

Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

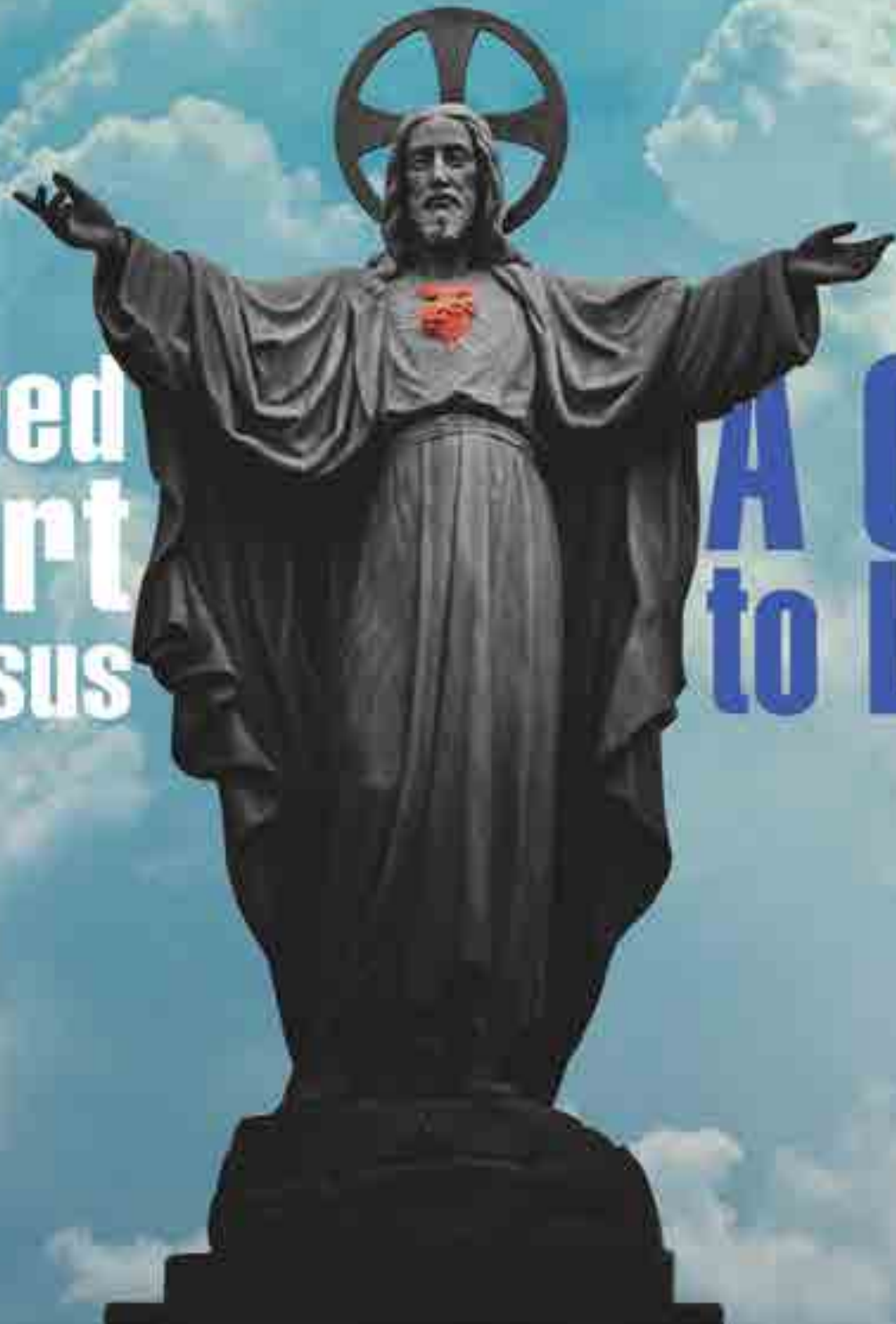
Volume XX No. 72

June 2018

For Private Circulation Only

**Sacred
Heart
of Jesus**

**A Call
to Love**



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

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:

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

11 th June	Memorial of St Barnabas, Apostle
13 th June	Memorial of St. Anthony, Priest & Doctor
21 st June	Memorial of St. Aloysius Gonzaga, Religious
24 th June	Solemnity of Birth of St. John the Baptist / Laity Sunday / Commissioning of PYC
28 th June	Memorial of St. Irenaeus, Bishop & Martyr
29 th June	Solemnity of Sts. Peter & Paul, Apostles
03 rd July	Feast of St. Thomas, Apostle & Martyr
8 th July	Faith Formation Sunday
11 th July	Memorial of St. Benedict, Abbot
13 th July	Memorial of St. Kateri Tekakwitha, Virgin
25 th July	Feast of St. James, Apostle
26 th July	Memorial of Sts. Joachim and Ann, Parents of Mary
29 th July	Parents Day
31 st July	Memorial of St. Ignatius of Loyola, Priest
01 st Aug	Memorial of St. Alphonsus Liguori, Bishop & Doctor
04 th Aug	Memorial of St. John Vianney, Priest
05 th Aug	Vianney Sunday
06 th Aug	Feast of Transfiguration of Jesus
08 th Aug	Memorial of St. Dominic, Priest
10 th Aug	Feast of St. Lawrence, Deacon & Martyr
11 th Aug	Memorial of St. Clare, Virgin
14 th Aug	Memorial of St. Maximilian Kolbe, Priest & Martyr
15 th Aug	Solemnity of Assumption and the Independence Day
19 th Aug	Justice Sunday
20 th Aug	Memorial of St. Bernard, Abbot & Doctor
21 st Aug	Memorial of St. Pius X, Pope
22 nd Aug	Memorial of Queenship of Mary / Taize Prayer by Youth (PYC)
24 th Aug	Feast of St. Bartholomew, Apostle & Martyr
27 th Aug	Memorial of St. Monica
28 th Aug	Memorial of St. Augustine, Bishop & Doctor
29 th Aug	Memorial of Beheading of St. John the Baptist
30 th Aug to 07 th Sept	Novena in Preparation for the Nativity of Our Lady
03 rd Sept	Memorial of St. Gregory the Great, Pope & Doctor
08 th Sept	Nativity of Our Lady – Girl Child Day & Anniversary of the Dedication of the Church Building

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



Download App from Playstore, Sacred Heart Church Andheri East

From the Pastor's Desk

My Dear Loving Parishioners,

Come June, and we are on the threshold of a new academic year. A new beginning is a beautiful opportunity which life gives us to be grateful to the Almighty. God has showered His abundant blessings on us all through the year gone by and we must thank Him in anticipation for the best that He has planned for us and which is yet to come.

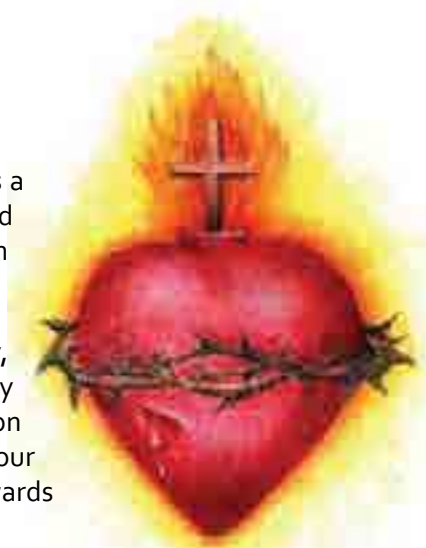
As I complete one year of being your shepherd in this parish I want to thank the Almighty, for the abundant blessings He has bestowed on me during the year. I take this opportunity to thank you my dear parishioners for your love, concern, encouragement, co-operation and for the whole hearted support you gave me. I have benefited immensely from your goodness and generosity. I humbly request you to continue your prayerful support towards the growth and wellbeing of the parish.

I am sure most of you might have taken a break from your busy schedule of work and study. This summer break might have given you a great opportunity to spend some quality time with your loved ones and friends. Now, we are back to begin the new pastoral and academic year. I wish and pray that this new academic year brings with it abundant blessings and peace from the Lord on your families and on the parish as a whole.

As we get set to begin all our various activities, events and challenges, let us remember that we are celebrating the Feast of the Sacred Heart – Our Parish Feast on 10th June, 2018. We have chosen the theme **'Heart of Jesus – A call to love'** for this issue of our parish bulletin. We do struggle with the notion of loving people the way God has called us to love. It is well known that God asks His children to love one another, yet living a life of love proves to be difficult in a society imbued with selfishness. There is no lack in theology on the topic of love, anyone will freely speak of love with great conviction, but their behaviour speaks of selfishness. Why is it so hard to live in a loving way when we talk so freely about it? Why is it that we can say that we love our neighbour and yet our neighbours don't actually feel loved by us? So there is a genuine need to implement God's call to love. The call to love shows us how to live it. Let us take the plunge and go from talking about love to living a life of love.

