



# *Heart to Heart*

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 76

June 2019

For Private Circulation Only



HEART OF JESUS - LOVE SO PROFOUND

## Our Regular Programme

### SUNDAY MASSES

#### *Morning*

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

#### *Evening*

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

#### *Weekday Masses:*

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

#### *Wednesday*

Novena to Our Lady of Perpetual Succour after all Masses

#### *Thursday*

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

#### *First Friday:*

Holy Hour 6:00 pm to 6:45 pm

#### *Last Friday of the month*

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

#### *Catechism for Children:*

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

#### *Confessions:*

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

#### *Baptism:*

2<sup>nd</sup> and 4<sup>th</sup> Sundays at 11:00 am

#### *Pre-nuptial Enquiry:*

By Appointment

#### *Wedding Mass Timings:*

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

#### *Sick Calls:*

At any time

#### *Centre for Community Org.,* (Tel: 28269326)

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

#### *Parish Office hours*

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

## Forthcoming Events And Liturgical Feasts/Memorials

29th June	Solemnity of Sts. Peter & Paul, Apostles
03rd July	Feast of St. Thomas, Apostle & Martyr
11th July	Memorial of St. Benedict, Abbot
<b>14th July</b>	<b>Faith Formation Sunday</b>
15th July	Memorial of St. Bonaventure, Bishop & Doctor
<b>21st July</b>	<b>Talk by Bishop Barthol Barreto (SCC)</b>
22nd July	Memorial of St. Mary Magdalene
25th July	Feast of St. James, Apostle
26th July	Memorial of Sts. Joachim and Ann, Parents of Blessed Virgin Mary
<b>28th July</b>	<b>Grand Parents Day (Year of the Elders)</b>
29th July	Memorial of St. Martha
31st July	Memorial of St. Ignatius of Loyola, Priest
01st Aug	Memorial of St. Alphonsus Liguori, Bishop & Doctor
04th Aug	Memorial of St. John Vianney, Priest
<b>04th Aug</b>	<b>Vianney Sunday</b>
06th Aug	Feast of Transfiguration of Jesus
08th Aug	Memorial of St. Dominic, Priest
10th Aug	Feast of St. Lawrence, Deacon & Martyr
<b>12th &amp; 13th Aug</b>	<b>Live in Recollection (Senior Citizens)</b>
14th Aug	Memorial of St. Maximilian Kolbe, Priest & Martyr
<b>15th Aug</b>	<b>Solemnity of Assumption and Independence Day</b>
<b>18th Aug</b>	<b>Justice Sunday</b>
20th Aug	Memorial of St. Bernard, Abbot & Doctor
21st Aug	Memorial of St. Pius X, Pope
22nd Aug	Memorial of Queenship of Mary
24th Aug	Feast of St. Bartholomew, Apostle & Martyr
27th Aug	Memorial of St. Monica
28th Aug	Memorial of St. Augustine, Bishop & Doctor
29th Aug	Memorial of Beheading of St. John the Baptist
<b>30th Aug to 07th Sept</b>	<b>Novena in Preparation for the Nativity of Our Lady</b>
03rd Sept	Memorial of St. Gregory the Great, Pope & Doctor
<b>08th Sept</b>	<b>Nativity of Our Lady – Girl Child Day &amp; Anniversary of the Dedication of the Church Building</b>

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

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# From the Pastor's Desk

*My dear Parishioners,*

Greetings of Peace!

Year after year, I look forward to the month of June. There are two good reasons for this. The first reason is that the month of June is the month of 'The Sacred Heart Of Jesus'. This year, on 30<sup>th</sup> June, we will be celebrating our Parish Feast – '**The Feast of the Sacred Heart of Jesus**'. On this happy occasion, let me wish you all, a very Happy Feast of the Sacred Heart of Jesus and I pray my dear friends, that **Jesus** may always dwell in your hearts through faith and that you may be rooted and grounded in love, so that you may be filled with the fullness of God.

The second reason is that in June we have a new Parish Pastoral Council (PPC) in place. All the Communities, Associations and Cells of our parish have chosen their representatives. Most of the PPC members are new faces. This group of freshly elected members will undertake to "discharge" their duties as PPC members, with a promise to be "actively involved" in implementing the Council's decisions and pledge to work for the welfare of the parish and that they would work towards motivating parishioners; especially in their respective communities, ensuring that they live out the Mission that "*Every layperson is a committed Christian*". As they assume their responsibilities as PPC members for the years 2019-2022, let us assure them of our wholehearted support and prayers.

I look forward to working with the new team, with great zeal and commitment. I would like to take this opportunity to place on record the unstinted support and contribution of the outgoing PPC members, to the growth of our parish. I say a big 'Thank You', to them all. I do cherish the sweet memories of working with them. We couldn't have had such a smooth and successful working relationship if not for the support and co-operation of all my brother priests.

In the month of June, we also see appointments and transfers of priests and religious. Fr. Praveen Aranha SVD has been transferred to SVD House, Mangaluru, as a Vocation Promoter. After being closely associated with Fr. Praveen for the past two and a half years, I have witnessed the tremendous change in his personal growth. He is hardworking and possesses great caliber and potential. His love for Jesus and people is so visible in everything he opts to do. I gratefully acknowledge his contribution to the general growth of our Parish, especially youth-centric programs and wish to thank him for all the pastoral services rendered.

I also extend a warm welcome to Fr. Magimai Sundar SVD to our parish who will soon be taking up his assignment as co-pastor. I wish him all the best in his pastoral ministry in our parish.

I take this opportunity to also thank all the Religious priests and Sisters, who have been transferred from our parish, for their invaluable contribution and services. We welcome the new religious who have taken their place. Also, together with the parish clergy team, I extend a warm welcome to all our newly registered parishioners! As the new academic year begins, I wish all students of our parish, God's choicest blessings and a successful year ahead.

And finally, dear friends, with the summer break well behind us, let us usher in the new academic year with a new found hope and be ready to participate and be a part of all the activities lined up in the parish calendar!

With God's help and blessings, may everything go well for us!

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

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# HEART OF JESUS - LOVE SO PROFOUND

While living in solitary confinement in the far remote Island of St. Helena, Napoleon Bonaparte, one of the most famous Military Rulers during the French revolution, most probably an agnostic if not an atheist, came to an important realization, which he expressed in the following words: *"I know men, and I tell you that Jesus Christ is no mere man. Between Him and every person in the world, there is no possible term of comparison. Alexander, Caesar, Charlemagne, and I have founded empires. But on what did we rest the creations of our genius? Upon force. Jesus Christ founded His empire upon love, and at this hour millions of men would die for Him."* Even Napoleon's mind was captured by the power of the Heart of Jesus – Love so Profound.

## Our Hearts In God's Plan

Hardly anyone of us pays real attention to our hearts, till a stroke gives us a wake-up call. In humans, God in all His wisdom creates first the heart and later the brain. Known for his scientific wit and wisdom, Einstein once said: *"God does not play dice."*

God said let the heart keep producing around it 40000 neurons so that it may enjoy a certain autonomy and independence from the brain. God wanted the mind; it would seem, to deal with the heart with due respect and dignity. And God cleverly decided to keep supplying the heart with 5000 electromagnetic waves – energy, a bit more than what the brain is blessed with. With every creation of a new child, God keeps on establishing two eternal life-principles to be applied in governing the world. And the arteries regularly carry these two memos daily through a very long route, the length of which would be about 1,00,000 kms.

The blood circulates through the body about 1000 times a day. The constant and consistent message from the heart is: *"I will keep on coming to you, to every part of you (body) to keep you alive, fully alive and warm, love enzymes wrapping up life in warmth."*

Something unexpected happens when the brain gets formed a little later. As the brain develops, gradually the needs are multiplied. The mind becomes aware that it has more reasons than the heart knows. The

heart begs the mind to please follow its twin life principles. The mind has a legion of other varied interests, like name, fame etc. The dialogue between the heart and the mind fails. The mind takes over gradually and it will try to rule the heart. Strangely it would not mind even to gradually squeeze the heart of its joy and its twin innate purposes. Practically, the heart gives up and the head takes over and the mind chooses to rule the heart; also in the world and in life. When the heart fails, we fail the sacred heart as well.

## Our Hearts: Human Containers Of Love

Albert Einstein seemed to have given 1400 letters to his daughter Lieserl Einstein, to hand them over to Hebrew University, with orders not to publish their contents until two decades after his death. And it is absolutely wonderful to see how the Gospel of love and the science of love simply go hand-in-hand. Einstein writes: *"There is an extremely powerful force that, so far, science has not found a formal explanation to. It is a force that includes and governs all others, and the variable that we have ignored for too long. To give visibility to love, I made a simple substitution in my most famous equation. If instead of  $E = mc^2$ , we accept that the energy to heal the world can be obtained through love multiplied by the speed of light squared, we arrive at the conclusion that love is the most powerful force there is, because it has no limits."*

*If we want our species to survive, if we are to find meaning in life, if we want to save the world and every sentient being that inhabits it, love is the one and only answer. Perhaps we are not yet ready to make a bomb of love, a device powerful enough to entirely destroy the hate, selfishness and greed that devastate the planet. However, each individual carries within them a small but powerful generator of love whose energy is waiting to be released. When we learn to give and receive this universal energy, dear Lieserl, we will have affirmed that love conquers all, is able to transcend everything and anything, because love is the quintessence of life. I deeply regret not having been able to express what is in my heart, which has quietly beaten for you all my life. Maybe it's too late to apologize, but as time is relative, I need to tell you that I love you and thanks to you I have reached the ultimate answer! Your father, Albert Einstein".*

Einstein did not create any heart. He was trying to understand the science of love investigating the secrets hidden in the heart. Jesus had a similar suggestion to destroy the enemy, with the weapon of love. Love in human hearts can conquer all enemies.

