



Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 73

September 2018

For Private Circulation Only



Mary
the New Eve

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

13th Sept	Memorial - St. John Chrysostom, Bishop & Doctor
13th - 16th Sept	Games of Skills
14th Sept	Feast - Triumph of the Cross
15th Sept	Memorial - Our Lady of Sorrows
20th Sept	Memorial - Korean Martyrs: St. Andrew Kim & companions
21st Sept	Feast - St. Matthew, Apostle & Evangelist
27th Sept	Memorial - St. Vincent de Paul, Priest
29th Sept	Feast - Archangels Michael, Gabriel and Raphael
30th Sept	Monsoon Melodies Rosary Month
1st Oct	World Elder's Day & Thanksgiving Sunday Memorial - St. Therese of the Child Jesus, Virgin & Doctor
2nd Oct	Discover 2018 & Memorial - Guardian Angels
4th Oct	Memorial of St. Francis of Assisi, Religious
13th Oct	Senior Citizen Association day
14th Oct	Apologetics
15th Oct	Memorial - St. Teresa of Avila, Virgin & Doctor
17th Oct	Memorial - St. Ignatius of Antioch, Bishop & Martyr
18th Oct	Feast - St. Luke, Evangelist
21st Oct	Mission Sunday
1st Nov	All Saints day
2nd Nov	All Souls day
4th Nov	Sit Down Mass for Youth
9th Nov	Feast - Dedication of St. John Lateran
10th Nov	Memorial - St. Leo the Great, Pope & Doctor
10th - 11th Nov	PARISH DAY & FAMILY MEAL
12th Nov	Memorial - St. Josaphat, Bishop & Martyr
17th Nov	Memorial - St. Elizabeth of Hungary, Religious
19th Nov	World Communications Day
21st Nov	Memorial - Presentation of Mary
22nd Nov	Memorial - St. Cecilia, Virgin & Martyr
24th Nov	Feast - St. Andrew Dung-Lac, Priest & Martyr, and Companions
25th Nov	Christ The King Feast
30th Nov	Feast - St. Andrew, Apostle
2nd Dec	1st Sunday of Advent
3rd Dec	Feast - St. Francis Xavier
7th Dec	Memorial - St. Ambrose, Bishop & Doctor
8th Dec	Solemnity - Immaculate Conception
9th Dec	Confirmation (10 am Mass)
12th Dec	Feast - Our Lady of Guadalupe
13th Dec	Memorial - St. Lucy, Virgin & Martyr
14th Dec	Memorial - St. John of the Cross, Priest & Doctor
15th Dec	Christmas Fest (PYC)
16th Dec	Sunday School Christmas Party & Christmas Float
17th - 19th Dec	Advent Confessions

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

From the Pastor's Desk

My Dear Loving Parishioners,

Greetings to you all in the name of Jesus!

When we celebrate birthdays, we celebrate the gift of life that God has bestowed upon each one of us. Just as we thank God for giving us life and our friends, we should also take the opportunity to celebrate Jesus' gift of His mother to us, by honoring the Blessed Virgin Mary on her birthday, September 8.

Here are few of my ideas to remember and commemorate the birthday of our Blessed Mother :

Firstly, have a special birthday celebration: Mary's birthday is a special day to celebrate, because without her and her willingness to serve God, salvation history would have taken a very different turn. The best gift that you and I can give the Blessed Mother on her birthday is our devotion to Jesus and our willingness to serve God. Make a spiritual bouquet card, offering up our prayers and sacrifices in honor of the Blessed Mother's intentions.

Secondly, celebrate with the Rosary: There are many instances in our lives when we can say 'yes' to God on a daily basis, just as Mary did. Another way to honor Mary on her birthday and ask for her help in always saying 'yes' to God, is to recite the Rosary -her favorite prayer. You can choose to say one decade or one mystery of the Rosary, but remember that all 20 decades and four mysteries tell the story of salvation. Pray for Mary's intercession in ending any form of threats to life. Without heavenly assistance, we cannot hope to win the fight for life, in our country or anywhere in the world. Celebrating birthdays is a special way to remind ourselves that life is precious and deserves utmost respect and dignity.

Thirdly, pray the Litany : Over the centuries, Mary has been called upon for her help and intercession in times of trouble. One of the oldest traditions in asking for Mary's help or to thank her for favors received, is to pray the litany. The Litany has been given a prominent place in the devotional prayers of the Church. Think about the various titles of Our Lady. Why do we honor her as Spiritual Vessel or Singular Vessel of Devotion? When God created Mary, He made her without the stain of original sin - The New Eve, meaning that she was preserved from the sin of Adam and Eve in order to fulfill her special purpose of becoming the mother of God.

The Blessed Virgin Mary has a special role as the mother of God and it is befitting that we honor her for her obedience to God's will and for her steadfast faith in God. By honoring Mary and trying to imitate her, we become closer to Our Lord Jesus. Mary, who never wants any attention for herself, always shows us the way to her Son and intercedes on our behalf, for our needs and wants. Celebrate Mary's birthday with joy and thanksgiving to God for giving us a friend and model of virtue.

Together, with my parish clergy team, I wish you all **A Very Happy And Meaningful Feast** of the **NATIVITY OF OUR LADY**. May God continue to bless our parish and its parishioners, with Graces that we need the most!

Happy Birthday Dearest Mother!

*With My Prayers,
- Fr. Innocent Fernandes SVD
Parish Priest*

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Mary the New Eve



Picture the beautiful and solemn moment of the Annunciation (**Luke 1:26-38**); when the Archangel Gabriel appears to the virgin Mary with the message of the birth of Christ against the conversation that Eve and Satan had in the garden of Eden (**Gen 3:1-6**). Two sinless persons Adam and Eve, because of their disobedience bring about sin and death to humanity. On the other hand, Jesus and Mary bring about redemption to the whole of humanity through their obedience.

After the fall of Adam and Eve, God hints at a promise of redemption: *"I will put enmity between you and the woman and between your seed and her seed; He shall bruise your head and you shall bruise His heel"* (**Gen 3:15**). This hints at the cosmic struggle that will follow, resulting in the Serpent's ultimate defeat through the seed of the Woman—though her seed will also suffer through this victory (*"you shall bruise His heel"*). The Christian tradition, ultimately sees this as a cryptic prophecy of Jesus' victory over the devil, on the Cross!

What does it mean to proclaim Mary as the New Eve?

The whole plan and mystery of incarnation depended on the answer of Mary. God sent the Archangel Gabriel to give the message of the birth of Jesus and Mary was free to make her decision. Yes, she was free but saying 'Yes' meant inviting trouble upon herself. Because a Jewish woman, being found pregnant before marriage would mean death by stoning. Yet she accepted the call, in all humility, without any further questions. Unlike Zechariah, who doubted God's power. He asked the angel, *"How can I be sure of this? I am an old man and my wife is well along in years"* (**Luke 1:18**). Or unlike Moses, who ran away to Median (**Exodus 2:15**). And he would not change his decision to return to Egypt until and unless God persuaded him and he had all the answers he wanted. He wanted an assurance that God would always walk with him and be his protector and guide. Mary on the other hand, simply asked, *"How is it possible, since I do not know any man?"* And then she says, *"Let it be done to me according to Your Word"*.

There is no direct Biblical reference to Mary as the New Eve, whereas Jesus as the New Adam has in 1 Corinthians 15:45 *"The first man, Adam became the living being; the last Adam became a life-giving spirit."*

Jesus, on different occasions calls His mother as Woman, a

woman who is different from all other women by the very fact of her following Jesus, not because He was her son, but because He is the Christ and redeemer. And as she had taken up the responsibility in the fulfillment of God's plan, she also shares in the mission of Jesus and becomes the first and the most faithful disciple. And so, Mary knew what Jesus could do, as we read in the first miracle of Jesus, John 2:3 "Son they have no wine"; to which Jesus replied, "Woman what is that to Me and to you, My hour has not yet come" (John 2:4). And under the foot of the cross, when Jesus said, "Woman behold your son... Son behold your mother (John 19:26-27). Thus, Mary becomes the Spiritual Mother of John and John becomes her Spiritual Son. Eve became mother of all the living, by her origin (Genesis 3:20) whereas Mary becomes the spiritual mother of all human race, by her faithfulness and obedience.

Vatican Documents

Commenting on the episode of the Annunciation, the Second Vatican Council gives special emphasis to the value of Mary's assent to the divine messenger's words. Unlike what occurs in similar biblical accounts, it is expressly awaited by the angel: "*The Father of mercies willed that the Incarnation should be preceded by assent on the part of the predestined mother, so that just as a woman had a share in bringing about death, so also a woman should contribute to life*" (*Lumen gentium*, n. 56).

The Catechism of the Catholic Church briefly and effectively summarizes the decisive value for all humanity of Mary's free consent to the divine plan of salvation. "*The Virgin Mary, cooperated through free faith and obedience in human salvation. She uttered her "Yes" in the name of all human nature. By her obedience she became the New Eve, mother of the living*" (CCC- 511).

Mary in the New Millennium

It's beautiful to note that though Mary had a quiet and resilient personality, yet she didn't take anything and everything that came to her. She was a woman of prayer and right judgment. Every decision that she took was always carried out with prayer and discernment. She treasured all these moments, often pondering over them in her heart. It just meant that she didn't blindly follow the Lord but was very much aware of the pros and cons of being a disciple. And we too like Mary are called to "*treasure up all these things, pondering them in our hearts*" and allowing them to affect the way we think, live and serve, just as Mary did (*Luke 2:19*).

By the very manner Mary conducted her life, she invites all of us to seriously consider the responsibility of accepting God's plan for our lives. In total obedience to God's plan expressed by the angel, she becomes a model for those whom the Lord proclaims blessed, because they "*hear the word of God and keep it*" (*Luke 11:28*). Jesus, while answering the woman in the crowd who proclaimed His mother blessed, discloses the true reason for Mary's blessedness: her adherence to God's will, which led her to accept divine motherhood. The Lord invites each of us to experience intimate, personal, exchange of love, as Mary experienced.

It may be impossible to be like Mary in every respect because of our sinfulness, since Mary is without sin. There are many characters in the Holy Bible who are 'sinful' and hence, highly unsuitable to be role models for one's life whereas, Mary remains spotless in the eyes of God. She was like any one of us yet accepted God's call and so becomes the God-bearer. And what we can imitate of Mary is her humility and willingness to be used by God without any pre-conditions.

Mary is a model we can all imitate. She walked in holiness and leads us along the path to Her Son. Each of us can say "Yes" to God, right now, wherever we are. Each of us can respond with our entire being, with a 'Fiat' of surrendered love, just as Mary did.

When we wholeheartedly respond to the call of being a true disciple we participate in the life of God who is the Father, Son and Holy Spirit and also become part of His mission. We become sons and daughters 'in the Son', and enter in communion with the Holy Trinity.

Conclusion

The very word 'Yes' to the call to be the mother of Jesus also meant being faithful to the call, as a disciple. Mary takes the responsibility by saying 'Yes' to God's saving plan for humanity, said Pope John Paul II, as he examined the significance of Mary, as the New Eve.

And every celebration of our loving mother reminds us of our basic calling. The call not only awaits our 'Yes', but wholehearted cooperation and commitment.

- Fr. Sunil Soreng SVD

CCO ON THE MOVE

As the Centre for Community Organization (CCO) celebrates its 14th anniversary on the Feast of the Nativity of Our Lady, we thank God for His countless blessings showered upon our parish and the CCO.

