



Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 75

April 2019

For Private Circulation Only

LOVE TRIUMPHS



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

18 th April	Maundy Thursday 10.00 am - Mass for the Sick and Elderly 07.30 pm - Mass of the Last supper of the Lord, followed by Adoration till mid night
19 th April	Good Friday 06.00 am - Stations of the Cross by PYC Area 5 (English) 11.00 am to 2.00 pm - Three Hours Agony followed by the Divine Mercy Novena (begins this day) 06.00 pm - Celebration of the Lord's Passion
20 th April	Holy Saturday 07.30 am - Meditation of the seven sorrows of Mother Mary followed by the Divine Mercy Novena 08.00 pm - Easter Vigil and Mass of the Resurrection of our Lord Jesus
21 st April	Easter Sunday Konkani Mass - 07.30 am English Mass - 08.45 am & 10.00 am No Evening Mass
24 th to 26 th April	Triduum in preparation for the Feast of Divine Mercy (During 07.00 pm Mass)
27 th April	Saturday - First Holy Communion
28 th April	Divine Mercy Sunday (Feast Mass at 10.00 am)
29 th April	Memorial of St. Catherine of Siena, Virgin & Doctor
1 st May	Memorial of St. Joseph the Worker
2 nd May	Memorial of St. Athanasius, Bishop & Doctor
3 rd May	Feast of Sts. Philip & James, Apostles
3 rd to 5 th May	Rink Foot Ball Tournament (PYC)
13 th May	Memorial of Our Lady of Fatima
13 th to 24 th May	Summer Camp for Children
14 th May	Feast of St. Matthias, Apostle
31 st May	Feast of Visitation of the Blessed Virgin Mary
26 th May	Memorial of St. Philip Neri, Priest
1 st June	Feast of St. Justin, Martyr
2 nd June	Solemnity of the Ascension of the Lord
3 rd June	Memorial of St. Charles Lwanga and Companions
5 th June	Feast of St. Boniface, Bishop & Martyr
09 th June	Solemnity of Pentecost
10 th June	Mary Mother of the Church
11 th June	Feast, St. Barnabas, Apostle
13 th June	Feast, St. Anthony of Padua, Priest & Doctor
16 th June	Solemnity of the Most Holy Trinity
21 st June	Memorial of St. Aloysius Gonzaga, Religious
23 rd June	Solemnity of the Most Holy Body & Blood of Christ
24 th June	Solemnity of the Nativity of St. John the Baptist
26 th to 28 th June	Triduum in Preparation for the Feast of the Sacred Heart
29 th June	Solemnity of Sts. Peter & Paul, Apostles
30 th June	Celebration of the Feast of the Sacred Heart in our Parish & Laity Sunday

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

My dear Parishioners,

After forty grace-filled days of Lent we celebrate Easter, the greatest and the most important event in the Christian calendar. It is the most important event because it is the corner stone of our faith, the foundation on which the Church was built and marked the beginning of Christianity. As St. Paul beautifully says, "if Christ has not been raised, then our preaching is in vain and your faith is in vain" (1 Cor 15:14).

While being a historical event, verifiable and attested by signs and testimonies, the Resurrection, insofar as it is the entrance of Christ's humanity into the glory of God, transcends and surpasses history as a mystery of faith. For this reason, the risen Christ did not manifest Himself to the world but to His disciples, making them His witnesses to the people.

By celebrating Easter, we proclaim to the world out there, that we are followers of the Risen Lord. Hence, Easter should and does shape the life of every Christian. Therefore, we should not consider Easter as an event that we commemorate once a year and then choose to forget it. No, we need to remember and celebrate the meaning of Easter and let it influence our daily lives.

While it is true that just a verbal proclamation that Jesus Christ has risen from the dead is not going to usher about a change in our lives. Christ's Resurrection is not a mystery to be analyzed intellectually. It is a mystery to be lived. It should speak directly to our hearts and touch our very existence and treat it as the fulcrum of our religious tenets and beliefs.

The Resurrection of Christ is a transcendent work of God. The three Persons act together according to what is proper to them: the Father manifests His power; the Son "takes again" the life which He freely offered (*John 10:17*), reuniting His soul and His body which the Spirit brings to life and glorifies.

The resurrection of Christ is also our resurrection. So, what does Easter really signify? *Easter* is to love when our love is rejected. *Easter* is to hope against all hope and failure. *Easter* is to forgive even when we are not forgiven. In other words, *Easter* does not signify there is no more suffering and death. For Jesus, whenever He spoke of resurrection and new life, He also spoke of the cross and death. Hence, suffering and death will continue to be an integral part of our lives, but that is not the end. What we must endeavor to do and consciously work towards is to experience healing in the midst of pain, hope in the midst of despair, and resurrection in the midst of death.

In conclusion, the celebration of Christ's resurrection should bring about a total transformation in the vision, attitude and world-view of every Christian. Easter should enable all of us, followers of Christ, to see creation through the eyes of hope and divine love, just as Jesus would want us to.

The parish clergy team joins me in wishing each and every one of you dear parishioners, a very HAPPY EASTER! May the Risen Jesus bring blessings of *Joy, Peace and Love* into your life and that of your loved ones!

- Fr. Innocent Fernandes SVD
Parish Priest



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LOVE TRIUMPHS

Amazing Love...

Someone has rightly said that the human species thinks in metaphors and learns through stories and that Storytelling is the most powerful way to put ideas into the world today. So, here goes a short story from which we could learn much.

Once upon a time, two brothers who lived on adjoining farms, fell into a conflict. It was the first serious rift in 20 years of farming side-by-side, sharing machinery, and trading labour and goods as needed, without a hitch. Then the long collaboration fell apart. It began with a small misunderstanding, and it grew into a major difference, and finally, it exploded into an exchange of bitter words, followed by weeks of silence.

Most of us to be honest have definitely faced such a situation be it in our own life or in the life of someone else. This is a common for one's relationship with one's parents, siblings, partners, children, relatives, neighbours, friends or one's colleagues. Let us pause, before going ahead with the story and ask ourselves, as to how have we addressed these kinds of issues?

Early one morning, at the rising of the sun, there was a knock on John's door. He opened it to find a man with a carpenter's toolbox. "I'm looking for a few days' work," he said. "Perhaps you would have a few small jobs here and there I could help with? Could I help you?" "Yes," said the older brother. "I do have a job for you. Look across the creek at that farm. That's my neighbour. In fact, it's my younger brother! Last week, there was a meadow between us. He recently took his bulldozer to the river bank, and now there is a creek between us. Well, he may have done this to spite me, but I'll do him one better. See that pile of lumber by the barn? I want you to build me a fence - an 8-foot fence - so I won't need to see his place, or his face, anymore."

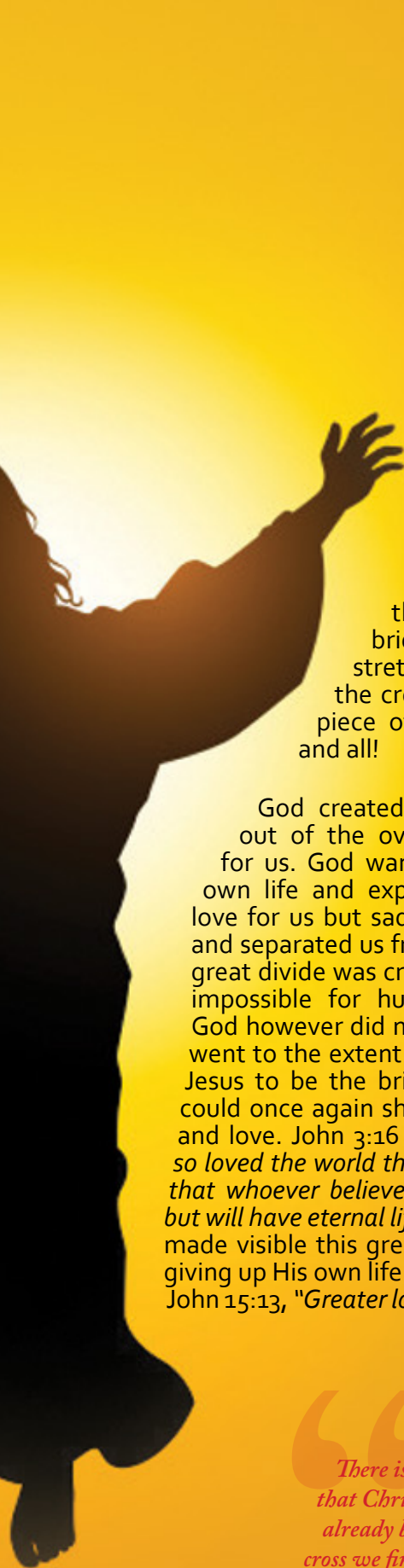
In any relationship issue, we tend very easily to see faults in others to an extent at times that we do not see the log in our own eye. If someone has wronged us we are so inclined to give back two fold no matter what.

We seldom put any effort in understanding the other and resolving the issue. How often have we fallen into the same trap? Surely we want to work on it and get things straight. We may not be able to succeed by ourselves but with Jesus the carpenter working with us all things are possible. We need only to trust in Him and allow Him to be part of our life. Let us pause for a second and ask ourselves as to how much place does Jesus have in our life? In other words are we practicing the two great commandments in our life of loving God and loving our neighbour?

The carpenter said, "I think I understand the situation. Show me the nails, and the post-hole digger, and I'll be able to do a job that pleases you." The older brother had to go out for 7 days and so he helped the carpenter get the materials ready and then he was off. The carpenter worked hard all 7 days measuring, sawing, nailing. When it was ready, the carpenter saw that it was

“He died, but He vanquished death; in Himself He put an end to what we feared; He took it upon Himself and He vanquished it, as a mighty hunter He captured and slew the lion.”

- St. Augustine



very good. On the seventh day, when the farmer returned, the carpenter had already finished his job. The farmer's eyes opened wide, his jaw dropped. There was no fence there at all. It was a bridge, a bridge that stretched from one side of the creek to the other! A fine piece of work, with handrails, and all!

God created us in His own image out of the overflowing love He had for us. God wanted us to share in His own life and experience His abounding love for us but sadly sin entered our lives and separated us from Him and His love. A great divide was created so that it became impossible for humanity to reach God. God however did not give up so easily and went to the extent of sending His own son Jesus to be the bridge through which we could once again share in God's eternal life and love. John 3:16 clearly states, "*For God so loved the world that He gave His only son, that whoever believes in Him will not perish but will have eternal life.*" Jesus the son of God made visible this great love to the extent of giving up His own life on the cross. We read in John 15:13, "*Greater love has no man than this,*

that he lay down his life for his friends." What is our understanding of love? If you say love is sacrifice, an act of will to always desire the best for the good and well-being of the other, a decision that one makes, a commitment, then you are right. Very often many if not most mistake love for pleasure of oneself, personal gain or even that mysterious feeling that makes one blind. Can't totally blame them for that is what they are bombarded night and day by the media.

And in a while, the neighbour, his younger brother, crossing the bridge came running towards him and said, "You are quite a fellow to build this bridge, after all I've said and done. Please forgive me." The two brothers hugged each other. The carpenter meanwhile took his toolbox onto his shoulder and began to leave. "No, wait! Stay a few days. I've a lot of other projects for you," said the older brother. "I'd love to stay on," the carpenter said, "but I have many more bridges to build."

When Jesus was hanging on the cross, His disciples thought that it was all over, that His love has failed. On the third day, Jesus rose from the dead and proved them wrong. The season of Easter is an assurance that we too will rise with Jesus on the last day. Till then, we need to keep building bridges following the example of Jesus.