### **God's Heart: Divine Containers Of Perfect Love**

God's love is unconditional, a heart that knows only to love, love everyone, everywhere and at all times. God does not know how not to love, just like the Sun that knows only to spread its rays. John declares with certainty, beyond any doubt, God is love. (1 John 4:8 & 16) *"And we love, he says because He first loved us."* God is the ultimate reason that there is love. And that God made a real home for Him and us, in the heart of humanity, in flesh and blood. Thus the Word became flesh. *Emmanuel!*

The sacred heart of that Emmanuel has got a heart that is like the heart of God and at the same time, it is a heart like our hearts. God's Spirit keeps on pouring into that heart divine love. That heart remains filled with divine love that can nurture like a mother and protect like a father, overflowing with compassion, kindness and tenderness. And we celebrate that heart on 16th June, the heart that became the cornerstone of new heavens and new earth. A heart that was available at roadside wells and peoples' homes, beside the seashores and crowded streets. Jesus was all heart. And love became His maxim-in-rock foundation for the new Kingdom.

### **Sacred Heart Attracts Young St. Arnold Janssen**

In 1874, St. Arnold brought out his first mission periodical, titled "Sacred Heart Messenger". According to him, "the Divine Word wanted to love

us in His assumed humanity, in the Sacred Heart of Jesus, a love equal to the eternal love of the divinity. If you see molten iron flowing out of a melting pot, you would think that a hotter glow could not be possible. But the Sun is much hotter. The Sun is an image of the energy of love in the Sacred Heart" By 'divinely orchestrated coincidence', the contract of the sale for the plot of land and the old inn, in which the Society of the Divine Word was born, finally concluded on 16 June 1875, on the feast of the Sacred Heart of Jesus!

Pope Pius IX had invited Catholics the world over to consecrate themselves to the Sacred Heart on that very day, the second centennial anniversary of the revelations made to Bl. Margaret Mary Alacoque. St. Arnold asked his first three companions in writing to make an act of consecration to the Sacred Heart, in view of the new foundation. Then he wrote to Fr. Bill, the priest with whom he planned the birth of the Society; "This day, 16 June, is to be regarded as the birthday of the Institute". Close to the feast of the Sacred Heart, and not far from the birth of the Society of the Divine Word, he composed his simple yet profound SVD missionary prayer, *"May the heart of Jesus live in the hearts of all"*.

When that spiritual mantra was etched on the wall of the new Mission House, he wished that it would be carried to the four corners of the universe, by missionaries and one day the world will celebrate the feast of Sacred Heart!

May we all become little messengers of the Sacred Heart!

**Fr. Ittoop Panikulam SVD**





## FEAST OF THE SACRED HEART OF JESUS

Pope Benedict XVI writes: *"In the Heart of Jesus, the center of Christianity is set before us. It expresses everything, all that is genuinely new and revolutionary in the new covenant. This heart calls to our heart. It invites us to step forth out of the futile attempt of self-preservation and, by joining in the task of love, by handing ourselves over to Him and with Him, to discover the fullness of love which alone is an eternity and which alone sustains the world."*

The Sacred Heart is often depicted in Christian art as a flaming heart shining with divine light, pierced by the lance, encircled by the crown of thorns, surmounted by a cross, and bleeding. Sometimes, the image is shown shining within the bosom of Christ with His wounded hands pointing at the heart. The wounds and crown of thorns allude to the manner of Jesus' death, while the fire represents the transformative power of divine love.

### Historical Background of the Feast

Historically, the devotion to the Sacred Heart is an outpouring of devotion to what is believed to be Christ's sacred humanity. It developed out of the devotion to the Holy Wounds, in particular to the Sacred Wound in the side of Jesus. The first indications of devotion to the Sacred Heart are found in the 11th and 12th centuries, in the fervent atmosphere of the Benedictine or Cistercian monasteries.

Among the saints who gave rise to the devotion of Sacred Heart of Jesus in the 12th and 13th centuries are: St. Bernard (d.1153), Norbertine Blessed Herman Joseph (d. 1241), St. Lutgrade (d.1246), St. Bonaventure (d.1274), St. Mechtilde (d.1298), and St. Gertrude etc. It was practiced everywhere by individuals and by different religious congregations, such as the Franciscans, Dominicans, and Carthusians.

### Saint Margaret Mary Alacoque

The most significant source for the devotion to the Sacred Heart in the form it is known today, was Saint Margaret Mary Alacoque (1647–1690), a nun of the Order of the Visitation of Holy Mary, who claimed to have received apparitions of Jesus Christ in the Burgundian French village of Paray-le-Monial, the first on 27 December 1673, the feast of Saint John the Evangelist, and the final one 18 months later, revealing the form of the devotion. **The chief features being receiving of Holy Communion on the first Friday of each month, Eucharistic adoration during "Holy Hour" on Thursdays, and the celebration of the Feast of the Sacred Heart.**

The reported apparitions served as a catalyst for the promotion of the devotion to the Sacred Heart. Jesuit Father Croiset wrote a book called *'The Devotion to the Sacred Heart of Jesus'*, and Fr. Joseph de Gallifet, SJ, promoted the devotion. The mission of propagating the new devotion was especially confided to the religious of the Visitation and to the priests of the Society of Jesus.

### Papal Approval

In 1353, Pope Innocent VI instituted a Mass honouring the mystery of the Sacred Heart. And in 1856, Pope Pius IX established the Feast of the Sacred Heart as obligatory for the whole Church, to be celebrated on the Friday after the Octave of Corpus Christi.

Pope Leo XIII received several letters from Sister Mary of the Divine Heart asking him to consecrate the entire world to the Sacred Heart of Jesus. He commissioned a group of theologians to examine the petition on the basis of revelation and Sacred Tradition. The outcome of this investigation was positive, and so in the encyclical letter *Annum Sacrum* (on 25 May 1899), he decreed that the consecration of the entire human race to the Sacred Heart of Jesus should take place on 11 June 1899. The encyclical letter also encouraged the entire Roman Catholic episcopate to promote the First Friday Devotions, established June as the Month of the Sacred Heart and included the Prayer of Consecration to the Sacred Heart.

Pope Pius X decreed that the consecration of the human race performed by Pope Leo XIII be renewed each year. Pope Pius XI in his encyclical letter *Miserentissimus Redemptor* (on 8 May 1928), affirmed the Church's position with respect to Saint Margaret Mary's visions of Jesus

Christ by stating that Jesus had "manifested Himself" to Saint Margaret and had "promised her that all those who rendered this honour to his Heart would be endowed with an abundance of heavenly graces."

Pope Pius XII, on the occasion of the 100th anniversary of Pope Pius IX's institution of the Feast, instructed the entire Roman Catholic Church at length, on the devotion to the Sacred Heart in his encyclical letter *Haurietis Aquas* (on 15 May 1956).

### Conclusion

When the Catholic Church approved the devotion to the Sacred Heart of Jesus, she did not base her action only on the visions of Saint Margaret Mary. The Church approved the devotion on its own merits. There is only one Person in Jesus, and that Person was at the same time, God and Man. His Heart, too, is Divine - it is the Heart of God.

The Solemnity of the Sacred Heart of Jesus presents us with the opportunity to reflect on the relevance of this venerable symbol in our daily lives. The image of the Sacred Heart is never mentioned as such in the Sacred Scriptures, but its meaning can be found spanning each page from Genesis to Revelation.

Jesus is truly human and truly divine. In the fullness of His humanity, He dwelt among us, thus making our existence on this earth a sacred one. The Feast of the Sacred Heart of Jesus indicates how Jesus divinely lived His earthly life, making the life of all human beings a beautiful one.

**Fr. Sunil Soreng SVD**

*“Once a person learns to read the signs of love and thus to believe it, love leads him into the open field wherein he himself can love. If the prodigal son had not believed that the father's love was already waiting for him, he would not have been able to make the journey home – even if his father's love welcomes him in a way he never would have dreamed of. The decisive thing is that the sinner has heard of a love that could be, and really is, there for him; he is not the one who has to bring himself into line with God; God has always already seen in him, the loveless sinner, a beloved child and has looked upon him and conferred dignity upon him in the light of this love.*

**- Fr. Hans Urs von Balthasar, Theologian**

## CCO ON THE MOVE

God poured His love into our hearts so that we may love one another just as He loved us. Sometimes, it is difficult to view life in God's perspective and experience Him, but when we learn to really trust God, we'll see Him do great things for us.

**The Parish Pastoral Council (PPC):** As the current three year term of the PPC members serving their respective communities came to an end on 31st May 2019, Elections for the induction of new PPC members for academic years 2019-2022, were conducted in February 2019. The newly elected PPC members will serve their respective communities, for a period of three years. They will be assisted by their co-ordinators and animators to carry out activities/events, in the communities they represent.

**Parish Associations and Cells:** A fresh election for Heads of Cells/Association for the years 2019-2022, was held in February 2019, in their respective Associations/Cells. An Election was conducted on 24th March 2019, for electing candidates of the Parish Association Council (PAC) to the PPC for the years 2019 - 2022. Six candidates were elected to the PPC.

**The Senior Citizens' Cell** of our parish conducted a moving Stations of the Cross on Saturday 16th March 2019, as they journeyed through the neighbouring parishes, recalling the final days of our Lord. 4 buses were arranged to help our senior citizens visit the various parishes. Lenten calendars were distributed in the parish.

On 11th May 2019, a picnic to Bosco Wadi, Uttan was organized by the Senior Citizens' Cell.

**The Bombay Catholic Sabha** of our parish organized a talk on *'The Importance of Voting Rights'* on 31st March 2019, at 11 am at our Community Centre and the keynote speaker for the talk was Advocate Godfrey Pimenta.

**Sacred Heart Parish Cultural Committee** presented a Konkani feature film titled CONNECTION on Saturday, 6th April 2019, on our Church grounds. The film received a very good response. The parish grounds were full.

**The Health Cell** organized a Pathology and Sonography Camp especially for all the Elders and Senior Citizens of our

parish, on Sunday 7th April.