We would like to update you on the various activities undertaken by the different Cells and Associations, during the past quarter.

The **Youth Ministry** of our parish conducted the **Summer Camp** for children from standards 1 to 10 from 7th to 18th May, from 9 am to 12 noon. The children enjoyed the various activities conducted for them. They also conducted the **'Rink Football 2018'** for the youth of our parish in the age group of 15 to 25 years and adults above the age of 25 years, from 24th to 27th May. The participation for the sporting event was very good and Shalom, Community No. 30, was declared as winners of this tournament!

The **Bible Cell** conducted the Triduum for the feast of Pentecost from 11th to 18th May at the 7 pm Mass. The Cell also had an orientation program on the importance of the Word of God by Fr. Joe Prabhu SVD, on 12th June.

The **Couples for Christ** had organized an event called Kids for Christ on May 26th, which will henceforth be conducted on the 4th Sunday of every month.

The **Legion of Mary** conducted the Rosary at the parish Grotto on 31st of May at 6 pm.

The solemn feast of the **Most Sacred Heart of Jesus** was celebrated on 10th June.

Laity Sunday was celebrated on 24th June. On this occasion, the Heads of Cells and Associations were commissioned at the 8:45 am Mass. In the evening on the same day, a program was organized for the Heads of all parishes in the Archdiocese of Bombay, by the Office for Lay Collaboration in Ministry (OLCM), at the Antonio D'Silva Hall, Dadar West from 4:30 pm to 7:30 pm.

"No man is delivered or preserved from the world-wide snares of Satan save through Mary; and God grants His graces to no one except through her alone.

- St Germanus

The **Family Cell** held a special Retreat for families and couples at Atma Darshan, on the 14th and 15th July. The theme was **'Biblical Perspective on Family'**.

The **Federation of Centres for Community Organization (FCCO)**, held a meeting on 19th July, at St. Pius College, Goregaon. Ida Quinny, Maria Nanal and Necessidade Fernandes represented our parish at this meeting. The central theme of this meeting was based on Active Citizenship.

The **Parish Association Council (PAC)** meeting was held on July 23rd. At this meeting, the new Spiritual Directors for the Cells and Associations of our parish were announced. Future programs/events lined up for the academic year 2018-2019 were announced by the Heads of Cells and Associations. There was a good turnout at this meeting with active participation by all those who attended.

The **Senior Citizens Cell** celebrated Parents' Day on 29th July, commemorating the feast of Sts. Joachim and Ann. All the parents and grandparents of our parish were invited for a get together. The Eucharist was celebrated by Fr. Valerian Fernandes SVD and after Mass, there was a small entertainment program followed by fellowship.

The **Dental and Homeopathic Clinics** are functioning well.

We are registering many girls and boys who wish to get married in the near future, from our parish as well as from other parishes.

The CCO has been assisting in filling forms for parishioners who are in need of financial aid towards school fees for their children, medical and house repairs/rent through the Community Welfare fund.

The CCO would like to extend our thanks to Mrs. Antonette D'Sa for her selfless service for the past so many years. We wish her all the best for her future and pray that God blesses her and her family abundantly.

The CCO takes this opportunity to wish you all a very blessed and happy feast of the Nativity of Our Lady.

Ida Quinny
CCO Co-ordinator

Jesus sees me through



Everything is possible for the one who has faith (*Mark 9:23*). These words of Jesus, ring so true in the life of Rose Almeida. She happily says "Jesus sees me through in every situation. HE is the one who keeps me GOING and GROWING".

Rose Almeida, belongs to St. Anne's Community No.26, of our parish. She is currently the President of the St. Vincent de Paul unit (SVP) of our parish and member of the Community Welfare Fund (CWF). In the past, she has served as the Parish Pastoral Council member of Community No. 26, for four and half years and is presently an animator of her Small Christian Community.

Feeling Loved And Cared: Family Bond

It's always important to feel loved and cared. We give what we have. Being the eldest grandchild in her mother's family, she was blessed in many ways. She experienced love and appreciation from her grandparents, uncles and aunts besides her parents. Hence, from an early age, she experienced tremendous family love and spirit and these attributes only strengthened as she grew up. She cultivated the same family cementing qualities later on, when she had her own family.

Rose was married at the tender age of 22. She gave up her career to be a homemaker and be around her two sons whom she raised in true Christian faith. A joyful homemaker that she is, she says "Our family keeps many traditional values alive by celebrating birthdays, anniversaries and festivals. Our family ties are strong and will always be rooted in God".

Values

Ask Rose about the persons who influenced her life and she has this to say: "My close knit family/in-laws, my parents, teachers, SVP members, have all been instrumental in teaching me to be honest, polite and to stand-up for myself and to do what is right. I owe a great deal to my early education at St. Joseph's Convent in Nagpur, where I initially learnt and experienced the goodness of inculcating the right values of life and prayer".

Life Has Never Been The Same : My Experience With The SVP

Rose moved to the Sacred Heart Parish in the year 1983. Initially, just like everyone else she kept herself busy with her home responsibilities and children's education/schooling at Holy Family School. It was only after they had completed

With the body then that was from the Virgin, Jesus entered Sheol and plundered its storehouses and emptied its treasures. He came then to Eve the Mother of all living. This is the vine whose fence Death laid open by her own hands, and caused her to taste of his fruits. So Eve the Mother of all living became the well-spring of death to all living. But Mary budded forth, a new shoot from Eve the ancient vine; and new life dwelt in her, that when Death should come confidently after his custom to feed upon mortal fruits, the life that is slayer of death might be stored up therein against him.

- St. Ephrem

their schooling and got themselves into Engineering Colleges, Rose had a little of 'me' time. In 1993, her friend Natalie invited her to join the Society of St. Vincent de Paul (SVP) and there has been no looking back since. Reminiscing, Rose says, "Initially, I was scared and nervous to be out there, far from the cozy and secure confines of my home, to stand outside the Church with the collection box for the needy/poor. Thereafter, my life changed! It was never the same. I was a transformed person. To put it simply, I felt happy and proud and eagerly awaited for the 2nd Sunday Box Collection". I still continue as one of its senior members, having completed 25 years, contributing my time to the poor and marginalized of our parish. I have consciously administered with a steadfast devotion to all those who have needed me.

Finding Happiness In The Service Of The Church

In the year 2007, Rose was introduced to yet another Committee in the Parish, the Community Welfare Fund.

Here too, she gives her whole hearted service to the poor and needy of the parish. She says: "I cherish rendering this service and it gives me immense satisfaction".

For Rose, happiness is everywhere. "Life has been good" she says, "It makes me happy to be able to attend SVP meetings every Monday, CWF meetings every Friday and Community meetings, once a month. For all this, I thank the Almighty who enlightens me. I also give credit to the continuous support and encouragement I receive from my husband and children."

Message To The Parishioners

Life is a long journey and there are ups and downs, periods of storm and calm but Jesus sees us through every situation, whatever it may be, and trusting Him, we must move along.

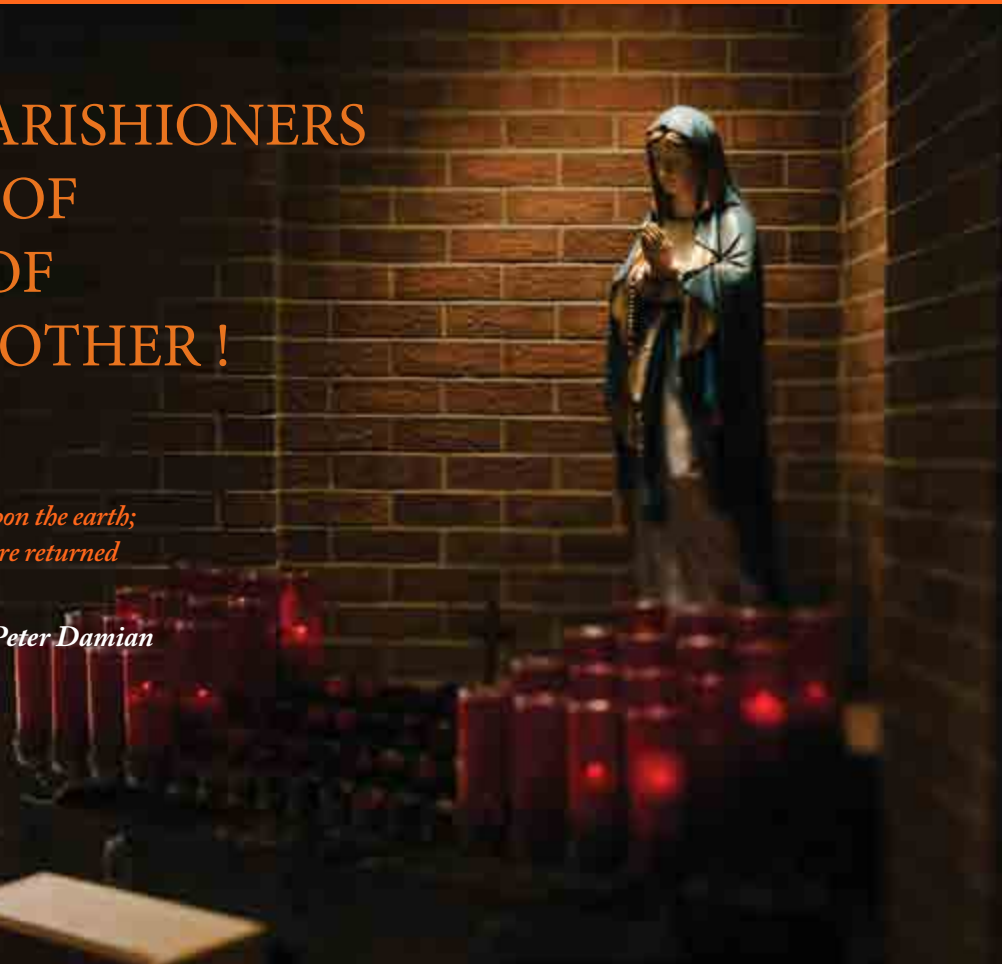
Rose Almeida

Interviewed by Sr. Nathalia D'souza SSPS

WISHING ALL PARISHIONERS A HAPPY FEAST OF THE NATIVITY OF OUR BLESSED MOTHER !

“
Through a woman - Eve, a curse fell upon the earth;
through a woman - Mary as well there returned
to the earth a blessing.

- St. Peter Damian



Roses for Our Blessed Mother

Flowers can be one of the best gifts that we can present to our loved ones. The captivating beauty of flowers is appreciated by all, especially if roses are added to the floral bouquet. It enhances the beauty quotient of the bouquet. What then is the best way we can present a floral bouquet to our Blessed Mother? A 'Rosary', is a garland of roses which we can offer our Mother, daily.

It is one of the best possible gifts we can give our Mother. The word 'Rosary' is derived from the Latin word 'Rosarium', which means a rose garden. The Rosary is like offering a bouquet of roses to our Blessed Mother. How delightful it is to know that each 'Hail Mary' that we recite on the rosary beads, we are seen offering a beautiful rose to Mary our Mother.

We cannot see the spiritual realm, but had we to see it, we would witness a choir of angels descending down from heaven and ascending back from earth carrying our sweet offerings of spiritual roses whenever a Rosary is being recited. Although the Rosary is considered to be a Marian prayer, it does not reflect much on the life of Mary as it does on the life of her son, Jesus. What can be more pleasing to our Mother than when we reflect upon the life and mission of her beloved son, Jesus.