I would like to thank Fr. Infant Vinodh SVD for the pastoral services rendered to our parish and wish him all the best in his new assignment. At the same time I warmly welcome Fr. Sunil Soreng SVD who joins our pastoral team. Finally on behalf of the parish clergy team, I wish each one of you a very Happy Feast of the Sacred Heart of Jesus. May the love of Jesus live in the hearts of all!

- Fr. Innocent Fernandes SVD
Parish Priest



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SACRED HEART OF JESUS : A CALL TO LOVE

Every human person who approaches the Sacred Heart of Jesus is overwhelmed by the richness and depth of love – Divine Love manifested in the person of Jesus. It is the love of the Father, through the Son, in the Spirit that energizes every believer to make his/her heart and mind open to the possibilities of a life based on love and compassion. The Heart of Jesus inspires us and shows the way forward in being more loving and forgiving even in the face of challenges and difficulties.

Divine Love epitomized in the Heart of Jesus is the source and model of all constructive human affections. It is when we lose touch with the source of that love that we lose our way. In his book titled *The Four Loves*, C.S. Lewis talks about the different types of love in human life and how they are all inter-related and take inspiration from an experience and notion of love that is divine at its source. The four types of love that he talks about are: affection, friendship, eros and charity.

Using the Greek word *storge* Lewis calls the first type of love 'affection'. This is best seen in the love of the mother for her child. Affection happens between people who are familiar to each other. Affection is appreciative love and it rises out of natural bonds based on the need for giving and receiving care. The second type is 'friendship'. Compared to affection, friendship is based more on human decision rather than natural bonds. From time immemorial humans have entered into friendships with one another which are not on the basis of blood relations or any other natural connections. Artistic creations in the form of paintings, films and others celebrate the loftiness of human friendship. 'Eros' is the third type of love that he talks about. He calls it the 'kind of love that lovers are in'. Eros is the sort of love that people refer to when they say that they have fallen in love. It refers to the emotionally charged love between couples and is a bond that gets triggered with the intensity of emotions which later takes on the other aspects of love and commitment. 'Charity' is the fourth type of love. Charity is the 'gift-love' of God for all humans which in turn enables human beings to love one another beyond the natural inclinations, social conventions and political ideologies. This gift-love of God inclines the human mind towards God Himself and in equal measure to fellow humans. We may call this love 'sacrificial love' which is the most suitable way to understand the love of God poured into our hearts.

All other types of love get strengthened when they are surrounded by the spirit of sacrificial love – the love that gives life at the expense of one's own discomfort. "Truly, truly I tell you; unless a grain of wheat falls into the ground and dies, it remains just a grain of wheat. But if it dies, it bears much fruit" (John 12:24). Here is the crux of what sacrificial love stands for. It is that love which is not primarily based on emotions, instincts, similarities or any other human considerations. It is based on the lofty drive for making the life of the other better, even at the expense of inconvenience and pain to one's own self. We may use many different metaphors to describe this type of love. When we reflect more on it we realize that the world is a better place because there are people who are genuine practitioners of sacrificial love.

The sacrificial love of Jesus, the Son of God for all humanity is symbolized in the Sacred Heart – a Heart pierced and shedding blood and water for humanity. That is the ultimate expression of sacrificial love ('charity' in the words of C.S. Lewis). The Heart of Jesus is the fountain of that love for all humans. The magic of this love is that the nearer we are to the Heart of Jesus the more we experience the intensity of His love and are enabled to be practitioners of sacrificial love in our own lives, amidst all the people that we live with.

The Scripture refers to this love when talking about the way God's love has been poured into our hearts. "And hope does not disappoint us, because God has poured out His love into our hearts through the Holy Spirit, whom He has given us" (Romans 5:5). Love of God is a free gift offered to all human beings in a way that all those who respond to the Divine invitation in turn experience the depth of that love and become enablers and practitioners of sacrificial love in their own very lives. "This is how God's love was revealed among us: God sent His one and only Son into the world, so that we might live through Him. And love consists in this: not that we loved God, but that He loved us and sent His Son as an atoning sacrifice for our sins. Beloved, if God so loved us, we also ought to love one another" (1 John 4: 9-11).

Love to be real, it must cost—it must hurt—it must empty us of self.

- Mother Teresa

The Sacred Heart of Jesus is the visible sign of the Divine Love ever active in our lives. The Heart of Jesus ever reminds us that our very existence in this world is made possible by our rootedness in Divine Love and the manner in which we respond to the invitations of that love. For all believers the apostolic greeting of St. Paul rings true in every sense, when he says, "...Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God" (Ephesians 3: 17-19).

- Fr. Joseph Mundananikkal SVD

In the Sacred Heart every treasure of wisdom and knowledge is hidden. In that Divine Heart beats God's infinite love for everyone, for each one of us individually.

- St. John Paul II

May the Heart of Jesus Christ be our school! Let us make our abode there. Let us study its movements and attempt to conform ours to them. Yes, O Divine Jesus, I want to live there.

- St. Claude de la Colombiere



CCO ON THE MOVE

With grateful hearts, we thank the Lord for His boundless love which flows continuously for us from His Sacred Heart. The Centre for Community Organization (CCO) office endeavors to do its best to spread His love to all those in need. The Sacred Heart of Jesus which is a symbol of love, motivates us to love God and neighbor unconditionally.

We would like to apprise of you of the events that have taken place in our parish.

The **Bible Cell**, conducted an Inter-zonal Bible Quiz on 18th February. It was well organized and many communities participated in it

The **Divine Mercy Cell**, conducted the Divine Mercy Novena which began from Good Friday and culminated on Divine Mercy Sunday with the Feast Mass at 10 am.

The **Senior Citizen Cell**, organized an Easter party on 2nd April, 2018, for the Seniors of our parish.

The **Parish Association Council** meeting was held on 19th April, 2018. Before the meeting, the **Office for Lay Collaboration in Ministry (OLCM)**, conducted a training on 'Spiritual Leadership in Empowering the Laity'. The talk was given by Mr. Anthony Correia and Ms. Juliet D'Souza, of the Holy Family Parish.



I am not sure exactly what heaven will be like, but I know that when we die and it comes time for God to judge us, He will not ask, 'How many good things have you done in your life?' rather He will ask, 'How much love did you put into what you did?'

- Mother Teresa

On 22nd April, the **Family Cell** in collaboration with **Couples For Christ (CFC)**, organized a talk on 'Conflict Resolution In Marital Relationship'. The resource person was Mrs. Michelle Pereira. She is a well-known counsellor with the Family Commission of the Archdiocese of Bombay.

During the year 2017-2018, the CCO forwarded 221 forms to the Community Welfare / Benevolent Fund, to help the needy for paying their (1) hospital/medicine bills, (2) house repair and rent bills and (3) School/College fees of the children.

The **Dental and the Homeopathy** clinics are functioning smoothly.

Many young boys and girls from our parish as well as other parishes, come to enroll themselves for matrimonial alliance. The CCO also helped parishioners find maids for employment in their homes.

We take this opportunity to wish Fr. Infant Vinodh SVD all the best in his new assignment.

Ida Quinny
CCO Co-ordinator

The month of June brings with it transfers and new appointments. We bid FAREWELL to the priests and nuns from the various congregations our parish community is blessed with, who leave us to take up new assignments.

Dear Rev. Fathers and Sisters, We are grateful to you for your dedicated and whole hearted service in our parish. May God bless you all always!

We also extend a WARM WELCOME to the Rev. Fathers and Sisters who take up their new assignments in our parish. We wish you a joyful and fruitful stay here!



LOVE TO LEND AND BLEND

It is time to bid adieu to our vibrant Fr. Infant Vinodh Kumar SVD, who we all observed, advancing in wisdom and authority, during his maiden tenure as co-pastor in our parish. While it's not so easy to say 'good bye', transfers are an inevitable part of the life of every missionary. Fr. Infant hails from a religious family which consist of 3 priests and 7 nuns (his dad's brothers and sisters) working in the Lord's vineyard. "The inclination towards priesthood came almost naturally. I was moved to become one like them", he says. 'Love to lend and blend' is Fr. Infant's motto and he has been living by it faithfully. We are indebted to him for the wonderful two years of committed service in our parish.