Fr. Ranson D'souza SDB

There is no evil to be faced that Christ does not face with us. There is no enemy that Christ has not already conquered. There is no cross to bear that Christ has not already borne for us, and does not now bear with us. And on the far side of every cross we find the newness of life in the Holy Spirit, that new life which will reach its fulfillment in the resurrection. This is our faith. This is our witness before the world.

- St. John Paul II

CCO ON THE MOVE

During Lent, we find ourselves submitting to the will of God and striving more and more to live by the tenets of Christ's teaching, so that we may renew our eagerness to reach out to those in need through our works.

The **Community Welfare Fund Committee** and **St. Vincent de Paul** in co-ordination with the **Centre for Community Organisation** (CCO) help our needy parishioners and also people of other faiths in mitigating their needs to a certain extent, in a smooth and seamless manner.

The **Family Cell** conducted an Advent Recollection on the topic '*Family and Marriage*', on 29th November 2018, in the Mini Hall of our Community Centre. It was a well-attended event.

Also, on the occasion of the Feast of the Holy Family, a special Eucharistic Celebration was organized at 10.00 am on 30th December 2018. Fr. Cajetan Menezes celebrated the Mass, the theme being '*My Family - My Gift*'.

On the occasion of World Marriage Day, the **Family Cell** and **Couples for Christ** organized a special Eucharistic Celebration for the couples of our parish, on Sunday, 10th February 2019, at the 5.30 pm service. The theme for this special Mass, was '*Love Yesterday, Today And Forever*'.

Senior Citizens' Cell conducted a Christmas party for all the seniors of our parish on 10th December 2018, at 4.30 pm. They also organized a pilgrimage to Our Lady of Fatima, Karjat on 16th February, 2019.

The **Youth** of our parish organized '*The Polar Express*', a magical journey of fun, laughter and excitement, an evening loaded with exciting games, fancy dress competitions for all age groups, a cafeteria with delicious delicacies and many more Christmas surprises, on 15th December 2018. It was a very well organized event, which garnered a good response and participation from parishioners. Kudos to our youth for displaying their creative abilities and organizing skills!

The **Youth** along with the **Parish Youth Animation Team** also organized the annual '*Christmas Float*' on 16th December 2018. It was a well-organized event and appreciated by all.

The **Youth Ministry** of our parish also organized Fun Cricket 2019, a Sacred Heart Premier League sport event for our parishioners from 13th to 17th February. 22 communities participated in this event. Community No. 2, were declared the worthy champions of the League and Community No. 21, the coveted runners up.

The **Health Cell** organized a Complete Body Pathology Camp at a flat 50% discount on all rates, on Sunday 16th December, and a free medical camp under the aegis of the Holy Spirit Hospital on Sunday 10th February 2019. Both medical camps received a good response from our parishioners.

The **Parish Association Council** meeting was held on 10th January, 2019. The forthcoming planned activities of Cells and Associations for the academic year 2019-2020, were ratified and announced.

The annual All Associations Day was celebrated on 20th January 2019, for all the PPC/SCC/Animators and Cells/Associations of the parish. It was well attended and much appreciated. The CCO team, sincerely thank our parish priest Fr. Innocent Fernandes SVD and the clergy team for their constant support and guidance in all our activities. We also wish to thank all the members of our parish Cells and Associations who attended the program. We hope they enjoyed it as much as we enjoyed organizing it.

The **Inter-Religious Cell** organized the flag hoisting ceremony on our parish grounds and commemorated India's 70th Republic Day on 26th January 2019.

All the other Cells, Associations and Committees of our parish are functioning well and to their optimum, by conducting many activities, which are published in the bulletin from time-to-time. Our sincere thanks and appreciation to all of them, for all their efforts, time and good work!

With deep gratitude in our hearts to the Creator for all the good, favor and mercies He has showered on us, we continue to walk in the light of Jesus Christ and reach out to the ones in need. We wish each and every one of our dear parishioners, the Love and Peace of our Risen Lord!

Happy Easter!

Ida Quinny
CCO Coordinator

No earthly pleasures, no kingdoms of this world can benefit me in any way. I prefer death in Christ Jesus to power over the farthest limits of the earth. He who died in place of us is the one object of my quest. He who rose for our sakes is my one desire.

- St. Theodore the Studite

Journey in Faith



Andrew D'souza is a known name in the Sacred Heart Parish. Presently, he is the Vice President of the Parish Pastoral Council (PPC). He belongs to Prem Sagar, Community No. 22. He is also actively involved with the Parish Youth Animation Team (PYAT), Inter-Religious Dialogue Cell and in many other activities concerning the parish.

Return to Mumbai

Andrew moved to Sacred Heart Parish in 2012, prior to which he was residing in Dubai with his family. After living in Dubai for nearly two and a half decades he and his family decided to return to Mumbai permanently, not anticipating that life would be tough here. But Andrew had faith in our Lord Jesus that soon things would change for the better and this difficult phase would be a thing of the past. Unable to find any suitable job openings in Mumbai in the field of electronics, he decided to go back to Dubai, in order to pursue his career. But something strange happened during this time of planning his future and making up his mind. He felt God speak to him through Prophet Isaiah, "*My thoughts are not your thoughts, nor are your ways My ways*" (Isaiah 55:8). Sure enough, God had other plans in store for Andrew.

The Dream

On 13th October 2012, on the feast day of Our Lady of Fatima, Andrew had a dream in the wee hours of the morning. He dreamt that Jesus was walking on green pastures, along with Mother Mary. He saw a flame lit in the tabernacle which was in the shape of a heart, same as the one seen at Sacred Heart Church Tabernacle. He heard these words very distinctly: "the flame should be kept glowing upright, it should not tilt to the left nor to the right". Then He saw Mother Mary attacking Satan with a sword not letting him rise up. This was his most memorable dream which changed the course of his life. Post this great experience, many questions arose in Andrew's mind as to where all this will lead to, not really understanding the Lord's plans.

At Sacred Heart Parish

Andrew was new to the Parish when he moved in and was known only to a few people in his community but he used to attend the SCC meetings in his community regularly. In 2013, as his community PPC member's term was coming to an end, he was asked to take up the post of PPC in his community. He was reluctant to take up this post as he was planning to go back to Dubai. However, he constantly kept seeking guidance from the Lord about this, asking for directions that he may do His will. He received the answer, "*Fear not, for I am with you; be not dismayed, for I am your God*" (Isaiah 41:10). He knew in his heart that this was his calling and that the Lord had chosen him to work in His vineyard for a purpose and to accept His will and plan was to be his mission in life.

He Works Behind The Scenes

When asked about his perception towards life, this is what Andrew had to say; "I trust in the Lord for I know that He is working behind the scenes, no matter what the circumstances look like. He has a reason and purpose for allowing things to happen in my life. I may never understand His wisdom, but I simply trust His will. I live for each day, being grateful of what it taught me and I know in my heart that God isn't finished with me yet; as I will be completing my second term as PPC member shortly."

Prayer: A True Armour

Andrew begins the day with prayer by putting the full armour of God, with faith that God will help him to fight his battles and remove the hurdles that come along his way. He says: "I have witnessed how the Lord has made a way for me, even when I could see none". The very first challenge he encountered was getting to know his community members. He strongly believes that there is nothing in this world that is able to stand against God when we put on the armour of God and walk in faith.

Peace Be With You; My Peace I Give To You

Discipline, Obedience, Passion, Honesty, Humility, Integrity, Patience, Commitment and Understanding are some of the attributes that Andrew values most in life. Whether in his personal life or at work, there have been instances when he encounters circumstances that test his patience and peace of mind. It is at times like this he chooses to remember the following words. "Peace be with you; My peace I give to you." (John 14:27). These words of Jesus energize him with peace which he feels is sufficient to guide him to keep him connected to his Christian values and upbringing.

Journey With The Lord

One of the many significant and life changing moments in Andrew's life was in 2011, when he was touched by the Lord while attending an Outreach Program in Dubai conducted by Br. Trevor Lewis. This program transformed

him and his life completely. He embarked on a spiritual journey with the Lord and hasn't looked back ever since. The wonders, the miracles, the abundant blessings and graces that the Lord has showered upon him and his entire family, have been too many to list. The gratitude that he has for the Lord, still draws him ever closer to the Church and to God. He is also grateful to his wife and children for being his constant support.

Message To Our Readers

Be hungry for God, it's all about Him and when you are most satisfied in Him, He will be most glorified in you. St. Augustine said, "Thou hast made us for Thyself, O Lord, and our heart is restless until it finds its rest in Thee."

- Andrew D'souza
Interviewed by Sr. Nathalia D'souza SSPS

Putting The Last First

The season of Lent is a special time of grace and blessings for Catholics because the Church teaches us to remember the poor and to give alms to the needy. It is a time to acknowledge that the less fortunate experience difficult times and by experiencing and making efforts to ease their burden, we too share in the passion of Christ. Lent is not just about rending one's garments but it is also about opening our hearts to the reality of the marginalized and downtrodden. It is a time of "taking up the cross" and joining in the suffering of others by being kind and generous.

In this context, I am extremely glad that the Tala Taluka, one of the mission territories of the Archdiocese of Bombay, leads the way in developing innovative and creative mission strategies. Janseva Society, Tala, with the support of parishioners of Sacred Heart Church, Andheri East, has become a hope-destination for the Kathkari Tribe. Janseva Society reaches out to twenty-two villages in the Taluka. The seed of hope which was sown by Fr. Cosmos Ekka SVD, continues to be nurtured and taken care of, with the help and support of various people.

The centre is vibrant in empowering the underprivileged groups and communities with a preferential option for the tribal community. Having set clear and specific objectives, the organization is networking with various government entities. The centre works for promoting sustainable livelihood, curbing distress migration, dispensing quality education, healthcare, addressing land rights, food security rights and promoting good governance.

Building communities of communion, giving voice to the voiceless, enabling the disabled, putting the last first are not only our slogans but founding principles upon which various innovative strategies have been developed to empower the tribal community. And they all have been a great success!

Be a part of this endeavour, and together let us make this work of God a success by lending a helping hand. Jesus reminds us: "Truly, I say to you, as you did it to one of the least of these My brothers and sisters, you did it to Me" (Mt 25:40).

Fr. Ivan D'Silva SVD
Janseva Society, Tala



Congratulations Fr. Leo Alex SVD!



Beginning July 2018, we had the ever smiling Deacon Leo Alex with us. He was assigned to the Sacred Heart Parish, for his Diaconate Ministry.

He was born on 12th April 1989, in Karaikudi, Tamilnadu. He comes from a God fearing family and in their home the recitation of the rosary, reading the Word of God and participating in the Holy Eucharistic celebration, were a daily affair. He considers his parents as the greatest inspirations for his vocation.

In the year 2006, he joined the SVD Minor Seminary at Trichy. After 12 years of seminary formation he was

ordained a Deacon on 3rd January, 2018.

During his Diaconate Ministry at Sacred Heart Parish, Andheri East, he worked diligently alongside the parish clergy and carried out his responsibilities.

He was ordained priest on 27th December 2018, by the Most Rev. Dr. Susai Manickam, Bishop of Sivnagangai, at St. John de Britto Church, Kalaikovil, in Tamilnadu. Fr. Alex is now assigned to Bailhongal mission in Belgaum.

This is what Fr. Alex has to say about his journey in religious life:

My life is for His Mission!!