The recitation of the 'Hail Mary' has its roots in the beginning of the 12th century. The 150 'Hail Mary' acted as a substitute to the 150 Psalms prayed by the monastics. This prayer has taken a different form since then and what we have today,

the Rosary in its present day form is attributed to Blessed Alan de Roche, a Dominican. Many years later, in 2002 Pope John II added the five Luminous Mysteries.

The Rosary is a powerful weapon to combat evil and to foster peace in our homes, our country and in the world at large. Even though our grandparents or great grandparents may not have been highly educated, the daily recitation of the Rosary was a practice followed in families with utmost piety, in the early days. A devotion faithfully followed in catholic homes through the centuries. It's rather a sad reflection of our times that the recitation of the Rosary has fallen on bad times. Hence, we find disintegration and in-fighting prevalent in families. The elusive peace we need in homes is missing (the binding factor –the 'Rosary' being absent). The words '*the family that prays together stays together*' is an adage well forgotten! There can be no better way for a family to come together as one unit than to recite the Rosary together!

There is tremendous power in praying the Rosary. Mary our Mother comes to our aid in our moments of trials and temptations. Late Fr. Gabriel Amorth, Chief Exorcist of the Vatican reported that during an exorcism one of his co-exorcist heard the devil say "*Every Hail Mary is like a blow on my head. If Christians knew how powerful the Rosary was, it would be my end.*" What an irony! Satan knows the power of the Rosary, while we are still ignorant of its power!

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

*Death came through Eve, but life
has come through Mary.*

- St Jerome



**BIBLE QUIZ
NO 2018-03**



I) CIRCLE THE CORRECT ANSWER

- This man was thrown in a lion's den but survived.
a) Samson b) Daniel c) Joseph
- Satan's original angelic name.
a) Hades b) Gehenna c) Lucifer
- The only woman other than Esther who has a book of the Bible named after her.
a) Rebekah b) Ruth c) Miriam
- This King of Moab was so fat that when Ehud thrust a dagger into his belly, the hilt also went in after the blade. (Clue- Judges Chptr. 3)
a) Ahab b) Balak c) Eglon
- The only female judge of Israel
a) Ruth b) Susanna c) Deborah
- Who was the brother of Martha and Mary?
a) Isaac b) Lazarus c) Joseph
- This man never died but was taken up to heaven in a whirlwind.
a) Enoch b) Elijah c) Elisha
- Onesimus was this man's servant before he ran away from his master.
a) Philemon b) Philippian c) Paul
- The Revelation of Jesus Christ was given to this person
a) Matthew b) John c) James
- The Angel who was sent to Mary with the Good News.
a) Gabriel b) Michael c) Raphael
- Israel's first high priest.
a) Aaron b) Moses c) Joshua
- The man who was chosen to replace Judas in the apostolic ministry.
a) Barabbas b) Matthias c) Paul

II) FILL IN THE BLANKS

- We all had gone astray like _____ (Isaiah 53:6)
- Your kingdom come, Your will be done, on _____ as in heaven (Matthew 6:10)
- _____ is the realization of what is hoped for and _____ of things not seen (Hebrews 11:1)
- I urge you therefore, brothers, by the mercies of God to offer your bodies as a living _____, _____ and _____ to God, your spiritual _____ (Romans 12:1)
- At the resurrection they neither _____ nor are given in marriage but are like the _____ in _____ (Matthew 22:30)
- All _____ is like grass, and all its _____ like the flower of the _____; the grass _____ and the flower _____ but the _____ of the _____ remains _____. (1 Peter 1:24, 25)
- "I am the _____ and the _____" says the Lord God, "the One who _____ and who _____ and who is _____, the _____ (Revelation 1:8)
- Then the eyes of both of them were _____ and they realised that they were _____, so they sewed _____ leaves together and made _____ for themselves (Genesis 3:7)

9. In contrast, the _____ of the Spirit is _____, joy, _____, patience, _____, generosity, _____, gentleness, _____ (Galatians 5:22)

10. We know that _____ things work for _____ for those who _____ God, who are called according to His _____ (Romans 8:28)

III) UNSCRAMBLE THE WORDS AND FIND THE SCRIPTURE VERSE

"FI OGD SI ORF SU, OHW NAC EB SAAGNIT SU" (Romans 8:_____)

(_____)

IV) CIRCLE THE CORRECT ANSWER

- In which Gospel account can we find the Parable of the Prodigal Son?
a) Matthew b) Luke c) Mark
- Name the feast of our Mother Mary which falls on the Independence Day of our country?
a) Coronation of Mary b) Assumption of Our Mother Mary
c) Nativity of Our Lady
- Name the saint who is the patron saint of all parish priests?
a) St. Anthony b) St. Padre Pio c) St. Jean Marie Vianney

Please Note:

- The Quiz is meant only for children of our Parish who are studying in Std.10th and below.
- Drop the answers in the letter box placed in front of the Parish Sacristy latest by 30th September 2018
- There are three attractive prizes to be won. If there are many entries with the right answers, then 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.2018-02

- I) 1. a) 2.c) 3.b) 4. c) 5. b) 6. b) 7.a) 8. b) 9. a) 10. b)
- II) 1. Children, heaven (Matthew 8:7)
2. Two, hate, love, devoted, despise, God, mammon (Matthew 6:24)
3. Bread, hunger, thirst (John 6:35)
4. Light, darkness, light, world (John 8:12)
5. Enters, saved, come, pasture (John 10:9)
6. Lays, life, sheep (John 10:11)
7. Resurrection, life, dies, live, believes, die (John 11:25)
8. Way, Truth, Life, Father, me (John 14:6)
9. Vine, fruit, prunes, fruit (John 15:1,2)

III) **"YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, WITH ALL YOUR SOUL, ALL YOUR STRENGTH AND WITH ALL YOUR MIND, AND YOUR NEIGHBOUR AS YOURSELF"** (Luke 10:27)

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

Winners of Quiz No. 2018-02 :

1st Prize - Chris Chettiar; Std VIII; Holy Family High School

2nd Prize - Aden D'Souza ; Std III; Vissanji School

3rd Prize - Ashton Sequeira; Std VI; St. Dominic Savio

Hearty Laughter

Knight's Victory

A knight and his men return to their castle after a long hard day of fighting.

"How are we faring?" asks the king.

"Sir," replies the knight, "I have been robbing and pillaging on your behalf all day, burning the towns of your enemies in the west."

"What?!" shrieks the king. "I don't have any enemies to the west!"

"Oh, no!" says the knight. "Well, you do now."

Getting That Right

Boss : Mike, how do you get it right? For 30 years you have been bringing me coffee filled to the brim every morning without spilling it?

Mike: Before I climb up the stairs I take a big sip. As I get upstairs, I put it back.

Mike's funeral is tomorrow.

Rejected Invitation

Mrs. Jones was reading a letter at breakfast. Suddenly she looked up suspiciously at her husband.

"Henry," she said, "I've just received a letter from mother saying she isn't accepting our invitation to come and stay, as we do not appear to want her. What does she mean by that? I told you to write and say that she was to come at her own convenience. You did write, didn't you?"

"Err, yes, I did," said the husband. "But I couldn't spell convenience, so I made it risk."

Name Warning

On a street, where the speed is limited to 30 mph the police stop a driver.

"Not only have you been driving too fast, you've been passing cars where it is not allowed. Your lights don't work, your tires all completely worn out. This is surely going to cost you a lot. What's your name?"

"Schtrathewisizeski Vocgefastilongchinic."

"Well, I'll let you go this time but don't do it again."

Couples late night Discussion over heard

Wife : Where are you? (In a tense tone) what happened?

Husband : I'm in the car dear. But the steering wheel, clutch pedal, brake pedal, accelerator pedal are all stolen from our car. What to do?

Wife : Are you drunk again?

Husband : A little, but how does that matter? Think about our car first.

Wife : It was expected you idiot! Change from the left seat to the right seat. You'll find everything.

Isn't it true nobody knows you better than your WIFE!

Passed Note

A near-sighted minister glanced at the note that Mrs. Jones had sent to him with an usher.

The note read: "Bill Jones having gone to sea, his wife desires the prayers of the congregation for his safety."

Failing to observe the punctuation, he startled his audience by announcing:

"Bill Jones, having gone to see his wife, desires the prayers of the congregation for his safety."

Parish Activities

SCCs – An ‘All-Encompassing Ministry’

Pope John Paul II had expressed his strong support for the development of Small Christian Communities over more than twenty years of his pontificate. Here is what he said: *"One way of renewing parishes, especially urgent for parishes in large cities, might be to consider the parish as a community of communities and movements. The Church as Family cannot reach all her possibilities as Church unless she is divided into communities small enough to foster close human relationships"*.

Hosting the Andheri Deanery Meet

The city of Mumbai and its outskirts constitute 124 parishes all affiliated to the Archdiocese of Bombay. These 124 parishes are further divided into 11 Deaneries – our parish is a part of the Andheri Deanery. Deanery meetings are held once in 3 months, in the parishes belonging to the Deanery, on rotational basis.

It was the turn of our parish on 21st July 2018, to host the Andheri Deanery Meeting which was presided by His Lordship, Bishop Barthol Barretto. The attendees comprised the coordinators of the 10 parishes of the Andheri Deanery and the respective SCC Spiritual Directors. The attendees were welcomed by Fr. Innocent Fernandes SVD who was also part of the meeting.

In conclusion, Bishop Barthol thanked one and all for their presence, positivity, enthusiasm and unstinted efforts to sustain and take the SCC Ministry to greater heights, saying: *"The Church is proud of each one of you"*.

Bid Goodbye to the Rains with ‘Monsoon Melodies’

As we expect the rains to retreat towards the end of September, communities gear up for a fun-filled music contest ‘Monsoon Melodies’, to be held on our parish grounds on 30th September 2018. As the name suggests, the songs should be based on the rains and the monsoon. The genre of music can be retro, current or it can be your very own composition. Young and old can form teams and walk home with very attractive prizes!

Uniting in Song and Praise Singing the Parish Anthem

Be a part of the parish history by composing and putting together the Parish Anthem. The aim is to unite all parishioners as one body in song and praise at the start of all parish events in the future. The contest is open to all parishioners. A jury panel will select the 5 best compositions which will be put to music and performed live for the final selection. The launch of the Parish Anthem is planned during our Parish Day celebrations in November 2018.

Stay connected with your PPC member and SCC Coordinator for details of the contest and registrations.

