Feast - Presentation of the Lord |
| 2nd - 4th Feb | Fri to Sun | Rink Football Tournament |
| 5th Feb | Mon | Memorial - St. Agatha, Virgin and Martyr |
| 6th Feb | Tue | Memorial - St. Paul Mikki and Companians, Martyrs |
| 10th Feb | Sat | Memorial - St. Scholastica, Virgin |
| | | Bible Sunday |
| 11th Feb | Sun | Couples Day (Family Cell) Training programme for SCC's |
| 14th Feb | Wed | Ash Wednesday |
| 22nd Feb | Thurs | Feast - Chair of St. Peter |
| 11th Mar | Sun | Women's day Celebration (Women Cell) |
| 6th - 8th Mar | Tue - Thurs | Konkani Missions English Missions |

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

**"...Shout and sing for joy, O inhabitants of Zion, for great in your midst is the HOLY ONE of Israel."
- Isaiah 12:6.**

My Dear Parishioners and Friends,

As I sit at my desk preparing my Christmas message, I can't believe that very soon 2017 will come to a close. What a year it has been! Well, this Holy Feast of the Lord's Nativity at the end of the year calls us to be humble, loving and trusting enough to allow ourselves to be found by Christ and be brought "home". Christmas is a time for home coming. All over the world family members separated due to work, worries or even hurt relationships make a special effort to put time, tasks and grudges aside to come home. Isn't it amazing that in spite of the widespread commercialization of Christmas, people still realize deep down in their hearts that the birth of our Savior is an occasion to be celebrated with loved ones in unity, peace and joy?

Our Parish of Sacred Heart is also a family. Together we are sons and daughters of God the Father, sisters and brothers of our Lord Jesus and bound together by the love of the Holy Spirit. I guess that some among us may have been away from Church, but now have decided to come "home" for Christmas. Whatever the reasons that might have kept you away - whether hurt, anger or shame caused by scandals or bad leadership or the widely prevalent- misunderstood and non-populist Catholic beliefs in today's secular culture, or the feeling of being unloved by the Church or your Community or just plain busyness, distraction or spiritual laziness - you were sorely missed and no one judges you. It's great to have you back where you belong at Christmas and we warmly welcome you. You are unique and vital to the Church, the Lord Jesus loves you and invites you afresh to be part of His great "Communion", the Church.

Your Parish loves you and needs you, your special talents, your active participation, your prayers and your practical support. Just as your home-coming is a joy to the family, you can also be a joy in your Community. How? It may not always be in big and profound ways, but in small possible ways; by sharing ideas, talents and resources that you are blessed with. The upcoming Christmas not only invites you to be a joy in your family but more importantly in your Community as well.

May the Lord Jesus grant you deep peace and inner joy this Christmas as Jesus seeks to be allowed into your heart. May this Christmas see the beginning of a new personal relationship with Him for all of us, as we celebrate the great mystery of Christmas! Welcome home.

On behalf of the clergy team, I wish each one of you A HAPPY AND CHRIST FILLED CHRISTMAS. May all your celebrations be filled with the Joy of Christ in you and in your Community.

**- Fr. Innocent Fernandes, SVD
Parish Priest**



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Be The

JOY

In Your Community

If you are happy in life right now, it's not because everything about your life is necessarily going right, but because a relationship that matters to you the most, is going great and the reverse is true if you are unhappy. Relationships are like seeds. They have to be nurtured and developed. Expectations are like weeds. They grow on their own accord. When enough investment goes into building a relationship, the expectations in that relationship can be managed. When a relationship is left neglected, then the expectations in that relationship shake the very roots of the relationship.

One day a salesman dreamt that he had gone into the next life. There he found all his former colleagues separated into two groups: the failures were lodged in one place, the successes in another. He watched the failures and found that they were all thin and a hungry-looking mob. Platters of delicious food was being served and strangely enough another server came and affixed a long iron spoon on each diner's arm. This spoon rendered the arm rigid, so that it could not bend at the elbow. Thus the men could not put the food into their mouth.

The newly arrived, then went to see the successes, whose dwelling place was that of a multitude of genial, well-fed happy gentlemen. There he witnessed the dining procedure to be the same as that with the previous group. *But here the long spoon rigidly fixed on the arm of each diner proved no impediment whatever. Each man dipped his spoon into the food and fed the man seated next to him!*

Returning to the first group, he asked one of them why they didn't do what the successes were doing. This was the reply he got. *"I'm starving, and why should I feed the dirty crook next to me?"*

This story brings out an essential truth about how we should employ ourselves to build a good foundation for our relationships. Selfishly helping just ourselves, caring and appreciating only ourselves, and accumulating things beyond our needs does not bring happiness, joy and peace. Joy is a gift of God and is found in sharing, giving, helping, serving and caring for the people in need of our support and help.

Christmas invites us to be agents of JOY. How can we be the joy in our Communities; that is what we are called to reflect this Christmas? How can we be joyful? Most people think that joy comes by earning much wealth, or having the latest gadgets, buying costly things, or by wearing the latest designer clothes. But sadly, we seldom realize that these things only bring transient, temporary happiness which is mostly external. True joy bursts forth when we receive something we like or someone gives us a sincere compliment. It is not just the recipient who is joyful but also the giver who, without any expectations, helps, shares, cares or does social work. The realization that true joy comes from within should impel us to give of ourselves and our resources to our Communities who are our neighbourhood family. *Hence, being agents of Joy means being another Christ and that entails the risk of carrying the cross.* But when we joyfully carry the cross as Christ did, the outcome is beautiful although invisible - True joy, love, peace, satisfaction and ultimately living with the satisfaction of being "the aroma" of Christ.

We can be the joy in our family, Community and the Church in many ways. But the first requirement is that we should be joyful ourselves. This Christmas, let us endeavour to be agents of JOY in our family, Community and Church. As we become joyful, irrespective of our circumstances, the rest of the fruits of the Holy Spirit will accompany this joy. Wishing one and all a joyful Christmas and a joyful new year 2018!

- Fr. Praveen Aranha SVD

CCO ON THE MOVE - Its Christmas!

The year 2017 was a beautiful and blessed year bestowed on us by Baby Jesus. Through His abundant love and graces, we have been able to bring smiles on the faces of the marginalized. The following are the various activities which have been initiated by us in the last quarter.

The **Health Cell** organized its annual Blood Tests and Pathology camp on 6th August 2017. There was a good response and many of our parishioners availed of the Health Check.

The **Bombay Catholic Sabha** along with **Senior Citizen cell**, organized a talk on "How to make a Will" on 13th August.

The **Couples for Christ**, conducted an interactive session on 19th August for the married couples who were married in the year 2010 and thereafter. The topic was "Leaving, Cleaving and Becoming One", Marriage Couples Journey Part – 1. A monthly gathering of **Kids for Christ** was also organised.

The **Parish Youth Council**, held a Taize prayer on 3rd September which was well attended by the youth and others as well.

The **Konkani Committee** held a well-organized Harvest Festival on 17th September after the 10.00 am Eucharistic which was celebrated in Konkani.

Laitry Training Programme was conducted on 14th September by the Office of Lay Collaboration Ministry (OLCM) on the topic "Breaking Barriers, Building Bridges". The resource persons were Mr. Anthony Correia and Miss Juliet D'Souza.

On 21st September, the **Parish Association Council**, held their quarterly meeting for all Heads of associations, Cells, Groups and Communities.

The **Small Christian Communities** held a competition on 24th of September on the theme "Best of Waste Designer Wear". Many children took part in this programme.

The **St. Vincent de Paul Association** of our parish, celebrated the feast of St. Vincent De Paul on 27th September. After the celebration of the Eucharist, there was a get together and fellowship for all persons and children under the care of the SVP cell.

The **Youth for Christ**, held a full day programme "Kids Village" for Kids for Christ. It was a new fun way to experience Jesus.

World Elder's day was celebrated on 1st October, by the **Senior Citizen Cell**. After the Eucharistic Celebration at 5.30 pm, the elders had an evening of fun and fellowship.

The **Health and Senior Citizen Cells**, organized a talk on "Parkinson and Movement Disorder" on 8th October.

On 15th October, the **Bombay Catholic Sabha** (BCS) organized a workshop on RERA. The workshop was beneficial to flat purchasers seeking justice to approach the court exclusively dedicated to real estate issues.

The **Bible Cell**, conducted the Vacation Bible Joy programme for children from Std. I to IX during the Diwali holidays. 196 children participated and enjoyed this programme.

Discover 2017, was organized for the youth of our parish on 28th October. This programme gave the youth an opportunity to grow spiritually and develop their talents.

The **Legion of Mary**, held a Rosary making competition on 29th October, 2017. Sacred Heart, Community No.32, won the 1st prize followed by St. Joseph the Worker, Community No.28 in second place and the Sunday Catechists in the third place.

The CCO team thanks all the members of the Cells and Associations for their help and cooperation extended during the entire year. We pray for the blessings of Baby Jesus on each one of you and your families! Wishing you all a wonderful Christmas and a God-blessed, great New Year 2018!!

The Saints were not superhuman. They were people who loved God in their hearts, and who shared this joy with others.