Vocation to the priesthood

Fr. Infant has a beautiful memory regarding his vocation. It was to his mother that God revealed his vocation in a dream, exactly mentioning which year and time he would join the seminary. "Apart from God, I owe my calling to my parents. They laid a very strong foundation of faith in me, which was grounded in Christ, humility and service. This is what drew me to the priesthood" he says. The call strengthened as he witnessed some harsh realities of slum dwellers.

Very early in the childhood years itself, the seed of faith was sown. He says "I still remember my mother holding my hand and taking me to Church and for prayer meetings. My father too would whisper the Blood of Christ prayer as I retired to bed every night".

Experience at the Sacred Heart Parish

Contrary to the usual practice of appointing a newly ordained priest who had served as a deacon in the parish, as co-pastor, Fr. Infant did not serve in the Sacred Heart Parish during his diaconate ministry. Hence it was quite difficult to initially understand everything and manage many ministries and learn to multi-task. He still remembers the then Parish Priest Fr. Lawrence Correa SVD's words "*You are pushed into the ocean, you have got to observe what's happening around you, learn to swim and move forward with everything and also exercise your priestly ministry*".

"The opportunities that I got in this parish are a great blessing that God kept in store for me" he says cheerfully.

Encountering people, especially youth with a wide range of attitudes, faith-experiences and intelligence levels helped him to discover his own strengths, to learn, adjust, correct, improve and develop. According to him all these things were possible because of a very understanding clergy team and like-minded animators.

Youth Ministry

The Youth ministry is at the same time a delicate as well as a complicated ministry. It enjoins a lot of patience, presence of mind and a never-say-die attitude coupled with perpetual optimism. Parish Youth Animating Team (PYAT) animators in this parish are the backbone in organizing all the activities for the youth, though often times they are portrayed in a bad light and do not get positively acknowledged for their committed hard work. Fr. Infant considers it to their credit, as he is certain that their rewards are stored in heaven. While recalling the experiences with the youth Fr. Infant expresses a sense of satisfaction. He says "Working with all my limitations I have managed everything that was entrusted to me. There were many challenges, the biggest one being able to handle the different temperaments among the youth."

Other Cells and Associations

Working with other cells and associations was also an eye-opener. A striking feature in this parish, according to Fr. Infant is that whatever be the difficulty or problem or limitation, the show always goes on. Because nobody can stop God's work or any endeavour undertaken in God's name. In short, he says "I experienced both joys and an odd situation that was not so pleasant. I believe both experiences are essential and it helped me to grow."

Our best wishes and sincere thanks to Fr. Infant Vinodh SVD, for his valuable service and guidance to the Editorial Team of the Heart to Heart bulletin.

We wish him God's abundant blessings.

Editorial Team

God's hand makes the difference

'Intense God experiences are life changing moments', which Fr. Infant has often shared in his homilies. Some life experiences have been special and are actually treasures which he says he will share as a book, maybe later in life. The realization through all these moments he says, "I am not a perfect person, neither I am very talented nor able to work quite efficiently, but God's hand around me always makes a remarkable difference in my life".

Message to the parishioners

"God will never give up on me and He will never give up on you as well. Never regret a day in your life. Good days give you happiness and bad days give you experiences; both are essential to life. Never underestimate your problems; God is working secretly through them in a special way. Have a great life ahead."

***Fr. Infant Vinodh SVD,
Interviewed by Sr. Nathalia D'souza SSPS***

"But I say to you," the Lord says, "love your enemies, do good to those who hate you, pray for those who persecute you." Why did He command these things? So that He might free you from hatred, sadness, anger and grudges, and might grant you the greatest possession of all, perfect love, which is impossible to possess except by the one who loves all equally in imitation of God.

- St. Maximus the Confessor



Farewell Dear Fr. Infant SVD And A Big Thank You



It is time to say good bye to our dear pastor, Fr. Infant.

Fr. Infant Vinodh Kumar SVD joined our parish as co-pastor, on his maiden pastoral assignment in June 2016. During the last two years, Fr. Infant has reached out to the parishioners in many ways, spiritually and materially. 'Love is to lend and blend' is the adage Fr. Infant lives by. With a calm demeanour, the soft spoken Fr. Infant is a man with bright ideas, unique talent in dance and proficiency in Computers.

Fr. Infant has taken an active part of the Sacred Heart Parish Family as Spiritual Director of Bible Cell, Health Cell, Divine Mercy Cell, Sunday School, Parish Youth Animation Team, Parish Youth Council, Parish Bulletin, Parish Website and several Small Christian Communities. His contribution to the growth of the youth ministry of the parish is well appreciated.

After a fruitful pastoral debut, Fr. Infant leaves the Sacred Heart Parish to take charge of his new assignment as Secretary to SVD Provincial, House Treasurer and Assistant Director for Mission Support. He will be at the SVD Provincial House, Bandra.

Farewell dear Fr. Infant and all the best in all your future endeavours in the Lords Vineyard! We assure you of our prayer support, May God bless you always!

Congratulations and Welcome Dear Fr. Sunil Soreng SVD

A hearty welcome to Fr. Sunil Santosh Soreng SVD, who joins our parish clergy as co-pastor from June 2018.

Fr. Sunil's parents are Oscar and Dibya Priya Soreng. He is the youngest in his family. He has two brothers and three sisters. He joined the SVD Minor Seminary after completing his SSC. Fr. Sunil has completed his BA in English literature from the Loyola College, Chennai and his MA in Philosophy from the Barkatulla University, Bhopal.

Having completed his diaconate ministry at the St. Theresa Church, Bandra, Fr. Sunil was ordained on 14th January 2018 at the St Mary's Church, Kahupani Parish, Orissa by Rt. Rev. Alphonse Billung SVD, Emeritus Bishop of Rourkela Diocese.



His pastoral motto is 'In Your Service'. Fr. Sunil is a good preacher of the Word of God, an active sportsman and known for his organisation skills and his expertise at Computers.

Congratulations dear Fr. Sunil and welcome to the Sacred Heart parish, we wish you a pleasant stay!

ADIEU FR. JOE

Beginning this year, we had with us Fr. Joe SVD, a newly ordained priest from Chennai, who was sent to Sacred Heart Parish, for a brief pastoral training.

Fr. Joe Arun Prakash SVD hails from Trichy. He is the eldest of the two sons of Mr. Antony Doss and Mrs. Gloria Rani. He was born on 21st October, 1985.

Fr. Joe joined the St. Charles Minor Seminary after completing Std Xth. He professed his first vows in 2010 and final vows in 2017. Fr. Joe is a graduate in Mathematics and has also completed his masters in Philosophy. Ordained a deacon on 3rd January 2017, he completed his Diaconate ministry at the St. Francis Xavier Church, Chennai.

He was ordained a priest by Most Rev. Dr. Antony Devotta, Bishop of Trichy at St. Mary's Cathedral Trichy on 27th December 2017. 'To live and give the Life Giving Word' is his priestly motto.

During the last few months, as part of our clergy team, Fr. Joe has effectively carried out his responsibilities pertaining to the various cells/associations and communities of our parish. He is a warm and friendly person. We will surely miss his thought provoking and informative homilies.

He has been appointed to the German Province, starting June 2018.

Be always merciful as I am merciful. Love everyone out of love for Me, even your greatest enemies, so that My mercy may be fully reflected in your heart.

- Jesus to St. Faustina (Diary 1695)



This is what Fr. Joe has to say about his brief time in our parish:

"An Un-reflected life is not worth living."

I was ordained a priest in the vineyard of God to serve Him and His people on 27th December, 2017. I was so happy to receive my appointment as co-pastor to work in Sacred Heart Parish. I was much involved in the pastoral work in all the ways possible and learnt a lot from all the parishioners. The Clergy team was very supportive and gave me many opportunities to learn to administer the Sacraments and celebrate Mass. In particular I would like to express my deep sentiments of gratitude to Fr. Innocent Fernandes SVD, who took care of me like my own father. My experiences in this parish are very rich and meaningful in my personal life. Every day I learnt something new for my life. I got much love, care, and concern from all. House blessings helped me to understand the reality of life-situations and I felt that my priesthood is for people's pastoral care. I was always available for all the parish work and meetings. Finally, I would like to say a big 'Thank you' to one and all. As I am leaving for Germany to do the work of God, I earnestly ask each and every one of you to pray for me. I seek your valuable and precious prayers every moment in my life. Once again I thank you very much for all that you have been to me.