**The Parish Association Council Meeting** was held on 25th April and was attended by the heads of Cells and Associations. The Centre for Community Organisation (CCO) networks with all the Cells and Associations and assists in their smooth functioning. Many activities were carried out in the last quarter of the academic year 2018-2019. Being the last meeting of the working year, Fr. Innocent Fernandes SVD, thanked everyone for the wonderful work undertaken during the year.

During the PAC meeting, the Office of the Lay Collaboration Ministry (OLCM) team gave an input session on *'Building Green Parishes'*. The resource persons, Prakash Nazareth and Anthony Correa brought forward ways of how, we as a parish and members of society could contribute in our own little ways to slow down the threat of the impending ecological crises.

**The Community Welfare Committee:** From June 2018 till date, the CCO has filled in 39 forms for Medical Aid, 57 forms for Educational Fee assistance and 20 forms for Housing Aid. Many parishioners have been the recipients of aid requested.

**St. Vincent de Paul (SVP)** conducted the Stations of the Cross for their adopted/aided families at Atma Darshan Campus. They help the marginalized families of our parish as well as people of other faiths, by providing ration, medical aid, education assistance, housing help and visiting the adopted/aided families and the sick in hospitals.

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

All the activities of the CCO in collaboration, with the Cells and Associations, are functioning smoothly. We extend our heartfelt gratitude to all members for the commendable work done this year and look forward to an equally wonderful year ahead.

We are motivated by the Sacred Heart of Jesus to open our Hearts to love, so that we are filled with love for our brothers and sisters, and give our best in whatever we do. We thank our Lord for His Grace and Love and for enabling us to be fruitful.

**Ida Quinny**  
CCO Coordinator

*It is easy to love the people far away. It is not always easy to love those close to us. It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved in our own home. Bring love into your home for this is where our love for each other must start.*

*- Saint Theresa of Calcutta*



## Bloom Where You Are Planted



Fr. Praveen Aranha, SVD! The young, energetic, vibrant priest, who was seen here, there and everywhere, is now getting ready to be planted in another place, in the Lord's huge vineyard. It is said a good missionary must grow roots to stay grounded wherever planted, as well as sprout wings whenever asked to fly. These words can be applied to Fr. Praveen who was planted in the Sacred Heart Vineyard when very young and now having earned his stripes, is ready to fly.

### Vocation to Priesthood

God certainly uses the ordinary person for His extraordinary work! This holds true also in the life of Fr. Praveen. From his early days, Fr. Praveen was quite active in the Church activities. Daily Eucharist is something that he never missed, as far as possible. These experiences, along with many miraculous incidents in his life, finally made their way into sowing the seeds of religious calling into his heart. Responding to God's call which grew stronger by the day and in tandem with the inner urge to mould himself to be his best version; led Fr. Praveen to take some tough and daring decisions that would soon help him to climb the altar of God.

### Early Days

Having been raised in a middle-class family, life was definitely not a bed of roses for Fr. Praveen. Owing to tough situations, he learnt to be responsible very early in life. So much so, that by the time he grew to be a little bit older he did the entire household chores by himself. This hard work and simple lifestyle later helped him cope with the difficult and challenging times during the formation period of the priesthood.

### Passion for Mission

To serve the poor and the downtrodden has always been Fr. Praveen's dream. His first-hand experiences with the poor and the marginalized and especially with street kids and HIV children made him realize what life is all about. By nature, Fr. Praveen is very sociable, simple and people friendly. It is this outgoing nature that attracts children, the young and the old alike towards him and will lead him onward in fulfilling his dream to work for the downtrodden.

“  
*Let us love, since that is what our hearts were made for.*

*- Saint Theresa of Lisieux*

### Loved and Cared: His Experience In Our Parish

Fr. Praveen's first appointment as a newly ordained priest, was as co-pastor at the Sacred Heart Church. In hindsight, he will agree that this assignment has surely given him the best exposure as a priest. Being a part of a vibrant parish he has learnt the rubrics of life. It's said that one's own family is the best team one can have. Being a part of the larger SVD family, the parish clergy team was another best family that he ever had. His companion priests were very much understanding and gave him the freedom to work, and this helped him. Their constant care and concern is something he remembers and will miss very much.

The active involvement of the laity in the activities of the Parish was an encouraging factor for Fr. Praveen to give his best. He never felt lost, instead felt encouraged, cared and loved by the larger family of Sacred Heart Parish. Being the Spiritual Director of many Communities, Cells and Associations, also brought in its own share of responsibilities especially of keeping people together. This needed effort and a mature disposition. Not an easy task to take along the experienced and also meet with expectations.

### I Can Do All things With Christ Who Strengthens Me

Looking back at his association with the Sacred Heart parish, 6 months as a deacon and 2 years as a priest, Fr. Praveen strongly believes that all this was possible only with the help of God. And it was God who was working through him. When he started his ministry here, it was with the motto **Bloom Where You Are Planted**, and sure enough, he was planted in the best place which would bear fruit in abundance in the coming years.



*What a weakness it is to love Jesus Christ only when He caresses us, and to be cold immediately once He afflicts us. This is not true love. Those who love thus, love themselves too much to love God with all their heart.*

*- Saint Margaret Mary Alacoque*

### Staying Ever Youthful With The Youth

For the past year, Fr. Praveen was given the responsibility of guiding and moulding the youth of the parish. In the process of working with them, he learnt some important lessons for life. Being young himself and often described as a vibrant personality, it was a wonderful experience to be associated and work closely with the youth, he says. Life is a learning process and we learn till the end of our life. It is his wish and request to all the children and the youth to grab every opportunity they get and learn from the little things that come along their way. In today's competitive world every little experience counts and will help them achieve their dreams and realize their true worth!

### Let Us Remain United: Message to the Readers:

"A family that prays together stays together!"

Dear parishioners, we are a family and need to be united as God's children. Therefore, let us remain united as Sacred Heart parishioners knowing that all of us are fragile human beings and are constantly in the process of learning, so that we may bear fruit in abundance.

*Fr. Praveen Aranha SVD  
Interviewed by Sr. Nathalia D'souza SSPS*



*There is a terrible hunger for love. We all experience that in our lives – the pain, the loneliness. We must have the courage to recognize it. The poor you may have right in your own family. Find them. Love them.*

*- Saint Theresa of Calcutta*



*You know that our Lord does not look at the greatness or difficulty of our action, but at the love with which you do it. What, then, have you to fear?*

*- Saint Theresa of Child Jesus and the Holy Face*

## A Warm Welcome Dear Fr. Magimai Sundar SVD

It is with great pleasure that we welcome Fr. Magimai Sundar SVD, to our parish, as co-pastor.

Fr. Sundar was born on 10th September 1987 and raised in a village called Gengapattu in Tamil Nadu to a devout Catholic couple, Antony Dass and Sagaya Mary, Fr. Sundar is the fifth of their six children. He has three elder sisters, an elder brother and a brother who is younger to him. One of his sisters is a religious in the Sisters of Our Lady of the Missions (RNDM) Congregation.

Fr. Magimai Sundar's family no longer lives in Tamil Nadu, they have moved to Bengaluru, since 2010.

Fr. Sundar joined the SVD Seminary at Trichy in Tamil Nadu in 2002. For his Diaconate Ministry, Fr. Sundar was posted at St. Theresa's Bandra. He was ordained on May 15 2017, at Our Lady of Rosary Church, Gengapattu by His Lordship, Bishop Soundaraj Periyannayagam SDB of the Diocese of Vellore. 'For His Service' is Fr. Sundar's pastoral motto. In June 2017, Fr. Sundar SVD was posted as the Assistant Director and Procurator of Sarva Seva Sangh, Pune.

Fr. Sundar nurtures a keen interest in dance and music and can play quite a few musical instruments. Besides dance and music, he is an avid reader of books.

Dear Fr. Sundar, we, the parishioners of Sacred Heart Church, Andheri East, wish you a blessed and a fruitful ministry in our parish!



## So Long Farewell And A Big Thank You Dear Fr. Praveen SVD

Semisonic said: "Every New Beginning Comes From Some Other Beginnings End." This holds so true in the case of Fr. Praveen Aranha SVDs association with the Sacred Heart Parish. He began his maiden assignment as a priest when he was posted as a co-pastor in our parish. Prior to his ordination, he served as a deacon in our parish. He eased into his new role as co-pastor easily as there was already connect with the parishioners since his deacon days! He is leaving us for a new posting and thus a new beginning. Fr. Praveen will be moving to St. Peter's Apostolic School, Kirem, Mangaluru, as a Vocation Promoter. "To be His Witness" is his priestly motto.

As part of our Parish Clergy Team, Fr. Praveen has played a hugely proactive and effective role as Spiritual Director of various SCC Communities and Cells. He was also actively involved as a member of the Editorial Team of Parish Bulletin.

Well-known to be an all-rounder, Fr. Praveen is a sociable and helpful person whom the parishioners found to be very approachable. During his tenure in the parish, he encouraged parishioners to take part in Church organised activities. His work and close association with the youth in the Youth Ministry, besides others, is highly commendable!

We wish to express our sincere thanks to Fr. Praveen for his work in the last two and a half years that he has been with us. We will miss you Fr. Praveen.

We wish and pray that the Almighty showers upon you His choicest blessings always!





## Burning Furnace Of Love

The first letter of St. John says, "God is love". Not that we loved God but that He loved us (1 John 4 : 10). We did not first love God, in fact, we cannot; it is God who first loved us and He created us out of His abundant love. His heart burns with love for His creation and in order to manifest His love, God became a man. God's love is revealed through His son Jesus, who passionately loved us and gave us an abode in His most compassionate heart. God's love is revealed to us right from the history of salvation when He fashioned human beings and clothed them with garments of salvation.

God made garments of skins for the first man and for his wife and clothed them (Gen 3:21). These garments of skin could be made only by killing the animal and thus the blood of the animal was shed; the sacrificial lamb was slaughtered. Later Jesus the sacrificial lamb shed His blood that we may be clothed by His blood. The blood of righteousness was shed to clothe our sinfulness. He gave us His all, emptied Himself totally out of love.