- Pope Francis

Ida Quinny
CCO Co-ordinator



Through Music, a step closer to God

Sing! People of God, Sing! Singing and music was an integral part of Israel's formal worship. The Psalms bear rich testimony that in every circumstance, be it joy or sorrow, in praise or lament, the faithful always raised their voices to God. Music and song continue to play a vital role in the life of God's people even today. Modern culture and current technology brings new possibilities and new challenges to the music ministry of the Church.

The Parish of Sacred Heart Church, Andheri East is blessed by God's grace to have multi-talented musicians like Mr. Tony Dias, playing music for the Glory of God. Tony is a professional musician (L.T.C.L.) pianoforte, Trinity College of Music London, who has spent a lifetime on a musical journey, involving various genres of music, from classical, pop, jazz and gospel.

"If we wish to serve God and love our neighbour well, we must manifest our joy in the service we render to Him and them

- St. Katharine Drexel

The Journey:

Tony's remarkable musical journey began at the tender age of 14 in St. Theresa's Parish, Bandra, where he played the church organ for the children's choir. From then on it was an upward journey. After a successful stint in a pop band he moved to hotel contracts and played with the best musicians in Mumbai. He simultaneously also conducted music classes for kids.

Music for His Glory:

His stint as a music director is one of the most satisfying experiences for Tony. Here he got an opportunity to spread the Word of God through music. His various music productions for Kids, churning out off various CDs namely: Rhymes, Stories, Christmas Carols, Christmas songs in English, Hindi and Konkani enabled to bring Tony closer to God. It was a blessing for him to work with various religious institutions like Brothers of St. Paul, Daughters of St. Paul, Don Bosco's-Kurla, St. Anne's school-Borivali and other private companies etc. by writing music for their projects.

Being part of Sacred Heart Parish:

Tony became part of Sacred Heart Parish after his marriage to Rosita. Rosita, can be best described, as a silent worker who is committed, patient and a soft spoken person. One who believes in the inclusive style of working that considers the potential of every team member to contribute positively to the task at hand. She is a wonderful team leader who feels that as you move forward you also take your team with you. She acknowledges the constant support of her husband which enables her to contribute to the church activities.

The couple is blessed with a wonderful daughter, Muriel. She is working in the field of advertising and is gifted with a good voice and plays the piano.

God will show the way: Journey of faith

Rosita is actively involved in her community, since 2009 as an animator, SCC coordinator and active member of the Parish Youth Animation Team (PYAT), since its inception in our parish. She has completed Training Of Animators (TOA) course conducted by the FILMC. Rosita became part of the parish website team, which came up with the new look for the site and was released at the parish silver jubilee in 2012. She is presently the coordinator of the website team. Her motto is: *Try and try till you succeed, never give up. Where there is a will there is way and God will always show the way.*

“
When I think of Christian homes, I like to imagine them as being full of the light and joy that were in the home of the Holy Family.

- St. Josemaria Escriva

Children's Choir:

Tony has been helping with the children's choir since 2010. Tony says that being with children has been an enriching experience, be it teaching new hymns in new styles or preparing them to sing Christmas carols or for the First Holy Communion Mass. He says 'Truly God has gifted me with this talent that I may reach out to people through music'.

Life has been positive experience:

'Life has been a positive experience throughout. In God's hands our life has meaning. We can do all things through Christ who strengthens us. Though life has definitely not been easy, it is complete faith in God that has kept us going.' is what the husband and wife duo had to say about life. They truly believe that everything happens as part of God's plan. As a family they express their praise and worship through music constantly looking for new and innovative ideas which is an integral part of their life. *"Our simplicity, honesty, sincerity and commitment towards whatever we do, keeps us together. Our work is our prayer, and we thank God for all His blessings."*

Message to the readers:

Use your talents and strengths to work for humanity, no matter how small it may be. It is the little things that matter much. Every drop of rain makes a stream, a river and finally an ocean.

Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord." - Ephesians 5:19

- Tony & Rosita Dias – Shalom, Community No. 30
Interviewed by Sr. Nathalia D'souza SSPS



“For God So Loved The World.....”

“For God so loved the world that He gave His only Son, so that everyone who believes in Him may not perish but may have eternal life.” (John 3:16). “To all who received Him, who believed in His name, He gave power to become children of God... And the Word became flesh and lived among us ... It is God the only Son, who is close to the Father’s heart, who has made Him known.” (John 1:12, 14, 18).

God our Heavenly Father sent His only Son, who is close to His heart, someone very precious, to be the Saviour of the world. So great is the Father’s love for each one of us!!!

Advent is a special season set aside by the Church to prepare ourselves for the coming of our Saviour, Lord Jesus. So how do we prepare ourselves for this great event ?

St. Faustina writes in her Diary how she spent Advent with the Mother of God and prepared herself for the solemn moment of the coming of the Lord Jesus. That Advent of December, 1936, she was sent to Pradnik, just outside Cracow, to undergo treatment for her illness for three months.

“I am reliving these moments with Our Lady. With great longing, I am waiting for the Lord’s coming. Great are my desires. I desire that all humankind come to know the Lord. I would like to prepare all nations for the coming of the Word Incarnate. O Jesus, make the fount of Your mercy gush forth more abundantly, for humankind is seriously ill and thus has more need than ever of Your compassion. (Diary No.793).

St. Faustina was given permission by the doctor to go to her convent for Christmas and she was very happy to be reunited with the community. As she was riding through the city of Cracow, she imagined it was the town of Bethlehem. “As I watched all those people hurrying about, I thought: who is meditating today, in recollection and silence, on this inconceivable mystery? O pure Virgin, you are travelling today, and so am I. O radiant Virgin, pure as crystal, all immersed in God, I offer you my spiritual life; arrange everything that it may be pleasing to your Son. (Diary No.844).

“Before the vigil supper, I entered the chapel for a moment to break the wafer spiritually with those dear to my heart. I presented them all, by name, to Jesus and begged for graces on their behalf. But that wasn’t all. I commended to the Lord all those who are being persecuted, those who are suffering, those who do not know His Name, and especially poor sinners. O little Jesus, I fervently ask You, enclose them all in the ocean of Your incomprehensible mercy. O sweet little Jesus, here is my heart; let it be a little cozy dwelling place for Yourself. O Infinite Majesty, with what sweetness You drew close to us. After supper, I felt very tired and was in pain. I had to lie down. But I kept vigil with the Most Holy Mother, awaiting the arrival of the little child.” (Diary No.845).

“At Christmas, God will descend to earth; the Immortal Lord of Lords will abase Himself. The inconceivable miracle of Your mercy takes place, O Lord. The Word becomes flesh; God dwells among us, the Word of God, Mercy Incarnate. By Your descent, You have lifted us up to Your divinity. Such is the excess of Your love, the abyss of Your mercy. (Diary No.1745).

As we prepare to welcome the Word Incarnate, as the Infant Jesus in our hearts and our homes, let us make it a fitting place for Our Lord of Lords and King of Kings. Let us rejoice and be glad that God loves us so abundantly!!!

**- Sandra D’souza
Divine Mercy Apostolate**

“To the extent that we nourish ourselves on Christ and are in love with Him, we feel within us the incentive to bring others to Him: Indeed, we cannot keep the joy of the faith to ourselves; we must pass it on.

- Pope Benedict XVI





I) CIRCLE THE CORRECT ANSWER

- How many Sundays are there in the period of Advent?
a) Five b) Three c) Four
- What is the liturgical color for most of the season of Advent in the Catholic Church?
a) Red b) Violet c) Green
- What is the liturgical colour for Christmas day and the entire Christmas season?
a) White or Gold b) Blue or Gold c) Rose or Gold
- What does the feast of Epiphany celebrate?
a) Baptism of Jesus b) Presentation of Jesus
c) Arrival of the wise men to see baby Jesus
- When is the Feast of the Holy Innocents, the male babies of upto 2 years of age who were killed by King Herod?
a) 26th December b) 27th December c) 28th December
- Where was Jesus born?
a) Jerusalem b) Bethlehem c) Nazareth
- Before whom did the multitudes of angels appear singing "Glory to God in the highest"?
a) Baby Jesus c) Shepherds c) Wise Men
- Who was the Roman Emperor at the time of Jesus' birth?
a) Herod b) Pontius Pilate c) Caesar Augustus
- The wise men went to which city asking, "Where is He who is born King of the Jews?"
a) Bethlehem b) Jerusalem c) Nazareth
- After the wise men left, Joseph was warned in a dream to take Mary and baby Jesus to which place?
a) Egypt b) Galilee c) Nazareth

II) IN THE BLANKS WITH THE MISSING WORDS FROM THE WORD OF GOD:

- "Your Word is a _____ to my _____ and a _____ to my _____" (Psalm ____:____)
- "Because you are _____ in my eyes and _____ and because I _____ you, I give men in return for you and peoples in exchange for your life" (Isaiah 43:____)
- "You formed my _____ being; you _____ me in my mother's womb. I praise you, so _____ you made me; wonderful are your _____!" (Psalm ____:____, ____)
- "I will not _____ you or _____ you" (Joshua 1:____)
- "Even all the _____ of your head are counted. So do not be _____: you are worth more than many _____. (Matthew ____:____, ____)
- "Whoever _____ you, touches the _____ of My _____." (Zechariah ____:____)
- "_____ and it will be given to you; _____ and you will _____, _____ and the door will be opened to you". (_____ ____:____)
- "Keep me as the _____ of your _____; _____ me in the shadow of your wings". (Psalm ____:____)

- "I will _____ before you and _____ the _____" (Isaiah ____:____)
- For I know well the _____ I have in mind for you, says the Lord, plans for your _____, not for _____! plans to give you a future full of _____. (Jeremiah ____:____)

III) UNSCRAMBLE THE WORDS AND FIND THE SCRIPTURE VERSE FROM THE SIXTH CHAPTER OF ST. PAUL'S LETTER TO THE ROMANS.