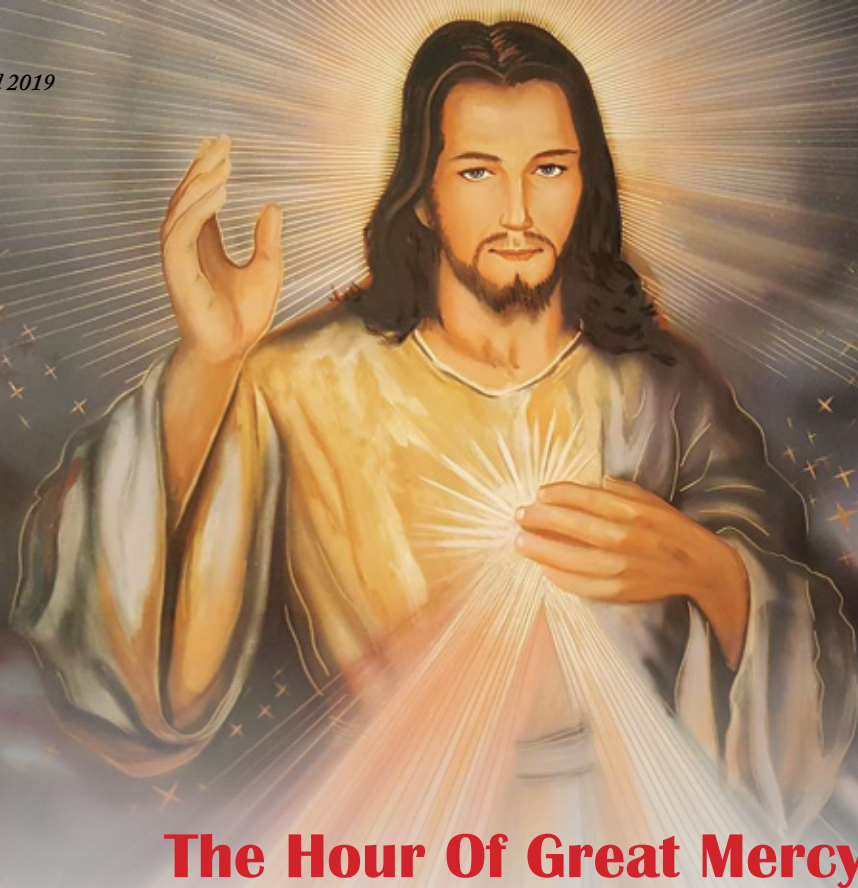
"The voice of Lord was not heard in any dramatic way, but rather like Elijah through gentle persistent breeze – so gentle that it took me a year to notice the Divine Source".

Being an average student during my school days, I was packed off to a Catholic boarding school, to complete my studies. It was there that I was greatly impressed by the priests, the way they conducted their lives and the manner in which they trained us. When I was young, I used to be fascinated by seeing the altar servers and used to long to be one! Very soon my wish came true and one fine day as I was serving at Holy Mass, I suddenly felt this tug in my heart which grew stronger day by day, to become a priest and serve the Lord in His vineyard.

It was this yearning that made me to join the Society of the Divine Word as a Missionary. There were a wide range of experiences that helped me mature and be a committed priest. There were also difficulties and challenges on the way, but Jesus strengthened me. All through my formation years, I used to reflect on Jesus and His Mission. Therefore, I chose my Ordination theme as **"My Life Is for His Mission"**. As a believer in Christ, and following the footsteps of our Father, Founder and Leader St. Arnold Janssen, I would like to dedicate my life for His Mission.

I would also like to thank the Sacred Heart Family for being part of my priestly life and inspiring me to be a good and effective missionary.

Dear Fr. Alex we thank you and assure you of our fervent prayers for your future ministry in the Lord's Vineyard



The Hour Of Great Mercy

"When it was noon, darkness came over the whole land until three in the afternoon. At three o'clock, Jesus cried out with a loud voice, "Eloi, Eloi, lema' sa-bach'tha-ni?" which means, "My God, My God, why have You forsaken Me?"... Then Jesus gave a loud cry and breathed His last. And the curtain of the temple was torn in two, from top to bottom. Now when the centurion, who stood facing Him, saw that in this way He breathed His last, he said, "Truly this man was God's Son!" (Mark 15 : 33-39.)

In His revelations to St. Faustina, Our Lord asked for special prayer and meditation on His Passion each afternoon at the three o'clock hour, the hour that recalls His death on the cross.

At three o'clock, implore My mercy, especially for sinners; and, if only for a brief moment, immerse yourself in My Passion, particularly in My abandonment at the moment of agony. This is the hour of great mercy for the whole world. I will allow you to enter into My mortal sorrow. In this hour, I will refuse nothing to the soul that makes a request of Me in virtue of My passion. (Diary 1320).

The Lord Jesus also gave St. Faustina instructions regarding how to meditate on the Hour of Mercy.

I remind you My daughter, that as often as you hear the clock strike the third hour, immerse yourself completely in My mercy, adoring and glorifying it; invoke its omnipotence for the whole world, and particularly for poor sinners; for at that moment mercy was opened wide for every soul. In this hour, you can obtain everything for yourself and for others for the asking; it was the hour of grace for the whole world – mercy triumphed over justice.

My daughter, try your best to make the Stations of the Cross in this hour, provided that your duties permit it; and if you are not able to make the Stations of the Cross, then at least step into the Chapel for a moment and adore, in the Blessed Sacrament, My Heart, which is full of mercy; and should you be unable to step into the Chapel, immerse yourself in prayer there where you happen to be, if only for a very brief instant. (Diary 1572).

From these detailed instructions, it is clear that Our Lord wants us to turn our attention to His Passion at the three o'clock hour to whatever degree our duties allow, and He wants us to ask for His mercy.

Jesus imposed three conditions that were necessary for the prayers addressed to Him during the Hour of Mercy to be heard: (1) the prayer has to be directed to Jesus; (2) it must be said at three o'clock in the afternoon; and (3) it has to call on the value and merits of the Lord's Passion. It should also be added that the intention of the prayer must be according to the will of God. The spirit of Christian prayer demands full trust and perseverance; the prayer must also be joined to the practice of active love of neighbor.

As sinners needing to come back to the God of love and mercy, let us always be mindful of the *Hour of Mercy*, reflecting on His Passion and His love for us, even if only for an instant.

**Sandra D'souza
Divine Mercy Apostolate**

Death - A Beginning of 'New Life'

Down, down, down into the darkness of the grave,
The haughty, the naughty, the naive.
Gently they go, the beautiful, the tender, the kind, the rave,
Quietly they go, the intelligent, the witty, the brave
Composed, refreshed, ennobled, enriched
Shutting away of loving hearts so precious, they go to dust!

So it is, and so it will be, for so it has been time and again
Into the darkness they go,
The rich and the poor so low,
Crowned with lilies and with laurels they go,
The wise and the foolish,
They go down into the earth!
To be one with the dust of the earth, without a sound.

Death is a stairway, a door, a leap,
Migrating from the earth to infinity!
The immortal soul crosses the dust of the earth to the skies,
Until one reaches to get the immortal prize!
The end of earthly things taking its stride,
To the beginning of Heavenly things.

We fear Death which is unknown,
Death sets the spirit free,
Death is the road to eternity,
Death leads us to our permanent home,
Death is not the end,
Death is the beginning of a 'New Life'!

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

No one, however weak, is denied a share in the victory of the cross. No one is beyond the help of the prayer of Christ. His prayer brought benefit to the multitude that raged against Him. How much more does it bring to those who turn to Him in repentance.

- St. Leo the Great

Brave Hearts We Salute You

Brave hearts we salute you!
Your love for mother, your love for the land,
Putting the nation above oneself,
Till she's safe and peacefully rests.

Brave hearts we are proud of you!
Your fearless stance, the fire in your eyes,
Chin up, head held high,
We respect your sacrifice!

Brave hearts at the border line,
You fight all night, so we can sleep.
Take a bullet, so we can smile,
You are the brother, thank God I have!

Brave hearts you're my family,
Risking your life, so my heart beats.
Serve to the peril of your life,
Stand strong till victory!

Brave hearts, we pray you're safety
When you are out there on the alert,
All the while, my heart fears,
Want to see you back, hoisting the flag!

Brave hearts, you inspire in us,
Love for nation and mankind,
Selfless duty and sacrifice,
You're the true superhero, we have!

Martyred hearts, we salute,
Guardians of our little world.
Every breath of freedom, thanks to you,
Gives us all a bright tomorrow.

Melwica Pereira
St. Joseph the Worker, Community No. 28



Unwrapping Memories

Woke up with a smile
 kisses received from a mile.
 "Mom! why the cheer?"
 "You grew to be three, my dear".
 Classroom waited for chocolates,
 "I want two" demanded every pocket.
 "I reserved a chocolate for you dad".
 "My son grew to be ten, I am so glad".
 Hurriedly, setting my hairstyle
 Greetings received on profile.
 Birthday cake landed in canteen
 "Congrats on growing nineteen".
 Hair has grown gray,
 it's my birthday again.
 Memories flashing, sitting alone,
 "I turned eighty, no candles blown".

Jaison D'mello
Immaculate Conception, Community No. 1



ANSWERS OF CHILDREN'S CORNER-QUIZ NO. 2018-04:

I) 1. c) 2. b) 3. a) 4. b) 5. c) 6. b) 7. a) 8. b) 9. b) 10. a)

II) 1. Yesterday, today & forever (Heb 13:8) 2. the glory of God, the Lamb (Rev 21:23) 3. Peace, Peace, the world, troubled, afraid (John 14:27) 4. give, receive (Acts 20:35) 5. Hope, hearts, Holy Spirit (Rom 5:5) 6. refiner, purifier (Mal 3:3) 7. Alpha, Omega, was, is, to come, Almighty (Rev 1:8) 8. foul language, edification, grace, hear (Eph 4:29) 9. Heart, spirit, bodies, stony, natural (Ez 36:26) 10. Renew, soar, eagle's, run, weary, faint (Is 40:31)

III) "FOR WE ARE HIS HANDIWORK, CREATED IN CHRST JESUS FOR THE GOOD WORKS THAT GOD PREPARED IN ADVANCE THAT WE SHOULD LIVE IN THEM (Ephesians 2:10)

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

WINNERS OF QUIZ NO. 2018-04:

1st prize : Akash Patwa - Class V, Holy Family High School
 2nd Prize: Saniya Saldanha – Class IX, St. John E.H.S
 3rd Prize: Emmanuel Moses Dsouza - Class II, St. Arnold's



ANSWERS OF YOUTH BIBLE QUIZ NO IV:

I) 1. Salome & Zebedee 2. Caiaphas 3. Annas 4. Hebrew, Latin & Greek 5. Peter 6. Didymus

II) 1. Jesus to Martha (11:25) 2. Jesus to Nicodemus (3:8) 3. Pilate to crowd (18:38) 4. Mary Magdalene to Risen Jesus (20:16) 5. Jesus to 7 disciples (21:12)

III) 1. False 2. False 3. True 4. True 5. False 5. False 6. False 7. True

IV) 1. For those who will believe in Jesus through the word of the disciples

2. Knowing the only true God and the one whom he sent Jesus Christ

3. I am the Good Shepherd, the true Vine, the Gate, the Light of the world, the Resurrection and the Life, the Bread of Life, the Way, the truth and the Life.