When we contemplate upon His love, we are simply left in wonder and amazement what made Him love us so much, even though we are sinful? His heart was pierced with a lance and His heart became the burning furnace of love. The image of the Sacred Heart is always seen burning up

in flames and yet it does not consume, it takes us back to the time of Moses when he first encountered God in the burning bush; the bush kept burning yet was not consumed. This is God's love for us, a furnace, a hearth where we can go and keep ourselves warm. Cold hearts of selfishness can melt in the fire of His love. The darkness of our hearts can be illumined by His light and the flame of His love can burn away our sordidness.

All we need to do is go to Him who is the furnace of love. For Jesus said, "Come to Me, all you that are weary and are carrying heavy burdens, and I will give you rest" (Mt 11:28). This is an invitation for us all to come to the furnace of love and keep ourselves warm in the fire of His love. Let all the impurities of our hearts melt in the fire of His love. He eagerly waits for us to return to Him! We may have wandered far away, engrossed with all our worldly cares, worries and anxieties forgetting that His Heart is the place where we can find rest. His heart beckons us, His heart waits! He is not far but very near to us, for God said, "Call to Me and I will answer you" (Jer 33:3). So why wait any longer to come and warm ourselves in His most compassionate heart?

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

## FILING INCOME TAX RETURNS Requirements And Benefits

Filing of Income Tax provides proof of your income as legal and disclosed. It helps you in many ways such as getting refunds, applying for loans, applying for tenders, funding for start-ups etc. Before we get into the details of who is required and who is not required to file income tax returns, let us understand what is Filing an Income Tax Return is, and the importance of this exercise.

### What Does The Filing Of Income Tax Returns Mean And Why Is It Required?

Filing of one's Income Tax Returns (ITR) is a statement of your income across different sources. Tax liabilities, taxes that have been paid and refunds received/expected (as the case may be) from the government. Filing of your Income Tax Returns provides proof of your income as legal and disclosed. It can help you in many ways such as getting refunds, applying for various loans, assist in applying for tenders, funding of start-ups, travelling documents/visa applications, etc.

### Who Is Required To File Income Tax Returns?

If you fall in any of the following criteria, then you are required to file income tax returns:

1. If you are less than 60 years of age and your total annual gross income exceeds Rs. 2,50,000/-.
2. If you are a senior citizen i.e. 60 years or above and below 80 years of age, and your total annual gross income exceeds Rs. 3,00,000/-.
3. If you are a super-senior citizen i.e. 80 years or above and your total annual gross income exceeds Rs. 5,00,000/-.
4. If you are a company or a firm, then irrespective of whether your business shows profit or loss, filing of ITR for the financial year is a must.
5. If you are expecting to claim a tax refund for the financial year.
6. If you are an Indian resident and act as a signing authority for any foreign account.
7. If you are an Indian resident and possess an asset or financial interest located outside India.
8. If you have sold equity shares in a company or unit of equity oriented mutual funds or unit of business trust for more than Rs. 2,50,000/- and have gained tax-exempt long-term capital gains from the same.

9. If you are a foreign company which has been taking any treaty benefit on any transaction made in India.
10. If you are an NRI (Non-Resident Indian) but if your total annual gross income earned or accrued in India exceeds Rs.2,50,000/-
11. Even if you do not fall into any of the above criteria but are looking forward to avail any kind of loan, then you should file your ITR. ITR filings are taken as valid income proofs and are mandatory while opting for any kind of loan. Even if your tax liability is reduced to zero after deduction under Section 80C, the return has to be filed.
12. If you fail to file your ITR in a timely manner, i.e. 31st July every year, even after falling into any of the above-listed criteria, you are liable/ subject to pay a penalty(ies), for tax evasion. There is a stiff penalty for evading wealth tax. An incorrect declaration can invite a fine of up to 500% of the evaded tax. One can also be jailed for up to 7 years if the tax due is over Rs.1,00,000/-

### How Does One File Income Tax Returns?

If you are eligible to file Income Tax Return (ITR) then you can file the same by following procedures listed below:

You need to possess the following documents before filing your ITR:

- PAN Card
- Aadhaar Card
- Bank Account details
- Form 16 (issued by your employer)
- Income Tax E-Filing Profile (profile available on ITR E-Filing Portal)
- Investment details, if any, for claiming Tax Rebate, if applicable.
- Housing Loan details, if any.

Please reconcile the 26AS statement (TDS statement for the year on IT Portal) with the gross receipts and TDS as per the income computation statement which needs to be prepared before filling the IT return.

With all the above-mentioned documents/details at hand, you can proceed to file your Income Tax Returns by logging on to the portal and filling in the relevant details. The process is simple and can be done easily.

**Joseph Mendonsa**  
Chartered Accountant

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

The editorial team will contact you, as and when required, to share from your expertise, advice/information on matters of relevance for the benefit of the parishioners. Articles for this space will be considered ONLY from those specifically invited by the Editorial Team. 13



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

**I) IDENTIFY THEM:-**

1. Satan said of him, "Is it for nothing that he is God-fearing? "  
\_\_\_\_\_
2. This general sacrificed his daughter in fulfillment of his vow .  
\_\_\_\_\_
3. Matthew's other name. \_\_\_\_\_
4. He was pulled out of a cistern with some old, tattered rags.  
\_\_\_\_\_
5. Mother of Moses. \_\_\_\_\_
6. Hebrew names of Daniel's three friends. \_\_\_\_\_
7. Disciple chosen to take the place of Judas. \_\_\_\_\_
8. This King asked his wise men not only to interpret his dream but also to tell him what the dream was. \_\_\_\_\_
9. Jesus said of him, "Here is a true Israelite. There is no duplicity in him". \_\_\_\_\_
10. St. Paul says we must present this to God as a living sacrifice.  
\_\_\_\_\_

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

1. "Not as man sees does God see because man sees the appearance but the Lord looks into the heart" (1 Samuel \_\_\_\_:\_\_\_\_)
2. "I will not rule over you, nor shall my son rule over you, The Lord must rule over you." (Judges \_\_\_\_:\_\_\_\_)
3. Pride goes before a disaster and a haughty spirit before a fall. (Proverbs \_\_\_\_:\_\_\_\_)
4. "I tell you, on the day of judgment, people will render an account for every careless word they speak. By your words will you be acquitted, and by your words, you will be condemned (Matthew \_\_\_\_:\_\_\_\_,\_\_\_\_)
5. "What eye has not seen, and ear has not heard, and what has not entered the human heart, what God has prepared for those who love Him". (1 Cor \_\_\_\_:\_\_\_\_)

**III) MATCH THE FOLLOWING.**

- |                              |   |
|------------------------------|---|
| i) Shamgar                   | a) his father was healed by Paul                            |
| ii) Esther                   | b) Purified a spring by putting salt to it                  |
| iii) Elisha                  | c) Disastrously fell asleep during Paul's preaching         |
| iv) Ebenezer                 | d) High priest whom Paul called "whitewashed wall"          |
| v) Tertullus                 | e) Paul and other prisoners sailed to Rome under his charge |
| vi) Ananias                  | f) Killed 600 Philistines with an ox goad                   |
| vii) Naboth                  | g) Owner of a vineyard                                      |
| viii) Centurion named Julius | h) Advocate who brought charges against Paul                |
| ix) Publius                  | i) To this point has the Lord helped us                     |
| x) Eutyclus                  | j) Said "If I perish, I perish"                             |

**IV) MARK THE ODD ONE**

1. Major Prophets  
 a) Amos                      b) Daniel                      c) Jeremiah                      d) Micah
2. Job's friends who came to comfort him.  
 a) Bildad                      b) Elthiaz                      c) Tomar                      d) Eliphaz
3. Job's daughters  
 a) Cheziar                      b) Jemimahc                      c) Keziah                      d) Keren-happuch
4. Minor Prophets  
 a) Amos                      b) Haggai                      c) Ezekiel                      d) Baruch
5. Sons of Aaron who offered profane fire before the Lord in the desert of Sinai.  
 a) Eleazar                      b) Nadab                      c) Ithamar                      d) Abihu
6. Which is not a letter of St. Paul.  
 a) Philemon                      b) Revelation                      c) Romans                      d) Corinthians
7. Which of these was not a king?  
 a) Josiah                      b) David                      c) Ahithophel                      d) Solomon
8. Which of these did the Ark of the Covenant not contain?  
 a) Aaron's rod                      b) Manna                      c) Joseph's tunic                      d) Golden pot
9. Which of these was not a judge?  
 a) Samson                      b) Zechariah                      c) Deborah                      d) Ehud
10. Which of these is not an apostle of Jesus?  
 a) Jude                      b) Mark                      c) Matthew                      d) Judas

**VI) NAME THE SEVEN CORPORAL WORKS OF MERCY:**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**VII) ANSWER THE FOLLOWING:**

1. What is the Golden Rule mentioned in the Gospel of Matthew?  
 \_\_\_\_\_
2. What is the shortest Bible verse? Name the book, chapter and verse.  
 \_\_\_\_\_
3. Which is the shortest Psalm? How many verses in it?  
 \_\_\_\_\_
4. Where did Noah's Ark rest?  
 \_\_\_\_\_
5. Who were Korah, Dathan and Abiram?  
 \_\_\_\_\_

Drop the answers in the Letter Box found in front of the Parish Sacristy latest by 21st July 2019. There are 3 prizes to be won. If there are many families with the right answers, the prizes will be determined by casting lots.

The decision of the Editorial Board, however, will be final and binding.