"ORF EHT GWEAS FO INS SI HEATD UBT EHT RFEET FTIG FO ODG SI LAREETN EIFL NI STRHCI USSEJ ROU DLRO".
(_____)

IV) CIRCLE THE CORRECT ANSWER

- Which of the following saints is well known as a gift-giver and is the patron and protector of children?
a) St. Agnes b) St. Nicholas c) St. Lawrence.
- What is the meaning of the word "Advent" in Latin?
a) Waiting b) Praying c) Coming
- The Catholic Liturgical Year or the Christian calendar begins with this season?
a) Christmas b) Advent c) Lent
- This feast is celebrated on the first Sunday after Christmas?
a) Holy Family b) Epiphany c) Mary, Mother of God

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 10th January, 2018
- There are three attractive prizes. If there are many right answers the prizes will be determined by casting lots.
- Editorial board's decision will be final and binding.

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

Answers of Quiz No. 2017-03

1. C, 2. A, 3. C, 4. B, 5. B, 6. A, 7. B, 8. B, 9. C, 10. B
1. inspired, teaching, refutation, correction, training, competent, equipped, good work (2Tim 3:16)
2. God, world, Son, perish, eternal, life (John 3:16)
3. Way, Truth, Life, Father (John 14:6)
4. Living, live, flesh, life (John 6:51)
5. Good, Shepherd, die, sheep (John 10:11)
6. Vine, Vinegrower, fruit, prunes (John 15:1,2)
7. Gate, saved, pasture (John 10: 9)
8. I AM (John 8:58)

III) "GO THEREFORE AND MAKE DISCIPLES OF ALL NATIONS, BAPTIZING THEM IN THE NAME OF THE FATHER AND OF THE SON AND OF THE HOLY SPIRIT, TEACHING THEM TO OBSERVE ALL I HAVE COMMANDED YOU, AND BEHOLD I AM WITH YOU ALWAYS UNTIL THE END OF THE AGE" (Matthew 28:19, 20)

IV) 1) b. 2) c. 3) a. 4) b.

Winners of Quiz No. 2017-01 :

- 1st Prize - Carolina Sarkar Std IV Canossa School
2nd Prize - Catherina Paul Std IX Canossa School
3rd Prize - Karen Dsouza Std VII Canossa School

HEARTY LAUGHTER

Call Me Leroy

Uncle Leroy got a job down at the Broom Factory.

On his first day the straw boss (Floor supervisor) calls ol' Leroy into his little office and says, "You the new man huh? What is your name?"

Leroy replied "Leroy"

The straw boss says "I don't call anyone by first names. It breeds familiarity and that leads to a breakdown in my Authority. I refer to all employees by their last names; Now what is Your Last Name!"

Leroy sort of smiles and says, "Its Darling - Leroy Darling!"

The Straw Boss said "Now Leroy the next thing....."

Wedding Dress

Betty was soon to be married.

More than anything, she wanted to wear the wedding dress her mother was married in. Betty's mother was beaming with pride as she gave her consent.

Later in the evening, the family gathered in the living room to wait while Betty tried on the dress.

When Betty entered the room, there was a chorus of approval. The dress fit perfectly and looked wonderful on her.

Tears ran down the face of Betty's mother.

Seeing this, Betty said, "Don't worry Mom, you're not losing a daughter, your gaining a son."

"Forget about that!" she said with a sob.

"I used to fit into that dress!"

Puppy Love

For months he had been her devoted admirer. Now, at long last, he had collected up sufficient courage to ask her the most momentous of all questions:

"There are quite a lot of advantages to being a bachelor," he began, "but there comes a time when one longs for the companionship of another being -- a being who will regard one as perfect, as an idol; whom one can treat as one's absolute own; who will be kind and faithful when times are hard; who will share one's joys and sorrows."

To his delight he saw a sympathetic gleam in her eyes. Then she nodded in agreement.

Finally, she responded, "I think it's a great idea! Can I help you choose which puppy to buy?"

We Don't Break Rules...Eh

Two well-dressed lawyers,went to an expensive restaurant...

Ordered 2 coffees and then took out sandwiches from their briefcases to eat...

Waitress: Sorry Sir !!! But you can't eat your OWN food here... It's against the rules ...

The lawyers quietly looked at each other and

EXCHANGED their sandwiches and continued their meals !!!

MORAL : You can trust lawyers to find loopholes in any rules

Parish Activities

PARISH DAY AND PARISH FAMILY MEAL

In keeping with the theme of the Parish Day celebrations, the parishioners came together in large numbers to thank God for His blessings. Day 2 of our Parish Day celebrations commenced with a Thanksgiving Eucharist at 5.30 pm by His Lordship Bishop John Rodrigues as the main celebrant. In his homily he shared a thought provoking reflection on the day's readings. *"Dance is meditation in movement"*, this was evident as students of the Holy Spirit Hospital performed a beautiful prayer dance during the Entrance Procession.

After Mass, all stayed back to witness and applaud the talents of their fellow Parishioners. The Day 2 celebrations were planned, managed and organized by the PPC members of the parish.

Jestina Peris and Nicholas D'Souza, the comperes, kept the audience engaged all evening. They announced some rare spot prizes. The entertainment program, kick-started with the girls from SnehaSadan, performing a lively Rajasthani folk dance. This was followed by a performance by the Fatima Ashray girls who set the stage on fire with the popular "Naach Meri Jaan." song. *"Reach out and touch somebody's hand and make this world a better place...if you can"* was the message by the Sunday School children in their meaningful skit. It was beautiful to see the little Altar servers dance to peppy songs like "Cheerleader", etc. in a fusion dance. Then the PPC members took to the stage with "Aamchi Mumbaichi Koli Nritya."

The best was definitely kept for last, a 'surprise performance' by a mysterious masked young man who grooved so smoothly that he took everyone's breath away. It was a pleasant surprise when the mask fell off to reveal the dancer to be our very own Fr. Infant Vinodh SVD.

Our Parish Priest Fr. Innocent SVD then came on stage to give the vote of thanks. He thanked God for blessing our Parish so abundantly and he mentioned each and every one who worked selflessly to make the Parish Day celebrations a grand success.

The dinner counters were opened after Fr. Valerian SVD, blessed the food and led us in praying the Grace before meals. Food was the last thing on the minds of many of the parishioners who chose to be on the dance floor. The lively music was provided by our Youth Band who, played foot tapping music, then tapered off to a few slow romantic songs and even some Konkani numbers. After that, the DJ took over and played all the latest music which got the kids and youth up on stage, dancing the night away. The celebrations concluded with a delicious family meal topped with ice-cream.

The large crowd was handled superbly by the ushers and PPC members and everything moved very smoothly.

The Parishioners mingled with each other, wishing all a Happy Feast and returned home delighted to be a part of this vibrant parish of the Sacred Heart of Jesus.

May the Heart of Jesus live in the hearts of us all!

Zelda Fernandes
Akashdeep, Community No. 15



VACATION BIBLE JOY 2017

The Joy of the children increased in leaps and bounds as the Vacation Bible Joy began on the 23rd and concluded on the 28th of Oct. It was a week long program organized by the Bible Cell and held at our Parish Community Centre during their mid-term vacation every year for the children of our Parish from Std. I to IX. Children look forward to this program as they are taught the **Word of God** with many fun activities like puzzles, games, quizzes, etc. along with Gospel music and action songs. Children are also taught how to praise, worship and thank God through song and prayer.

The program began each morning at 9 am with Praise and Worship followed by teachings of the Word of God. The children were then divided into different classes according to their age group. They showed great love and enthusiasm to study the Word of God and were eager to answer questions. The teachings were made interesting and also easy for the children to understand through power point presentations and videos.

This year the theme was 'The Ten Commandments'. It was not just learning the Ten Commandments but applying them in one's daily life. The importance of the Commandments were taught to them as the Ten Freedoms; the freedom to choose to do what is right for a better living. The reason why God gave us the Ten Commandments was explained. It was not as a punishment but because of God's immense love for us since He wants us to have a good life by loving Him and doing what is right. By the end of the week, they were quite thorough with the study. It is our ardent prayer that they have understood well and will continue to follow them as they grow into adult Christians.

The last day of the Vacation Bible Joy was special with a sit-down Eucharist celebrated by our Spiritual Director Fr. Infant Vinodh SVD. Some of the parents expressed that their children refused to go with them for holidays because they did not want to miss the Vacation Bible Joy. Oh! What a Joy. Our Sunday School Catechists encouraged children to enroll for this program and we had almost around 200 children this year. Several youth and our regular Bible study members volunteered to help. Managing 200 children without the help of the youth would have been a difficult task. Our youth team also helped with their melodious music and singing each morning. Prizes, gifts and Certificates were given out on the last day of the Vacation Bible Joy program. We pray that more and more parents encourage their children to study the Word of God through the Vacation Bible Joy program held each year at our parish.