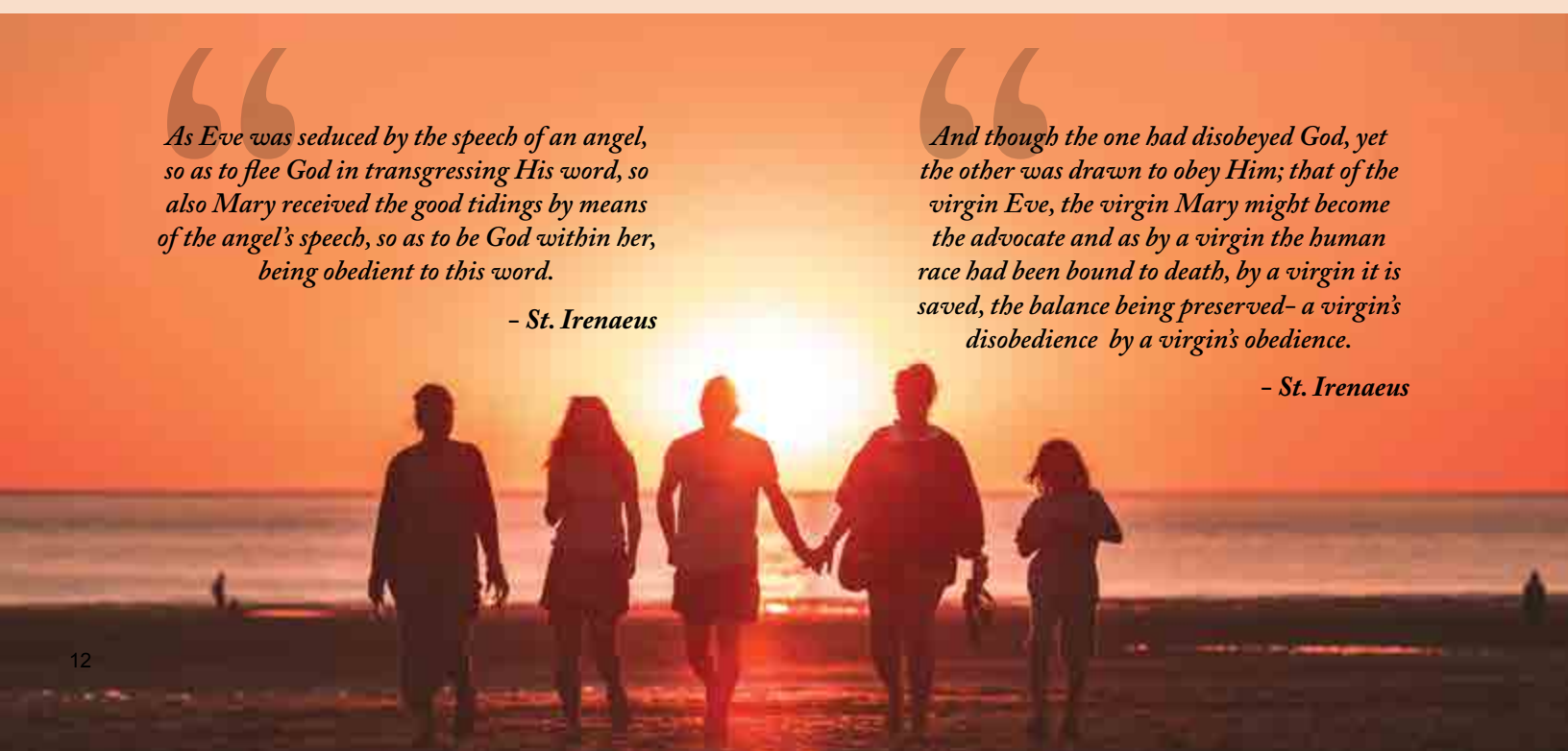
Candida Mendoza
Parish SCC Project Coordinator

“As Eve was seduced by the speech of an angel, so as to flee God in transgressing His word, so also Mary received the good tidings by means of the angel’s speech, so as to be God within her, being obedient to this word.

- St. Irenaeus

“And though the one had disobeyed God, yet the other was drawn to obey Him; that of the virgin Eve, the virgin Mary might become the advocate and as by a virgin the human race had been bound to death, by a virgin it is saved, the balance being preserved- a virgin’s disobedience by a virgin’s obedience.

- St. Irenaeus



Retreat on the Biblical Perspective On Family

As part of the parish Family Cell activities, a retreat was organized on 14th and 15th July, 2018 at Atma Darshan. Fr. Naveen Rebello SVD, our former co-pastor, together with Fr. Valerian Fernandes SVD, our current co-pastor and the Spiritual Director of the Family Cell, were the preachers at this Retreat. The topic : Biblical Perspective on the Family.

The talks gave us an in-depth knowledge of the various perspectives and dimensions presented in the Bible about the Family. Both the preachers drew our attention to God's divine plan in the formation of the family as the basic unit of society and its various functions, thereby emphasizing that family is the source of divine blessings and promises. Some of the aspects that were reflected upon were:

- Prayer in the Family
- Relationships in the Family
- Wisdom in the Family
- Mission in the Family
- Family in the Bible
- Spirituality in the Family
- Models of Family

These inputs were interspersed with meaningful Liturgies, personal Testimonies, Adoration, Meditations and time for Personal prayer.

35 parishioners participated and all were enthusiastic about the Retreat. All of them found this experience very meaningful and challenging. It was strictly a 'Biblical' retreat, hence the topics touched upon were taken from the Bible and the reflections were in line with the interpretations of the biblical texts.

The participants found these reflections deeply rooted in the Bible and hence, felt the need to go deeper in the study and reflections of the many biblical passages that were suggested for meditation. The Bible is ultimately about the 'family': we all belong to the larger family of human beings; the family of the Church. Hence, time spent in Adoration and Meditation helped the participants to enjoy this experience of being part of the smaller family as well as the larger family. At the same time, shared testimonies by co-participants also challenged us in many ways. These testimonies demonstrated that all of us go through a lot of modern day woes in our respective families; which can be resolved with the help of prayer and proper communication between the spouses as well as between parents and children.

The focus being on Family this year, the Family Cell have plans to arrange courses and seminars that will help our parishioners experience spiritual enrichment. Though the response for the Retreat was not on expected lines, the need for organizing such exercises along with other more 'secular' activities from time to time, was clearly felt by the Family Cell. It is the urgent need of the hour to foster more of such prayer families.

It was also felt that lack of prayer in the family units these days mainly due to job related issues, is causing many a problem in the family/

home. It is therefore, highly recommended that each family makes the effort to take some time off their busy schedules for personal and family prayer time with daily reading/listening to the Word of God just as they make time to devote to other family activities.

Lucy Rocha
Family Cell

Health Cell

The Health Cell, in collaboration with the Cardiology Department of the Holy Spirit Hospital, conducted a **Free Cardiology Camp** for the parishioners of Sacred Heart parish. We had 106 pre-registrations for this camp and they were attended by eminent cardiologists, Dr. Amit Sharma, Dr. Sunil Jatania and Dr. Manish Arya. Free ECG, Blood Sugar tests, Blood Pressure were done, followed by consultations by cardiologists to assess their heart condition. Further tests like 2D Echo and other investigative tests were offered at a discounted price for our parishioners, at the Holy Spirit Hospital.

The discount period window given is 2 months for the following medical interventions, namely; **Angiography, Angioplasty, Cardiac Surgery, Stress Test, 2D Echo, CBC, Serology Tests, Renal Profile, Lipid Profile, and Cardiac Profile.**

Also, medicines costing Rs. 500/- and above, would be sold at a discounted price. The *Cardiology Camp* was followed by a highly educative and enlightening talk by Dr. Amit Sharma on '*How To Prevent Heart Attacks & Live Healthier Lives*'. Dr. Sunil Jatania gave a talk on Cardio Pulmonary Resuscitation (CPR), giving pointers on how to save a person's life when his/her heart stops beating. Dr. Jatania emphasized that the main focus should be on cardiac compression and massage followed by mouth to mouth resuscitation to maintain airway and breathing of the patient who has collapsed. Knowing CPR would definitely help save precious lives, in a timely manner.

We wish to thank Sr. Jessie Mary of the Holy Spirit Hospital's Community Health Centre who coordinated with the staff of the Pathology Dept, ECG Dept, Assistant doctors and Consultants of the Holy Spirit Hospital.

We also thank Fr. Sunil Soreng SVD, Spiritual Director, Health Cell, for his support and guidance and to Health Cell members, Sr. Jaya, Annamma, Lydia, and Joyce. Dr. Roshni and Mario for helping with the registrations and managing the logistics for the smooth, efficient and successful organization of the Cardiology Camp.

May God bless them all!

Dr John D. Rodrigues
Health Cell Coordinator

Grandparents' Day Celebration

*"They are a wealth not to be ignored,
Where there is no honor for elders
There is no future for the young."*

Adhering to this profound statement of Pope Francis, the Senior Citizens' Cell of our parish decided to celebrate Grandparents/Parents Day on 29th July 2018, commemorating the feast of Sts. Joachim and Anne. Our coordinator Anita D'Sa came up with a brilliant idea of making hand painted cards for the house bound grandparents/parents.

Members of the Cell along with our spiritual director, Fr. Valerian Fernandes SVD met and painted 104 cards, each card carrying a loving message written by Conrad D'Sa.

Eucharistic Ministers helped the core group members with the details and in visiting homes of the house bound members on 25th and 26th of July as per areas allocated. Each of us returned with a new found sense of fulfillment. It was a memorable experience. We came back wiser as we had a firsthand insight into the lives of the house bound seniors, their loving families and caring caretakers. We were welcomed with love and warmth and blessed abundantly for our efforts and thoughtfulness.

The celebration marked for 29th July began with announcements for senior citizens' to register their names and those who did so were handed unpainted cards for their children/grandchildren to paint which they could further embellish with special messages or pictures. The completed cards were then collected and placed at the altar for a special blessing by Fr. Valerian, the main celebrant during Mass. He gave an inspiring homily on how the elderly should make concerted efforts to look after themselves. He promised to conduct a workshop for the caretakers of the elderly, in the near future.

After Mass we felicitated our parish clergy team in advance on account of the feast of their patron St. Vianney. The Fathers cut a cake to mark the event. This was followed by two dance performances. During the entertainment refreshments were served. A dance show was screened to get everyone present in the party mood. Conrad with his charismatic persona made sure every person was on the floor dancing. There was karaoke and individuals singing making the ambience very lively. The finale of the evening was the 'Housie' which is everyone's favorite! The function ended with a take away biryani and some happy memories of the evening!

We thank our sponsors/donors, who time and again help make our events a success with their generosity!



To sum it all:

Grandparents cherish and dote on their grandchildren from the very first day

When they first lay their hands on them to cuddle, hug and play

They keep them spellbound with stories of days gone by

Look after them when needed without asking how or why

So love your grandparents for they are your wealth

Be sure to cherish them and look after their health

We are blessed to have our grandparents with us even to this day

May God bless and look after each of them every step of the way.

Janice Braganza
Senior Citizens' Cell

Vianney Sunday

1 Timothy 5:17: "The elders who direct the affairs of the Church well, are worthy of double honour".

On the occasion of **Vianney Sunday**, on 5th August 2018, the feast of St. John Marie Vianney, the patron saint of priests, the Parish Pastoral Council (PPC) members along with the Small Christian Community (SCC) coordinators and Parish Association' Council (PAC) members, came together, to make this day a memorable one for our parish clergy team. They seized the opportunity to express their appreciation, affection and gratitude to our much loved and cherished clergy team, namely; Fr. Innocent Fernandes SVD, Fr. Valerian Fernandes SVD, Fr. Pravin Aranha SVD, Fr. Sunil Soreng SVD, and Deacon Leo Alex SVD, for their selfless and dedicated service towards the parishioners.

The celebrations commenced with a Thanksgiving Eucharist at 8:45 am, wherein we took the opportunity to not only thank the good Lord for the wonderful shepherds He has bestowed to lead the Sacred Heart Church but also to pray for their continued good health and service, in the vineyard of the Lord. The Eucharist was celebrated by our parish priest, Fr. Innocent and con-celebrated by the rest of the clergy team. Fr. Brian Moras SDB, Fr. Joe Arun Prakash SVD, Fr. Gregory Arokiam SVD and Fr. Scariachan Pannackal SVD too were part of the Eucharistic celebration. The felicitation of the priests towards the end of the Mass, commenced with the Vice President of the PPC, wishing them on their special day while commending them on their myriad qualities. As a token of our love and appreciation they were presented with a flower bouquet!