**ANSWERS OF FAMILY QUIZ NO. 1:**

I) 1. Naomi 2. Rebekah 3. Rachel 4. Manoah 5. Nahor & Haran  
6. Zipporah 7. Zeruiah 8. Bernice 9. Amoz 10. Ai

II) 1. You shall be My special possession, dearer to Me than all other people, though all the earth is Mine (Exodus 19:5)  
2. Shaken down and overflowing will be poured into your lap. For the measure with which you measure will in return be measured out to you (Luke 6:38)  
3. But store up treasures in heaven where neither moth nor decay destroys nor thieves break in and steal (Matthew 6:19,20)  
4. Be humble towards one another, always considering others better than yourselves (Philippians 2:3)  
5. Penetrating even between soul and spirit, joints and marrow and able to discern reflections and thoughts of the heart (Hebrews 4:12)

III) 1-d, 2-g, 3-i, 4-b, 5-j, 6-h, 7-a, 8-c, 9-e, 10-f

IV) 1-d, 2-d, 3-b, 4-d, 5-b, 6-b, 7-c, 8-b, 9-d, 10-a

V) Pride, Greed, Envy, Gluttony, Anger, Lust, Sloth

VI) a-So be it, b-O Lord save us, c-The Lord is come, d-Praise be to Yahweh, e-The Lord, f-Little girl I say to you arise, g-My God, My God why have you forsaken me, h- Be opened, i-rest, j- empty-headed

**WINNERS OF FAMILY QUIZ No. 1:**

**1st prize:** Terence, Tahirah & Susan Fernandes, Akashdeep - Community No. 15

**2nd Prize:** Ranjeet, Namrata & Akash Patwa, Shalom - Community No. 30

**3rd Prize:** Jefri, Apoline & Janice Lobo, Morning Star - Community No. 6

## No Greater Love

Love that knew no bounds,  
It was the love that gave its all.  
Even today with life's strife around me it surrounds,  
This love to show had to take the fall.

In a shaky and uncertain world,  
It embraced me with open arms.  
My empty heart always yearned,  
For such a love that guarded me against dangers and harm.

This love is such that will last an eternity,  
This love is of Jesus the Lord Almighty.  
This love was showered from God above,  
Other than this there is 'No greater love'!

**Janice Lobo**  
**Morning Star, Community No. 6**



*God's very being is love. By sending His only Son and the Spirit of Love in the fullness of time, God has revealed His innermost secret: God Himself is an eternal exchange of love, Father, Son and Holy Spirit, and He has destined us to share in that exchange.*

*- Catechism of the Catholic Church (Para 221)*

## United By Ropes

The swing in your backyard  
your dad struggled to untangle the rope.  
The well in your front yard  
your mom struggled to pull the rope.

Rope is like a noodle in our life's dish  
'to untie the rope', is every animal's wish.  
Ropes are holding our drowning life  
not scared of the sharp knife.

But today, why is this rope around your neck?  
Why is a chair underneath your leg?  
Why are tears glistening in your eyes?  
Why is your hope shrinking in size?

Remember, the mountains won't bow to you  
you have to reach the pinnacle with this rope  
to bow down from top to the world  
to shout down to the people curled  
to "get up, hold your rope"!

**Jaison D'mello**  
**Immaculate Conception, Community No. 1**

# Hearty Laughter

## Richman's Fortune Tale

A young man asked an old rich man how he made his money.

The old guy ran his fingers up and down his worsted wool vest and said, "Well, son, it was 1932, the depth of the Great Depression. I was down to my last nickel. I invested that nickel in an apple. I spent the entire day polishing the apple and, at the end of the day, I sold the apple for ten cents. The next morning, I invested those ten cents in two apples. I spent the entire day polishing them and sold them at 5:00 pm for 20 cents. I continued this system for a week, by the end of which I'd accumulated a fortune of \$6.40.

Then my wife's father died and left us two million dollars."

## Trustworthy Friends

Four friends were on vacation when one of them confessed he had a problem with alcohol. He knew these men, his most trusted and valued friends, would quietly help him.

The second one said that he too had a secret vice — gambling.

The third confided that lust was a really big issue for him.

The fourth friend announced that he also had a problem: gossip.

## Sunday School Stories

The Sunday school teacher asked her first graders, "Where can we find Jesus today?" Mary said, "In our hearts."

Billy said, "In heaven."

Tommy said, "In our bathroom.

Asked to explain, Tommy said, "Every morning my dad knocks on the bathroom door and says, 'Jesus Christ, are you ever going to come out?'"

\*\*\*

A boy came late to Sunday School. Knowing he was usually very prompt, his teacher asked, "Johnny, is there anything wrong?"

"No, ma'am, not really," he said. "I was going to go fishing, but my dad told me that I needed to get on up and go to Church." The teacher was very impressed and asked Johnny if his father had explained to him why it was more important to go to church than to go fishing.

"Yes ma'am, he did," Johnny said. "My daddy said he didn't have enough bait for both of us."

\*\*\*

"Dad, I want to ask you a question," said little Josh after his first day of Sunday School.

"Of course," said his Dad.

"The teacher was reading the Bible, about the Children of Israel building the Temple, the Children of Israel crossing the Red Sea, the Children of Israel making the sacrifices," said Josh.

"So what's your question?" his Dad asked.

"Well, didn't the grown-ups do anything?!"

\*\*\*

A Sunday school teacher challenged her children to take some time on Sunday afternoon to write a letter to God. They were to bring their letter back the following Sunday. One little boy wrote, "Dear God, We had a good time at Church today. Wish you could have been there."



# Parish Activities

## Christian Life Program

It has been 4 years since my wife and I have been a part of the Couples for Christ (CFC) Ministry. Before joining, we were the typical stereotype Sunday catholic family and life was pretty normal, with our usual ups and downs. Then our kids were born and we focused on their upbringing. Slowly life became hectic with no time for ourselves; more importantly for our spiritual life.

During our youth, both of us were very active in the Church. It was always our wish to be an integral part of the Church by joining a Community, where we could join as a family. This is how we realized our wish:

On one Sunday we heard an announcement in Church that the 'Couples for Christ' was conducting a 'Christian Life Program' (CLP) and how the lives of couples had changed after attending these sessions. After much discerning, we attended the program with our kids and we enjoyed every bit of it. There was also a service team who took care of our kids during the talks.

We attended every session, and the talks helped us to experience God and His gift of life in different ways. The sessions were like mini-retreats with a lot of soul searching. The testimonies of married couples helped us in our overall development by renewing and strengthening our faith. Our spiritual lives improved tremendously. It taught us how to pray and our children learnt from us; family prayers are now more meaningful and livelier.

We joined CFC as a family and our children are in Kids for Christ (KFC). Here, they learn about Jesus who is always with them as a friend and guide.

CFC is a Family Ministry with 'Kids for Christ', 'Youth for Christ', 'Singles for Christ' and of course 'Couples for Christ'. CFC also has 'Servants of the Lord', and 'Handmaids of the Lord', for men and women who are single, or those whose spouses are not present.

CFC has helped us understand our relationship with God the Father, His Son Jesus and the Holy Spirit, and what an ideal Christian family is, and God's promises and plans for all of us. The Community is always there to help and support each other.

We in the CFC are also called to be missionaries and conduct a lot of Outreach programs. We recently visited Jeevan Jyothi Care Centre (home for destitute women & children) at Karjat.

The Couples for Christ does not invite people to join CFC. Instead, through its Christian Life Program, the community presents the Good News of Jesus Christ. Come, attend this program and see how you can make a difference to your family life and after listening to the Talks you can decide for yourself if you would like to be a part.

CFC invites all married couples (young and old), and married singles to attend the next Christian Life Program (CLP) – beginning July 7, 2019 – a talk every Sunday from 6:30 pm onwards, in the parish Mini Hall.

**Alex and Lolita D'souza**  
**Couples For Christ**  
**St Paul's, Community No. 21**

## FEAST OF DIVINE MERCY

### A Channel of God's Merciful Love

The feast of Divine Mercy, as recorded in Saint Faustina's diary, receives from Jesus Himself the biggest promises of grace related to the Devotion of Divine Mercy. The Divine Mercy Cell of our Parish responsible for the propagation of this devotion assisted our parishioners in the preparation for this Feast. The Divine Mercy Novena commenced on Good Friday. A Triduum in preparation for the Feast was also held from 24th to 26th April, at the 7:30 pm Mass.

#### Day 1

Fr. Joseph MT SVD spoke on *Understanding the Depth of Divine Mercy*. He mentioned that humans thrive on the principle of equal returns; be it in giving a gift or responding to any harm done, we want to return in equal measures. But God's mercy is way beyond human comprehension as we read in Luke Ch. 15, and this mercy opens our hearts and minds to God's way of thinking. The key to experiencing such mercy is Repentance and Reconciliation. St. Faustina's message to pray the Divine Mercy Chaplet for the whole world will help us experience and imbibe this Divine way of thinking.

*Love is not blind; that is the last thing that it is. Love is bound; and the more it is bound the less it is blind.*

*- G.K. Chesterton, Theologian*

## The Young At Heart - Senior Citizens' Cell

### Day 2

Fr. Donald D'souza SVD citing day-to-day examples spoke about the *Extra Ordinary Graces Of Divine Mercy* i.e. the pardon of all our sins after a Sacramental Confession and the receiving of Jesus in Holy Communion on the Feast Day. He elucidated the ABCs for receiving these graces of Divine Mercy viz., **Ask for Mercy** (through the Divine Mercy Chaplet and the Novena), **Be Merciful** (practice mercy in word, deed and prayer) and have **Complete Trust in God's mercy** (confidence that God's Mercy abounds beyond my Sins).

### Day 3

Fr. Praveen Aranha SVD spoke on *God's Mercy through the Sacrament of Reconciliation*. How great a privilege Confession is for us Catholics to convert our heart towards God and to walk away from Sin; but many a time we approach this miracle-working Sacrament with insufficient preparation and just as an obligation. St. Faustina mentions 3 aspects with reference to Confession: Complete sincerity and openness, humility to accept that I am a sinner and ask for forgiveness and change after Confession.

On the **Feast Day**, the Divine Mercy Image was kept for public veneration. At the Feast Mass, the entrance procession was led by the cell members dressed in red and white denoting the colors of the rays emitting from the heart of Jesus.