Dear Fr. Joe SVD, we thank you for your selfless service in our parish and wish you God's choicest blessings in your priestly ministry !

There is in the Sacred Heart the symbol and express image of the infinite love of Jesus Christ which moves us to love in return.

- Pope Leo XIII

YOU KNOW IT ALL

When I'm weary and tired;
Cast down by sorrow and pain,
Burdened with cares and worries of life,
You know it all!

When life's full of aches and pain;
Cannot move ahead with strain,
When life has pulled down strings of trouble upon me,
You know it all!

When all have turned their back towards me;
When they gossip and murmur about me,
When they treat me harsh and times are too hard,
You know it all!

When troubles come rushing towards me;
Like roaring lions they attack me,
Away I wish to go, from all miseries and woe,
You know it all!

For You are there in all my sorrows and strife;
You are there in the miseries of my life,
When life's too hard to live,
Where else can I go but in your shelter I live,
For You know it all!

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

*Wishing all parishioners a
very Happy Feast of the
Sacred Heart of Jesus!*

*May the triumphant Heart
of Jesus be everywhere
loved, blessed and
glorified forever.*



A PROFESSIONAL OPINION

Last Will And Testament

It is the innate desire of every person that on their demise, the family does not face any monetary or other hardship but instead continue to live happily. In order to achieve this, it is of paramount importance that the wishes of an individual with regards to the distribution of the assets possessed by them should be clearly expressed through the medium of a Last Will and Testament ("Will").

The Indian Succession Act, 1925 (hereinafter referred to as "ISA 1925" or "ISA") is the testamentary law that governs Will(s) and is applicable to Hindus, Buddhist, Parsees, Jain, Christians and Sikhs. The term 'Will' as defined under Section 2(h), means the legal declaration of the intention of a testator (person making a Will), with respect to his property which he desires to be carried into effect after his death.

However, if a person dies without leaving a Will that person is said to have died Intestate. In such case the intestate provisions under Hindu Succession Act, 1956 are applied to Hindus, Jains, Sikhs and Buddhists. Christians and Parsees are codified by ISA 1925.

The practice is to generally approach a lawyer to highlight every impediment/ requirement associated with the drafting of the Will.

Intestate

If a person dies intestate, it could become complicated, as the assets are then distributed as per the succession laws of the religion the person belongs to. The laws of inheritance applicable to Christians are the same for both genders. If an intestate has left a widow/widower and also lineal descendants (children, grandchildren etc.), 1/3rd of the estate shall devolve upon the widow/widower and the remaining 2/3rd shall go to the lineal descendants. But often times when there is more than one heir, distribution of assets can lead to bitter battles, given that some assets are more lucrative than others, especially when you take into account the tax implication.

Succession/Legal Heir Certificate: In the absence of a Will, a Succession/Legal Heir Certificate issued by a civil court, is the primary document that establishes the authenticity of the heirs and gives them the authority to inherit debts, securities and other assets.

Nomination: Often times we are assured that we have made the necessary nominations and hence our assets will eventually be handed over to our nominee(s). However in a landmark judgement in December 2017, a division bench (two-judge bench) of the Bombay High Court, comprising of

Justice Oka and Justice Sayed, reiterated the legal definition of a nominee and upheld the rights of successors over nominees. The court stated that the nominees are appointed, to ensure that the subject matter of the nomination is protected, until the legal heirs or legal representatives of the deceased take appropriate steps, such as obtaining succession/legal heir certificate or letters of administration of the estate of the deceased, to claim their rights over it.

Testamentary Succession:

Who Can Make 'Will': Under Section 59, every person who is competent to contract and who is a major, of sound mind and willing to write a Will, can make one. A person of unsound mind is also entitled to make a Will but only in lucid intervals as also a deaf and dumb person by showing consent through writing or gestures in sign language.

Types of Will

UNPRIVILEGED WILL: Wills executed according to the provisions of Section 63 of the ISA are called Unprivileged Wills. An unprivileged Will is one which is created by any individual not being a soldier, airman, mariner so employed. These Wills need to be signed by the testator in the presence of at least two witnesses who also sign the will.

PRIVILEGED WILL: A privileged Will is one which is made by any soldier, airman, navy persons, mariner who are willing to dispose of their estate during their course of employment.

Registration Of A Will: Under Section 17 of the Registration Act, 1908, a Will is not a mandatorily registerable document. Section 18(e) of the Registration Act, provides for the registration subsequent to the testator's wish whether to register the Will.

Once a Will is registered, it is placed in the safe custody of the Registrar and cannot be tampered with, destroyed, mutilated or stolen. However, non-registration of a Will does not lead to any inference against its genuineness.

Accumulating assets/wealth is important, but it is equally important to ensure that your inheritance is passed on smoothly to your heirs. So, how do you ensure that your assets are passed to the beneficiaries as originally intended by you?. '**Draft a WILL**'. Yes, Will supersedes all laws, rules and regulations. A Will is a legal document that clearly sets out your wishes for the distribution of your assets after your demise. It puts an end to most of the possible legal tussles.

Sharon Pinto
Advocate High Court
Emmanuel, Community No. 24



BIBLE QUIZ NO 2018-02

Heart to Heart - June 2018



I) CIRCLE THE CORRECT ANSWER

- We celebrate the feast day of this great saint on 19th March and also on the 1st of May.
a) St. Joseph b) St. Mark c) St. Philip Neri
- Which of these is not an Apostle?
a) Matthew b) Peter c) Luke
- Who was the first apostle to be martyred?
a) Peter b) James c) Thomas
- Which of Joseph's brothers wanting to save him from being killed suggested that he be thrown into a well?
a) Judah b) Simeon c) Reuben
- Name the person who was filled with the 'Spirit of Wisdom' because Moses had laid hands upon him.
a) David b) Joshua c) Aaron
- Name this boy who was left to die in the desert.
a) Isaac b) Ishmael c) Joseph
- Name this boy who was born holding on to his twin brother's heel.
a) Jacob b) Cain c) Esau
- Name this boy who heard God's voice calling him.
a) Samson b) Samuel c) Solomon
- Name this boy who had a colorful coat which made his brothers jealous of him.
a) Joseph b) Abel c) David
- Name this person who was a commander of the army of the King of Aram and was healed of his skin disease by the advice of a young girl who served his wife.
a) Manaam b) Namaan c) Balaam

II) FILL IN THE BLANKS WITH THE MISSING WORDS AND MENTION THE VERSE NUMBER.

- "Unless you turn and become like _____, you will not enter the kingdom of _____." (Matthew 18: _____)
- "No one can serve _____ masters. He will either _____ one and _____ the other, or be _____ to one and _____ the other. You cannot serve both _____ and _____." (Matthew 6: _____)
- "I am the _____ of life: whoever comes to Me will never _____ and whoever believes in Me will never _____." (John 6: _____)
- Jesus said, "I am the _____ of the world. Whoever follows Me will not walk in _____, but will have the _____ of _____." (John 8: _____)
- "I am the gate. Whoever _____ through Me will be _____, and will _____ in and go out and find _____." (John 10: _____)
- "I am the good shepherd. A good shepherd _____ down His _____ for the _____." (John 10: _____)
- Jesus told her, "I am the _____ and the _____; whoever believes in Me, even if he _____ will _____ and everyone who lives and _____ in Me will never _____." (John 11: _____)
- Jesus said to him, "I am the _____ and the _____ and the _____. No one comes to the _____ except through _____." (John 14: _____)
- "I am the true _____ and My Father is the Vinegrower. He takes away every branch in Me that does not bear _____, and everyone that does He _____ so that it bears more _____." (John 15: _____)

III) UNSCRAMBLE THE WORDS AND FIND THE SCRIPTURE VERSE STATING THE GREATEST COMMANDMENT .

"UYO LALSH OEVL EHT DORL RYUO ODG HIWT LAL ROUY AEHRT, IHTW LAL UOYR USOL, LAL ROUY THNETSRG NAD IHWT LAL RUOY DIMN , DAN RUOY RHGIENBOU SA FRUOYESL"(Luke 10:_____).

(_____)

IV) CIRCLE THE CORRECT ANSWER

- Where in the Bible can we find the Ten Commandments?
a) Exodus 20:2-17 b) Deuteronomy 5:6-21 c) Both a) & b).
- To what is the month of June dedicated ?
a) Sacred Heart of Jesus b) Immaculate Heart of Mary
c) Mary, Help of Christians
- Name the saint to whom is attributed the devotion to the Sacred Heart of Jesus?
a) St. Catherine b) St Margaret Mary of Alacoque c) St. Philomena

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 1st July, 2018
- There are three attractive prizes. If there are many right answers the prizes will be determined by casting lots.
- The Editorial Board's decision will be final and binding.