Josephine Fernandes
Bible Cell

HAPPENINGS AT BOMBAY CATHOLIC SABHA

After a brief sabbatical, the Bombay Catholic Sabha (BCS) Unit of our parish got into action with the Senior Citizens Cell to conduct a workshop on "**How To Make A Will**". The speaker was **Advocate Sharon Pinto**, our parishioner, who obliged, at short notice, to substitute for the nominated person who had taken ill.

The response was good and the turnout, way beyond our expectations. Advocate Sharon, was simply superb as she explained the procedure step by step, systematically,



using simple layman language. Further, she brought out the do's and don'ts of making a will. The audience raised several queries which she answered to their satisfaction. There was a public demand to repeat the workshop which is being considered.

The Bombay Catholic Sabha Unit celebrated the twin events of the Feast of the Assumption of Our Lady and the Independence Day of our country on August 15th, which reminded one of the great truth –**Liberation**.

Our Spiritual Director Fr. Praveen Aranha SVD opened the function with a prayer cum speech. The Guest of Honour was Ms. Rita D'Sa, President of the Bombay Catholic Sabha. She gave the parishioners an insight on the working of the Bombay Catholic Sabha and explained the benefits of being a member and how we could progress as citizens of India and be a proud **Catholic Indian Citizen**. She appreciated and thanked our Parish Priest and the clergy team for their support and encouraged the Sabha members to proudly carry on the task and good work of the BCS. Finally, the National Flag was unfurled and the National Anthem sung.

Yet another initiative by the BCS was a workshop on "**The Real Estate (Regulation and Development) Act 2016**", commonly known as '**RERA**' and which was conducted by **Advocate Ameet Mehta**, of Solicis Lex. The details of prerequisite information regarding a flat, which a proposed buyer should obtain was elaborated. It was also explained as to who is responsible for obtaining documents like No-Objection Letters and for the Registration formalities. The talk was very informative and an eye opener for many who attended.

We thank our Spiritual Director, Parish priest and the clergy team for encouraging us in our ventures. Kudos to the BCS Members for the team work!

*Brian Dias,
Bombay Catholic Sabha*

CELEBRATION OF ST. VINCENT DE PAUL FEAST

The feast of St. Vincent de Paul, the patron saint of the SVP Cell, is celebrated on 27th September all over the world. At our parish, the day had double celebrations as the students from our adopted families were felicitated with 'Best Performance Awards' for the academic year 2016-17.

The celebration began with the Holy Eucharist at 6.15 pm, in the Community Centre hall. Our Spiritual Director, Fr. Valerian Fernandes SVD, was the main celebrant. The homily was meaningful and inspiring.

After the celebration of the Holy Eucharist, the extended SVP family, consisting of the adopted families from the Parish, the Benefactors, Well-wishers, Guests, the Pastoral team and the active and auxiliary members of SVP, gathered in the Community Centre hall for fellowship. The President welcomed all and explained the purpose of the gathering. Thereafter, all were served with snacks and a refreshing drink.

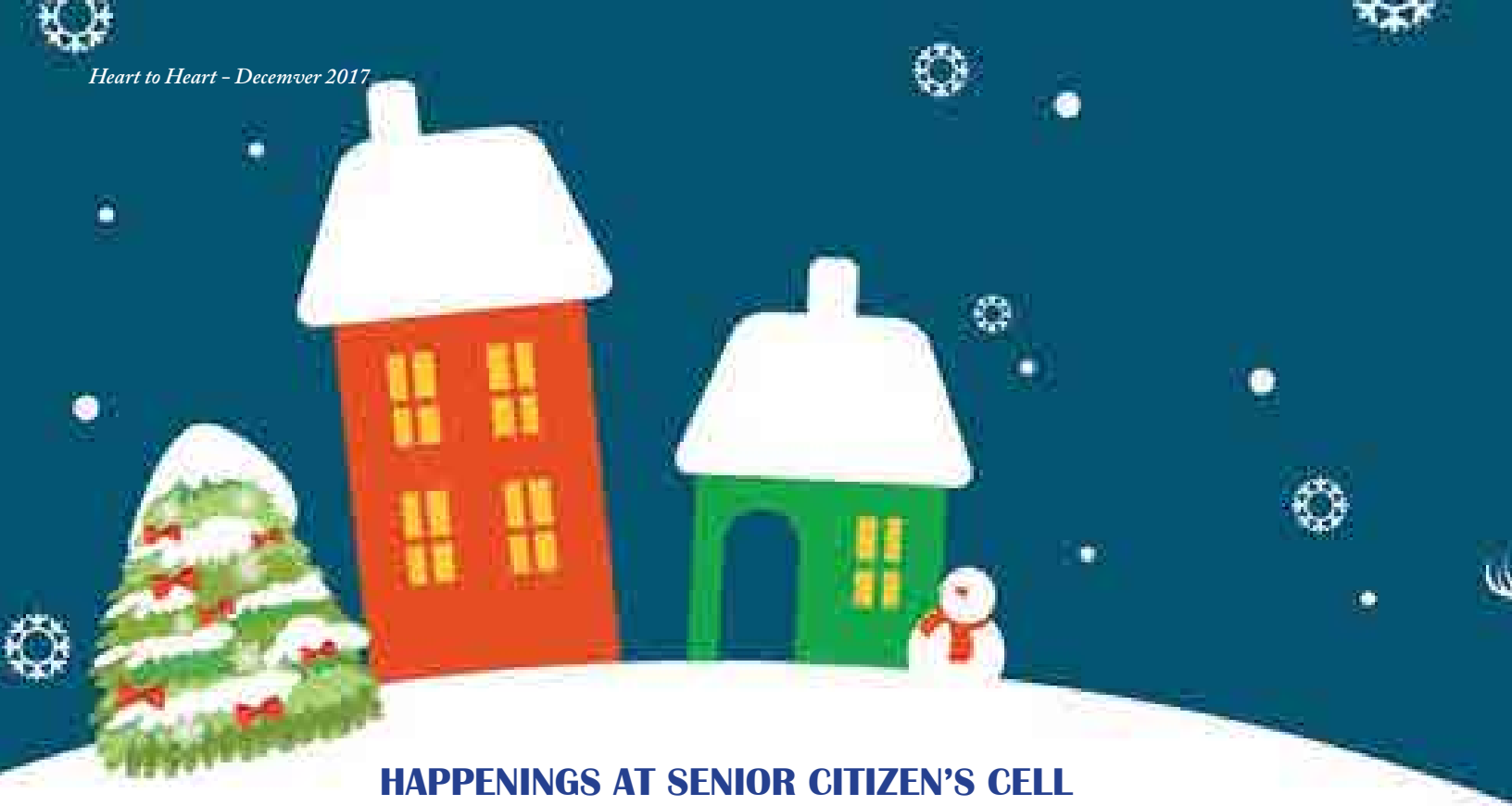
Then at the main event Mr. Cyprian Mendes was the compere. Students were eagerly waiting for the Scholarship award. Children of Std.I to Std. XII who scored 50% marks and above from our adopted families were given cash prizes. Consolation prizes were given to adopted/aided students and Study Class students. The awards were handed over by our Parish Priest Fr. Innocent Fernandes SVD and our Spiritual Director. Everyone participated in the games and housie which followed thereafter. Spot prizes kept pouring in and all enjoyed the music and every minute of the celebrations. The Study Class students performed a skit and sang a song. Thereafter Fr. Valerian SVD addressed the gathering, especially the families with words of encouragement for the children to study well.

Our President then called upon Mr. Ben Lewis, who has completed 31 years and Mr. Evarist Serrao and Mr. Alex Pinto who have completed 25 years and felicitated them for their services rendered to the SVP. Mrs. Cynthia Pinto proposed the vote of thanks, thanking each and every person involved in organising the function.

By now, the aroma of the mouth-watering buffet dinner laid on the table was 'welcoming' everyone to savour it. Fr. Praveen Aranha SVD led the Grace before meals. Over 150 people relished the delicious meal to their heart's content. As they left, nearly 50 families were given a hamper each, comprising the offerings received during the Novena for the Nativity feast. The joy evident on the faces of all who participated made the day's celebration meaningful.

Finally, all the SVP members joined together to share the meal and evaluate the programme. An eventful evening! Feelings of satisfaction were expressed by all. With grateful hearts, SVP members thank all those who sponsored and contributed to the success of this event. May God bless one and all!

*Cynthia Pinto
Vice-President (SVP)*



HAPPENINGS AT SENIOR CITIZEN'S CELL

Pope Francis in his message to the elderly said, ***"It's still not time to rest on one's oars and just coast along, but to give the world our wisdom and prayers."***

The Senior Citizen Cell organized a function for its members on 1st October-World Elders' Day. After a truly creative celebration of the Holy Mass by our Spiritual Director, Fr. Valerian Fernandes SVD, it was party time at the Community Center, where tea and cake was served. Fr. Innocent Fernandes SVD, our Parish priest along with our Spiritual Director, joined in. They expressed their happiness to see the large turn out and encouraged us. They also thanked the members for always attending the events organized by the Cell.