In his homily, Fr. Sunil Soreng SVD spoke about the merciful love of Jesus - God Incarnate; who proclaimed the Good News and restored people so that they would lead a meaningful life. However, on Good Friday, the same people viciously turned against Him, but despite the persecution and humiliation He pleaded to the Heavenly Father to '*Forgive them*'. Post their failure, Peter stood strong in his faith because he experienced the mercy of God; but Judas was unable to forgive himself.

The Feast of Divine Mercy beckons each one of us to boldly trust in God's mercy, no matter what the circumstance.

**Sarita Almeida**  
*Divine Mercy Apostolate*

*When you know how much God is in love with you,  
then you can only live your life radiating that love.*

*- Saint Theresa of Calcutta*

31st December 2018, was indeed a joyous day for the members of the Senior Citizens' Cell of our parish. Fr. Innocent Fernandes SVD, parish priest announced that 2019 would be dedicated as "**The Year Of The Elders**"! A special logo (designed by Anil D'Souza, our parishioner) to commemorate the occasion was prominently displayed as the backdrop. Core group members of the Senior Citizens' Cell, were seen holding colourful lit balloons to mark the occasion.

On the first Sunday of 2019, a special '*Prayer Card for the Seniors*' was inaugurated. This prayer will be recited at every Mass held on weekends, throughout the year. A special mention must be made about Allwyn Serrao, our parishioner, who took care of our printing needs, as always. God Bless all our silent and large-hearted sponsors whose generous contributions help the less fortunate amongst us participate in all the Senior Citizens' programs.

### 14th January 2019

Being the 2nd Monday of the month, the Elders of the parish met at the Community Center, for some light entertainment and snacks. We began the evening with one of our members teaching us *Yoga* exercises for our upper limb joints, like fingers, wrist, elbow and arms, which can be done during our spare time after the household chores are done. This was followed by line dancing and a game of Housie, which is almost mandatory, for all our programs.

### 3rd March 2019

On this day, the members of the Senior Citizens' Cell introduced the Lenten Calendar, which was distributed to all our parishioners. The calendar gave the reading of the day, along with a corresponding suggestion of an act of mortification for the entire season of Lent.

### 11th April 2019

Still being in the Lenten Season, a movie entitled '*Saul Called Paul*' was screened and it got a good attendance.

Also, the year 2019 is a milestone year and special to us as the Cell which was formed on 19th September 1994, completes 25 years on 19th September 2019. We, along with our Parish Priest Fr. Innocent Fernandes SVD and our Spiritual Director Fr. Valerian Fernandes SVD, have planned a host of celebrations and events for the elders of the Parish, details of which are mentioned in articles that appear in this issue.

**Anita D'Sa**  
*Coordinator - Senior Citizens' Cell*

## Pilgrimage to the Shrine of Our Lady of Fatima

A Pilgrimage to the Shrine of Our Lady of Fatima, Karjat, was organized on 16th February 2019. The pilgrimage elicited a good response from the elders of our Parish. Fr. Valerian Fernandes SVD, Spiritual Director of Senior Citizens' Cell led us into *Praise and Worship, Adoration and Celebration of the Eucharist*. The congregation saw the maximum participation and response during the Praise and Worship session. The Animators took utmost care to see to the comfort of all senior members and catered to all our needs. It was a very well organized pilgrimage and the service was very prayerful.



Being my first visit to the Shrine at Karjat, I was overwhelmed. The statue of Our Lady of Fatima seemed so real. If you have not visited the Shrine please do so at the earliest opportunity. This is the first shrine not only in India but the whole of Asia dedicated to Our Lady of Fatima with her statue that has come from Portugal adorning the altar and we should consider ourselves privileged to have her in our Archdiocese.

A big 'thank you' to members of the Senior Citizens' Cell for organizing this pilgrimage. We appreciate your efforts for conducting the whole outing which was so comfortable, right from the time we boarded the bus for Karjat and till we returned home. It's been a memorable pilgrimage in so many ways, a pilgrimage we will cherish for life!

**Hazel Mendonca**  
Senior Citizens' Cell

*Everything comes from love, all is ordained for the salvation of man, God does nothing without this goal in mind.*

- Saint Catherine of Siena

## Mobile Stations Of The Cross Our Journey To Calvary Via Andheri

A mobile Stations of the Cross was organized by the Senior Citizens' Cell of our Parish, on 16th March 2019. Our parish priest Fr. Innocent Fernandes SVD, reminded us of the journey Christ took to Calvary and asked the seniors to pray for our Parish and ourselves while making the Stations of the Cross.

We were given a brief on how our journey will ensue. Starting with our Parish, we halted at the following *Stations*: Holy Family Church - Chakala, Our Lady of Health - Sahar, St. John the Evangelist Church and St. Vincent Pallotti Church – Marol, with the final two Stations being concluded at our Parish followed by a blessing. There were Animators assigned to the four buses responsible for conducting prayers and singing of hymns while journeying between the *Stations* until we reached the *Station* (Church) and continued, with Prayers and Reflections.

Whilst the *Stations* were being conducted, the wooden cross was being carried by any one person from the crowd from time-to-time. While travelling in the buses we were led into reciting the Rosary, the Litany, Singing of Hymns, thereby creating a prayerful ambience. Timely silence was maintained adding to the solemnity of the occasion. The reflections were heart-wrenching and we were made to introspect and realize the agony that our dear Lord Jesus went through. At St. Vincent Pallotti Church, we were blessed and privileged to venerate the '*Jericho Cross*' which was moving among the many parishes in the Archdiocese of Bombay. We returned to our parish, Sacred Heart Church to conclude the *Stations* and receive the final blessing given by Fr. Valerian Fernandes SVD, our Spiritual Director who accompanied us right through this mobile *Stations Of The Cross*.

As a participant of this mobile Way of The Cross journey, I would like to thank and congratulate the organizers for making this journey solemn, prayerful and one filled with reflections.

I wish to thank our parish clergy and Organizing Team for making this Way of The Cross possible which I found to be a meaningful way to spend some time during the Lenten period to reflect on Jesus' teachings and His sufferings, for mankind.

**George Fernandes**  
Senior Citizens' Cell

*God loves you despite your unworthiness. It is His love which will make you better rather than your betterment which will make Him love you.*

- Venerable Fulton Sheen

## Maundy Thursday and Good Friday Experience

### Washing of the Feet

2019, being declared as The Year Of the Elders, twelve seniors of our parish, had a humbling experience of their feet being washed by our Parish Priest, Fr. Innocent Fernandes SVD, on Maundy Thursday. Just as it made St. Peter uncomfortable during this ritual, so it did to us. We faced the same discomfort. But we remembered and took solace in what Jesus said: *"If I, Your Lord and Teacher have washed your feet, you too must wash each other's feet."* This is what it is to love each other, to be willing to do the dirty work, to take on the servant's role. This act has made us even more conscious to live our lives in the service of others.

We are grateful to Fr. Valerian Fernandes SVD and the Senior Citizens' Cell for giving us this opportunity. It was indeed a momentous and unforgettable day for us.

**Treffy D'Souza**  
Senior Citizens' Cell

### The Way Of The Cross Conducted by the Elderly

The Senior Citizens' Cell conducted the *Stations* of the Cross at 10:00 am on Good Friday with a series of well-read thought-provoking reflections. Touching audiovisuals walked us through Gethsemane, Golgotha, Via Dolorosa in Jerusalem and finally Calvary, helping us to meditate on the true meaning of our Redeemer's love. Even the Choir added to the solemnity of the occasion, joined by a large number of parishioners, despite the relentless heat. The unusual invocation at each *Station*: **"Lord by Your Cross and Resurrection You have Set Us Free"**, drew a spirited **"You are the Savior Of The World"** response, from the large gathering. The spontaneous prayer that came to mind at the end of the Stations of the Cross was *"Thank You, Jesus, for filling us with realization and a deep sense of gratitude for taking on our sins and dying on the cross for us"*.

**Osma Gracias**  
Senior Citizens' Cell

*God loves each of us as if there were only one of us.*

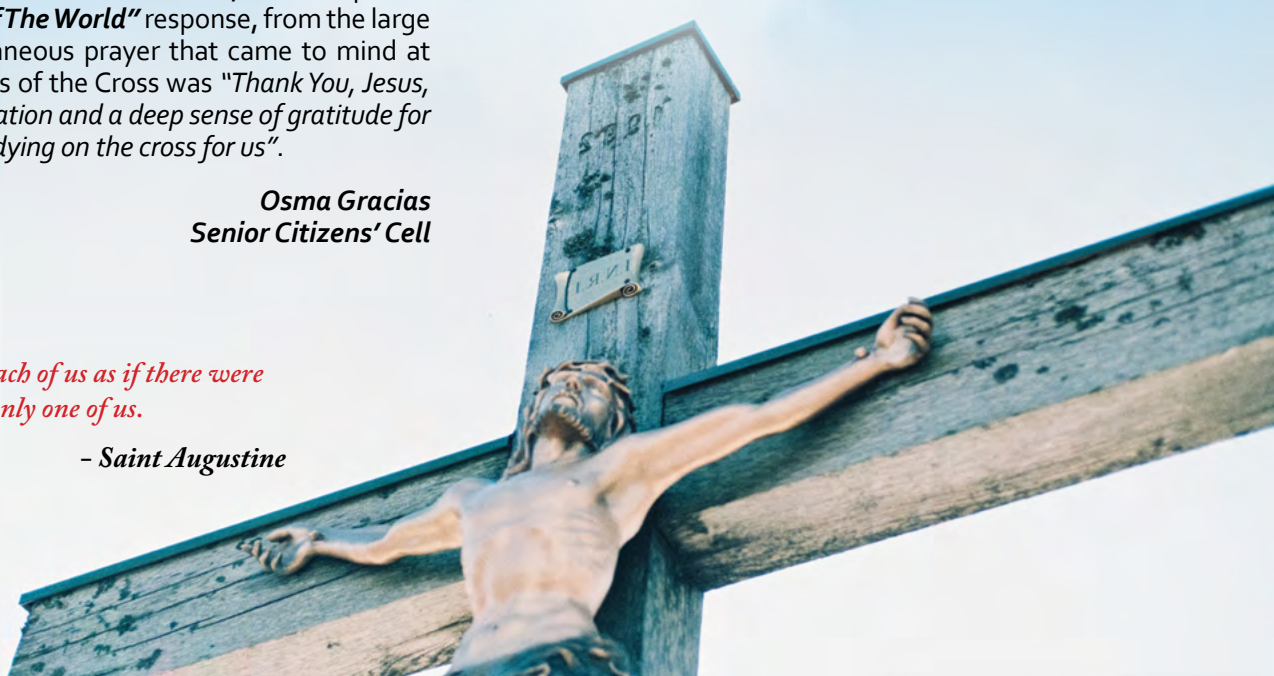
- Saint Augustine

## Senior Citizens Picnic

When the announcement of a picnic for Senior Citizens scheduled on the 11th May 2019, was made at the Sunday Masses, though I was not eligible, I was tempted to register myself. I was encouraged to sign up and I will never ever regret the decision.