Full Name _____ Class _____

School _____ Telephone/Mobile No _____

Family No. _____ Address: _____

Answers of Quiz No. 2017-04

- I) 1. b) 2. b) 3. c) 4. b) 5. c) 6. b) 7. c) 8. b) 9. b) 10. c)
 II) 1. Poor in spirit (Matthew 5:3)
 2. comforted (Matthew 5:4)
 3. meek; inherit (Matthew 5:5)
 4. righteousness, filled (Matthew 5:6)
 5. shown mercy (Matthew 5:7)
 6. pure in heart (Matthew 5:8)
 7. children of God (Matthew 5:9)
 8. persecuted; righteousness (Matthew 5:10)

III) "BUT GOD PROVES HIS LOVE FOR US IN THAT WHILE WE WERE STILL SINNERS HE DIED FOR US." (Romans 5:8)

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

Winners of Quiz No. 2018-01 :

- 1st Prize - Royston Coutinho; Std VII; Dominic Savio School
 2nd Prize - Sanaya Saldanha; Std VIII, St. John High School
 3rd Prize - Alston Fernandes; Std V, Holy Family High School

Hearty Laughter

Doily Box

As a new bride, Aunt Edna moved into the small home on her husband's ranch near Snowflake. She put a shoe box on a shelf in her closet and asked her husband never to touch it.

For fifty years Uncle Jack left the box alone, until Aunt Edna was old and dying. One day when he was putting their affairs in order, he found the box again and thought it might hold something important.

Opening it, he found two doilies and \$82,500 in cash. He took the box to her and asked about the contents. "My mother gave me that box the day we married," she explained.

"She told me to make a doily to help ease my frustrations every time I got mad at you."

Uncle Jack was very touched that in 50 years she'd only been mad at him twice.

"What's the \$82,500 for?" he asked.

"Oh, that's the money I made selling the doilies."

Sewing Machine Ad

The following is an ad from a newspaper which appeared four days in a row - the last three hopelessly trying to correct the first day's mistake.

MONDAY:

For sale: R. D. Jones has one sewing machine for sale. Phone 948-0707 after 7 pm. and ask for Mrs. Kelly who lives with him cheap.

TUESDAY:

Notice: We regret having erred in R. D. Jones' ad yesterday. It should have read "One sewing machine for sale cheap. Phone 948-0707 and ask for Mrs. Kelly, who lives with him after 7 pm."

WEDNESDAY:

Notice: R. D. Jones has informed us that he has received several annoying telephone calls because of the error we made in the classified ad yesterday. The ad stands corrected as follows: "For sale -- R. D. Jones has one sewing machine for sale. Cheap. Phone 948-0707 after 7 pm. and ask for Mrs. Kelly who lives with him."

THURSDAY:

Notice: I, R. D. Jones, have no sewing machine for sale. I intentionally broke it. Don't call 948-0707 as I have had the phone disconnected. I have not been carrying on with Mrs. Kelly. Until yesterday she was my housekeeper, but she has now quit.

Young Businessman

A young businessman had just started his own firm. He had just rented a beautiful office and had it furnished with antiques.

Sitting there, he saw a man come into the outer office. Wishing to appear the hot shot, the businessman picked up the phone and started to pretend he had a big deal working.

He threw huge figures around and made giant commitments. Finally he hung up and asked the visitor, "Can I help you?"

"Yeah, I've come to activate your phone lines."

Yard Sale Anger

A woman was taking her time browsing through everything at a friend's yard sale, and said to her, "My husband is going to be very angry I stopped at a yard sale."

"I'm sure he'll understand when you tell him about all the bargains you found," her friend replied.

"Normally, yes," she said. "But he just broke his leg, and he's waiting for me to take him to the hospital to have it set."

Parish Activities

CELEBRATION OF THE DIVINE MERCY FEAST

In preparation for the Feast of Divine Mercy, a nine day Novena commenced on Good Friday. All Divine Mercy Cell members, took an active part in conducting the Chaplet of Divine Mercy which was prayed after every Mass with daily prayer intentions. The Triduum was held from 5th to 7th April 2018.

Day 1: Fr. Brian Moras SDB, mentioned how the devotion to the Divine Mercy, based on the apparitions of Jesus as written in the diary of Saint Faustina Kowalska, a young Polish nun, began spreading throughout the whole world since 1935. She was canonized by Pope John Paul II in Rome during the great Jubilee Year 2000. The Pope also established the Divine Mercy Sunday to be celebrated on the Sunday after Easter. It is said that this is the fastest growing devotion in the Catholic Church. There are amazing graces promised by Jesus to those who recite the Chaplet, "the souls that say the Chaplet will be embraced by My Mercy during their lifetime and especially at the hour of their death". God's mercy and forgiveness is to those who truly repent and God is willing to forgive us each time we repent and turn to Him.

Day 2: Fr. Nirmal SVD, said the Chaplet is the Spark of Poland. We must ask for God's mercy for our families and the world. He stressed on God's mercy and forgiveness and said if we don't forgive, God will not forgive us. We have to pray for the world at large and have to be merciful ourselves. He also mentioned of the great promises made by Jesus to all those who recite the Chaplet.

Day 3: Fr. Joe Arun Prakash SVD, began his homily by recollecting the great event that happened in the Catholic Church on 8th Dec 2015. Pope Francis opened the doors of Mercy and celebrated 'The Year of Mercy'. He said, every day we receive mercy from God and we are called to show mercy to others. Two rays emanated from the side of Jesus symbolizing blood and Water. Water is the uprightness of life and blood is the very life of our souls. Love God and love others beginning with our families. Forgiveness is the first thing we should do to keep relationships healthy. He said Mercy is the bridge that connects mankind to God.

The feast day was solemnly celebrated on 8th April 2018. The homily by Fr. Infant Vinodh SVD focused on mercy and forgiveness. If we ourselves do not have mercy in our hearts we will never be able to forgive others. God has blessed everyone with various talents with which we have to move forward. We cannot be selfish and keep these talents for ourselves. God has given us these talents to share with others. We need to have our hearts open to forgiveness and receive forgiveness. No matter how sinful we are, God continuously pours out His mercy, and wipes away every sin of the past.

Navidade D'Costa
Divine Mercy Apostolate

You heard me, only Friend whom I love. To ravish my heart, You became man. You shed Your blood, what a supreme mystery! ... And You still live for me on the Altar. If I cannot see the brilliance of Your Face or hear Your sweet voice, O my God, I can live by Your grace, I can rest on Your Sacred Heart!

- St. Therese of Lisieux

Love of Christ does not distract us from interest in others, but rather invites us to responsibility for them, to the exclusion of no one....

- St. John Paul II



MARRIAGE JOURNEY PART-II (CONFLICTS RESOLUTION IN MARITAL RELATIONSHIPS)

The second talk/workshop in the marriage journey series by Mrs. Michelle Pereira, a well-known family counselor from the Mumbai Archdiocesan Family Commission was held in the mini hall of our Community Centre on 22nd April 2018 . About 40 parishioners attended the program. The workshop highlighted the following 3 C's regarding conflict resolution.

1st C- CONFLICTS- Couples normally fight about quality time, house work, physical intimacy, extended family, finances etc. The reasons for conflicts/fights could be difference in values and perspectives, Ineffective communication and conflict resolution skills and lack of positivity viz. gratitude, appreciation and the lack of spiritual intimacy.

2nd C- CORRECTION- Intention of correction should be to improve on the mistakes and not to make the person feel inadequate. Always make it a priority to appreciate, respect and have an attitude of gratitude while simultaneously accepting responsibility.

3rd C-CONNECT- by active compassionate listening. Empathy is a beautiful balm in a conflict. Empathize by seeing the other's perspective, appreciating your spouse as a human being, understanding the feelings involved and by communicating understanding.

The resource person gave real life instances she encountered in her counseling profession. A group activity for the participants kept us involved and focused. It was really heartening to see young couples as also those married for more than forty years attending the program with much enthusiasm. Everyone went home truly enlightened about the importance of being connected to one's spouse as well as to Jesus who brought them together in marriage so that conflicts could be resolved smoothly.