The evening began by testing their skills at origami, using newspaper. This was followed by the solving and putting together of puzzle pieces. For this, 4 groups were formed and 2 Animators joined each group to assist. It was great to see them concentrate and many of them remarked that they could now do likewise with their grandchildren. Finally the much loved game of housie was played followed by the birdie dance, hokey pokey and so on. As much as they wanted to continue, it was not possible due to time constraints. The evening ended with the members being given a 'take away' dinner.

We take this opportunity to invite all senior parishioners to join the cell. There are no registration charges, except for a few events. And even then, the cost is kept minimum so that all can participate. We also thank our parishioners who have sponsored and donated to our various causes. It is their help that makes all that we do possible.

13th October was the Senior Citizen Association Day. After the celebration of the Eucharist, we distributed the traditional 'gram' to our parishioners.

Along with the Bombay Catholic Sabha, we also arranged a talk on **"How to Make A Will"** which received an overwhelming response as the parishioners were eager to know the procedures, cost and the dos and don'ts of this topic. **Advocate Sharon Pinto**, our parishioner gave us insights on how one should make a will.

Together with the Health Cell, we organized a talk on **"Parkinson Disease and Movement Disorders"**. Doctors working for an NGO created by **Dr. Bhim Sen Singhal** were the resource persons. The talk was well attended and most of the attendees found the talk to be educative. These doctors are available for free consultancy and treatment at Holy Family Church every 1st and 3rd Friday of the month from 10.30 am to 11.30 am, where they have a center.

We thank the Parish Priest, our Spiritual Director and the clergy team for all their help and support towards the Senior Citizen Cell which enables us to organize and conduct many activities. Also the Core Group, who despite home commitments, are always there for the meetings and activities keeping the Cell alive.

Anita D'sa
Senior Citizens Cell



FEAST OF STS. JOACHIM & ANNE - GRAND PARENT/PARENTS' DAY

The Senior Citizen's Cell celebrated the feast day of Jesus' grandparents, Sts. Anne and Joachim on Saturday, 22nd July, 2017. Holy Eucharist was followed by a time of fun and fellowship.

The Holy Eucharist was celebrated by Fr. Valerian Pius Fernandes SVD, our Spiritual Director who vividly brought out the role of these saints by describing the role played by our own parents and grandparents in nurturing the children. The seniors enthusiastically participated in singing the hymns. The offertory procession comprised of grandparents who walked together, down the aisle with their grandchild, followed by parents and a child. This symbolic offering reminded us of the Feast of the Presentation of our Lord on 2nd February and the Feast of the Presentation of the Blessed Virgin Mary on 21st November. The Eucharistic celebration concluded with a thanksgiving prayer.

After the Eucharistic celebration, it was time for fellowship and entertainment. A snack box and hot tea was served which was welcomed and relished by one and all. Our Parish Priest Fr. Innocent Fernandes SVD, came around wishing and talking to each one of us. Our Spiritual Director Fr. Valerian, too was

immensely happy to be sitting around with us. Fr. Praveen Aranha SVD and the Legion of Mary members helped to set up the audio and video equipment and entertained us by performing a dance. Encouraged by this, the seniors too began the Line Dance, watching, counting the steps, to walk in line and trot along. It was indeed a wonderful sight to watch them dance by putting their best foot forward.

Then followed a sing song session by Janice Braganza who is the youngest and newest addition to the Senior Citizen Cell family. She strummed the guitar singing lively songs and joyful as we were, we too joined in the singing. Music lightened and brightened the mind and body and calmed the soul. The much awaited game "Housie" was played and all were anxious to win a prize.

The response from the Seniors was very encouraging and the splendid celebration ended very quickly, leaving everyone happy and lively, lovelier and younger. The happiness on everyone's face truly seemed to say "Thank You God" for making me a grandparent or parent. Thank You Members of the Legion of Mary for your contribution to this celebration. A big Thank You to Anita and Conrad D'Sa and to all the members of the Senior Citizen Cell of our Parish for organising this day for us.

**Osma Gracious
Senior Citizen's Cell**

You too, dear young people, can be joyful witnesses of His love, courageous witnesses of His Gospel, carrying to this world a ray of His light.

- Pope Francis

MARRIAGE JOURNEY PART 1

The Church encourages couples to attend the Marriage Preparation Course before their marriage. Soon the newlyweds are expected to put into practice the vows they make to each other as they juggle with household chores and hectic work schedules, deal with financial matters, discover and adjust to their new spousal identity and interrelationships with each other and the extended family. Even the contents of the best marriage preparation course and its well appreciated response, by a motivated couple lacks the benefit of hindsight. This can be provided only by issues arising from actually living together as a married couple.

Therefore, the Family Cell is organizing a series of input sessions called "Marriage Journeys", to create a support structure within the parish for newly married couples to avail the right support and opportunity to objectively assess their situation. It will provide them a greater impetus to iron out the creases in their relationship and to forge a strong and lasting marital bond.

The series began on 19th August, 2017, titled "**Leaving, Cleaving and Becoming One**". It was an informative, interactive and enlightening experience.

Natasha and Swayze, from the Family Commission, Archdiocese of Bombay, shared personal experiences of their married life. They explained that Marriage is a unique joining of a man and a woman into one entity. It does not permit us to quit when things are not going right. It includes talking things out and praying things through. It involves being patient as one trusts God to work in both of the couple's hearts. It means being willing to admit when one is wrong and ask for forgiveness. It also requires seeking God's counsel regularly through reading His Word.

If spouses find it difficult to truly leave their parents, conflict and stress result. We must understand that marriage does not mean ignoring one's parents or not spend time with them. It means recognizing that your marriage created a 'new' family and that this new family must be a higher priority than your 'previous' family. If spouses neglect to cleave to each other, the result is a lack of intimacy and unity. **Cleaving** to your spouse does not mean being with your spouse every moment or not having meaningful friendships outside of your marriage.

It means recognizing that you are joined, essentially "glued," to your spouse. Cleaving is the key in building a marriage that will endure hard times and be the beautiful relationship that God intends it to be. The consequent result would be that the couple would 'become one' as our Creator had deigned them to be. ("*Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh.*" (Gen 2:24) *So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.*" (Mt 19: 6).

We thank Fr. Valerian Fernandes, SVD who motivated and encouraged us to take this program ahead. Congratulations to Lucy Rocha and the Family Cell team who organized this program.

Dr. John Rodrigues
Family Cell

HURRAY ! WE DID IT AGAIN !!

On the occasion of its Diamond Jubilee Celebrations, the Konkani Bhasha Mandal, Maharashtra, held a Talent Competition at St. Jude School Auditorium, Jerimeri on Sunday, July 16th. The response was tremendous as groups from various parishes across Mumbai, totaling more than 200 persons, took part in the competition.

Our Parish was represented by 22 people, including children and elders. They took part in the Singing, Dancing and Elocution events, showcasing their talents and entertaining the audience. There were three categories for each of the events based on the age of the participants- Sub-Junior, Junior and Senior and three winners were selected in each category.

Our participants bagged 17 prizes in all and our Parish was awarded the Trophy for winning the maximum number of prizes. This was the 6th consecutive year that our Parish has won this Trophy .

We extend our special thanks, to Mr. Cassian Pereira and Ms. Roshni Crasta for training the participants. We also thank the Parish Clergy Team for their support and encouragement.

Irine Mathais
Sacred Heart, Community No. 32

WE ARE GOD'S MASTER PIECE

On the 21st and the 22nd of October, our parish confirmands had two days of recollection, as an intense preparation towards our Confirmation day. We learnt how to take the initiative to live a simple and spiritual life. We were led by 'Jesus the Real Vine', our Parish Prayer Group, on this journey of living a life with God.

Each day there were sessions and many action songs to sing and dance on. There was a different kind of happiness to see all teachers and students sing and dance and no one cared of being watched by the others. At other times we were expected to observe strict silence, because silence is the first step to live a spiritual life.

There were sessions that made us realise what we have been doing, what was good for us and what was wrong. There are so many things in life which we have neglected; things which can help us leave our wrong doings. The Resource persons were really experienced and they made us aware of our mistakes, and how to face our day to day life. They shared their wisdom with us and through their testimonies showed us how to inculcate the right values. Every session was meaningful and rich with lots of lessons to learn.

On the second day, we had an Inner Healing session. During the inner healing, we felt like a burden had been lifted from us, all the guilt and sins taken. That is when we knew that our Lord has forgiven us. I felt so much better when father prayed over me. It felt like I was blessed. It was then when I realised that we all have a purpose and we truly are God's masterpiece. I never understood the love of God until that day. After the inner healing, we were told to leave our places and go meet everyone and apologise if we ever hurt them before. That was the only time when we got to meet each other and greet them. It might not seem like a big deal but at that time after maintaining silence, it felt really nice to meet one and other.

The Topics covered during the two days were on God's Love, Sin and Repentance, Use and Misuse of Tongue, Media, Prayer, Making Godly Choices and The Joy of the Lord is my strength. The final talk was on the power and person of the Holy Spirit followed by an Infilling session. Both of the days culminated with the Eucharist celebrated by Fr. Joe Prabhu SVD and Fr. Anil T Paul SVD, the homily

focussed on the Gift of Eucharist and our participation during Mass. Along with us we also had confirmands from 'Shalini Bhavan', Our Lady of Lourdes, Sion participating. With the help of the parish fathers, our animators and the 'Jesus The Real Vine' group, the recollection was possible. We are thankful to all of them for this beautiful experience, which we will long cherish.