The celebrations thereafter moved to Sun City Hotel, Andheri East for a luncheon party. On arrival, the priests were welcomed with beautiful floral head wreaths and a special welcome dance. The festivities continued with the ceremonial cutting of a cake with the message "Year of the Clergy & Consecrated Persons, 2018", a welcome speech by a SCC member, followed by the celebration

march. The compere of the day had lined up loads of games which were greatly enjoyed by all the attendees. The ambience of the party itself said it all. The priests happily joined in the merriment and could be seen dancing enthusiastically to the wonderful, foot tapping music. The celebrations concluded with a beautiful thank you speech and presentation of a card by a PAC member, the grace before meals by Fr. Brian and a scrumptious meal.

It was a great feeling to be present to witness the happiness and joy on the faces of our priests. The entire room pulsed with the love and fellowship being experienced by all present. We wish to place on record our deep appreciation and thanks to the Organising Committee who made this Vianney Sunday celebration a grand success.

A heartfelt and profuse thanks goes out to all our Priests. Irrespective of your Feast Day dear Fathers, we wish to remind you that each one of you is **SPECIAL and GREATLY LOVED**, by your flock!

Sharon Pinto
Emmanuel, Community No. 24



**YOUTH FULLY
A L I V E**

Youth Picnic At Monteria Resort

A picnic they say is one of the best way to enjoy the simple pleasures of life and spend some quality time with one's friends.

On 30th April 2018, the youth of Shalom, Community No. 30 numbering 20, proceeded for a picnic to the well-known Monteria Resort, Khalapur. We had three Animators of our community accompany us on this picnic. The youth were determined to have a good time as this youth picnic was planned after a long gap of 6 years.

We gathered at the pick-up point at 6:00 am sharp all excited and happy to make the journey. The bus ride was the most enjoyable as we took in the passing scenery, sang songs, joked, while some caught up with unfinished sleep! By 8:00 am we had reached the picnic resort. Since we reached earlier than expected we wanted to make the most of the day and so played a game of football. Post a hot breakfast, a lot of outdoor activities like Archery, Rifle Shooting, Burma Bridge, Swinging Bridge, Cable Crossing and Zip line were lined up for us at the Resort. After having depleted all our energy we

jumped into the inviting pool to relax and cool ourselves. The pool games especially the innovative marble game seemed very interesting and soon we forgot how tired we were and got into the competitive group game headlong.

After enjoying a delicious and heavy lunch we took a power nap to recharge our batteries! After a short break, we played the enjoyable game of Dumb Charades. We realized we still had time before calling it a day, so we played different games like football, table tennis, chess and Ludo.

Soon it was time to leave for home but not before clicking a group picture and having tea and snacks. This picnic was indeed a memorable one for the youth of our community. We all had a good time. The outing was a day well spent with friends and provided us with the much needed break to refresh and soothe our frayed nerves especially after going through exam stress and hectic work schedules.

Aurelia Fernandes
Shalom, Community No. 30

Bringing Out The Child Within

It was finally Summer Camp time! We had 150 kids rush into the Community Center full of excitement in their hearts and an extra spring in their walk at the start of the 2018 Summer Camp!

The campers were divided into groups and asked to use their creative juices and come up with names and a war cry which would be their identity for the duration of the camp. The range of their creative imagination stumped us! We had a bunch of super intelligent children.

The organisers had chalked out a whole lot of fun games each of which had points allotted. Children had to compete with each other to gain maximum points for their respective group and make it to that elusive 'Scoreboard'! There were indoor games as well as outdoor games. We had one day especially earmarked for water games which has always been voted by the children as their favorite. Due to the immense popularity of water games with children, the organizers extended the water games by a day much to the delight of the children! We also had Quiz Day where children had their GK put to test in a fun manner. The Art & Craft class, though messy had children handcraft beautiful pen stands, paper animals and paper bags that were taken home as souvenirs. Treasure Hunt was the most anxiously awaited game. In true team spirit the children collectively cracked the clues and performed the tasks required just to have their respective team win and make it to the scoreboard!

The organizers made sure that every day of the summer camp was a learning curve for the children. They started the day with some action songs when their energy levels were at the peak and highly contagious!

This year we had special someone to conduct a dance workshop for the children and they proudly showcased the newly learnt moves at the 'Just Dance' session. Their efforts to excel made us all proud.

All this would not have been possible if not for the generosity of our sponsors who readily volunteered to sponsor delicious snacks for the children during the entire duration of the camp.

The Summer Camp ended on a bitter sweet note! On the last day the children were pleasantly surprised when they were treated to Pizza and chocolate cupcakes! The children too surprised us by staging a small performance. Their own little way of thanking us and bidding us a warm adieu until the next summer camp! Each child in his or her own unique way managed to touch our hearts and made hosting the summer camp a truly memorable experience!

We thank our Spiritual Director, Fr. Infant Vinodh SVD for his able guidance and the leadership of Fr. Praveen Aranha SVD. A special shout out to our youth who took time off their work to be around our children and buoy their holiday spirit!

Khryselle Rocha
Helpers of Jesus, Community No. 14

Let's Football

The Rink Football Tournament 2018, was held on our parish grounds from 24th to 27th May. There were 17 teams who competed in the tournament for the coveted trophy!

On 24th May, Fr. Innocent Fernandes SVD, parish priest did the honors of declaring the tournament open, followed by all 17 captains of the participating teams taking the Pledge. The teams were divided into 4 groups, Group A thru Group D. Only 2 teams from every Group would make it to the Quarter Finals, hence every team was forced to give their best shot to qualify, irrespective of the fact they were up against family or friends! Ever so often there were loud cheers and claps erupting from the stands whenever a goal was scored!

On 25th May, with all matches between groups being played, the winners were: Community Nos. 2, 4, 16, 19, 21, 29, 30 and 32. These communities qualified as *quarter-finalists*. Finally, the play offs between these 8 teams decided the semi-final players. There was an innovative way of counting the goals by the trump player in matches and every time he scored, the goal was multiplied by 2 (*as per rules*). This was a good chance for the captains to acquire some managerial skills! The teams that made it through to the semi-finals were Community Nos. 2, 16, 29 and 30! Some teams introduced their players and their team logo/name by playing a short video, before the game could commence.

The semi-finals were held on 27th May. The finalists to emerge from the play offs were Community No. 2 and Community No. 30. An exhibition match between the girls from our parish and the girls from the Holy Family parish was played and the winners were girls from our parish!

The finals of the Tournament was played on Sunday, 27th May. The two competing teams put their heart and soul into the game. In the end, Community No. 30 managed to shatter the defense of Community No. 2, to emerge as ultimate winners of the Rink Football Tournament 2018! It was a close game and a game well played, with Community No. 2 being declared as worthy runners up!

Women's Throw Ball League 2018

The event officially came to an end with the *Presentation Ceremony*.

- Best *Short Video Award* : Community No. 32
- Best *Goalkeeper Award* : Craig Noronha - Community No. 32
- Best *Celebratory Moment Award* : Sherwin Quadros - Community No. 2
- Best *Captain Award* : Grenville Fernandes - Community No. 19
(For successfully leading his team right up to the semi-finals with only 4 players on the field)
- Highest *Goal Scorer Award* : Rohan Travas - Community No. 30.
- Best *Player Award* : Lynton D'Souza - Community No.16.

We can proudly say that the Rink Football Tournament 2018, was a huge success. Our thanks go to the youth, our well behaved audience, unstinted support and encouragement of the PYAT members, our clergy team and most importantly, were it not for our players, there would be no tournament to crow about!

Alston Quadros
Sacred Heart, Community No. 32



Sacred Heart Women's Throw Ball League 2018 had 6 teams playing and was an amazing experience for all, players and spectators right through. Organized by the youth of Area 7 on the 4th, 5th and 6th of May, as well as with the help of volunteers from all areas, the event turned out to be a grand success.

Day 1 kicked off with a few encouraging words and an opening prayer by our beloved parish priest Fr. Innocent Fernandes SVD, followed by the Captain's Oath Ceremony, led by Allwyn D'Souza. It was an amazing sight, to witness the steely determination in the captain's eyes and the background sounds of the crowds, cheering for their respective areas.

We had a surprise for everyone, a special dance performed by the organizing team to pump the crowds up for the matches that were to follow. The intense matches on Day 1 were played by Areas 1, 2, 3, 4 and 5 with Areas 2, 3, 4 and 5 moving on to the next day of the League. Day 1 ended on a good note with great help from volunteers and cooperation from the playing teams.

Day 2 began with even more determination and competition as all the remaining teams fought to grab a spot in the semi-finals. Tension on the playing field was high as the referee kept an eagle eye on the game and called out fouls to keep the game fair and square. The matches on Day 2 were played by Areas 2, 3, 4, 5 and 7 all of which kept the crowds at the edge of their seats. However, only 4 teams, namely; Areas 1, 2, 3 and 7 made it through to Day 3.

Day 3 being the last and final day, was the most exciting. All the teams came in with the same determination as was displayed on the previous two days. The first two matches played were to decide the semi-finalists which turned out to be Area 3 and Area 7; followed by an exhibition match played between the organizing committee and PYC members to keep up the competitive spirit in the finals. The heated finals began between Area 3 and Area 7, and both teams fought to come up on top, until the shrill whistle by the referee, declared Area 7 as the *Winners* of the 2018 Women's Throw Ball League.

The closing ceremony began with a note of thanks to all the sponsors and volunteers that helped make this event possible. The prize distribution ceremony was special, for both, the winning team and the very appreciative and encouraging crowds. We also had a few other winners, namely :

- Best Captain – Irene Mathias
- Best Fair Play Team – Area 3
- Best Player – Maria Noronha

Overall, the 3 days of the Throw Ball League showed the tenacity of women and brought all communities of the parish together as one big family!

Alroy Chettiar
St. Ann's, Community No. 26 (Area 7)

A New Beginning Towards A Journey Of Faith

Orientation for the newly inducted members of the Parish Youth Council (PYC) for the term 2018-2020, was held at the pristine and serene Atma Darshan, on 17th June 2018. The session began with a brilliantly conducted ice-breaker to get new members to acquaint themselves with each other. It required interaction and recall of names to be recorded on a graphic clock! During this *getting-to-know-each-other* game which roughly lasted 30 minutes, we not only got to know each other by name but successfully managed to learn of their career choices, likes and dislikes!

Next, Deacon Ivan Fernandes took to the podium with a very enlightening talk. His session started with a case-study, followed by an interactive Q&A with all participants taking an active part. Deacon Ivan broadened the concept of the oft and general description of the word 'Leadership'. It truly worked as an eye opener to look at leadership from a new angle and perspective.

A short presentation highlighting the role and responsibilities of PYC members followed. This gave us a deeper understanding of the structure of the Youth Ministry of our Parish. The Orientation program concluded with a Eucharistic celebration by Fr. Praveen Aranha SVD. We found the Orientation to be a learning experience, conducted beautifully by the Parish Youth Animation Team (PYAT).