**Joseph and Mabel Mendonsa
Family Cell**

“*Love—caritas—will always prove necessary, even in the most just society. There is no ordering of the State so just that it can eliminate the need for a service of love. Whoever wants to eliminate love is preparing to eliminate man as such. There will always be suffering which cries out for consolation and help. There will always be loneliness. There will always be situations of material need where help in the form of concrete love of neighbor is indispensable.*

- Emeritus Pope Benedict XVI in his Encyclical, Deus Caritas Est

SCCs - An Update

Empowerment of Laity through Communion of Social Justice

Civic and Political issues are a part and parcel of every society. When faced with difficulties in these areas, we as animators are sometimes required to get involved in matters affecting our neighbourhood, however we are oftentimes unaware of how to tackle and resolve these issues. Hence, we need to have Political Cells in our Parishes which assist to awaken civic consciousness, gear up to face future challenges and empower ourselves and others through communion of Social Justice.

Keeping this in mind, a training Programme for the SCC animators of the Andheri Deanery was organised and conducted on 25th February, 2018, at St. John the Evangelist School Hall, Marol. The topic chosen was '**Empowerment of Laity through Communion of Social Justice**'. There was a huge turnout of SCC Animators from the ten parishes of the Deanery. Enlightening the participants were eminent speakers who imparted their knowledge lucidly in their respective fields of expertise.

Opening the session was Mr. Willie Shirshat, President of **Church in the City (CIC)**, an NGO which functions as a core group of representatives of all the Civic and Political Cells of the Parishes of the Archdiocese of Bombay. He explained the functioning and responsibilities of the group in bringing about civic consciousness among Catholics, which was their main task, as notified in the guidelines by His Lordship, Bishop Bosco Penha.

Mr. Shailesh Gandhi, a Right to Information (RTI) Activist, spoke on the fundamental rights of citizens on various civic and political issues in the city, the pros and cons of the RTI system and how best we could deal with them. He explained the procedure to make an RTI appeal for which prescribed forms were available in all Government departments.

Ms. Reena Vasoikar, an officer with the BMC, highlighted the issue of cleanliness, disposal of garbage, the importance of segregation of wet and dry garbage and waste management. She informed us about the 'Swachhata App' introduced by the BMC for registering complaints regarding the cleanliness of one's area.

Mr. Ameet Satam, member of the 13th Maharashtra Legislative Assembly, representing the Andheri-West Assembly Constituency emphasized the need for Good Governance in the form of Citizens' participation to improve civic services and urban environment through various schemes, etc.

The topics covered were very informative and educative. To summarise the same, pamphlets and hand-outs were distributed to all the participants.

The programme concluded with the celebration of the Holy Eucharist by Fr. Jerry D'Costa, and a fellowship meal.

*Cynthia Rubeque and Lidwin Noronha
Apostles of Christ, Community No. 12*

Workshop for SCC Animators

A workshop on the topic "**Professionalism in our Working Methodology**", a first of its kind, was organized by the Parish Clergy and the SCC Project Team for the Animators of our Parish, on March 4th 2018, in the Community Centre hall. Conducted by Dr. Keith D'Souza, Professor at the SP Jain Institute of Management Studies and a renowned consultant in the areas of Organizational Behaviour and Human Resource Development, the workshop saw a turnout of 117 very eager animators from the 34 communities.

Many of us settled into our seats expecting a long-drawn presentation, the usual Q&A and some group exercise. The methodology used in this workshop was something

different. Dr. D'Souza quickly got us into groups of 9 and assigned us the task of drawing the blueprint for "**Building a Bell tower**" keeping in mind a doable design, cost implications and permanence of the project. All of us had sketches that we believed, "could be replicated", but the sketch chosen for the exercise was simple and easy for all to construct within the timeframe. Plastic straws, scissors and cello tape were quickly distributed, the criteria of strength and height of the tower were explained and once the whistle was blown, each team huddled together planning and constructing the tower. One could feel the excitement all around, in the verbal communication, laughter and the collective participation of the teams in performing this simple, yet challenging task. At the end of the stipulated

time, each team looked proudly at their work. Each tower was tested for height and strength and the team with the best tower was applauded. They had given importance to building the strength of the foundation i.e. the youth of the parish who are the future torch bearers.

We were then shown two short motivational videos on teamwork and leadership based on the geese in flight and synchronized motorcycle riding.

What was amazing about this workshop was that Dr. D'Souza instead of delivering a lecture, sought to evoke the involvement and participation of the group at every stage. The question posed for reflection was **"How Good are you and Your Team at Teamwork and Team Building?"** We were able to collectively realize and conclude that teamwork is extremely essential not only in

our professional lives but also in our personal interactions, to progress and reach our goals. With shared responsibility, encouragement, support and caring for one another, we can enhance and strengthen our **Small Christian Communities** thus bringing about a drastic change in our society. This will be a perfect example of Christian faith. Each of us possesses skills and charisms that collectively can make a huge difference in our communities, the Parish, the world at large. Successful teamwork is the cornerstone for creating a well-functioning, responsive team.

It was indeed a Sunday morning well spent and we look forward to similar interactive workshops in the future too.

*Ivy D'Souza and Rosita Fernandes
Good Shepherd, Community No. 7*

My personal experience at TOA (Training of Animators)

The TOA course is conducted every year by the Archdiocesan Laity Training Centre, Marol, headed by Fr. Patrick D'Mello, Director of the Training Centre, and his dynamic team. Spread over 9 months from July to March, the training includes two weekend sessions at Sarvodaya House, St. Pius the X Seminary Complex, Goregaon with the remaining sessions conducted at the Laity Training Centre itself. There were 40 participants from 20 Parishes belonging to the Mumbai and Thane Deaneries. Two of us enrolled from our Parish; the late Mrs. Dilpreet Bedi and myself. The course concluded in April 2018 with the Certification Ceremony which was presided over by his Lordship Bishop Barthol Barretto.

TOA has been an exciting and a wonderful journey. Besides augmenting my knowledge, this course has helped me recognize the talents gifted to me by the Almighty, polished my skills and even changed my life, teaching me to be more expressive in every aspect. It has helped me realize that I am exactly where I need to be, that wherever I am, there is something for me to learn. There is no age limit for learning or transforming oneself. I have attended many training programs, but nothing can remotely compare to this training which offers long-lasting, life and personality transforming changes.

All the sessions were participatory and enjoyable with plenty of scope for discussion and sharing. Various skills were taught such as **Public Speaking and Communication,**

Creativity, Planning and Development of SCCs, Effective meetings, Gospel Sharing, Strokes, Anger, Stress and Time Management, Self Esteem, Assertiveness, Team Building, Leadership, Animator skills, Listening, Empathy, Personal Growth, Problem solving etc.

The resource persons – to name a few were Mr. Michael Rodrigues from our Parish, Mr. Thomas Lobo and Mr. Alan Colaco – renowned trainers in the Archdiocese of Bombay, who through their guidance and rich experience, helped boost my confidence, realize my full potential and my inherent talents, which I can use for the greater good of my community and the Parish. I am now confident to just be myself – not to have to be perfect all the time, but to be my own genuine self. **"AWARENESS and WILLINGNESS to SHIFT"** were key pointers in understanding my thoughts!

I truly and deeply thank Fr. Innocent Fernandes SVD, Mrs. Candida Mendoza and my husband, Enas Castelino for having persuaded me to undertake this course and for being very supportive and cooperative all through. I thank God for His abundant blessings which motivates me to work in His vineyard, to be vibrant with the Spirit of the Risen Lord towards a community of deeper faith, worship, love and service and to be the change in all that I undertake.

The course for the academic year 2018-19 will commence on July 15th 2018. I hope my personal sharing through this article motivates many more animators from our Parish to enroll for the TOA course.

*Vina Castelino
Good Shepherd, Community No. 7*



FIRST HOLY COMMUNION DAY

The Holy Eucharist is the source and summit of our faith: it is the Body, Blood, Soul, and Divinity of Our Lord and Savior Jesus Christ and the greatest gift that Jesus gave to us - the gift of Himself. **Pope Francis** says "The Eucharist is at the heart of 'Christian initiation', together with Baptism and Confirmation, and it constitutes the source of the Church's life itself. It is the **"Sacrament of Love"** from which flows every authentic journey of faith, of communion, and of witness."

Meeting Jesus in the Sacrament of Holy Communion for the first time is an unforgettable memory for the child and his/her loved ones.