Osric Lobo

**Apostles of Christ, Community no. 12
Confirmation Candidate – Year 2017**

IT TAKES COURAGE TO ANSWER A CALL

A study-cum-exposure trip to St. Pius College, Goregaon, was organized for us, the Confirmation students on 5th November. We were 2 bus load of youngsters who were totally unaware of the day's program or the purpose of our visit. However, I must say that the trip was much beyond our expectations. It was an interesting and interactive session right from the beginning.

We were greeted by Br. Clifton, a Seminarian studying there and after tea, we had an ice-breaker session to ease and relax the mood. The activity also taught us about leadership and the necessity of having a purpose in life. Br. Clifton and his fellow seminarians conducted a session on Vocation (Discerning God's Call) and its purpose. We learned that Vocation is not just about God's calling to become a Religious but several other things. A person can get their calling at any time, one must only learn to listen and follow the call through the Gift of discernment. It is not only the young that may be called at any time in their lives but also the old. As it is God's plan not our plan. As a result of this trip I have learnt to trust in God and to wait for His calling (Gift of patience). Br. Clifton was very kind and spoke to us gently in a way that we could understand and experience as young teenagers. He shared his personal experience of God's calling in his life and the grace he received to experience Jesus. His testimony made us all so eager to know more about Jesus and His calling. Br. Clifton also showed us some short video clips about how and when people in different corners of the globe got their calling.



Wherever God has put you, that is your vocation. It is not what we do, but how much love we put into it.

- Mother Theresa

CHRISTIAN COMMUNITIES - CELEBRATING OUR TOGETHERNESS

5G SPIRITUALITY

It was a fun time of learning, even for our animators. It was emphasized that whatever talents we have, big or small, they are not to be kept for ourselves alone but to be shared with others. It is only by doing so, will we be spreading the message of the joy of giving as a Christian as against the belief that the Church is only about praying. We must not be selfish and give freely off what we have received freely.

After the presentation, we were taken on a tour of the college. We saw the seminarians study area, They told us how they spend their time and about their daily activities. We were also taken to a piggery maintained by them. We also visited the museum which had impressive artifacts and displays about the history of Christianity. The seminary has a beautiful grotto of Mother Mary and a large ground where ordinations are held. Soon it was time to bid farewell to the brothers.

We had a wonderful time at the Seminary and also in the bus and we will cherish these moments. We are grateful to the Parish Clergy and the Confirmation Team for their efforts in training us to be better Catholics.

Adriel Furtado
Pavana Atma, Community No. 25
Confirmation Candidate - Year 2017

The joy promised by the Beatitudes is the very joy of Jesus Himself: a joy sought and found in obedience to the Father and in the gift of self to others.

- Pope John Paul II

A training session by Fr. Reuben Tellis, was organized for the SCCs on 20th August, 2017. It is always a pleasure attending Fr. Reuben's programmes and listening to his sessions, which are full of life, interactive, knowledgeable and humorous.

I had heard of 3G and 4G in connection with internet connectivity. I was curious to know what was 5G and that too linked with Spirituality. The mystery of the 5G Spirituality induced passion and enthusiasm and I, like many others went, equipped with my notebook and pen to capture the pearls of wisdom that were to follow.

As Fr. Reuben rightly pointed out, we are always comparing the gifts / talents that others possess and fail to identify and acknowledge the gifts that we individually possess and how best to project them for God's greater glory (1 Corinthians 12:4-6).

Here the story of the 5Gs was revealed – tips that will enhance our leadership qualities to work in HIS vineyard. This session kept us thinking.....

1. **Gratitude** - An attitude of gratitude will make your life a beatitude. Gratitude is the healthiest of all emotions. Gratitude becomes love. Love becomes devotion; devotion becomes surrender; surrender becomes faith; faith reveals the divine.

2. **Generosity** - The communal life of the apostles and early Christians as stated in Acts 2 : 42 -47 teaches us about generosity. Are we sensitive to the needs of our family, community members, parishioners and clergy?

3. **Growth** - When does growth stop? Growth only ends the day we die. Do we ridicule or pressurize our family members and community members OR do we encourage and appreciate their efforts and time given so that we enable our family, community members to grow and move to the next level.



4. **Glow** - Glow with the light of Jesus. Does our glow of light bring to life things that are dormant and help others grow? The light of Christ can do that through us as well. As soon as we are being watched, we glow.

5. **Good News** - Do we bring joy wherever we go OR do we bring joy whenever we go? We have to **BE THE GOOD NEWS** through our love, compassion and acts of mercy.

We were energized by the talk to go back home and implement the 5Gs to make a difference in our families (the domestic church), our neighborhood and the world, thereby making it a better place for all. **YES, WE CAN MAKE A DIFFERENCE.**

The session was followed by a meaningful Eucharistic Celebration with the theme "Do not label people but instead be mindful that every person is different"

The session was especially apt since this year is dedicated to the Small Christian Communities. A big 'Thank You' to the SCC Project Team and Fr. Innocent Fernandes SVD for organizing this session! I am certain that this session will inspire the participants to work towards making our Parish still more **VIBRANT WITH THE SPIRIT OF THE RISEN LORD.**

*Lucy Rocha
Akashdeep, Community No. 15*

SCC TRAINING PROGRAMME - ANDHERI DEANERY

"The bad news is time flies. The good news is you're the pilot." - Michael Altshuler. This quote so aptly highlights the essence of the SCC training programme conducted for the animators of the Andheri Deanery. The programme was held on October 2nd, 2017 at St. John the Evangelist School Hall, Marol. Despite being a public holiday, it was heartening to see 155 animators from 10 parishes of the Andheri Deanery gathered to attend this programme. Our parish was represented by 29 animators and this was commendable as we were the second highest in number.

The programme commenced at 8.30 am with registration and fellowship over breakfast. At the stroke of 9.20 am and in keeping with the theme of managing time, the programme began with a welcome speech by our very own Rosalin Ambrose, a member of the Parish SCC Project Team and also a Lay Co-ordinator of the Andheri Deanery. The resource person for the day was Mr. Thomas Lobo, a renowned FILMC member with over 36 years of experience in the corporate world.

Stress is often a constant companion in our daily life owing to the lack of adequate time to achieve all the tasks set forth by us. The training titled "**Manage Your Stress / Manage Your Time**", first touched upon the issue of Time Management. By using a self-evaluation exercise and weekly time inventory on an ongoing basis one can detect the areas of mismanagement of our time. Methods like the Activity Matrix, Pareto Principle etc., were also showcased which assist in better prioritizing our time and identifying middle and long term life goals.

The second part of the presentation dealt with the aspect of how we manage stress and the key steps to better handle our stress and time. Mr. Lobo recommended reading books like 7 Habits of Highly Effective People by Stephen Covey, The One Minute Manager Meets The Monkey by Kenneth Blanchard etc., which would assist us in Managing our Time thereby resulting in effective Stress Management.

The training programme concluded with the celebration of the Holy Eucharist by Fr. Patrick D'Mello, Andheri Deanery Priest Coordinator, followed by a scrumptious lunch. This training was pertinent to the needs of our present times where stress levels run high. The programme was well organised by the team comprising Jennifer Kolhatkar, FILMC Andheri Deanery Coordinator, Rosalin Ambrose and their other FILMC and lay helpers. We look forward to many more such training programmes that not only enable us to grow as individuals but also as effective animators.

*Sharon Pinto
Emmanuel, Community No. 24*

*“
Lord, make me an instrument of Your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.*

- St. Francis of Assisi

BEST OF WASTE – DESIGNER WEAR CONTEST

St. Paul in his letter to the Christian community at Phillipi says, "make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose" (Phil 2:2). Truly we found this unity in love, spirit and purpose as the communities of the Parish came together to participate in "The Best of Waste -Designer Wear" contest, organized as part of the activities in the Year dedicated to the Small Christian Communities.

Preparations for the event began as early as July as soon as the SCC Special Committee released a communication stating the criteria, rules, structure etc. The contest was for children in the age group of 1-12 years and points were awarded based on the Theme, Overall get-up of the Contestant, Creativity and Community Involvement.

On the 24th of September, 2017 the resplendent stage set up in the Community Centre, met its match with a plethora of mesmerizing and colorful display of costumes with one common factor - they were all made from waste! Showcased by 19 communities of our Parish with more than 90 children participating, the display that lasted about two and a half hours was absolutely breathtaking. It brought about the realization of discovering the best in ourselves. The three external judges had a tough time scoring the contestants as each outfit was unique and so exquisitely made.

Our Good Shepherd Community No. 7 participated with full gusto showcasing the theme - 'Transfiguring the World of Tomorrow'. The theme was brought out by representing the three dimensions of changing our environment, changing our body and changing our souls. The first aspect of changing our environment was displayed by a costume made of plastic bottles and wrappers representing factors that pollute our environment, while a costume made of garbage bags, represented a safe waste disposal mechanism. The second aspect of changing our body was brought out by costumes depicting fries and noodles, representing foods which lack nutritional value, whereas a costume depicting fruits and vegetables, represented healthy eating habits. And yet our body is only a vehicle for our Soul - our world will not be transformed until our souls are transformed – a costume depicting a soul destined for eternal fires with the heart bonded in sin, was torn apart to unveil the pure soul beneath that exists in each one of us. A child wore a costume representing God in His Glory, the source of all goodness and love.