4. If He does not go, the Advocate will not come to them, but if He goes, He will send Him to Them

5. Mary-wife of Clopas, Mother Mary, Mary Magdalene

V) 1. Courage, I have conquered the world (16:33) 2. truth, Your Word is truth (17:17) 3. the Word was with God and the Word was God (1:1) 4. people preferred darkness to light, because their works were evil (3:19)

VI) 1. Jesus Nazareus Rex Ludaeorum 2. Miracle at wedding feast at Cana, healing of the man born blind, raising Lazarus from the dead

WINNERS OF YOUTH BIBLE QUIZ NO. IV:

1st prize : Ainish Mathias, Sacred Heart, Community No. 32
 2nd prize: Tahirah Fernandes, Akashdeep, Community No. 15



Full Name (Head of Family) _____
 Names of Participants _____
 Telephone/Mobile No _____
 Community No _____ Family No. _____
 Address: _____

I) IDENTIFY THEM:-

1. Mother-in-law of Ruth. _____
2. Mother of Esau _____
3. Sister of Leah _____
4. Father of Samson _____
5. Abraham's 2 brothers _____
6. Moses' wife _____
7. Mother of Joab _____
8. Wife of King Agrippa _____
9. Isaiah's father _____
10. Second city of Canaan destroyed by Joshua _____

II) COMPLETE THE SCRIPTURE VERSE AND MENTION THE CHAPTER AND VERSE

1. "Therefore, if you hearken to My voice and keep My covenant,
 _____ " (Exodus ____:____)
2. "Give and gifts will be given to you; a good measure, packed together,
 _____ (Luke ____:____)
3. "Do not store up for yourselves treasures on earth where moths and rust destroy and thieves break in and steal but _____
 _____ (Matthew ____:____)
4. "Do not do anything from selfish ambition or from a cheap desire to boast, but _____
 _____(Philippians ____:____)
5. "The Word of God is living and effective, sharper than any double-edged sword, _____
 _____(Hebrews ____:____)

III) MATCH THE SAINTS WITH THEIR PATRONAGE.

- | | |
|------------------------------|------------------------------|
| i) St. Therese of Lisieux | a) Cancer Patients |
| ii) St. Joseph Cupertino | b) Those seeking Lost Things |
| iii) St. Cecilia | c) Tent Makers |
| iv) St. Anthony of Padua | d) Missionaries |
| v) St. Bernadette of Lourdes | e) Workers, Dying |
| vi) St. John Marie Vianney | f) Young Boys |
| vii) St. Peregrine | g) Aviators, Poor Students |
| viii) St. Paul | h) Priests |
| ix) St. Joseph | i) Musicians |
| ix) St. Dominic Savio | j) Shepherds |

IV) MARK THE ODD ONE

1. Judge of Israel
 a) Ehud b) Deborah c) Gideon d) Jael
2. One of the Churches mentioned in Revelation
 a) Laodicea b) Smyrna c) Ephesus d) Philippi
3. Gift of the Magi
 a) Gold b) Silver c) Frankincense d) Myrrh
4. Witnessed Jesus' Transfiguration
 a) Peter b) James c) John d) Andrew
5. Missionary Companion of Paul
 a) Silas b) Philip c) Theophilus d) John Mark
6. Thrown into Fiery Furnace
 a) Meshach b) Daniel c) Shadrach d) Abednego
7. Women mentioned in Mathew's genealogy of Jesus
 a) Tamar b) Ruth c) Leah d) Rahab
8. Leaders who questioned Jesus at his trial
 a) Caesar b) Agrippa c) Annas d) Pilate
9. Leah's sons
 a) Levi b) Simeon c) Reuben d) Dan
10. Noah's three sons
 a) Ham b) Jethro c) Shem d) Japheth

VI) NAME THE SEVEN CAPITAL SINS

VII) MATCH THE HEBREW/ARAMAIC WORDS WITH THEIR MEANING

- | | |
|----------------------------|---|
| a) Amen | Little girl I say to you arise |
| b) Hosanna | rest |
| c) Maranatha | the Lord |
| d) Alleluia | My God, My God why have you forsaken me |
| e) Adonai | empty headed |
| f) Talitha cum | O Lord, save us |
| g) Eli Eli lama sabachtani | Be opened |
| h) Ephphatha | So be it |
| i) Sabbath | The Lord is come |
| j) Raqa | Praise be to Yahweh |

Drop the answers in the Letter Box in front of the Parish Sacristy latest by 11th May, 2019
 There are 3 prizes. If there are many right answers, the prizes will be determined by casting lots.
 The decision of the Editorial board will be final and binding.

Hearty Laughter

Partying hard

Bob left work one Friday evening. But it was payday, so instead of going home, he stayed out the entire weekend partying with his mates and spending his entire wages.

When he finally arrived home on Sunday night, he was confronted by his angry wife and was barraged for nearly two hours with a tirade befitting his actions. Finally, his wife stopped the nagging and said to him, "How would you like it if you didn't see me for two or three days?"

He replied, "That would be fine with me." Monday went by and he didn't see his wife. Tuesday and Wednesday came and went with the same results.

But on Thursday, the swelling went down just enough to enable him to see her a little out of the corner of his left eye.

Bachelor's problem

A friend asked the yet single Fred, "Why aren't you married? Can't you find a woman who will be a good wife?" Fred replied, "Actually, I've found many women I wanted to marry, but when I bring them home to meet my parents, my mother doesn't like them." His friend thinks for a moment and says, "I've got the perfect solution, just find a girl who's just like your mother."

A few months later they meet again and his friend says, "Did you find the perfect girl? Did your mother like her?" With a frown on his face, Fred answers, "Yes, I found the perfect girl. She was just like my mother. You were right, my mother liked her very much."

The friend said, "Then what's the problem?"

Fred replied, "My father doesn't like her."

Obedience

A boy with a monkey on his shoulder was walking down the road when he passed a policeman who said, "Now, now young lad, I think you had better take that monkey to the zoo." The next day, the boy was walking down the road with the monkey on his shoulder again, when he passed the same policeman. The policeman said, "Hey there, I thought I told you to take that monkey to the zoo!" The boy answered, "I did! Today I'm taking him to the cinema."

Faithful With Much

At a Wednesday evening Church meeting a very wealthy man rose to give his testimony.

"I'm a millionaire," he said, "and I attribute it all to the rich blessings of God in my life. I can still remember the turning point in my faith, like it was yesterday:

I had just earned my first dollar and I went to a Church meeting that night. The speaker was a missionary who spoke about his work. I knew that I only had a dollar bill and had to either give it all to God's work or nothing at all. So at that moment I decided to give my whole dollar to God. I believe that God blessed that decision, and that is why I am a rich man today."

As he finished it was clear that everyone had been moved by this man's story. But, as he took his seat, a little old lady sitting in the same pew leaned over and said: "Wonderful story! I dare you to do it again!"

Out Of The Mouth Of Babes

A Sunday school teacher was teaching her class about the difference between right and wrong.

"All right children, let's take another example," she said. "If I were to get into a man's pocket and take his billfold with all his money, what would I be?"

Little Johnny raises his hand, and with a confident smile, he blurts out, "You'd be his wife!"

Inspiration From Saints

Saints Francisco and Jacinta Marto

Feast Day : February 20

Patron Saints of : The Sick, Prisoners, People ridiculed for their piety

'Our Lady of Fatima' is a title of our Blessed Mother after she appeared to the three shepherd children Lucia, her cousin Francisco and his sister Jacinta from Aljustrel in Fatima, Portugal. The children witnessed three apparitions of an angel in 1916, which prepared them for the next six apparitions of the Blessed Virgin Mary in 1917.

Francisco and Jacinta were the youngest of Manuel and Olimpia Marto's children. They worked with their cousin Lucia, taking care of the family's sheep.

Francisco was born on June 11, 1908. He was a calm boy who had an air of superiority and a temperament to match. He carried a flute and used it while singing and dancing. Jacinta was born March 11, 1910. She was a bright and charming girl though spoiled and self-centered at times. She had a marked love for Our Lord and at the age of five, she was in tears on hearing the account of His Passion, vowing that she would never ever sin or offend Him anymore.



The children prayed the Rosary every day after lunch, but to make more time for play, they shortened it to saying just the words 'Hail Mary' ten times.

On May 13, 1917 the children were frightened by a flash of light. They saw a ball of light in which stood a beautiful Lady whom they described as "the Lady more brilliant than the Sun". When the Lady said she was from heaven, Lucia asked her to take them there too. To their delight she promised to do so. The Lady then asked the children to embrace whatever suffering might come their way, offering it both as an intercession for those who had rejected God and as a way of 'consoling' the Lord. She also told them to pray the Rosary daily for world peace and gently corrected their shortened method of praying.

In the second apparition, on June 13, the Lady showed the children a vision of hell that shook them to the core. She taught them the 'Fatima prayer' to be added at the end of each decade of the Rosary, to rescue sinners from hell. Amongst the three, Jacinta was in the forefront in voluntary mortifications.

Word of the apparition spread and crowds began thronging to Fatima. The local governor, an atheist, decided to put a stop to this. On August 13, he imprisoned them and threatened to boil them in oil unless they denied the visions. But they stood their ground and the Lady appeared to them once again on August 19, after their release.

In August 1918, just as World War I was coming to an end, Francisco and Jacinta fell victim to the influenza epidemic sweeping through Europe. In October 1918, Mary again appeared to the sick siblings and promised to take them to heaven soon. On April 3, 1919, 10 year old Francisco declined hospital treatment for influenza and died the next day.

Jacinta was given hospital treatment in the hope of prolonging her life, but she knew that she would soon join Francisco in heaven.

On February 19, 1920, 9 year old Jacinta asked the hospital chaplain who heard her confession to bring her Holy Communion and administer the last rites, because she was going to die the next night. The priest however, felt otherwise. Her condition not being that serious, he would return the next day. The next day Jacinta was found dead – she had died in her sleep.

On May 13, 2000, both Francisco and Jacinta were beatified. On May 13, 2017, on the 100th Anniversary of the apparitions, they were canonized by Pope Francis. They are the first child saints in the Church who are not martyrs. Pope Francis said, "The holiness of these children is not a consequence of the apparitions they received, but of the fidelity and ardor with which they returned the privilege they received of being able to see the Virgin Mary."

Parish Activities

All Associations' Day

Sunday, January 20, 2019 was the day when all Associations and Cells of our Parish came together to celebrate the annually held 'All Associations' Day! A special thanksgiving Eucharist to mark the occasion was celebrated at 5.30 pm and the celebrations began immediately thereafter. Adding to the festivities were our beautifully lit up Church grounds. The DJ for the evening was all set to entertain with his collection of songs and music and as members walked in, the air felt heavy with fun and anticipation! Soon after the snacks and welcome drink were served, the Master of Ceremonies took over and welcomed all those present. Fr. Valerian Fernandes SVD, accorded a warm welcome to all members with his words of appreciation, this was followed by the 'Grand March'. There was a lot of enthusiasm and excitement in the air as everyone, both young and old grabbed their partners and joined in the march. The march was indeed a grand one, which finally ended in the formation of a huge circle, for the customary first dance and everyone joined in. The lively songs played by the DJ, added to the mood of the evening.

Soon it was time for some group games. Teams were divided depicting various animals and each team had to identify themselves with their respective animal sound. This game was nothing short of hilarious, as all tried their best to mimic animal sounds and cries! The much loved and often played game of 'Bombing the Stations' was next. Everyone seemed to enjoy themselves as they ran between stations trying to escape the bombing! There were prizes and spot prizes galore, for both, youth and elders, married and singles! The religious were not forgotten either. There seemed to be no tired faces around despite everyone being on their feet. The DJ much to our delight, continued playing music without a break! Everyone was seen *jiving, doing the cha chacha, rock & roll* and when the '*masala*' was played, there was a sudden crescendo of excitement and energy. The photographer moved around capturing great moments of the evening to remember.

As the buffet table was being set up, the aroma of food distracted us all. Fr. Valerian led us into saying *Grace* and very soon we found ourselves partaking of some great food.

It was a wonderful evening of fun, relaxation and coming together of members of various Associations and Cells! Our gratitude and heartfelt thanks to the CCO and our clergy team for organizing this fun evening for us, a gesture to express their love and gratitude to all the cells and associations who work the year round to make the parish vibrant. It was indeed an evening to remember!