This year we had 69 children who received their First Holy Communion. The training and preparation began from June 2017. The children were first initiated in the Rite of Acceptance in their own Small Christian Communities and also in the parish Church. Next, the children learnt the importance of the Lord's Prayer and The Creed. They were made to understand the significance of every part of the Holy Mass. To share in Communion for the first time they were given "sufficient knowledge and careful preparation so as to understand the mystery of Christ according to their capacity" (Code of Canon Law 913). They were encouraged to use some of the many "gifts" that God has given them - love, peace, forgiveness, friendship, and creation. They also learnt to think about

what changes they should make in their own lives after receiving Jesus.

Finally, on Saturday 14th April, 2018, 69 children arrived dressed in white/light pastel shades and resembling angels. The Eucharistic Celebration started at 5.00 pm. and the Church was packed to capacity with the relatives and well-wishers of the children. The Cross bearer and the Altar Servers led the procession to the Church, followed by our little angels, the Lectors and the Main Celebrant -Bishop Salvadore Lobo from Kolkata along with our Spiritual Director, Fr Infant Vinodh SVD and the con-celebrants. Cassian, Jacinta and the choir comprising of children sang melodiously. Lectors were chosen from among the siblings of the First Holy Communicants.

The homily given by the Bishop was apt. The song "Into my heart" sung by the children was very touching. After receiving First Holy Communion, the action song – "Jesus on the inside, working on the outside", sung in English and Hindi by the children astounded the congregation. Thereafter the children went for a photo session and were given Scapulars, Rosaries, Certificates and a snack box. There was a special dinner party hosted by our Parish Priest, Spiritual Director and Catechists for fourteen of the First Holy Communicants and their family. Ten of the children were given new outfits, thanks to the whole-hearted generosity of some of our parishioners.

Our special thanks to Fr. Innocent Fernandes SVD, our Parish Priest, Fr. Infant Vinodh our Spiritual Director, the parents, God-parents, prayer guardians, PPC members and co-ordinators for helping in the Faith formation of the children.

Francisca Saldhana
Catechist, First Holy Communion

The proof of love is in the works. Where love exists, it works great things. But when it ceases to act, it ceases to exist.

- Pope St. Gregory





YOUTH FULLY
A L I V E

JOURNEYING WITH THE LORD

Good Friday is commemorated as the day of the year on which the events including the crucifixion and death of our Lord and Saviour, Jesus Christ actually occurred.

This year the Youth of Area No. 4 led by Chris Mendonsa (PYAT) conducted 'The Stations of the Cross' on Good Friday which fell on 30th March, 2018. The Stations of the Cross are meditations on the specific events of Jesus' last day.

The journey with our Lord was scheduled to begin at 6.00 am. It was note-worthy to see a huge crowd of devoted parishioners assemble, even before the scheduled time at Lotus Lawns, the Start Point. The procession was led by the Cross bearers. As the procession moved, more and more people joined in. The successive halts were at Canossa High School, Dominic Savio School, Roof Top, Takshila, Holy Spirit Hospital and the last few stations were conducted in the Church. Arrangements for water and first aid were made available along the way. By the grace of God everything went as planned.

Many youth volunteered to help. Hymn sheets were distributed and the crowd participated in singing and praising God along the way. Members of the youth choir led the singing in small groups. The prayerfulness, discipline and solemnity maintained by the participating crowd truly enabled one to reflect on the agony and suffering which our Lord and Saviour, Jesus undertook for our salvation.

The PYAT members played a vital role in systematically organising every aspect of this event. The Script of the Stations of the Cross was written by Josephine Fernandes, Bible Cell Co-ordinator. Andrew D'sousa (PYAT) helped with the sound arrangements and the Parish Ushers Group helped in the smooth movement of the crowd and with the traffic management. After the concluding prayer Fr. Infant Vinodh SVD thanked all those responsible for making this event a grace filled one.

Felicia Fernandes
St. Joseph the Worker, Community No. 28



Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God.

- Ephesians 5 : 1-2

We are pleased to introduce in the current issue of "Heart to Heart", a space titled 'A PROFESSIONAL OPINION' (Ref. Pg 12). This space aims to provide guidance by experienced Professionals, from their respective fields of expertise, on various matters of importance that affect our day to day living. We invite Professionals with an experience of above 15 years in a particular field, who are the parishioners of Sacred Heart Parish, Andheri East and willing to contribute articles for this space; to send an introductory email to h2h.bulletin@gmail.com providing your contact details and the area of your expertise.

The editorial team will contact you, as and when required, to share from your expertise, advice/information on matters of relevance for the benefit of the parishioners. Articles for this space will be considered ONLY from those who are specifically invited by the editorial team.





BIBLE QUIZ FOR YOUTH (AGE 15-25 years) GOSPEL OF MARK



I) IDENTIFY THEM :-

1. The first person to see Jesus after His Resurrection. _____
2. He helped Jesus carry the cross. _____
3. This is what Jesus said defiles a person. _____
4. Jesus was at this place when He summoned His 12 disciples. _____
5. Jesus spoke of them as being His mother and brethren. _____

II) WHO SAID TO WHOM IN THE GOSPEL OF MARK? PLEASE INDICATE CHAPTER AND VERSE

1. "Stretch out your hand".
_____ (____ : ____)
2. "He is possessed by Beelzebul and by the prince of demons he drives out demons".
_____ (____ : ____)
3. "My daughter is at the point of death. Please come lay your hands on her that she may get well and live".
_____ (____ : ____)
4. "Come away by yourselves to a deserted place and rest a while".
_____ (____ : ____)
5. "Ephphatha!"
_____ (____ : ____)

III) PLEASE ANSWER FROM THE GOSPEL OF MARK

1. Why was Jesus' heart moved with pity when He saw the vast crowd?

2. What was Herod's attitude when he heard John the Baptist speak?

3. What did Jesus always do after a great occasion and gathering?

4. How many pigs were drowned for the saving of a human soul?

5. In the parable of the sower, what are the 3 type of yields produced by the seed that fell on rich soil?

Drop the answers in the letter box in front of the Parish sacristy latest by 1st July, 2018

There are 3 prizes. If there are many right answers the prizes will be determined by casting lots.

The decision of the Editorial board will be final and binding.

IV) PLEASE COMPLETE; INDICATE CHAPTER AND VERSE OF GOSPEL OF MARK

1. Those who are well do not need a physician, _____

2. The measure with which you measure _____

3. A prophet is not without honor except _____

4. Whoever wishes to come after Me must _____

V) PLEASE ANSWER

1. How many books are there in the New Testament of the Catholic Bible?

2. Who has written the maximum books/letters in the New Testament? _____
3. Jesus used this example from the Old Testament to say that the Son of Man is Lord of the Sabbath? _____

4. What is the meaning of 'Golgotha'? _____

5. Name the miracle at which Jesus proved that He has authority to forgive sins? _____
6. The father of the apostles James and John? _____

Full Name _____ Age: _____
 Profession _____
 Telephone/Mobile No _____
 Community No _____ Family No. _____
 Address: _____

Answers of Quiz No. I:

- I) 1. Hypocrites, 2. Pagans, 3. Pharisees 4. Sadducees 5. Chapter 13
- II) 1. John the Baptist to Pharisees & Sadducees(3:7) 2. Devil to Jesus(4:9)
3. Centurion to Jesus (8:8) 4. Jesus to disciples (9:37) 5. Herod to his Officials (14:2)
- III) 1. Galilee, 2. Repent, for the kingdom of heaven is at hand 3. Beatitudes
4. Because Jesus taught with authority 5. Parable of wheat and weeds/ Hidden Treasure/Net/Pearl/Unmerciful Servant/Ten Virgins/Talents
- IV) 1.(5:20) 2. (5:23,24) 3.(6:6) 4.(6:33)
- V) 1.73, 2.Holy Spirit, 3. Levi, 4. God Saves 5. Anointed One, 6. God is with us
- WINNERS OF QUIZ NO:** 1st prize: Kaylynn Rodrigues 2nd prize: Janice Lobo
3rd prize: Tahira Fernandes

Health Page

YOUR WEIGHTa pointer to your health.

A weight check is an important part of any routine health check-up.

In the past, lack of education, financial constraints and deprivation of proper meals, caused severe malnutrition and health problems resulting in underweight individuals.

But today, the trend has reversed. Economic prosperity has resulted in a large majority of people being overweight or obese.

So what is OBESITY? It is an increase in the accumulation of body fat or excess of body fat.

Human body types are of three types.

1. Slender and lean (ectomorphs) i.e. those with a high metabolic rate
2. Fat and rounded (endomorphs) i.e. those with a very low metabolic rate
3. Strong and muscular (mesomorphs).