We were warmly welcomed by the Core group members on arrival with colour coded badges which had our names neatly printed. Two packed buses left the Church grounds at 7:15 am on the dot – a gold star richly deserved for being on time! As always, our picnic journey began with a prayer, led by Fr. Valerian Fernandes SVD.

We were greeted with a sumptuous and delicious breakfast. Without wasting much time, they got us ready for Group Games which were meticulously planned and put together. We were divided into four groups interestingly named: Mayflower, Mayhem, Mayday and Maypole. We had to introduce our team with a war cry and enact the same. The golden oldies surely know how to act! The acts were packed with a lot of punch and humour! Not surprisingly, all the groups performed well! The next game was very unique indeed. The team leaders were given a sheet of paper with animated items in two columns and the same had to be matched phonetically! For e.g. rain in one column matched with train in the other column. The correctly matched items had to be whispered to the next member in the team till the information reached the scribe at the other end who had to write down the same. The Games of Skill that followed, when explained to us, looked difficult, but my team (Mayflower) won them with ease. Being competitive by nature, I could not stop myself from jumping, shouting and screaming in sheer glee!





## Faith Formation

We had the next hour to relax and chit chat. I loved this session the most as all of us were found exchanging stories! If I had to present the Best Story Teller award at this picnic, Fr. Valerian would have won it hands down. He really knows how to regale and entertain the oldies!

They say when you are enjoying yourself, time really flies. Soon we prayed the Grace led by Fr. Valerian and enjoyed the finger licking lunch! We then played a game of Housie followed by tea!

Looking at all the happy faces around, I could say that all the seniors had a pleasurable day. This picnic would not have been successful without the hard work and efforts put in by the Senior Citizens' Working Committee. Fr. Valerian, you make a big difference with your amicable, approachable ways – thank you. A shout out to Anita and Conrad for all the efforts you two contribute, towards making the senior citizens feel important and wanted. For those senior citizens who could not attend the picnic, you missed a really enjoyable outing. Not to worry! There are many such events in store for you this year, as 2019 has been dedicated to senior citizens.

**Lucy Rocha**  
**Akashdeep, Community No.15**

*“Love is patient; Love is Kind; Love is not envious or boastful or arrogant or rude. It does not insist on its own way; It is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends.*

*- Saint Paul in his first letter to the Corinthians*

*“Nothing is sweeter than love, nothing stronger or higher or wider; nothing is more pleasant, nothing fuller, and nothing better in heaven or on earth, for love is born of God and cannot rest except in God, Who is above all created things.*

*- Thomas a Kempis, Imitation of Christ*

The 'Faith Formation' Sessions, for students of Std. IX was conducted on 17th February 2019, at Divine Child High School, Andheri. There were participants from 6 parishes representing Andheri, with 40 students amongst them, representing our parish.

The students along with their teachers were asked to work on a group project made up of 5-6 students, in each group. The project was titled 'Life Is A Gift' as pre-determined by Fr. Henry our deanery coordinator. He asked the groups to emphasize how we should be grateful and express our gratitude for what we possess, rather than being dissatisfied and lean towards negativity.

The students were well mentored by their teachers and successfully presented their project to Fr. Benhur, the core speaker. While visiting the theme subject, he briefed the project participants on the lives of St. Maximilian Kolbe – Franciscan friar, St. Maria Goretti – An Italian virgin martyr and Blessed Rani Maria – an Indian social worker and how intertwined their lives were as they all submitted themselves willingly to the will of God and the society.

He also engaged the students in a group activity called 'Mirror Image', which focused on how we see ourselves, upon reflection. On the conclusion of this session, we had a break for snacks. We celebrated the Eucharist with all students participating wholeheartedly in understanding the concept of the existence of a close and deep relation between faith and trust in the Lord and how this can be built upon, as teenagers.

There was a game of Quiz which covered the Std. IX syllabus. This was indeed a brain teaser for our students and they proved their credentials by scoring exceedingly well. Our parish was chosen to say the Closing Prayer and we consider it a great honour and privilege to be asked to propose the Vote of Thanks.

We are grateful to Fr. Sunil Soreng SVD, who supervised our transportation needs, to and back from the venue. We appreciate the efforts put in by Francisca Saldanha and Judith Sequeira, for their immense contribution in coordinating the whole program. These sessions not only enriched our knowledge and learning, but it also helped us to strengthen our faith in the Lord.

We urge more of our students to seize the chance and participate in the upcoming Faith Formation Sessions. We assure them that they will definitely come back as changed persons, with a lot of takeaways!

**Loveleena D'souza**  
**Sunday School Catechist**

## Mission Accomplished!

17th February 2019, was a special day for our first holy communicants, which will forever be etched in their memory! It was the day they participated in a field trip to the 'Balwadi' located at Marol Military Road, run and managed by the Sarva Seva Sangh.

51 of our children walked through an uneven path running beside a smelly nullah ending in winding small lanes, in the slums of Marol. The sisters run a small *Balwadi* here for the children of poor families in the neighbourhood in the most unexpected place one can ever think of. In a Mandir. Sr. Divya, told us how the pujari willingly allowed the slum children to come and use it as a *Balwadi*. At the *Balwadi*, children ranging from ages 3 to 14, are taught basic math, science, languages, and good habits with the help of Anganwadi helpers of the Sarva Seva Sangh.

Our children who were a bit hesitant in the beginning soon overcame their initial shyness and interacted with the people living in the slums. It was quite a different world from theirs! Seeing them living in poverty-ridden appalling conditions, gave our children a new perspective on life. They compared their own lives with the poor and unprivileged and realized how blessed they were to not live in want and how their parents provided for all their needs.

20 of the *Balwadi* children then accompanied us for a picnic to the Meena Tai Udyan (Park) at Poonam Nagar.

During the bus journey, all the children tried getting to know each other and shared their individual likes and talents. Initially, all the children were shy and held themselves back but in no time the ice was broken! They soon got into the comfort zone with each other. The *Balwadi* children made us realize that though life in the slums was tough, the children exhibited an infectious positive energy!

While the children were at the park, they were served snacks. They then played some really fun group telegames. The icing on the cake was the time spent on all the swings, slides, see-saws and other fun equipment'. Finally, it was time for the children to bid good-bye to each other! This was wonderfully done by our FHCs, by dedicating an action song to their new *Balwadi* friends! The *Balwadi* children were then gifted with return gifts consisting of notebooks and stationery. The excursion ended by a heartfelt vote of thanks and a wonderful rendition of the famous song '*Hum Honge Kamyab Ek Din*' by the *Balwadi* kids. It showcased their will and ambition to rise up in life!

In a nutshell, it was truly a mini 'mission' of sorts experience for our FHCs. The teachers and parents will surely agree it was 'Mission Accomplished'!

**Candida Saldanha**  
**Morning Star, Community No.6**

*We must love our neighbor as being made in the image of God and as an object of His love.*

*- Saint Vincent de Paul*

*The hunger for love is much more difficult to remove than the hunger for bread.*

*- Saint Theresa of Calcutta*



## First Encounter With Jesus in The Holy Communion

The Eucharist is the greatest gift that Jesus gave to us - the gift of Himself. Pope Francis has called it the "*Sacrament of Love*". To share in this gift of Jesus in Communion for the first time, 52 children from 17 different schools, were given "sufficient knowledge and careful preparation so as to understand the mystery of Christ according to their capacity" (Code of Canon Law 913). They were encouraged to explore some of the many "gifts" that God has given them, for example, love, peace, forgiveness, friendship, and creation.

Important events during the preparation period which started from June 2018 were: The 'Rite of Acceptance' the 'Our Father' and 'The Creed' ceremonies were conducted in the SCCs and in the Church when the children were shown the importance of the sacrament they were preparing to receive. The 'Prayer Service' was specially conducted by Fr. Donald D'souza SVD for the candidates, and their parents. Field Trip to the Balwadis (school for poor, street children) came as an eye-opener for the children, to appreciate and love all that their parents do for them, as well as to learn to care and share with less fortunate children than themselves.

The Intensive Week of preparation for the Sacrament of First Reconciliation was held on 25th April 2019. The 'Big' Day finally arrived, when 47 stunning angels, mostly in white/light pastel shades received First Holy Communion (FHC) on Saturday, 27th April 2019. The Eucharistic Celebration began at 5:00 pm Leading the procession was the Cross-bearer and the Altar Servers followed by our little angels, then the Lectors and finally our parish priest

Fr. Innocent Fernandes SVD, as the main celebrant along with the con-celebrants. The melodious voices of the children's choir filled the Church. The siblings of the First Holy Communicants proclaimed the Word of God, in a very stoic and sacred manner, that it moved many-a-heart in the congregation.

Hearing the FHCs respond to the Baptismal Vows was heartening. The homily given by Fr. Sunil Soreng SVD, our Spiritual Director was very apt and inspiring for the occasion. The FHCs singing the hymn "*Into my heart*" was very impactful. They were glowing with radiance after receiving Jesus in Holy Communion. The action song sung by them, was meaningfully and melodiously sung, that it astounded the congregation and they spontaneously clapped in unison for the FHC's.