Josephine Fernandes
PPC Executive Committee

Health Cell Activities

Free Medical Camp

A free Medical Camp was organized by the Health Cell of our parish in collaboration with the Holy Spirit Hospital on 10th February 2019, from 8.00 am to 1.00 pm, on the 1st floor of the Community Centre. Doctors from various specialities' like medicine, orthopedic, pediatric, gynecology, to name a few, were conducting free consultations and prescribing recovery treatments. Around 90 parishioners attended the Camp and took advantage of the *free* Medical Camp. The Health Cell would like to thank Fr. Sunil Soreng SVD, Spiritual Director, Health Cell, Holy Spirit Hospital sisters, the visiting Doctors, SVP members, Health Cell members and all volunteers, for making this Camp a success.

Mass for the Elderly and the Sick

A special Mass was organized by the Health Cell members for all the elderly and sick of our parish on 23rd February 2019 at 5.00 pm. We had around 230 parishioners who attended the Mass. Fr. Itoop SVD was the main celebrant. Fr. Praveen and Fr. Nirmal joined in during the anointing of the sick. Health Cell members took an active part in the liturgy to make it special for our elderly congregation. Casian and his choir's efforts in singing melodious hymns were commendable. At the end of the Mass, refreshments were served to all the elderly and the sick. We wish to extend our deep gratitude to Fr. Itoop, Fr. Praveen and Fr. Nirmal, the choir and especially to all the Health Cell members who made all the arrangements and to help make this event a grand success.

Dr. Roshni Crasta
Health Cell

Family Cell's Advent Recollection

The Family Cell of our parish organized a short recollection on 29th November 2018, in the mini hall of our Community Center. The theme of the recollection was, *Marriage and Family*, keeping in mind the season of Advent. It was conducted by our very own Fr. Valerian Fernandes SVD, who is the spiritual director of the Parish Family Cell. The session began with spiritual songs played by Fr. Valerian, an introduction by Joseph Mendonca, head of the Family Cell, followed by the invoking of the Holy Spirit and our blessed Mother Mary, which opened our hearts and minds for the Advent recollection.

A Couples' Day Celebration

Love Today, Tomorrow, Forever

The Family is the basic institution of the Church and Marriage is the key to the creation of a family. Fr. Valerian captured our attention with some hilarious quotes and jokes on marriage which I am sure each of us could easily identify with. He also had our full attention throughout the session with some engaging videos, Bible verses and sharing of some important tips for a better marriage.

The videos brought out the seriousness of marriage and how something as mundane as the tone of one's voice can ruin a marriage. The fact that it is the spouse who remains in our life until death do us apart, was highlighted, for due introspection. Fr. Valerian also made us reflect on some Bible verses (Genesis 2:24, Genesis 2:18, Genesis 1:28) which explained God's Divine Plan for creation and God's intention for the family. He shared some wonderful tips for a better marriage and some personal experiences which brought out the fact that daily prayer is the key to a long and happy marriage. These tips helped us understand that we need to protect and honor our marriage vows at all times, not allowing anyone or any outside factor to come between us and our spouse. Fr. Valerian also highlighted the Advent theme by explaining to us how God sent His only Son into the world to be born into a "Human Family," thus turning the "Word" into "Flesh". If Jesus were to appear as a demigod, human history and salvation would have been only a myth, not a reality. Jesus, instead, suffered death as a human and when pierced by the soldier with a lance, blood and water flowed through the wound in His side proving that Jesus was really a human. The Advent season is 'the waiting in hope for Christ,' to be born in our lives and in our families.

As all good things come to an end, the session did too. While proposing the vote of thanks, Lucy Rocha told us that she had asked Fr. Valerian what the Recollection would be about and he had replied that it would be a prayer service with entertainment and rightly so - with funny anecdotes and jokes on marriage and prayerful reflections on verses from the Bible.

Udelia Carneiro
Christ the King, Community No. 19

*It is not the finest wood that feeds the fire of
Divine love, but the wood of the Cross.*

- St. Ignatius of Loyola

A special Eucharist was celebrated by Fr. Donald D'Souza SVD on Sunday, 10th February, 2019 for 'Couples', to commemorate World Marriage Day. It was a collaborative effort by the core teams of the Family Cell and Couples for Christ. The highlight of the Eucharist was the testimony of Dr. John Rodrigues and his wife Joyce. It was refreshing to hear about their marital journey and how their marriage has grown stronger despite the challenges they encountered.

In his homily, Fr. Donald shared that after his father had passed away, he was reluctant to celebrate his parents' wedding anniversary with his widowed mom. It was then that she explained to him the true meaning of 'Love'. She believed that their love was still alive - "TODAY" through the values instilled by them, in their children; "TOMORROW" through her grandchildren and "FOREVER" by the relationship they shared as a couple.

After Mass, there was a get-together. Thirty couples attended and actively participated in this celebration. A vibrant parish, such as ours, should have garnered more registrations. I silently prayed that we have more registrations next year, and instead of having the get-together at the Community Centre, we have it on our Church grounds instead.

Keeping the theme in mind, all games were marriage centric, such as 'Know your partner', 'Agree or Disagree' and 'Two Truths and One Lie'! Later, with everyone in the game frame of mind, the famous Four-Corners was played with the corners aptly named as 'Courtship, Engagement, Marriage, and Divorce'.

Couples were in splits, when spouses bungled up on 'vital' information during the course of the game. Some partners were blissfully unaware of the color of their spouse's toothbrush! Some fumbled over their partner's favorite foods, TV serials, movies and books. The non-participants roared with laughter at some of the faux pas answers! However, to our amazement, one couple was totally in sync with each other. We doff our hats to them!!

The comperes, Charles and Fallan, kept us in splits and on our toes. There was never a dull moment with all the 'laughing' and 'witty repertoire'. In the midst of all the fun and laughter the Lord's grace and blessings were invoked by Fr. Innocent Fernandes SVD and Fr. Valerian Fernandes SVD.

For a Marriage to work, it takes *love, respect, trust, understanding, friendship and faith* in one another. The happiest couples are the ones who do not have the best of everything, but they just make the best of everything.

At the end of the day, I learnt many valuable lessons. It did not matter whether I knew the color of my husband's toothbrush, his favorite serial or book. It didn't matter who won, whenever there was a disagreement. All that mattered was that whatever challenges life tossed our way, we were there for each other through thick and thin, in sickness and in health, in agreements and disagreements. We are together today, will be together tomorrow and forever!

Shirley Denzil Fernandes
Our Lady of the Rosary, Community No. 29

Singing Our Way to Christmas

"Christmas isn't Christmas till it happens in your heart. Somewhere, deep inside you, is where Christmas really starts"... the words of this song so aptly puts forth the sentiment felt and shared by the children of Sacred Heart Parish, on their mission of spreading the good news and joy on the birth of our Lord, Jesus Christ.

50 children from the Parish, between the ages of 5 - 16 years, commenced their practice sessions in earnest from the end of November under the guidance of their coaches - Marian D'souza, Jayesh George and Sharon Pinto. The children were not only coached on the techniques of singing loudly, clearly and together as a group but also on how to express their feelings through songs, thereby, touching a chord in the hearts of their listeners.

The children started their mission with a visit to Hiranandani Hospital, Powai on December 19, 2018, where they sang carols during the evening visiting hours, for the doctors, staff, visiting relatives and outpatients of the hospital. Their angelic voices were so filled with the Christmas spirit, that it magically transformed the ambience of the hospital, eliminated all the tiredness and anxiety of the listeners and instead, infused them with the love and joy of Christmas, no matter their religion or creed.

The children continued their mission with a visit to both, Terminal 1 and Terminal 2 of the Chhatrapati Shivaji Maharaj International Airport at Sahar, Mumbai, on December 21st and 22nd 2018. This was a new experience for quite a few of the children, who had never visited the International Airport before or seen so many planes, at such close quarters. To enable more children to experience this joy, 2 separate batches of 20 children each were taken on both days. It was heartening to watch passengers

who always seem in a hurry at airports, suddenly stop in their tracks to hear our children sing. Some passengers got so drawn into the moment, that they enthusiastically joined the children in the singing of the carols at the top of their voices! It was gratifying to see passengers leave the premises with a big smile on their faces, coupled with a warm and happy feeling of Christmas!

The children concluded their mission, with all 50 of them coming together to sing carols for our parishioners, before Christmas Mass on 24th December.

For our children, this experience of caroling in the company of 50 of their peers not only taught them how they can use their voices to spread the good news of the Lord but also served as a learning curve on life's valuable lessons on teamwork, camaraderie and forgiveness.

Sharon Pinto
Emmanuel, Community No. 24

KFC Outreach Program

Kids for Christ (KFC), a Family Ministry of Couples for Christ (CFC), of the Andheri Deanery (comprising the following parishes: Sacred Heart, Holy Family and St. Vincent Pallotti), organized an Outreach Program on 23 February 2019, at the Home for the Aged, Mahakali.

A group of 76 (47 children, CFC members, Youth for Christ (YFC) members and some parents) participated in this program. Our parish was represented by a group of 25 children.

With the help and support from the KFC coordinators and parents, all the children assembled at 4.00 pm at the Home for the Aged Chapel. Sr. Gloria, welcomed the children and the parents and briefed them about the Home and its elderly residents. She also shed some light on 'The Little Sisters of the Poor' who run the Home. Sister spoke about the ongoing building project, which when completed, would have separate rooms for each resident.

For the successful completion of the building project, she requested prayers from the children. She urged the children to pray the 3 Hail Marys' daily, for vocations, before retiring to bed.

The children and parents were then led to the dining area where all the elderly *Nanas & Papas* had gathered. The program began with the children enthusiastically performing a catchy 5 minute action song, 'Jump, Jump, Jump' which was led by a couple of members from the YFC.

Vacation Bible Joy – 2018

This was followed by a light musical quiz, organized by the KFC coordinators, for the elders, which comprised a medley of popular Hindi movie songs from the 1960s - 1980s eras. All the elders seemed to have enjoyed this sing-song interlude and there was much laughter, smiles and happy faces all around. We had some of the in-mates even join in the singing.

Each child had made a greeting card which they gave to the Nanas & Papas. This kind and thoughtful gesture brought a bright smile to their faces. A small token gift, consisting of a packet of biscuits, a fruit and homemade chocolates, were presented to each resident.

The children asked for blessings from all the elderly and had friendly interactions with them.

In the end, one of the Nanas advised the children to always be obedient to their parents and to say their prayers regularly. She also said something very important, "*Do not miss catechism!*"

Before we knew it, it was 5.30 p.m., i.e. dinner time for the elderly residents and we had to say our goodbyes.

The evening ended with a fellowship! Children partook of delicious spread of snacks lovingly prepared and arranged by the CFC members.

This was a memorable experience for the children, where they learnt all about loving and respecting the elderly and also giving and caring.

2019, being the 'Year of the Elders', we all went home feeling very satisfied that we had in some small way brought a little joy to a small group of elders, in their sunset years.

✦ **Maria & Stephen Coutinho**
✦ **Kids For Christ Co-ordinators**
✦ **Hosanna, Community No. 31**



The much anticipated parish event for children – *The Vacation Bible Joy* (VBJ) was held from 13th to 17th November 2018. Held during their mid-term vacation, over 150 children participated in this Bible event. The theme this year was 'Meeting Jesus in the Sacraments'.

The '*Praise and Worship*' session each morning was eagerly looked forward to by the children. The gusto and vibrancy could be seen in their dancing and clapping of hands. This was followed by a value-based story from the Scripture. Each day they learnt how they could truly encounter Jesus in the Sacraments.

After the morning prayers, the group was split into three age-wise sections. Each day, the different Sacraments were explained to them in a creative manner. They listened with such rapt attention, ever eager to answer any question put forth by the teachers. Whether it was Baptism or Confirmation, Holy Eucharist or Matrimony, the children answered with such enthusiasm thus acing the learning process.