The joy that we, as a Community experienced as the children walked the ramp was already the prize in our hearts, but winning the victory cup left us all exhilarated. The remarkable performances and costumes of all the contestants inspired all the Communities, especially the members of Community no. 7 – as we shine when our parish shines!

Let us ALL shine always, forever in God's Glory!

Vivet D'Costa
Good Shepherd Community, No. 7

"We are at Jesus' disposal. If He wants you to be sick in bed, if He wants you to proclaim His work in the street, if He wants you to clean the toilets all day, that's all right, everything is all right. We must say, "I belong to You. You can do whatever You like." And this ..is our strength, and this is the joy of the Lord.

- Mother Teresa

"A Christian is never bored or sad. Rather, the one who loves Christ is full of joy and radiates joy.

- Pope Francis

Small Christian Communities – An Ocean of Love

The Ocean big, vast and widemade of innumerable drops of water Can we separate them? Definitely not!!

OUR PARISH is just the same, ONE BIG FAMILY bonded in LOVE to the Sacred Heart of JESUS consisting of 34 strong Small Christian Communities all united as ONE.

This love and bonding has come shining through in so many ways, reflected in the various initiatives undertaken by the animators, in this year dedicated to the Small Christian Communities. One such initiative was to have each Community organize and conduct the Rosary at the Church Grotto during the month of October- the month dedicated to our dear Mother Mary. Right from decorating the grotto to organizing the prayers and hymns, everything was taken care of so beautifully by each Community. The enthusiasm was clearly evident with a good turnout of parishioners coming together daily to pray to our dear Mother. The word "rosary" comes from the Latin word "Rosarium" which means a garland of roses, rose being one of the flowers symbolising the Virgin Mary. The Small Christian Communities through this beautiful devotion, as one family, truly offered a garland of roses to our dear Mother Mary.

"A Community that prays together stays together". With this in mind, the committee set up a box for placing petitions and a box for thanksgiving messages at the main entrance of the Church. Parishioners were requested to drop in their petitions and thanksgiving messages, during the entire month of October, something that most of us did. On our Parish Day i.e. November 12, 2017, during the solemn Eucharistic celebration, these petitions and thanksgiving messages of the entire Sacred Heart family were prayed over and offered to our dear Lord. Such a beautiful, meaningful way to celebrate the Eucharist and what better way to come together as one big community!

The Small Christian Communities are diverse in so many ways. There is diversity even within a single community. Yet, there is a unity that we share, within the community, and among the communities, that definitely surpasses all diversity.

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

Nandita and Titus Fernandes
Apostles of Christ, Community No. 12

Celebrating Communion of Communities!

The title was the theme of our annual Parish Day celebrations to recognize and laud the contributions of our Small Christian Communities (SCCs).

It was the evening of 11th November when the Small Christian Communities of our parish, put their talents and enthusiasm to public display by stomping the stage and electrifying it with their heart endearing renditions.

The evening, well guided by the compere duo of Zelda and Lloyd Fernandes, was thrown open by a meaningful Prayer Dance. This was followed by performances, showcasing the talents of the various Areas (34 communities of the Parish merged ingeniously and narrowed down to Areas). The wide range of participants included children, youth, adults, senior citizens, religious and even two adorable Dalmatians!

The audience were transported through time as music belonging to various genres and eras were performed. Traditional music of the different States of India, issues of environmental concern and social maladies were highlighted through skits, dance and live singing. Truly, a night to remember and an amalgamation of the spirit of vibrancy, which is ever present in our Small Christian Communities.

While we were being entertained, our gastronomic needs were met by a mouthwatering menu of tandoori chicken, kebabs, potato-chops, pan rolls, momos and other delicacies that were made available at the well patronized cafeteria.

However, none of this would have seen the light of the day, if it was not for the untiring efforts of our Special Committee set up for the "**Year of the Small Christian Communities**" comprising of Candy Mendoza, Rosalin Ambrose, Jessie Serrao, Titus Fernandes and Adrian Rebello, under the spiritual guidance of our Parish clergy team. Their dedicated efforts and time spent in organizing this evening was fruitful and well appreciated by all.

The evening closed with words of encouragement and a vote of thanks by our Parish Priest, Fr. Innocent Fernandes SVD.

Sheena Pereira and Cynthia Rubeque
Apostles of Christ, Community No. 12



**YOUTH FULLY
ALIVE**

DISCOVER 2017

'Discover 2017' was the title and theme of an event of unending cheer, excitement and enthusiasm. It was held on 28th October for the youth aged 15 to 25 years. The event began at 7.15 pm with a short introspective talk by Fr. Infant Vinodh SVD, to enable the youth to discover their hidden potential. The inward discovery was further facilitated through group activities.

The talk by Fr. Infant SVD, touched on points of realizing one's self-esteem, developing confidence, having a clear goal in life and being determined and persevering to accomplish one's goal. However, it was emphasized that all this would remain incomplete unless one truly discovered oneself. After being enlightened and stimulated to think, we were served snacks.

The host for the evening was Rohit Almeida, a Parish Youth Animation Team (PYAT) member who ensured that the atmosphere was jovial, friendly and entertaining. The other PYAT members, the youth and our Clergy were on their toes for the activities. We were divided into 5 groups of approximately 9 members each and a few group games were played. One game required each team to shuttle between sub-groups to jot down as many 4-letter words as possible without repetition. Another game involved forming footsteps on the floor drawn by sequential members with a wet chalk. The team spirit and enthusiasm of the youth kept soaring with each game. The points

awarded to the teams were displayed on the projector and that provided confidence and boosted everyone's spirits. Excitement surged among the team members as the winners were declared at the end. "Allwyn's Angels", the team led by Allwyn D'Souza of Shalom, Community No. 30 stood first and "Ninjas in pajamas" led by Pearl Raphael from Mystical Rose, Community No. 34 stood second. Prizes were presented to the winning teams. The most enthusiastic youth were also presented prizes, Allan Fernandes from Daya Sagar, Community No. 20 won in the Male category and Pearl Raphael from Community 34 won in the Female category. By now everyone was totally exhausted and overwhelmed. The snacks helped to energize all to move for a jam session. Crispin Quadros of Pavana Atma, Community No. 25 won a prize for being the first person on the dance floor. With fun and laughter all around, the youth danced away until the clock struck ten to indicate the culmination of the event.

This event has certainly awakened the hidden and unknown talents in several of our youth. Further, without any doubt, friendships grew stronger, strangers became friends, youth became youthful and happiness was in the air as each one "Discovered" something new.

Trisha Fernandes
St. Joseph the Worker, Community No 28

“Act in such a way that all those who come in contact with you will go away joyful. Sow happiness about you because you have received much from God; give, then, generously to others. They should take leave of you with their hearts filled with joy, even if they have no more than touched the hem of your garment.”

- St. Faustina

Frozen Shoulder - Symptoms, Diagnosis and Treatment

Frozen Shoulder is a painful condition in which the shoulder movements are severely restricted. It occurs due to the thickening and tightness of the soft tissues around the shoulder joint.

The condition progresses in stages and the entire process may take upto 2 years.

1. In the initial (acute) stage, there is intense pain most of the time, especially at night and in cold conditions.
2. In the next stage, there is a reduction in pain and an increase in tightness of the shoulder joint thereby causing restricted arm movements.
3. Finally there is severe restriction in the shoulder movements thereby causing pain only when the joint is stretched beyond its limits.

Symptoms:

*Pain and swelling in the shoulder joint which increases at night and in cold weather.

*Shoulder joint stiffness / tightness when one tries to lift the arm.

*Difficulty in performing daily activities like combing hair, wearing clothes, brushing teeth, washing face, etc.

*Difficulty in performing activities which require the hand to be lifted above shoulder level e.g. placing or removing objects from overhead cabinets etc.

Causes:

Frozen shoulder occurs as a primary disorder without any known cause. However it may occur as a secondary disorder when there is an injury to the shoulder or the surrounding area. This causes inflammation and pain, thus resulting in long periods of inactivity and subsequent joint stiffness. Injuries which may lead to frozen shoulder include shoulder muscle injuries, upper arm fractures, paralysed arm due to stroke, chest surgeries, heart disease and lung diseases.

Who is at risk?

This condition is prevalent in the age group between 40 to 60 years, and more commonly in women. People with diabetes are also at a higher risk as compared to others.

Diagnosis:

Many people loosely use the term "frozen shoulder" for any painful shoulder condition. This can be very dangerous and can cause harm as the treatment for frozen shoulder

and other shoulder conditions differ vastly. Diagnosis can be done only by an orthopaedic physician or a physiotherapist vide a physical examination. X-ray and MRI may be further advised to rule out other abnormalities of the shoulder joint.