The new PYC Team was commissioned on 24th June 2018, at the 5:30 pm Mass concelebrated by Fr. Praveen Aranha and Fr. Sunil Soreng SVD. We entered the Church in a procession followed by the celebrants. Being Laity Sunday, in his homily Fr. Praveen drew on the analogy of how the PYCs should make the way for Jesus just as John the Baptist did. We were reminded of our roles in the Youth Ministry and what is expected of us to lead youth who have gone astray to return to Christ. Fr. Innocent Fernandes SVD, our parish priest then presided over the commissioning ceremony. The homily and choir made the Eucharistic Celebration very meaningful and solemn.

Immediately after the conclusion of the Commissioning Ceremony, the handover ceremony took place. Fr. Innocent addressed the gathering giving weightage to the responsibilities lying ahead for the newly inducted PYC team. This was followed by a word of advice from our parishioner and also Diocesan Youth Council (DYC) President, Stalin Mathias. The ceremony came to an official end with the change of baton (handing over of responsibilities) by the outgoing vice-president, Berancye Xavier to the vice-president elect Pearl Raphael. The outgoing PYC team were thanked and urged to mentor the new team. They were all awarded appreciation certificates for services rendered.

The ceremony ended with a prayer by Fr. Valerian Fernandes SVD. A new beginning towards a journey of faith and opportunity had just begun. It is our desire make a positive difference in our parish and society at large.

**Maya Sodder (PYC - Divine Mercy, Community No. 9) &
Nicholas D'Souza (PYC - Pavana Atma, Community No. 25)**

PYC Formation Camp

"*Teamwork is the ability to work together towards a common vision*", the words of Andrew Carnegie. It's for this reason that the Parish Youth Animation Team (PYAT) along with our Spiritual Director Fr. Praveen Aranha SVD organized a two day camp on the 21st and 22nd July 2018, for the Parish Youth Council (PYC) at the Divine Word Seminary, Pune.

Our long bus journey which began at 6:30 am seemed to be an excellent cover for the youth to bond. We arrived at the Divine Word Seminary to what can be described as a cool and wet day.

We had Sessions on *Biblical Leadership, Team Building, Event Planning and Service*. All Sessions were conducted by our Animators. We had games that aimed at improving our skills in specific areas. We also had group discussions which acted as a catalyst for bonding. The activities and the conclusions from these discussions will be very helpful in organizing our future events. We also had some time for sports. There was a great team spirit among us and our animators, who were our mentors. Later we took a long walk around the campus and prayed the Rosary. Our day ended with dinner followed by a jam session.

Day two began with a nature walk, during the course of which we were asked to spend some time by ourselves, amidst the serenity of the beautiful gardens. To experience the cool morning breeze against your face and the greenery of the campus was a captivating sight. Something we sadly miss seeing in our metropolis. Our nature walk was followed by a celebration of the Holy Eucharist; we took the initiative to organize the Liturgy and the choir.

There was a special session on Event Planning that focused on the events held in our parish and the role played by the youth. This was a great opportunity for us, as it provided insights into event management. The goal of this session was to prepare us to organize the future events in our parish. As part of this exercise, we were given the task of planning an upcoming event. Two groups were formed, and each group brainstormed and came up with ideas for the structure of the event. The suggestions were presented to our animators and they further improvised upon our suggestions. At the end of the group discussion, we had to give our feedback. This session culminated by writing some qualities about each other on paper, that was stuck on our backs. It was fun to read all the comments!

We visited *Sarva Seva Sangh*, a Centre aimed at educating and looking after the under privileged children. The children gladly welcomed us. We interacted and played some games with them. We taught them action songs and distributed sweets. It was such a joy to see smiles on their faces. Soon after, we set on our return journey.

It was indeed a great and memorable experience. We hope to put into action all that we learnt at the camp.

**Joshua Fernandes
PYC, St. Paul's, Community No. 21**



BIBLE QUIZ FOR YOUTH (AGE 15-25 years) The Gospel of Luke



I) IDENTIFY THEM :-

1. The person to whom the Gospel of Luke is addressed. _____
2. The ceremony at which Jesus received His name. _____
3. For how many years was the woman whom Jesus healed in the synagogue, crippled in spirit? _____
4. The scroll of this prophet was handed over to Jesus to read in the synagogue. _____
5. For how many years did the owner of the fig tree come in search of fruit on the fig tree. _____
6. The question that prompted the parable of the Good Samaritan. _____

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

1. "Lord, do you not care that my sister has left me by myself to do the serving?" (____:____)
2. "Lord, teach us to pray just as John taught his disciples." (____:____)
3. "But if it is by the finger of God that I drive out demons, then the kingdom of God has come you." (____:____)
4. "Now as for you, you have so many good things stored up for many years, rest, eat, drink, be merry!" (____:____)
5. ".....I yearned to gather your children together as a hen gathers her brood under her wings, but you were unwilling!" (____:____)

III) PLEASE ANSWER FROM THE GOSPEL OF LUKE

1. How did Jesus escape from the people of Nazareth who were filled with fury and led Him to the brow of the hill to hurl Him down headlong? (Clue: Chapter 4)

2. How long did Jesus pray before choosing His 12 Apostles? (Clue: Chapter 6)

3. What is the Golden Rule mentioned in Chapter 6 Verse 31?

4. What were the seventy-two appointed by the Lord (sent ahead of Him in pairs to every town and place He intended to visit) rejoicing at, when they returned?

5. In the parable of the sower, what does the seed represent?

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

1. Take care to guard against all greed, for _____

2. Which of you wishing to construct a tower does not first _____

3. "Father, I have sinned against heaven and against you. _____

V) PLEASE ANSWER

1. What did the apostles ask the Lord to increase in 17:5? _____
2. What did one leper do that the other nine did not? _____
3. Jesus said the days of His coming would be similar to the days of this Old Testament character? _____
4. How did Jesus answer the question "Is it lawful for us to pay tribute to Caesar or not?" _____
5. What sign was given to Peter and John to locate the room for the Passover? _____
6. For whom did Jesus pray that his faith fail not? _____

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

Answers of Quiz No. II:

1. Mary Magdalene 2. Simon of Cyrene 3. Things that come out from within 4. Mountain 5. Those who hear the Word of God and act on it/Does the will of God.
1. Jesus to a man with withered hand (3:5) 2. Scribes from Jerusalem (3:22) 3. Jairus to Jesus (5:23) 4. Jesus to apostles (6:31) 5. Jesus to deaf man (7:34)
1. They had been with Jesus for 3 days and have nothing to eat 2. He was very much perplexed, yet he like to listen to him 3. He went off to the mountain to pray 4. 2000 5. They bear fruit 30, 60 and 100 fold.
1. But the sick do. I did not come to call the righteous but the sinners (Mk 2:17) 2. Will be measured out to you and still more will be given to you (4:24) 3. In his native place, among his own kin and in his own house (6:4) 4. Deny himself, take up his cross and follow Me (8:34)
1. 27 2. St. Paul 3. David and his companions went to the House of God when Abiathar was head priest and ate the bread of offering 4. Place of Skull 5. Healing of the Paralytic 6. Zebedee

WINNERS OF QUIZ NO. II:

- 1st prize : Jayden Chettiar, Community #1,
 2nd prize : Roslyn Crasta, Community #31
 3rd prize : KayInn Rodrigues, Community #18

Drop the answers in the letter box in front of the Parish Sacristy latest by 30th September, 2018

There are 3 prizes to be won. If there are many participants with right answers, the prizes will be determined by casting lots.

The decision of the Editorial Board will be final and binding

Health Space

There is Life After Menopause

An adult woman who ceases to get her menstrual cycle for over a year is considered menopausal. Today a majority of women live over a third of their lives in post-menopausal period. Several, bodily and psychological changes occur during this phase. Knowledge, remedial measures and acceptance will allow for a graceful transition of this phase.

Over 50% of women, during the early phase of menopause experience hot flushes- an uncomfortable feeling of extreme body heat that is unpredictable and associated with sweating over the upper body and face. There is an increase in the pulse rate and blood pressure during the flush. These flushes occur more frequently in the hot season, under stress, on alcohol consumption and with hot beverages. Women may start experiencing the flushes as early as two years before the cessation of periods and continue for almost a year after. Occasionally, women may even have flushes up to 5 years after menopause.

Another problem in mature women is sleep disturbances. Some have difficulty in falling asleep and others suffer from sleep fragmentation. A most common occurrence and culprit are hot flushes causing night sweats. Anxiety, depression and sleep apnea [breath holding] are also reasons for disturbed sleep pattern. Another reason for poor sleep is the frequency in urination, especially at night. This is in particular commonly found in older women.

The middle aged spread which is weight gain specifically around the truncal region is the bane of many an older woman. A slowing of metabolic rate, decreased physical activity and an intake of surplus calories acts as an additive to the inches around the waist and hip regions.

Psychological disorders may manifest during this phase of a woman's life. Disagreement with children, marital discord, job stress, job changes and retirement all contribute to the emotional instability. Many women feel symptoms like irritability, palpitations, panic attacks, feeling overwhelmed during the early phase of menopause.

At a later period, approximately 5 years post menopause, symptoms are not so uncomfortable but the hormonal deprivation for a prolonged period causes women to have an accelerated bone loss making them prone to fractures. Also, there is an increase risk of cardiovascular disease and cognitive dysfunction (memory loss). Women who are older, often have motor weakness, balance issues and if there is alcohol/sedatives used, it makes them prone to falls. Coupled with bone dc-mineralization, older women sustain fractures several times more often than their younger counterparts. A decline in estrogen levels lead to change in lipid metabolism progressing to serious heart disorders such as hypertension and myocardial infarction. Also cognitive function suffers greater degree in women post-menopausal who have co-morbid conditions such as diabetes, hypertension and obesity.

In a nutshell, the post-menopausal period could appear like a living hell. Mental, physical and medical preparation can change this phase to be both manageable and enjoyable. Here are some simple strategies to deal with common place problems.

Flushes

1. Drink plenty of water (8-10 glasses per day).
2. Wear comfortable natural fiber clothing.
3. Avoid stress and rush.
4. Deep and slow breathing, when a flush begins, helps.
5. Avoid spicy food, hot beverages and alcohol.
6. Medication, if the flushes are incapacitating.

Weight Gain

1. Restrict calorie intake.
2. Exercise daily for at least 30 minutes.
3. Check for thyroid and blood sugar levels.

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.

Sleep Dysfunction

1. Restrict fluid intake after 7 pm.
2. Exercise daily.
3. Avoid sleeping during the day.
4. Avoid the use of electronic devices, prior to sleeping.
5. Practice meditation/yoga.

Psychological Disturbance

1. Seeking remedial measures in relationships.
2. Concessions at the job, in case of severe stress due to job pressure.
3. Spiritual guidance.
4. Physical exercise.
5. Medical/psychological advice.

Osteoporosis

1. Regular and adequate calcium, vitamin D intake.
2. Antigravity exercise.
3. BMD by DEXA Scan to diagnose osteoporosis.
4. Medication to improve calcium absorption and prevent bone loss.

Cardiovascular Disease

1. A high fiber, low fat diet.
2. Control of blood pressure.
3. Regular exercise.
4. Medication to help reduce cholesterol and blood pressure.

Cognitive (memory loss)

1. Mentally stimulating exercise.
2. Keep numbers in the normal range - blood pressure/ blood sugar/ weight/serum lipids.
3. Interaction with family, friends, contacts, regularly.
4. Learning new skills/new languages/ solving puzzles.