However, it was not all work and pray for the children. We had a host of sponsors who sponsored snacks and soft drinks on all 5 days of the event. A series of fun activities were also held each day.

We appreciate the efforts put in by our volunteers (quite a few from the Bible Study Group) who did a marvelous job mentoring the kids while bringing a youthful and energetic vibe to the program. They also helped in building activity sets and creating craft material. We wish to thank all our well-wishers who interceded for the success of our event.

Something special is always planned the last day of the program. Our Spiritual Director Fr. Sunil Soreng SVD celebrated the Eucharist. It was an inter-active Mass with Father asking them about the Sacraments and our very enthused children responding. The event concluded with a round of games coupled with plenty of spot prizes. Special prizes were awarded to children who displayed their creativity in art and craft, centered on the Sacraments.

While VBJ is an annual event, there has been nothing more gratifying than seeing the excitement writ large on the faces of these innocent children as they walked in each morning through the gates of our Parish. It is heartening to hear parents/grandparents tell us how their children now understand God's Word! It is indeed worth all the effort!

All through the year, we have children asking us about the next VBJ and looking forward to it. Truly, it has been a great experience to be associated with VBJ. It was a learning curve for us too, teachers and animators, to grow in our faith and knowledge of the Sacraments. We know that like St. Paul, we have planted a little seed. We pray that this will be watered and nurtured by their families and at the right time bear abundant fruit for the Lord, in His Vineyard.

**Fatima Menezes
Bible Cell**

The Power of the Word of God

The Word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart - Hebrew 4:12.

There's tremendous power in the Word of God and the Word became alive in my life from the time I began attending the Bible study sessions (every Tuesday 7.30 pm, Community Centre), held in our Parish. Though I used to read the Bible earlier too, I would read it like any other book without really understanding the true meaning. But through regular Bible Study sessions, I began to understand the Word of God and my whole concept about reading the Bible changed. It was no longer like reading any other book but the Word of God became a living Word for me. Life is full of struggles and challenges. But after a better understanding of the Word of God, I could apply the living Word to my *day- to-day* life situations and have the courage to face the challenges heads on. It has given me wisdom and strength to deal with others/situations. I'm sure we all go through various challenges during the course of the day, at our places of work and also within our families, but trusting on the Word of God is something I have learnt; it leaves me with so much of inner peace and understanding.

Others too have also encountered the Power of the Word of God in their lives and I would like to share what they have to say: *Zelda Fernandes* from Akashdeep, Community No. 15, says that through the Word of God she has learnt so much about our God and this has helped her tremendously. The more she got to know God, the more she began to love Him and the more she was able to serve Him. She then started passing on the teachings to her two teenage daughters and

she felt well-equipped to handle their many questions about the Bible and other teenage queries. *Bridget Sebastian* from Yahweh's Clan, Community No. 33 felt she has become more forgiving and learnt to be patient and also got the courage to fearlessly face difficult situations.

When one experiences the taste of God's Word, there's a constant hunger and thirst for more, just as the Psalmist says: *'O taste and see that the Lord is good'* (Ps 34:8). *Joan Kapur* from Good Samaritan, Community No.18, speaks of her experiences too; that the Word of God has strengthened her faith, and also taught her to surrender and persevere in prayer. She also says how wonderfully God takes care of all her needs as she begins to rely on Him, through His Word.

Such are the marvels of our God when we rely upon Him for all our needs. And this can happen only when we get to know Him more through His Word. Remember, God speaks to us daily through His Word!

**Bernadette Fernandes
Divine Mercy, Community No. 9**

SCC Update

Caring, Sharing, Reaching Out!

In light of the task assigned at the December 2018 Steering Committee Meeting, we the members of Community No. 28, St. Joseph the Worker, felt a strong urge to do something special, something that would bring a smile on the faces of some, during the Christmas season.

Our activities have always been community-centric, which is a good thing, but it was time to look beyond the immediate realm of our own community and reach out to society at large. So we brain-stormed and ideated on this germ of an idea at our core meeting, till one of our animators, who is associated with the Salesian fathers and their activities at Dominic Savio High School, suggested we do something for the *Basti* kids.

Fr. Brian Moras SBD, Rector and Manager of St. Dominic Savio High School and his clergy team run a night school for the *basti* kids of the area and they are tutored free of cost, provided with basic stationery/school material and encouraged to participate in extra-curricular activities like sports/educational trips. They are a group of 150 kids, from the neighboring low income areas, belonging to different faiths.

We realized that this program definitely needed a fresh impetus of funds and that's when we volunteered to pitch in. We met the clergy team of St. Dominic Savio High School to learn more about this program. At the end of the meeting, we decided to support this cause financially and make Christmas 2018/New Year 2019 special for these young kids, who truly deserved to be happy. A quick appeal for monetary aid was passed around our community, requesting them to chip in towards this cause. Many members came forward and contributed generously, and soon within a little more than a month, we succeeded in raising a neat sum to contribute.

On 11th January 2019, we visited the *basti* kids at Dominic Savio High School, met with the priests-in-charge and handed over our contribution besides spending time with the children in their classrooms. We were so impressed meeting and inter-acting with them that we have decided to gradually take this task further, to another level. Like the *Basti* kids, there are numerous small organizations/NGOs that need our help. We would like to emphasize, '*reaching out*' does not just involve making a monetary contribution towards a cause. There are ways and means to sharing our time, talents and expertise. Being 'personally involved' is a great way to start building bridges, between us and society at large.

Rosa Pereira & Chris D'souza
St. Joseph the Worker, Community No. 28

Relationship Management A Hands-On Workshop

The core of our basic human instinct, lie in relationships and they need to be nurtured and handled delicately, in order to sustain them. With that in mind, the SCC Project Team of the Parish organized a Workshop titled '**Relationship Management**', covering 'Conflict Management', on Sunday, 17th February 2019, for SCC animators and for members of our parish Cells and Associations. The Workshop was attended by 131 members, eager to understand the techniques of resolving conflicts in an amicable manner, and sustain relationships.

The Workshop was inaugurated by Fr. Innocent Fernandes SVD, Parish Priest and Spiritual Director of the SCCs, who

warmly welcomed the participants and the Resource Person, **Dr. Keith D'Souza, a Corporate Trainer and Professor at the SP Jain Institute of Management Studies.**

Dr. D'Souza deftly explained the route he planned to adopt i.e. the jungle rule of "Survival of the Fittest" and how this rule governs our relationships and our conflict resolution abilities. This was brought out through a very simple yet deep exercise. Ten groups, each named after an animal, were formed. They had to introduce themselves with a slogan and the cry of the animal they represented. This played a psychological effect on the subconscious mind. Team spirit and collaboration were very much evident, as participants came up with innovative and *out-of-the-box* slogans showcasing a competitive edge.

The groups had to go through a simple exercise on the *Law of Probability* of choosing between an "X" and a "Y". The selections threw up values on the screen; positive and negative points. The task was to "win as much as you can." However, after the first round the groups strategized to win and gain maximum points. All camaraderie was forgotten as each group became individualistic, rather than collaborative. Dr. Keith D'souza chided the groups to collaborate in order to "win as much as you can"; however, not many were willing and those that did collaborate did not go along with the consensus. Thus, these rounds highlighted the fact, that as an overall group we lost the crux of the exercise "*Win as much as you Can*".

Besides our work commitment to the parish/cells/associations, we definitely want the best for each other. It is our inner fears that prevent us from moving towards a holistic approach. The moment we encounter conflicts, may be as trivial as a thought or the lack of ability to convince the other, our survival instinct automatically kicks in.

The training definitely made us aware that we need to stay focused and always tread the righteous path. It may not be comfortable, but will help us overcome conflicts and strengthen relationships.

We thank the parish clergy team and the SCC Project Team for organizing this workshop. It gave us an opportunity to learn, reflect, understand a complex topic with an easy and workable solution and reinforced that trust and faith can certainly move mountains!

Vanessa D'Souza
Morning Star, Community No. 6

'Deeper Understanding of Communities' Andheri Deanery Training Program



The Andheri Deanery Training Program was held on 24th February 2019, at the Ashankur Hall of Holy Family Parish, Chakala, from 9.00 am to 1.00 pm. The attendees comprised of Animators from 10 Parishes of the Andheri Deanery. 36 animators from our Parish attended the program. As always, the program commenced at 8.30 am with registrations and a quick breakfast.

After a brief introduction of Mr. Conrad Saldanha, the speaker for the day and a well-known Trainer of the Archdiocese of Bombay, the Session commenced. The topic '**Deeper Understanding of Communities**', was deftly explained by him to the 150 strong participants.

By means of simple word exercises and slides, Mr. Saldanha emphasised the importance of "Seeing" and explained the paradigm of life and relationships. He said that we think as we see, we see as we believe, we believe as per the assumptions we hold as true, the assumptions we hold as true are because of our "**conditioning**". While **silence, listening, awareness, communicating and relationships** are vital ingredients in life, a fulfilling relationship consists of **entering, integrating and contributing**. Institutions are created for peoples' needs and are influenced by environment and social media.

He then likened the SCC Ministry to a body which consists of different types of cells and independent systems which are inter-dependent on each other, compensating for the loss of the other, optimizing and renewing itself. In order to serve their families better, SCCs should understand the values, attitudes, behavior, circumstances and pain points of each category of people such as children, youth, adults, and seniors. In an age of technological speed, stress and anxiety, we all live fluid lives in a society where extreme individualism is on a sharp rise.

The program concluded with the celebration of the Holy Eucharist and a fellowship meal, a fitting end to the morning well spent.

Agnes Anthony & Litty Joy
Our Lady of the Rosary, Community No. 29

Retreat For Confirmands

A Retreat is a period of time spent away from one's normal life for the purpose of deep introspection and reconnecting your inner being with God, your maker. As part of prepping up to receive the Sacrament of Confirmation, candidates were called to make a retreat on 17th and 18th November 2018. We had experienced resource persons from 'Jesus The Real Vine Group' sharing testimonies and speaking about the various ways in which God has helped them at every stage of their lives. They shared insights which would assist us in doing what is right and living a righteous life.

The serene and calm ambience on both days of the Retreat, made us feel good and peaceful, a tad different from our otherwise busy and stressful lives. We began the day by reciting the 'Chaplet of the Divine Mercy' and continued to praise and worship God through hymns, and scriptures. It made us aware of the presence of God in the small details of life. Initially, before participating in this Retreat, we thought that spending two days in prayer would be a boring affair. We were so wrong! On the contrary, we were a happy lot actively participating and getting close to Christ through the ongoing sessions, action songs and various other self-correcting exercises leading to introspection.

We were made aware of what is right and what is wrong, how our world operates, how it tempts us to succumb to unholy desires and how we should make time for personal prayer and worship and learn to surrender our problems to God and trust in His ways. It was not all work though. We were served delicious food and refreshments during breaks.

There was a special Inner Healing session on the second day which led us into making peace with our past. Animated talks and testimonies on 'Avoiding Sin', 'The Holy Bible', 'Power of the Holy Spirit', were real eye openers. We felt like lost children reunited with God and been given a second chance to begin life all over again, albeit with a clean slate.

By nothing else except the cross of our Lord Jesus Christ has death been brought low: The sin of our first parent destroyed, hell plundered, resurrection bestowed, the power given us to despise the things of this world, even death itself, the road back to the former blessedness made smooth, the gates of paradise opened, our nature seated at the right hand of God and we made children and heirs of God. By the cross all these things have been set aright... It is a seal that the destroyer may not strike us, a raising up of those who lie fallen, a support for those who stand, a staff for the infirm, a crook for the shepherded, a guide for the wandering, a perfecting of the advanced, salvation for soul and body, a deflector of all evils, a cause of all goods, a destruction of sin, a plant of resurrection, and a tree of eternal life.