Treatment:

The main aim of the treatment is to relieve pain and restore movement(s) in the shoulder joint. Analgesics (pain killers) are prescribed in the acute stage. In the later stage, a combination of analgesics and physiotherapy are prescribed. Physiotherapy such as heat application to relax the joint, electrical modalities for pain relief and scar tissue mobilisation, as well as manual mobilisation to stretch the joint and muscle strengthening is given by a physiotherapist.

Treatment may be continuously required for weeks and may also prolong up to a few months, in some cases. This can be taxing, but one must be patient to obtain good results.

Corticosteroid injection may be prescribed for pain relief.

If continuous physical therapy fails to show results, then surgery may be considered.

In most cases, a patient regains 90% of the range of motion if not the entire range.

Prevention:

Since primary frozen shoulder has no known cause, prevention is difficult. The best antidote is to remain active and incorporate exercises as part of your daily exercise regimen.

When a secondary case, early incorporation of gentle exercises as prescribed by the doctor depending on the condition will help keep the joint mobile and free from tightness.

Important note:

Once diagnosed with frozen shoulder, it is very essential to diligently follow a home based programme devised by a physiotherapist, during the treatment period and even after that, for optimal results. The healthy shoulder should also be simultaneously taken care of.

So, to sum up, always listen to your body, do not ignore the signals it sends you and seek the right medical help at the earliest, so as to gain maximum benefit and enjoy good health, both physically and mentally.

Dr. Virgil Jeff George (B.P.Th)
Physiotherapist
Emmanuel, Community No. 24

FROM THE PARISH REGISTER

BAPTIZED IN CHRIST



| | | | |
|---------------------------|-----|---------------------------------------|-------------|
| Johaam Sequeira | S/o | Glen Sequeira & Bhavna Kewalramani | 28-May-2017 |
| Aarush D'Souza | S/o | Agnelo & Glenda D'Souza | 28-May-2017 |
| Evanna Lobo | D/o | Cleetus Keith & Manisha Lobo | 11-Jun-2017 |
| Benedict Julian Fernandes | S/o | Mayur Peter & Vinitha Fernandes | 11-Jun-2017 |
| Rebecca Kevin D'Souza | D/o | Kevin & Sheela Kevin D'Souza | 25-Jun-2017 |
| David Fernandez | S/o | Sebastian & Giselle Fernandez | 25-Jun-2017 |
| Rebecca D'Lima | D/o | Ronald & Anita D'Lima | 13-Aug-2017 |
| Zabel Kaitlyn Thuruthyil | D/o | Mathew C. Thuruthyil & Francine Pinto | 10-Sep-2017 |
| Zadie Kendra Thuruthyil | D/o | Mathew C. Thuruthyil & Francine Pinto | 10-Sep-2017 |
| Elisha Furtado | D/o | Melwyn & Cheryl Furtado | 10-Sep-2017 |
| Jasper Kingsley Amboster | S/o | Sean Peter & Jenina Nyssa Amboster | 10-Sep-2017 |
| Joel Jude Alphonso | S/o | Jude & Alicia Soares Alphonso | 10-Sep-2017 |
| Charles Dhani | S/o | Mahendra Lal & Manju Dhani | 10-Sep-2017 |
| Ezekiel D'Souza | S/o | Arun L & Jennifer D'Souza | 24-Sep-2017 |
| Jaeden Fredger Fernandes | S/o | Fredger & Kriselle Fernandes | 24-Sep-2017 |
| Faye Fernandes | D/o | Savio & Drishti Fernandes | 24-Sep-2017 |
| Christina Rodrigues | D/o | Milagris & Monica Rodrigues | 8-Oct-2017 |
| Oshin Lobo | D/o | Ashik & Fiona Lobo | 22-Oct-2017 |

| | | | |
|---------------------------|----|------------------------------|-------------|
| Savio Anthony Moraes | To | Rina Alvina Lobo | 25-Jun-2017 |
| Alex Rodrigues | To | Melweit D'Souza | 1-Oct-2017 |
| Melroy Manuel Nohonha | To | Samantha Theresa Mascarenhas | 7-Oct-2017 |
| Joseph Fernandes | To | Vanessa Faustina Fernandes | 22-Oct-2017 |
| Pankaj Kanaiyalal Solanki | To | Jessica Fiona Maria Correa | 28-Oct-2017 |
| Derick Savio Noronha | To | Steffi Lewis | 28-Oct-2017 |
| Sheldon Kalluveetil | To | Steffi Fernandes | 28-Oct-2017 |
| Roshan Naik | To | Aarti Budhaji Bhopi | 11-Nov-2017 |
| Malcolm Simon D'Abreo | To | Melissa Teresa Romer | 11-Nov-2017 |
| Sheldon Almeida | To | Nichola Karen Sequeira | 11-Nov-2017 |
| Sudhir Shankar Ranpise | To | Anisha Mary D'Souza | 12-Nov-2017 |

UNITED IN CHRIST



RESTING IN CHRIST



| | | | |
|---------------------------|----------|-----------------------------------------|-------------|
| Rosy Xavier | 84 Years | E-3, 303, Landmark, Poonam Nagar | 8-Aug-2017 |
| Florin Cajetan Barretto | 76 Years | R.No.10, Bostyao Chawl, Shantinagar | 17-Aug-2017 |
| Elsie Dias | 92 Years | 22/B-1, Takshila CHS Ltd., SVP Road | 18-Aug-2017 |
| Omar Colutinho | 94 Years | C-6, Swagat CHS Ltd., J.V. Link Road | 22-Aug-2017 |
| Juje Domyano Fernandes | 78 Years | B-2/43, Priyadarshini CHSL, P M G P | 24-Aug-2017 |
| Sarojini Sarilla | 57 Years | 12, Ganga Singh Chawl, Pumphouse, | 26-Aug-2017 |
| Irene Almeida | 62 Years | A/6, #7, Avillion, Green Fields CHSL, | 18-Sep-2017 |
| Albert Nazareth | 92 Years | B/3, New Prem Vasundara CHSL, | 21-Sep-2017 |
| Fr. Albert Ceasar Rego | 51 Years | A/303, Trans Residency - 3 | 8-Sep-2017 |
| Albertina Kerketta | 78 Years | 277/4, Fifth Season CHSL, Sher-E-Punjab | 28-Sep-2017 |
| Dilpreet Kaur Bedi | 50 Years | E-403, Ashray CHSL, Manish Park | 3-Oct-2017 |
| Baby Evaan | 1 Year | 502, Patel Terrace, Pump House, | 19-Oct-2017 |
| Sr. Cecilia Rose | 79 Years | Nirmalashram, Canossa Convent, | 22-Oct-2017 |
| Dominic Fernandes | 59 Years | B-6, Chandra Uday Chawl, | 25-Oct-2017 |
| Tessie Fernandes | 78 Years | 102, Patel Terrace, Pump House | 4-Nov-2017 |
| Jerome Rodrigues | 72 Years | 159/7, Gokul Apts, Sher-E-Punjab | 5-Nov-2017 |
| William Francis Fernandes | 70 Years | B-203, Trans Apartment | 12-Nov-2017 |

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

BISHOP'S PASTORAL VISIT TO OUR PARISH

His Lordship, Bishop Dominic Savio Fernandes, paid a pastoral visit to our Parish on 16th November at 4 pm. Though the visit was on a week day and at an odd time, a good number of parishioners, including children gathered at the entrance of our Church to welcome the Bishop. After a short time of prayer and blessing, the Bishop was ushered into the mini hall of our Community center for some light refreshments and interaction with the Clergy team and the Parish Pastoral Council members. Next on the agenda, were home visits to some of the sick and home bound parishioners. The visit by the Bishop certainly brought great joy to the families he visited.

Bishop Dominic Savio thereafter returned to the Church to meet the members of the Finance Committee. He also met the children looked after by the St. Vincent de Paul Association. The children were thrilled to spend a few moments with the Bishop and be blessed by him. Before celebrating the Holy Eucharist, the Bishop entered the adoration Chapel and immersed himself in prayer. It was a great example for us all, that no matter how busy we may be, we need to come into the Lord's presence to get recharged and continue our mission. The Eucharist celebrated by the Bishop thereafter, was well attended by the parishioners. In his homily, the Bishop spoke about experiencing the kingdom of God within us and then taking this 'JOY' to those around us and in our neighborhoods. After Mass, the people crowded to obtain individual blessings from the Bishop.

Last on the agenda, was a meeting with the youth of our parish. The youth along with the youth coordinators and animators gathered in the Community Hall. The Bishop spent a considerable time interacting with them and providing valuable inputs on spreading the Gospel values through digital media. He encouraged the youth to strengthen and deepen their faith and take up new challenges to spread the Gospel values. Bishop expressed his happiness on meeting the youth and encouraged and appreciated their work. He admired our clergy team and mentioned that our clergy team and the parishioners are like one large family. Bishop Dominic, commended our vibrant parish and appreciated all the parish activities. The pastoral visit of the Bishop was indeed a time of great blessing and grace to our parish.

*- Andrew D'souza
Vice President – Parish Pastoral Council*



PARISH VISION MISSION STATEMENT

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



Parish Day Celebration - Day 1



Parish Day Celebration - Day 2



Parish Day - Thanksgiving Eucharistic Celebration



Vacation Bible Joy



Mission Sunday



Best Out Of Waste Designer Wear Contest



Taize Prayer