Today, menopause need not be considered a time of deterioration and illness. With there being no need to worry about menstrual periods, fear of pregnancy, this could be a time of consolidating the stability of home, heart and hearth. The completion of most of one's life duties, should allow one, time to enjoy the present and secure a content, happy and fulfilled future. Accepting one's limitations, celebrating your blessings and not letting one's illness define your life, is something that can make one endearing to those who cross your path. Hormones may have gone to their eternal rest but happiness can be harnessed for lives zest.

Dr. Susan Sodder
Gynecologist

“ Eve was called the mother of the living ...after the fall this title was given to her. True it is...the whole race of man upon earth was born from Eve; but in reality it is from Mary the Life was truly born to the world. So that by giving birth to the Living One, Mary became the mother of all living.

- St. Epiphanius



FROM THE PARISH REGISTER

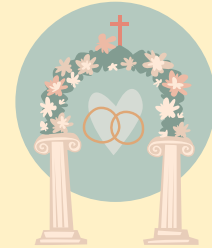
BAPTIZED IN CHRIST



Ciana Dias	D/o	Vincent John & Priyanka Dias	13-May-18
Anaiah Alphonso	D/o	Severino Camilo & Malaika Alphonso	27-May-18
Jordan Quadros	S/o	Alwyn & Evita Quadros	10-Jun-18
Angel Terence Christy Fernando	D/o	Terence Christy Fernando	24-Jun-18
Cyrus Robert Wear	S/o	Craig & Anita Wear	22-Jul-18
Noah Joy Thomas	S/o	Jossy Joy & Wendy Nataline Thomas	5-Aug-18
Zachary Coutinho	S/o	Dany Coutinho & Cinzia Nazareth	12-Aug-18
Nollan Baptista	S/o	Randall Johny & Savina Baptista	12-Aug-18
Nathan Banson Rodrigues	S/o	Banson & Blessica Rodrigues	12-Aug-18

UNITED IN CHRIST

Nikhil Nandakumar	To	Dielle Meghan D'Souza	5-May-18
Valentine Dominic Savio D'Souza	To	Alisha Antony	11-May-18
Riston Zelotes D'Souza	To	Senetra Lositta D'Costa	12-May-18
Suraj Suresh Patil	To	Shweta Treasa Coelho	9-Aug-18
Steven Tauro	To	Patricia Bown	18-Aug-18



RESTING IN CHRIST



John Rasquinha	73 Years	8, Ramanath Yadav Chawl, M C Road	9-Jun-18
Milagrin Assumpta Castelino	76 Years	B/3, Gracious CHSL	22-Jun-18
Olivia Fernandes	87 Years	A/2, Gracious CHSL	2-Jul-18
Kondabai Vishwanath Kamble	84 Years	305/Ekta Vikas MMRDA, JVLR	11-Jul-18
Ambrose Quadros	82 Years	A/8 Uttarayan CHSL	21-Jul-18
Mary Varkey	86 Years	22A/22, Takshila Complex	23-Jul-18
John Francis D' Costa	62 Years	C/37, Roof Top CHSL, Sher-E-Punjab	5-Aug-18
Sr. Domitilla Rodrigues	73 Years	Fatima Mata Sadan	7-Aug-18
Valerian Alex Pinto	76 Years	101-1B Wing, Shanthi Nagar SRA CHSL.	15-Aug-18
Christaline Fernandes	72 Years	15-A, Lala Compound	17-Aug-18



**Download App from
Playstore, Sacred
Heart Church
Andheri East**

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

GUIDELINES TO SEND ARTICLES FOR THE BULLETIN

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

GUIDELINES TO SEND ADVERTISEMENTS TO THE BULLETIN

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

PARISH PASTORAL COUNCIL 2018 - 2019

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

Ex-Officio Members		
SR. No.	NAME	DESIGNATION
1	Fr. Innocent Fernandes SVD	President
2	Fr. Valerian Fernandes SVD	Co-Pastor
3	Fr. Praveen Aranha SVD	Co-Pastor
4	Fr. Sunil Soreng SVD	Co-Pastor
5	Sr. Magaret Chettiar FDCC	Canossa Convent
6	Sr. Arokia FS	Fatima Convent
7	Sr. Reena Philip SSps	Holy Spirit Convent
8	Fr. Brian Moras SDB	SDB
9	Fr. Scariachan Pannackal	SVD Unit Leader

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

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

Nominated		
SR. No.	NAME	REPRESENTING
1	Pearl Raphael	Youth Representative

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

PARISH ASSOCIATION COUNCIL (PAC)

1	Parish Clergy Team	Fr. Innocent Fernandes SVD	Parish Priest
2		Fr. Valerian Fernandes SVD	Co-Pastor
3		Fr. Praveen Aranha SVD	Co-Pastor
4		Fr. Sunil Soreng SVD	Co-Pastor

Sr No	Cells/Associations	Name of Head	Name of Asst Head	Spiritual Director
1	Parish Pastoral Council	Andrew D'Souza	Anella Quadros	Fr. Innocent Fernandes SVD
2	CCO	Ida Quinny		Fr. Innocent Fernandes SVD
3	SCC	Candida Mendoza	Roslin Ambrose	Fr. Innocent Fernandes SVD
4	Finance Committee	Ryan D'Souza		Fr. Innocent Fernandes SVD
5	Community Welfare Fund	Edward Fernandes	Rose Almeida	Fr. Innocent Fernandes SVD
6	St Vincent de Paul	Rose Almeida	Cynthia Pinto	Fr. Valerian Fernandes SVD
7	Sunday School Pastoral Team	Francisca Sadanha	Gertrude Rodrigues	Fr. Sunil (std I to X) / Fr. Valerian (Confirmation)
8	Parish Youth Animation	Rosita Dias	Andrew D'souza	Fr. Praveen / Fr. Sunil
9	Charismatic Renewal (English)	Derick Fernandes	Veronica Fernandes	Fr. Valerian Fernandes SVD
10	Charismatic Renewal (Konkani)	Cecilia Nazareth	Angeline Fernandes	Fr. Valerian Fernandes SVD
11	Couples for Christ (English)	Lloyd & Zeldia Fernandes	Joseph Chettiar	Fr. Praveen Aranha SVD
12	Couples for Christ (Konkani)	Peter Rodrigues	Emelia D'Souza	Fr. Praveen Aranha SVD
13	Eucharistic Ministers	Juliana D'souza	Jacintha Menezes	Fr. Valerian Fernandes SVD
14	Usher's Group	Anella Quadros	Flora D'souza	Fr. Praveen Aranha SVD
15	Liturgy Team	Susan Noronha	Annupama Subodhan	Fr. Valerian Fernandes SVD
16	Lectors Cell	Terence Fernandes	Hazel Mendonca	Fr. Praveen Aranha SVD
17	Legion of Mary (Sr)	Peter D'souza	Freddy Rodrigues	Fr. Sunil Soreng SVD
18	Legion of Mary (Jr)	Alex Mathew	Allan Fernandes	Fr. Sunil Soreng SVD
19	Parish Bulletin	Sarita Almeida	Antonette D'Sa	Fr. Sunil / Clergy Team
20	Pre-Baptism Team	Agnelo Fernandes	Sandra Fernandes	Fr. Innocent Fernandes SVD
21	Women's Cell	to be elected	to be elected	Fr. Praveen Aranha SVD
22	Health Cell	Dr. John Rodrigues	Dr. Roshni Crasta	Fr. Sunil Soreng SVD
23	Bombay Catholic Sabha	Bryan Dias	Osmond Pereira	Fr. Praveen Aranha SVD
24	Inter-Religious Dialogue Cell	Michael D'Souza	Ponamma Antony	Fr. Praveen Aranha SVD
25	Senior Citizen	Anita D'Sa	Adrian Andrade	Fr. Valerian Fernandes SVD
26	Divine Mercy	Jane Lobo	Rosy Pereira	Fr. Sunil Soreng SVD
27	Bible Cell	Josephine Fernandes	Jesse Monteiro	Fr. Sunil Soreng SVD
28	Parish Youth Council	Pearl Raphael	Nicholas D'souza	Fr. Praveen / Fr. Sunil
29	Altar Servers	Nandita Fernandes	Tressy Peris	Fr. Sunil Soreng SVD
30	Hope & Life Movement	Philomena D'costa	Bridget Noronha	Fr. Valerian Fernandes SVD
31	Parish Cultural Committee	Rohit Almeida		Fr. Praveen Aranha SVD
32	St Paul's Guild	Babu Durairaj	Steven Linj	Fr. Sunil Soreng SVD
33	Parish Website	Rosita Dias	Rohit D'Almeida	Fr. Sunil Soreng SVD
34	Family Cell	Joseph Mendonca	Lucy Rocha	Fr. Valerian Fernandes SVD
35	Parish Choirs - English	Conrad D'Sa		Fr. Praveen Aranha SVD
		Cassian Pereira		
		Osmond Pereira		
		Marian Fernandes / Jayesh George		
	Konkani	Rosy Monis		
Hindi	Vinod Waghmare / Barthol Palande			
Chidren	Sylvester D'silva / Jacintha D'mello			

Parish Youth Council 2018-2020		
Executive Committee Members		
Designation	Name	Community Detail
Vice President	Pearl Raphael	34. Mystical Rose
Secretary	Nicholas D'souza	25. Pavana Atma
Treasurer	Maya Sodder	9. Divine Mercy

No.	Community	PYC Member
1	Immaculate Conception	Jason D'Mello
		Reema Lobo
2	Our Lady of Fatima	Brendon Castellino
3	Holy Cross	Aldrich Fernandes
		Micheal Durairaj
4	Divya Jyoti	Swethlana Patole
		Teresa Gonsalves
5	St Anthony's	Nitasha Rodrigues
		Jewella Rodrigues
6	Morning Star	Ashley Rodrigues
		Primal Lobo
7	Good Shepherd	Alan Nazareth
		Kevin Thomas
8	Infant Jesus	Vitus Dias
		Jacinta Pereira
9	Divine Mercy	Maya Sodder
		Kanishka D'Souza
10	St. Theresa of Child Jesus	Jordan Pereira
11	Jeevan Jyoti	to be elected
12	Apostles of Christ	Rhys Pereira
		Rachel Noronha
13	Holy Family	to be elected
14	Helpers of Jesus	Adit Dominic
		Delaina Fernandes
15	Akashdeep	Sarah Fernandes
16	Our Lady of Nazareth	Donna D'Costa
		Alvin Mascarenhas
17	St. Dominic Savio	Andrea Quinny
		Jessie Patten

No.	Community	PYC Member
18	Good Samaritan	Kaylynn Rodrigues
19	Christ the King	Lavina D'Silva
		Eliza Fernandez
20	Daya Sagar	Valencia D' Silva
		PM Joy Allan
21	St. Paul's	Joshua Fernandes
		Mackinley Rodrigues
22	Prem Sagar	Joshua Dsouza
		Stella Nikalje
23	Shantidaan	Valentina Christine Marshall
		Lionel Mascarenhas
24	Emmanuel	Yohan Mahanti
		Kenneth D'Souza
25	Pavana Atma	Nicholas D'Souza
		Alston Furtado
26	St. Ann's	Reni Xavier
27	Holy Trinity	Leon Travesso
28	St. Joseph the worker	Felicia Fernandes
		Sheldon Coutinho
29	Our Lady of Rosary	to be elected
30	Shalom	Briget Fernandes
		Nigel D'Souza
31	Hosanna	Roshni Crasta
		Joel Fernandes
32	Sacred Heart	Alston Quadros
		Doyle Mendonca
33	Yahweh's Clan	Chrisann D'Souza
		Ananya Marie D'Souza
34	Mystical Rose	Pearl Raphael
		Swaye Baretto