- St. John Damascene

The sessions made us aware of our mistakes and the realization that as humans we all fall short of God's glory. The encounter of self-realization was both, emotional and heart touching.

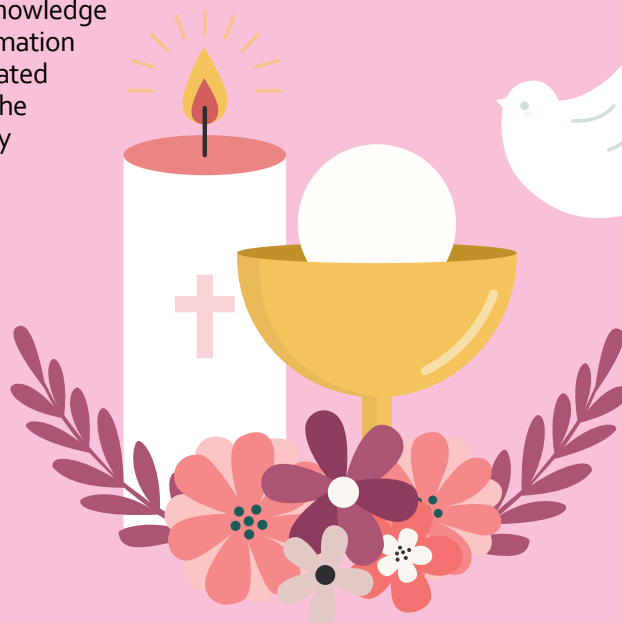
At the close of both the days, the Eucharist was celebrated helping us understand that it is the highest form of worship. The interactive homilies by Fr. Joseph MT SVD and Fr. Nirmal SVD were lessons in learning. A number of us underwent personal counseling sessions so that we were better equipped to cope with life and all that comes with it.

Participating in this Retreat made a huge impact on the psychological and spiritual aspects of the confirmands and did change our lives for the better. It made us understand that we can do all things through Christ who strengthens us. Our deep gratitude and heartfelt thanks to all those responsible for this life altering experience!

Glen Noronha
Prem Sagar, Community No. 22
Confirmand – 2018 Batch

Confirmed With The Grace Of The Holy Spirit

Our preparations to receive the Sacrament of Confirmation began on 10th June 2018. We were eager and enthusiastic to learn more about what it truly means to be a Confirmed member of the Church. The various sessions that were conducted every Sunday were all aimed at increasing our knowledge about the Sacrament of Confirmation and the responsibilities associated with being a member of the Church. Our sessions were very interactive and informative. The various activities, group discussions, games and quizzes made us eager to learn more about our relationship with God, the Sacraments, and realize the importance of being mature, productive and responsible members of the Church.



We had special Eucharistic celebrations for the Rite of Presentation of the Lord's Prayer and the Rite of Presentation of the Creed. We had the privilege of visiting *St. Pius Seminary*, Goregaon. The two day retreat conducted by 'Jesus The Real Vine Group' was a wonderful experience which helped us to heal our minds and bodies, spiritually. The retreat made us feel closer to each other and closer to God. Some of the Confirmands visited the *Home for the Aged* and it was a delightful experience to have had an opportunity to spend some quality time with the elderly.

On 2nd December 2018, we made our confessions as Confirmands. The confession helped us to introspect and calm our hearts and minds. Finally, the day we had all been waiting for, 9th December 2018, was upon us. It seemed so surreal. All of us were bubbling with unbridled excitement and joy. The Sacrament was administered to all 60 of us by His Lordship Bishop John Rodrigues. During the Unfolding Of The Gifts and Anointing With Chrism Oil, we all truly experienced the presence of the Holy Spirit. The Bishop's homily was awe inspiring. His message to all the Confirmands was that no matter how difficult our present circumstance may seem, we must always have hope and have faith in God as He always has good days in store for us in the future.

The Eucharistic celebration of the Sacrament of Confirmation was indeed very special. Melodious hymns made the atmosphere in the Church more serene and prayerful. After being confirmed at the Eucharistic celebration all the Confirmands gathered at the Community Center for a short felicitation program during which His Lordship Bishop John Rodrigues, handed us our Confirmation certificates.

We are greatly indebted and grateful for the concerted efforts of our Parish Clergy, the Catechists and Animators for guiding us throughout our journey from 10th June 2018 to 9th December 2018. Our journey of preparations for Confirmation may have technically ended, but what we have learnt and the knowledge we have acquired will surely go a long way in helping us lead better, active and fulfilling Christian lives.

Cheryl Andrade
Holy Trinity, Community No. 27
Confirmand - 2018 Batch



YOUTH FULLY
A L I V E

The Polar Express 2018

The Youth Ministry of our parish presented the most awaited event of the year, *The Polar Express 2018* – A Journey To Remember. It was held on 15th December, 2018. In the literal sense, this event succeeded in bringing parishioners from all communities together, as one big Family!

Preparations began two months in advance and after a lot of brain storming; the title of the event was finalized with the objective of taking the parishioners on a memorable journey aboard the 'Polar Express'.

Parishioners showed up in large numbers to embark on this remarkable journey with great enthusiasm and excitement. Some of the highlights of the event were a flash mob which grabbed the attention of the parishioners, stalls which included games, scrumptious food, Christmas delicacies, the Fancy Dress competition, a surprise hamper consisting of exciting goodies which was auctioned off to the highest bidder and "Guess the Weight of the Cake" challenge, where one had to guess the weight of the cake to the nearest gram for the win!

Vitus Dias and Maya Sodder, our hosts for the evening kept everyone enthralled right through. Our parish priest, Fr. Innocent Fernandes SVD opened the event which was followed by the Fancy Dress competition, titled "*The Winter Jingles*", for children from the age group of 3 to 14 years. Contestants came dressed in innovative costumes signifying the Christmas season. They all performed wonderfully well with the support of their families and friends and kept the audience well entertained.

There were a number of stalls with exciting games that were managed exceptionally well by our youth. There was also a photo booth which proved a big hit with the parishioners as long queues were witnessed outside the booth – all eagerly waiting to be shot with our 'dashing' Santa. At the food stalls, there were a number of mouth-

watering delicacies that kept the crowd wanting for more. *Zombie Apocalypse and Mystery Mind* were the two new interesting games introduced and which proved to be crowd pullers and the participants displayed incredible energy and enthusiasm while trying their hands at them.

Overall, *The Polar Express 2018* was a huge success and can be truly said it was *A Journey To Remember!* The main objective of this event was achieved, which was to celebrate the wonderful journey of love as one big family and while at it, ring in the Christmas cheer too!

Sheldon Coutinho,
PYC - St. Joseph the Worker, Community No. 28

The Spirit Of Giving

Christmas embodies the spirit of giving without even a fleeting thought of getting back anything in return! While the entire area was filled with the aromas of freshly-baked goods, the tree glistened with perfectly hung lights and decorations all around; the youth of Area 6, ably supported by the Parish Youth Animation Team (PYAT) members and the parish Clergy Team, organized the Christmas Float, on 16th December 2018.

Christmas, to list just a few things among many, is always associated with the proverbial Santa Claus, gingerbread, cookies, presents, Christmas tree, lights, stockings etc., but during the 'Float', we realized rather, Christmas is all about Christ enveloping the environment and world with His all-encompassing unconditional *love, joy, peace* and *hope* to all around us.

While the open-air 'Float' moved on the bumpy and potholed riddled streets; we exchanged smiles and Christmas greetings with all – strangers, acquaintances and friends gathered along the route! Waving, exchanging



a quick shake of hands, brought in moments of so much joy and happiness. It felt so good to watch kids and elderly wave back with so much enthusiasm. The choir members accompanying us on the 'Float', literally brought the Church onto the streets through their live carol singing, thus spreading the message of Jesus' birth. The live crib helped in the depiction of the birth of Jesus in a stable. It stood as a reflection of love through the entire nativity scene that took place 2000 years ago, the birth of the most ideal family every Christian still looks up to, till date.

Throughout the entire 'Float', we experienced a whole gamut of emotions. It was so humbling to witness the surroundings brimming over with hopeful anticipation, as the young and the old came together on the streets as one congregation, joining in the spirit of the Christmas 'Float'. The 'Float', served as a reminder to all those fighting loneliness', especially with no family cushion around irrespective of caste and creed, that the spirit of Christmas is that of inclusiveness, of warmth, of unconditional love!

It was a beautiful and meaningful way to end the year, hosting Jesus' birth celebrations, where we all worked together to make it grand and to make it memorable. It was truly an enriching experience for the organizers as well as for all those who stood for hours to welcome the 'Float' and witness first-hand the true spirit of Christmas, that night!

Natasha D'Souza
Hosanna, Community No. 31 (Area 6)

A Picnic To Remember

It was a rather chilly Sunday morning on 13th January 2019, when our ever vibrant parish youth gathered at the Church grounds filled with unbridled excitement and enthusiasm, for the most awaited youth picnic to *Nandanvan Resort*. *Amen* is not the end of a prayer, but it also prepares us for the journey to come and keeping the same spirit in mind, we gathered around the grotto for a short prayer led by our Spiritual director Fr. Praveen Aranha SVD, asking the Lord Almighty to bless our journey and to make the day fruitful and a successful one.

The journey to the *Resort* was definitely long but far from quiet! Many of us played games, talked to each other, all in the spirit of picnic camaraderie, leaving no room for travel

boredom to creep in. The two hours journey to the *Resort* seemed to pass off pretty quickly because very soon our bus arrived at the destination. Our excitement was at an all time high as soon as we entered the *Resort*. We quickly checked out the locations of the various rides and pools in the *Resort* before settling.

There is no better way to begin ones day than by attending Holy Mass, so we gathered in the hall and Fr. Praveen celebrated the Holy Eucharist. Mass being over we headed for a sumptuous breakfast! We needed to refuel on energy so as to go full throttle at all the pool games planned for the day!

We enjoyed the various slides and activities like the *Rain Dance, Wonder Pendulum, Water Jet Slides, Jumping Pad, Rope Walk and Wall Climb*. Our youth maximized the fun element in all the games. We found all the water sports very challenging.

We were forced to take a break for lunch although many of us would have loved to continue with the water games. Post-lunch we were at it again. The youth grouped together for some indoor activities planned to help us develop strong bonds of friendships among ourselves and also help us make our own NYGs, more engaging and lively.

Finally, after all the fun, enjoyment and laughter, it was time to pack our bags and head for home! All of us lined up outside the *Resort* for a group picture, a picture which we shall treasure for years to come. The return journey was a bit low key - just recollecting the good time we all had at *Nandanvan Resort* and exchanging tit bits of the day.

The quality of our youth is evidenced by the fact that it has been an active Youth Ministry, giving the youth a place to form and nurture close friendships in a safe, supporting and affirming environment. The Youth Ministry shall continue to offer our youth a chance to experience laughter, personal growth, lifelong friendships and treasured memories.

Joshua D'Souza
PYC Member - Prem Sagar Community No. 22 &
Jebin Jose
DYC Representative - Sacred Heart Parish



Fun Cricket 2019

Fun Cricket 2019 was organized by the Parish Youth Council (PYC) along with the Parish Youth Animation Team (PYAT). It was held from 13th February to 17th February. It was a five day cricket extravaganza, filled with some great energy, sporting spirit and enthusiasm. The main aim of the organizers of this Tournament was to bring all the Communities of our parish together.

Preparations for Fun Cricket 2019 began well in advance. The youth wanted to introduce the fun element in a serious game like cricket and in order to do so there was a lot of brainstorming, especially in formulating the rules and regulations. A staggering number of 22 Communities registered for Fun Cricket 2019. The Captains Meet was held on 3rd February, where all the Captains representing their Communities were briefed about the rules and regulations of the Tournament.