We will consider the middle category viz. Fat and rounded. Obesity in this category falls into 2 kinds

(a) APPLE shaped obesity- Persons who gain weight in the middle of their waistline. Males with waistline over 40" and females with waistlines above 35" are more vulnerable to this type of obesity.

(b) PEAR shaped obesity- Persons who gain weight around the hips, buttocks and thighs.

Mostly men are prone to apple type obesity whereas women develop pear type obesity. But after menopause, some women have a tendency to develop apple type obesity due to hormonal changes.

In apple type obesity, the deposit of loose fat is in and around the abdomen and there is an easy access of fat into the blood stream. This produces high triglyceride and cholesterol levels in blood causing atherosclerosis (thickening of arteries) leading to future complications like diabetes, hypertension, heart attack, stroke, kidney and liver diseases which could prove fatal.

BODY MASS INDEX (BMI) is a marker for obesity and is calculated as follows:-

Weight (in kgs) / (height x height) (in meters)

e.g. If weight of a person is 50 kgs. and height is 5 feet (1.5 meter)

$$\text{BMI} = 50 / (1.5 \times 1.5) = 22.2$$

The Normal range of BMI is 18.5 to 25

Above 25 to 30 .. Mild obesity

Above 30 to 35 .. Moderate obesity

Above 35 .. Severe obesity

Obesity and weight control is possible by proper eating habits, life style changes and regular exercise and fitness schedules.

Some basic rules to get fit and avoid obesity :

- Eat small meals throughout the day. Include salads, fruits and smoothies of a mixture of raw veggies and fruits. Avoid skipping meals as that would increase hunger and consequently lead to binge eating.
- Physical activities like walking or running for 15 to 20 min, at least 4 times a week.
- Never eat large meals at dinner time.
- Reduce the amount of food consumed at one time.
- Have plenty of sprouts and lentils (pulses).
- Motivate yourself everyday by looking in the mirror and speaking to yourself positively about achieving your goal to reduce weight.
- If possible join a fitness and joggers/runners group to help support and motivate you to lose weight.

Losing weight immediately benefits your health and makes you positive, enthusiastic and confident.

Dr. John Rodrigues
Physician, Fitness and Marathon trainer
Pavana Atma, Community No. 25

Disclaimer: All information contained in the Health Page is of a general nature and the opinion of the author about medical conditions should not be construed as medical advice, diagnosis or treatment. Please consult your physician for specific advice and also for continuance/discontinuance of existing treatment based on the information contained herein. The Sacred Heart Parish and/or the Editorial team make no representation and assume no responsibility for the accuracy of the information contained in the Health Page.

FROM THE PARISH REGISTER

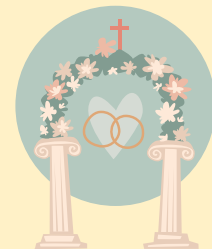
BAPTIZED IN CHRIST



Hargun Bedi	S/o	Harbinder Singh & Dilpreet Kaur Bedi	1/Apr/18
Eva Colimao	D/o	Manohar Patil & Jennifer Colimao	1/Apr/18
Anita Sharma	D/o	Patiram & Kamladevi Sharma	1/Apr/18
Sunita Choudhry	D/o	Ramesh Digle & Ferneena	1/Apr/18
Mahima Krupa Gowda	D/o	Pursha & Timmu Gowda	1/Apr/18
Manita Yadav	D/o	Ramdhari Yadav	1/Apr/18
Jennifer Fernandes	D/o	Alwyn Leo & Leena Pedru Fernandes	8/Apr/18
Nathan Miguel Julian	S/o	Joel Julian & Candida D'Souza	8/Apr/18
Elena Kiro	D/o	Oscar & Nirmala Coleta Kiro	22/Apr/18
Hozannah Fernando	D/o	Thomas & Sieuvrin Jose A. Fernando	29/Apr/18
Archana Jaiswar	D/o	Ramratan & Phoolkali Jaiswar	1/May/18

UNITED IN CHRIST

Michael Castelino	To	Yashikala Ao	18/Apr/18
Alan Lopes	To	Emilda Doreen Noronha	21/Apr/18
Pratik Vishram Tawade	To	Elphina Chettiar	21/Apr/18
Savio Suresh Kangare	To	Preeti Veronica D'Silva	21/Apr/18
Crispin Francis Mario Quiney	To	Elina D'Souza	28/Apr/18
Shakti Vilas Sawant	To	Mary B Crasto	28/Apr/18
Elson Darryl Rodrigues	To	Jacqueline Preeti Pais	28/Apr/18



RESTING IN CHRIST



Michael Jose Trinidad	51 Years	A-6/54, Bindra Complex SRA	8/Mar/18
Edwin John Concessio	67 Years	B-101, Trans Apartments	8/Mar/18
Teresa Isdore Sequeira	73 Years	68/202, Sudarshan Hights, Sher-E-Punjab	14/Mar/18
Sebastian Rosario Xavier	67 Years	28A/21, Takshila	12/Apr/18
Stany D'Souza	62 Years	A2/707, Ascent Residency CHSL., Poonam Nagar	12/Apr/18
Francis Elogues Fernandes	45 Years	102, Bindra Daffodil	20/Apr/18
Peter Lawrence Sequeira	89 Years	F-24/406, Poonam Pushp, Poonam Nagar	20/Apr/18
Agnelo Peter Fernandes	53 Years	5th Vijaya Cottage, Kantilal Compound	22/Apr/18
Victor Pinto	60 Years	55, Lala Compound, Prashanti Nagar	27/Apr/18
Francis Fernandes	71 Years	A/20, Roof Top CHSL	29/Apr/18

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

Inspiration From Saints

St José Sánchez Del Río

Patron : Persecuted Christians, Children and Adolescents

Feast Day : 10th February

The 20th Century was a period of astonishing barbarity in the world, including two World Wars and various persecutions against the Church and Catholicism, a time in which the blood of numerous martyrs was spilled in many different places. One such place was Mexico.

José was born in Sahuayo, Mexico on 28th March 1913. Mexico is a nation with a strong Catholic identity as it was blessed in 1531 by the appearances of the Our Lady of Guadalupe to St Juan Diego at Tepeyac Hill. The appearances had led to the conversion of millions within a few short years.

However in 1926, the country was badly affected by the Cristero War. Two years earlier, President Calles, had taken office and he began to enact statutes to enforce the anti-clerical laws which formed part of the Mexican Constitution of 1917; these allowed the seizure of Church property and the removal of the privileges of the Church. Convents, monasteries and schools were closed and Priests were either exiled or killed. Religious freedom was severely curtailed.

As the war began, José's two older brothers joined the Cristeros, and he wanted to follow them. He was denied permission by his mother and also by the general of the rebels as he was just 14 years of age. This did not discourage him and finally he succeeded in obtaining permission to join the Cristeros as a flag-bearer. Because of this, he was

affectionately referred to as 'Tarcisus' – the name of the young Roman Martyr from the Third Century, who died protecting the Blessed Sacrament from desecration.

On 25th January 1928, José was captured by the Government forces, who imprisoned him in the Sacristy of the local Church. The troops ordered him to renounce his Catholic faith, but he faithfully refused to do so. To pressurise him,

the troops made him watch as another prisoner was hanged. But this did not break his resolve; on the contrary, José encouraged the prisoner to remain steadfast, telling him that he would soon be in Heaven, and asking that the man prepare a place there for him, as he would soon follow.

Whilst imprisoned, José wrote to his family, telling them he was ready to die for his faith, and he prayed the Rosary. Two weeks later, on 10th February 1928, the troops began to torture young José – they sheared off the skin from the soles of his feet, before forcing him to walk over salt-covered paths around the town and from the Church to the local cemetery. At intervals, they cut him with machetes, so that he was bleeding heavily from numerous wounds.

Along the way, the troops told him that if he shouted 'Death to Christ the King', his life would be spared. Crying out in pain, the child still refused to renounce his

faith. His response to them was clear – "I will never give in. Long live Christ the King!"

Finally, reaching the place of his execution, the troops stabbed him repeatedly with bayonets and the enraged commander of the troops shot him. Moments before he died, young José drew a Cross in the dirt. Kissing the Cross, he gave his soul to God and entered eternity.

St José Sánchez del Río, the young martyr, was canonised by Pope Francis on 16th October 2016.



PARISH VISION MISSION STATEMENT

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



Divine Mercy Sunday



Stations of the Cross



Workshop for SCC Animators



Washing of the Feet - Maundy Thursday



First Holy Communion 2018