Annual Calendar 2018-2019

Month	Date and Day		Event	Month	Date and Day		Event	
June, 2018	3 rd	Sunday	Youth Animators Meeting	December, 2018	16 th	Sunday	Sunday School Christmas Party	
	6 th - 8 th	Wednesday - Friday	Triduum in preparation for the Feast of Sacred Heart of Jesus					Christmas Float
	10 th	Sunday	Feast of Sacred Heart of Jesus			17 th - 19 th	Monday to Wednesday	Advent Confessions
	17 th	Sunday	PYC Orientation & Election			23 rd	Sunday	Youth Mass - Area 6 (8.45 am)
	24 th	Sunday	Laity Sunday / Commissioning of PYC					Special Children's Party
July, 2018	1 st	Sunday	Sit Down Mass			24 th	Monday	Christmas Eve
	8 th	Sunday	Faith Formation Sunday			25 th	Tuesday	Christmas
	15 th	Sunday	Youth Mass - Area 1 (8:45 am)			28 th	Friday	Birthday of Fr. Innocent Fernandes SVD
	21 st -22 nd	Saturday - Sunday	PYC Camp					Feast of Holy Innocents - Blessing of Children
	29 th	Sunday	Parent's Day (PYC)			29 th	Saturday	Birthday of Fr. Praveen Aranha SVD
August 2018	5 th	Sunday	Vianney Sunday			30 th	Sunday	Family Mass (8:45 am)
	12 th	Sunday	PYC/NYG Training Programme		31 st	Monday	New Year Thanksgiving Mass (10 pm)	
	15 th	Wednesday	Solemnity of Assumption of Our Lady and Independence day	January, 2019	6 th	Sunday	PPC New term election announcement	
	19 th	Sunday	Justice Sunday					Sit Down Mass
			SCC Training Programme for Animators			9 th - 11 th	Wednesday - Friday	Triduum in preparation for the feast of St. Arnold Janssen
			Youth Animators Meeting			9 th - 13 th	Wednesday - Sunday	Fun Cricket (PYC)
	22 nd	Wednesday	Taize Prayer (PYC) by the Youth			15 th	Tuesday	Feast of St. Arnold Janssen
26 th	Sunday	Youth Mass - Area 2 (8:45 am)			26 th	Saturday	Republic day / All Association day	
30 th - 31 st	Thursday - Friday	Novena in preparation for Nativity of Our Lady					Reach Out activity	
					27 th	Sunday	Dream Big	
September, 2018	1 st - 7 th	Saturday - Friday	Novena in preparation for Nativity of Our Lady	February, 2019	10 th	Sunday	World Day of the Sick (Health Cell)	
	1 st	Saturday	Birthday of Fr. Valerian Fernandes SVD					Couples Day (Family Cell)
	2 nd	Sunday	Sit Down Mass			17 th	Sunday	Training programme for SCC's
	8 th	Saturday	Nativity of Our Lady and Girl Child Day			24 th	Sunday	Youth Mass - Area 1 (5:30 pm)
	13 th - 16 th	Thursday - Sunday	Games of Skills (PYC) Organised Area-wise	March, 2019	3 rd	Sunday	Bible Sunday	
	23 rd	Sunday	Youth Mass - Area 3 (8:45 am)					Sit Down Mass
	30 th	Sunday	Monsoon Melodies			6 th	Wednesday	Ash Wednesday
	Rosary Month				8 th	Friday	Way of the Cross by PYC/NYG of Area 1	
1 st	Monday	World Elder's Day & Thanksgiving Sunday			10 th	Sunday	Women's Day Celebration (Women Cell)	
2 nd	Tuesday	Discover 2018			15 th	Friday	Way of the Cross by PYC/NYG of Area 2	
13 th	Saturday	Senior Citizen Association day			22 nd	Friday	Way of the Cross by PYC/NYG of Area 3	
October, 2018	14 th	Sunday	Apologetics		24 th	Sunday	Youth Mass - Area 2 (5:30 pm)	
	21 st	Sunday	Mission Sunday	April, 2019	29 th	Friday	Way of the Cross by PYC/NYG of Area 4	
	28 th	Sunday	Youth Mass - Area 4 (8:45 am)					Way of the Cross by PYC/NYG of Area 6
	1 st	Thursday	All Saints day			5 th	Friday	Way of the Cross by PYC/NYG of Area 6
			Adoration			8 th , 9 th & 10 th	Mon - Wednesday	Lenten Confession
	2 nd	Friday	All Souls day			12 th	Friday	Way of the Cross by PYC/NYG of Area 7
	4 th	Sunday	Sit Down Mass			14 th	Sunday	Palm Sunday
10 th - 11 th	Saturday - Sunday	Parish Day and Family Meal			19 th	Friday	Good Friday Way of the Cross by PYC Area 5	
November, 2018	19 th	Monday	World Communications Day		21 st	Sunday	Easter Sunday	
	25 th	Sunday	Youth Mass - Area 5 (8:45 am)		27 th	Saturday	First Holy Communion	
			Christ The King Feast		28 th	Sunday	Youth Mass - Area 3 (5:30 pm)	
	2 nd	Sunday	1st Sunday of Advent	May, 2019	3 rd - 5 th	Friday - Sunday	Rink Football (PYC)	
	3 rd	Monday	St Francis Xavier Feast			13 th - 24 th	Monday to Saturday	Summer Camp for Children by PYC
	7 th	Friday	Birthday of Fr. Sunil Soreng SVD					
9 th	Sunday	Confirmation (10 am Mass)						
December, 2018	15 th	Saturday	Christmas Fest (PYC)					

You are invited to be a part

No.	Cell/Association	Day	Time	VENUE
1	St. Vincent de Paul	Every Monday	7.30 pm to 9.00 pm	Room No. 1
2	Charismatic Renewal (English)	Every Wednesday	6.15 pm to 8.15 pm	Canossa School Basement Hall
3	Charismatic Renewal (Konkani)	Every Thursday	7.30 pm to 9.00 pm	Church
4	Couples for Christ (Konkani)	4th Friday	7.30 pm	Room No. 3
5	Couples for Christ (English)	1st Sunday & 12 Sundays for CLP	6.30 pm to 8.30 pm 6.30 pm to 8.30 pm	Mini Hall
6	Kids For Christ	4th Saturday	5 pm to 6.30 pm	Room No.3
7	Usher's Group	Contact Parish Fathers		
8	Lectors Cell	Follow Parish Announcements for next training programme		
9	Legion of Mary (SR)	Every Saturday	8.00 pm	Room No. 1
10	Legion of Mary (JR)	Every Sunday	4.00 pm	Room No. 1
11	Women's Cell	1st Monday	7.30 pm to 9.00 pm	Room No.2
12	Health Cell	1st Tuesday	8.15 am	Room No. 1
13	Bombay Catholic Sabha	Last Monday	7.30 pm	Room No. 2
14	Inter-Religious Dialogue	Last Sunday	11.00 am to 12.30 pm	Room No. 2
15	Senior Citizens' Cell (Core Group)	1st Monday	5.45 pm	Community Centre
16	Senior Citizens' Cell (Activity Day)	2nd Monday	4.30 pm	Community Centre
17	Divine Mercy Cell	Monday preceding last Friday of the month	7.30 pm	Room No. 2
18	Bible Class	Every Tuesday	7.30 pm	Mini hall
19	Altar Servers	Every Saturday	5.00 pm	Mini Hall
20	Hope & Life Movement	1st Thursday	5.00 pm	Community Centre
21	St Paul's Guild	4th Sun. Bi-monthly	6.30 pm	Room no. 2
22	Parish Choirs - Contact Choir Leader			

Inspiration From Saints

St. Maria Goretti

Patron Saint of: Chastity, rape victims, girls, youth, poverty, purity and forgiveness

Feast Day : 6th July

Maria was born on October 16, 1890 in Corinaldo in Italy. Her parents were Luigi Goretti and Assunta who worked as farmhands. In 1899, her father moved the family to a place 40 miles from Rome to work as a sharecropper. In exchange for farming work, the Gorettis' lived in the landowner's abandoned factory on the property. They shared their residence with another poor family, the Serenellis', which consisted of Giovanni, a widower and his son, Alessandro.

Maria never attended school, but was taught Christian virtues by her devout but illiterate mother. The farmland was poor, swampy, mosquito infected and difficult to work. When Maria was nine years old, her father died tragically of malaria. In order to survive, Maria's mother Assunta took her husband's place in the fields. This left Maria, as the eldest girl, to take her mother's place in the home. Maria cared for her baby sister, managed the house, and cooked meals. She never complained and was a source of encouragement for her mother, assuring her that Jesus would provide for their needs.

At the age of eleven, Maria made her long-desired First Holy Communion. She was a model of obedience, modesty and purity, and desired never to offend Jesus by any sin.

One day when Maria was alone at home with her baby sister, the 20 year old Alessandro made sexual advances towards her. He had tried before and she had always refused. Brandishing a knife he demanded that she submit to him. She refused, telling him that what he wanted to do was mortal sin, and warned him that he could go to hell for it. She fought him, screaming, "No! It is a sin! God does not want it!"

Furious, Alessandro first tried to choke her. When she continued to resist, he stabbed her 11 times. Badly injured but still alive, Maria tried to move toward the door. But he approached her again, stabbed her 3 more times, and then fled.

The baby woke up from the commotion and started crying. When Maria's mother came to check on the baby, she found Maria bleeding and rushed her to the hospital. She was badly dehydrated due to the massive loss of blood and begged for

water but she could not be given water as it would worsen her condition. A priest who came to give her the last rites showed her the crucifix and told her that Jesus was also very thirsty as He suffered the torture on the cross. He asked Maria if she could offer her thirst to Jesus for the salvation of sinners. Maria agreed and never again asked for water. She survived for 20 hours. Asked if she forgave her murderer, she replied, "Yes, for the love of Jesus I forgive him and I want him to be with me in Paradise." She died on July 6.

Alessandro was arrested and sentenced to 30 years in prison. He was completely unrepentant and his heart was hardened. Six years later, Maria visited him in a dream giving him 14 lilies, the symbol of purity, without speaking a word, one for each of the stab wounds. Alessandro's heart was miraculously converted and he lived out the rest of his sentence as a reformed man and model prisoner. Years later when he was released from prison,

he apologized and sought forgiveness from Maria's mother. Her reply was, "If Maria forgives you, and God forgives you, how can I not also forgive you?" Maria had become his special patron and intercessor. He would pray to her every day, calling her "his little saint."

On June 24, 1950, Pope Pius XII canonized Maria calling her 'the sweet little martyr of purity'. Maria's mother was present at the ceremony. Amazingly, Alessandro attended Maria's canonization and later became a lay brother of the Order of Friars Minor Capuchin.



PARISH VISION MISSION STATEMENT

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



Vianney Sunday



Senior Citizens' Cell (Core Group) - Grandparents Day



Women's Throwball league - Winners (Area 7)



Women's Throwball League - Runners-up (Area 3)



PYC Formation Camp



NYG Picnic - Shalom, Community No. 30