The first three days of the Tournament, were rounds where all the participating Communities played to qualify for the Super League within their respective groups. The first day began with a short Opening Ceremony where all the Captains were called onto the field and made to sign a banner, following which our parish priest addressed all present and wished the participating teams, a good game! The games were exciting and fun. The parishioners turned out in large numbers to support their respective Communities. New fun Targets such as the '50 Run Target' and the 'OUT Targets', were introduced this year. After three days, 7 communities qualified for the Super League and were all set to compete for the semi-finals. The Super League

was played on 16th February, where we had Communities playing in their respective groups to qualify. At the close of day, we got our 4 semi-finalists of Fun Cricket 2019.

The *finale* of Fun Cricket 2019, was an eagerly awaited game. The day began with the semi-finals being played and we got our two finalists, Community No. 21 and Community No. 2 pitted against each other for the coveted cup. After the semi-finals there was a small Exhibition

Match between the youth and the clergy team, which had spectators cheering

at the novel and interesting game. Before the *Finale*, our

parish priest Fr. Innocent

wished players of both the teams, the very

best. As the finals were being played,

parishioners cheered for both

the teams. It was an exciting nail

biting game which could have gone

either way but Our Lady of Fatima,

Community No. 2 came out with all

guns blazing and were the clean winners of Fun

Cricket 2019! St. Paul's, Community No. 21 was

declared the Runners Up. There was a short felicitation ceremony

where both the teams were felicitated.

Also the best player (*male and female*), best batsman and best bowler were felicitated at this ceremony.

Fun Cricket 2019 turned out to be a big success as it brought all the Communities of our parish together, in spirit and sport!

Vitus Dias
PYC - Infant Jesus, Community No.8

How precious the gift of the cross, how splendid to contemplate! In the cross there is no mingling of good and evil, as in the tree of paradise: it is wholly beautiful to behold and good to taste. The fruit of this tree is not death but life, not darkness but light. This tree does not cast us out of paradise but opens the way for our return.

- St. Theodore the Studite

Health Page

Golden Years Geriatrics - Process Of Healthy Aging

Geriatrics is a medical specialty, that focuses on the health care of elderly people.

2019, has been specially dedicated to the well-being and health care of the elderly. It has a special significance to the Sacred Heart parishioners, to take proper and timely care of our elders at home, who may be our grandparents, parents, uncles, aunts, elder siblings, relatives, neighbours and friends.

To be able to reach out in a timely manner during a crisis, be it a critical illness, emotional disturbance, financial need, disability, becomes mandatory for every family member associated with the elderly.

We must never forget that each one of us has become something in life, due to our parents and elders. It is their unconditional love, quality time, nurturing care, timely advice and support in our childhood and struggling years, that has helped shape our future and being what we are today!

Out of gratitude and appreciation we must educate and make ourselves aware of the likely problems that would befall them as they age, so that they feel loved, cherished and taken care of when they face role reversals from care givers to dependents. Understand that it is not an easy change.

An elderly person (geriatric) after the age of 65 years becomes more vulnerable towards various health issues and illnesses, which if unattended to, could prove fatal. Timely help and attention, when they suffer from either urinary tract infection, heart attack, brain stroke, brought about by either high diabetes, hypertension or high cholesterol/triglycerides levels, life threatening diseases like cancer, injuries caused by accidents etc., is of utmost importance.

It is important for every elderly diabetic, to check his/her blood sugar levels, at least once a week and check for glycosylated haemoglobin (HbA1c) once in 6 months, to keep a track on sugar control. Uncontrolled sugar count, leads to various complications i.e. heart attack, brain stroke, kidney failure, gangrene, loss of vision to name a few, which sometimes can prove fatal to the life of an elderly patient.

As the famous adage goes, *prevention is better than cure*, every elderly person should follow these guidelines, in order to live a fit, healthy and happy life:

- Sleep well at night for a minimum of 6 to 7 hours.
- Eat lots of fruits and vegetables and stick to a healthy diet
- Have more vegetable proteins like beans, peas, and non-vegetarian proteins like eggs and fish. Reduce the intake of chicken. Avoid pork and red meats like mutton and beef.
- Eat small meals made up of cereals, rice, vegetables, pulses, salads and fruits, at intervals of 4 - 6 hours.
- Stay physically active with 15 to 30 minutes of brisk walk everyday. Also get adequate exposure to the sun for vitamin D (to prevent osteoporosis)
- Stay socially active in your community. Stay connected with family, friends and relatives. Solve crosswords, read newspapers and magazines to prevent memory loss and dementia.
- With aging, body tends to slow down. Regular dental care, skin care with massages, visits to the optometrist to check vision, intake of warm water and high roughage food helps in avoiding constipation and thus leading a healthy life.

Conclusion :

Tips for Healthy Aging For the Elderly (In a Nutshell):

- Be active. Take regular walks/exercise.
- Stay socially active in your Community.
- Eat a healthy and well-balanced diet.
- Do not neglect yourself. Go for regular health check-ups, including dental and eyes.
- Take your medicines regularly and on time.
- Limit the intake of Alcohol and reduce or better still quit smoking.
- Sleep according to your bodily needs,
- Be of cheerful disposition.

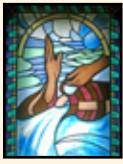
Have a happy and positive attitude and always avoid gossip.

Dr. John D. Rodrigues MD
Pavana Atma, Community No. 25



From the Parish Register

BAPTIZED IN CHRIST



Aarohi Naik	D/o	Roshan & Aarti Naik	25-Nov-18
Sarah Violet Rodrigues	D/o	Leroy Francis Rodrigues & Arlene Julia Vaz	16-Dec-18
Errol Menezes	S/o	Ronald & Shirley Menezes	16-Dec-18
Elaine Martis	D/o	Steiner Martis & Gracilda Jathanna	23-Dec-18
Glory Stevan Linj	D/o	Stevan Blaze & Salomi Linj	23-Dec-18
Kaelynn D'Souza	D/o	Ivor Macton & Felicita Noella D'Souza	25-Dec-18
Aaric Aaron Antony	S/o	Antony Raj & Lese Antony	30-Dec-18
Rafael Dionisio Xavier De Souza	S/o	Vivian Savio X. De Souza & Jennifer Ansel Lobo	30-Dec-18
Hailey Nazareth	D/o	Sheldon Nazareth & Duran Fernandes	13-Jan-19
Masaya Mark	D/o	Mark Benjamin & Haripriya Mark	27-Jan-19
Stefan D'Souza	S/o	Sathish Prem & Anita Satish D'Souza	10-Feb-19

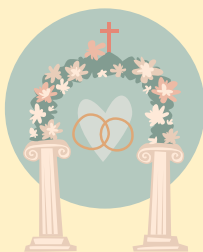
Raymond Patrick D'Souza	64 Years	A6/42, Avillion Green Fields CHSL.	20-Nov-18
Mildred Sajnani	77 Years	289, A/401 Shagun CHSL., Sher-E-Punjab	30-Nov-18
Maria Regina Fernandes	93 Years	A/3, Gracious Society	14-Dec-18
Harold Lobo	46 Years	F-1, 102, Poonam Kunj, Poonam Nagar	13-Dec-18
Elizabeth Francis Lobo	77 Years	B1, B-210, Shanti Nagar Rahivasi CHSL	17-Dec-18
George Maxie Lobo	66 Years	A8-54, Greenfields	25-Dec-18
Sr. Sujata Bhanga	69 Years	Fatima Mata Sadan	31-Dec-18
Ashley Stanley D'Souza	55 Years	B/12, Saket Prem, Plot No.294	14-Jan-19
Claudina Fortunato Fernandes	75 Years	B8/9, Satya Darshan CHSL, Malpa Dongri	21-Jan-19
Maria Domic Rodrigues	64 Years	103/2B, Saidham SRA Building, Indira Nagar	27-Jan-19
Lepose Fernandes	94 Years	L3/201, Poonam Pragati, Poonam Nagar	8-Feb-19
Grace Alvares	85 Years	31, B/4, Takshila CHSL	9-Feb-19
Joyce Pereira	65 Years	B/16, Roof Top	11-Feb-19
Flory Mundkur	80 Years	Flat No.4/24 Bldg-G, Ramya Jeevan CHSL.	13-Feb-19
Alka Tauro	66 Years	Takshila CHSL, 34/A/4	21-Feb-19
Sr. Valeri Gomes	70 Years	Holy Spirit Hospital	22-Feb-19
Maxim Rosario Lobo	74 Years	D8/54, Greenfields	2-Mar-19

RESTING IN CHRIST



Colin Denis Contractor	To	Harriet Patricia Antonette D'Costa	23-Nov-18
Clement Elvis Rego	To	Melita Rodrigues	1-Dec-18
Peter Francis Mascarenhas	To	Marilyn D'Cruz	8-Dec-18
Marsh Francis Miranda	To	Alethea Margaret D'Souza	9-Dec-18
Vincent D'Souza	To	Diana Noella Irene D'Souza	15-Dec-18
Jason Mariano Quadros	To	Alisha Maria Lokhandwala	15-Dec-18
Darryl D'Souza	To	Nirmala Maria Pinto	16-Dec-18
Ryan Mashic D'Souza	To	Selma Mary Mascarenhas	17-Dec-18
Alan Gavin Pinto	To	Nisha Rani Maria Lasrado	21-Dec-18
Bryan Agnelo John D'Souza	To	Crystal Gale Pires	23-Dec-18
Lowell Ratnayake	To	Eyona Sesanjali Rowel	23-Dec-18
Ryan Mendonca	To	Jennifer Aranha	23-Dec-18
Naveen D'Souza	To	Rolita Asha Sequeira	26-Dec-18
Dylan Leslie Lasrado	To	Evita Indira Alphonso	28-Dec-18
Ashwin Hatwalne	To	Bina D'Souza	29-Dec-18
Dylan Amrit Menezes	To	Samantha Marianne Gonsalves	29-Dec-18
Boris Buthello	To	Evita Lobo	30-Dec-18
Gladwin D'Souza	To	Sheryl Samson D'Silva	30-Dec-18
Douglas Francis Savio D'Souza	To	Alisha Simon	2-Jan-19
Gavin Dias	To	Crystal Fernandes	5-Jan-19
Dana Jonathan Glen Bast	To	April Lucy Stanley	7-Jan-19
Brunel Robin Sequeira	To	Jyothi Sanjena Mascarenhas	12-Jan-19
Drupad M Shah	To	Regina Maniyan	15-Jan-19
Calvin Glen Lobo	To	Kimberly Magdalene Dias	19-Jan-19
Noel Lawrence Mendonca	To	Vancy Fernandes	19-Jan-19
Belino Pereira	To	Vanessa D'Souza	19-Jan-19
Mikhail Francis	To	Lovina Renuka Fernandes	2-Feb-19
Leslie William	To	Maria Chakalikal	2-Feb-19
Malcolm Victor Carvalho	To	Susan D'Souza	23-Feb-19
Ronald Stephen Saldanha	To	Nidhi Girdhar Kasat	24-Feb-19
Ernest Peter Rodrigues	To	Joylin Sweeten Nazareth	2-Mar-19
Emmanuel Xavier	To	Shobha Raghoji Jadav	2-Mar-19

UNITED IN CHRIST



PARISH VISION MISSION STATEMENT

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



Children Spreading Christmas Joy



Christmas Float 2018



Kids For Christ (KFC) Out Reach



Participants At The Relationship Management Workshop



St. Pauls, Community No. 21 - Runners Up of Fun Cricket



Our Lady of Fatima, Community No. 2 - Winners of Fun Cricket



Vacation Bible Joy (VBJ) 2018



Youth Picnic 2018