After Mass, the children and the concelebrants went in procession to the Community Centre, where a group photograph was taken. They were then given scapulars, rosaries, their First Holy Communion certificates and a snack box before they left the premises to enjoy the rest of the evening with their loved ones.

Our heartfelt gratitude to Fr. Innocent and Fr. Sunil, for their whole-hearted co-operation and support during the academic year 2018-19, the parents of our FHCs, god-parents, prayer guardians, PPC members and coordinators for helping in structuring the Faith Formation of our FHCs. We pray for God's abundant blessings on one and all.

**Francisca Saldanha**  
*Catechist – First Holy Communion*

*What is the mark of love for your neighbor? Not to seek what is for your own benefit, but what is for the benefit of the one loved, both in body and in soul.*

*- Saint Basil the Great*



## Celebration With A Difference

As we all know, the first time we receive Holy Communion is an important day in the life of a Catholic. It is not just a milestone in the spiritual life of the Communicant, but for his or her family, relatives and friends too.

After months of attending Sunday school classes and after going through the special intensive week of preparation, it all culminated on April 27 2019, with 47 children of our Parish receiving their First Holy Communion.

As per our parish calendar, First Holy Communion rite is celebrated on the first Saturday after Easter. There was a special Mass at 5:30 pm in the Church. After the ceremony, six of our young communicants, along with their parents, a few relatives and friends, were invited to celebrate the occasion in the Mini Hall of our Community Centre. The Clergy team, led by Fr. Sunil Soreng SVD, the Spiritual Director of the Sunday school also attended. These six children were specially picked by the Sunday school teachers, from among the entire group, on the basis of several one-to-one discussions with the children and their parents.

The Mini Hall was decorated beautifully with balloons and a personalized backdrop which had the photograph and name of each of the 6 communicants on it. This personal touch brought about a lot of joy to the children and their families.

The celebration commenced in a very novel and innovative manner. A candle was given to everyone present. Fr. Sunil, with the Easter Candle, representing Jesus, walked in a

procession along with our communicants. He passed on the light to the head of every family, who in turn lit the candles of the other family members. This was a symbolic act of how Jesus shared the light with His disciples and then they spread it to others.

Each communicant experienced the joy of cutting a cake surrounded by their families. These special moments were captured on camera by one of the Sunday school teachers. Fr. Sunil then addressed the gathering and welcomed all, to this special get-together. Our parish priest, Fr. Innocent Fernandes SVD, also said a few words on this occasion and blessed each Communicant. Refreshments were served to all. There were exciting games for everyone and the winners were awarded attractive prizes. The Sunday school teachers ensured that everyone participated in the games which were conducted in an atmosphere of fun.

Fr. Valerian Fernandes SVD prayed the Grace and the dinner buffet was thrown open, it was enjoyed by all. All this was possible, only because of the hard work and planning of all the Sunday School Catechists. They were ably supported by the Spiritual Director, Fr. Sunil and the entire clergy team.

We would like to thank the sponsors for their generosity and everyone who worked hard to make this a memorable occasion. I'm sure the children will remember and have fond memories of this day, for the rest of their lives.

**Theresa Rodricks**  
**Holy Trinity, Community No. 27**

## Health Space

### Geriatrics - Process Of Healthy Aging

Geriatrics is a branch of medicine that focuses on the health of aged patients. It primarily aims at treating and preventing disease and disability in the elderly. As we age, our bodies undergo a gamut of changes. Let us take a look at some of the changes that occur in each of our systems, one at a time:

#### Cardiovascular System

The cardiovascular system can be likened to a motor (heart) which pumps water (blood) into a series of pipes (arteries and blood vessels). The blood vessels harden and stiffen with age. Add to that, cholesterol and fat accumulation

over the years, narrow the lumen of these blood vessels. As a result, the workload on the motor (the heart) increases manifold as it has to pump water (blood) into pipes which are narrower, stiffer, and less pliable. This results in irreversible changes in the heart muscles, leading to hypertension and various other cardiovascular problems.

#### Preventive measures:

- Cut down on junk food, aerated drinks and deep-fried food.
- Stop the consumption of alcohol and smoking.
- Reduce the intake of salt.



- Reduce weight and maintain optimum body mass index (BMI).
- Have a healthy diet rich in fresh vegetables, fruits, nuts and whole grains.
- Exercise daily and undertake some kind of physical activity.
- Get enough rest and sleep.
- Reduce stress.

### **Bones, Joints, and Muscles**

Our bones, joints and muscles are subjected to tremendous amounts of wear and tear, throughout our lives. As we age, the joints tend to stiffen and become more painful. There is a strong tendency for the mineral content (density) in our bones to reduce in old age, which means that our bones are likely to become brittle and therefore, more susceptible to breakage (fractures), at the slightest fall or injury.

#### **What Can Be Done:**

- Get adequate amounts of calcium from natural foods and/or supplements.
- Maintain adequate levels of vitamin D. Low levels of vitamin D causes osteoporosis and increases the risk of fractures.
- Exercise regularly and perform some kind of physical activity to improve joint flexibility and decrease bone loss.

Homoeopathic remedies help treat osteoarthritis and can prevent further deterioration of the symptoms and disease.

### **Digestive System**

Digestive processes slow down with age, resulting in frequent bouts of constipation. Lack of exercise, less intake of water and fluids, poor consumption of fiber-rich food, all these factors can worsen constipation.

#### **What Can Be Done:**

- Include high-fiber foods like green leafy vegetables, fruits and whole grains in your daily diet.
- Drink plenty of water.
- Exercise daily and undertake some kind of regular physical activity.

Homoeopathy helps treat chronic constipation by improving digestion and stimulating bowel movement.

### **Prostate Problems**

One of the most common problems seen in aged men is Prostatic Hypertrophy. Symptoms include an urgency to urinate, weak stream of urine flow, increased frequency of urination, and straining to pass urine. All urinary symptoms in the aged must be thoroughly evaluated with a medical professional as prostate cancer is not uncommon. Early diagnosis and treatment are essential. Homoeopathic remedies help in controlling the symptoms of Benign Prostatic Hypertrophy.

### **Sleep Problems**

Insomnia is defined as a condition where the person finds it difficult to fall and stay asleep. Though age is not a defining factor, aged men and women are more susceptible to suffer from Insomnia. Chronic Insomnia can cause tiredness, fatigue, and daytime drowsiness.

Homoeopathic remedies are safe and effective in treating insomnia and are not habit forming.

### **Memory and Thinking Skills**

Age-related changes in the brain can cause problems like forgetfulness, inability to multitask, poor recall and slower speed of processing information. It is known as Normal Cognitive Ageing.

#### **What Can Be Done:**

- Maintain a healthy diet.
- Exercise regularly as it is associated with better brain functioning and it can help reduce stress levels.
- Avoid the consumption of alcohol and smoking.
- Stay mentally fit and active by reading, playing word games, solving puzzles, or taking up a new hobby like painting, gardening, learning to play a musical instrument etc.
- Stay socially active.

Ageing is a natural process and like everything in nature, there is an innate beauty in it. So take time out and smell the roses. Spend time with loved ones. Do the things you always wanted to but never had the time for. Most importantly, take care of your health. In the end, it's not the years in your life that count, it is the life in your years!

**Dr Nishel Lobo M.D. (Hom.)**  
**Homoeopathic Consultant**  
**Sacred Heart Parish Trust**

# From the Parish Register

## BAPTIZED IN CHRIST



Divya Kanagaraj	D/o	Kanagaraj Singaram & Pushpaleela Kanagaraj	8-Apr-19
Mojes Gackari	S/o	Manoj Atul & Sapna Manoj Gackari	14-Apr-19
Maya Abhyankar	D/o	Bhimrao & Baby Tayade	21-Apr-19
Lalita Suresh Londe	D/o	Mahadu Kasbe & Shantabai	21-Apr-19
Bhagwati Goyal	D/o	Namesh Goyal	21-Apr-19
Rukmini Swarna Matoory	D/o	Lakshmy Narayana & Leela Kumary Matoory	21-Apr-19
Harbinder Singh Bedi	S/o	Harbhajan Singh & Darshan Kaur Bedi	21-Apr-19
Rahul Kumar Yadav	S/o	Mahendra & Aarti Yadav	21-Apr-19
Rekha Rathan Sahir	D/o	Natusingh Sonath & Mangala Bai	21-Apr-19
Neha Ratan Sahir	D/o	Rathan Kissan & Reka Rathan Sahir	21-Apr-19
Rudra Damian Sawant	S/o	Shakti Vilas Sawant & Mary Bastian Crasto	28-Apr-19
Ethan D'Silva	S/o	Robin & Sanjana Liyona D'Silva	28-Apr-19
Anaisha Kolambekar	D/o	Raju D & Jenifer R Kolambekar	28-Apr-19
Jenicia D'Souza	D/o	Gregory Melwin & Gracy Melwin D'Souza	1-May-19
Ansh Ranpise	S/o	Sudhir Ranpise & Anisha D'Souza	12-May-19
Joshua Anthony Poolon	S/o	Anthony Raphael & Lincy Anthony Poolon	12-May-19
Ayden Lee D'Mello	S/o	Lance Giselle & Giselle Marie Lawrence D'Mello	26-May-19

Gerard D'Souza	62 Years	Bilquis Aparments II	27-Mar-19
Rosina Rebello	53 Years	14, Shivprabhat Society., Bastiwala Compound,	10-Apr-19
David Poratharapilly	89 Years	A-601, Blue Medows, Shyam Nagar, JVLR	12-Apr-19
Baptista Saldanha	67 Years	201, E-2, Wing 1, Bindra Tulip CHSL	17-Apr-19
Mary Edward Creado	78 Years	Edward Creado Chawl, Malpa Hill No.1	23-Apr-19
Rochester Douglas Rocha	63 Years	A3-34, Green Fields	7-May-19
Lilly D'Souza	86 Years	A-205, Trans Apartments	8-May-19

## RESTING IN CHRIST

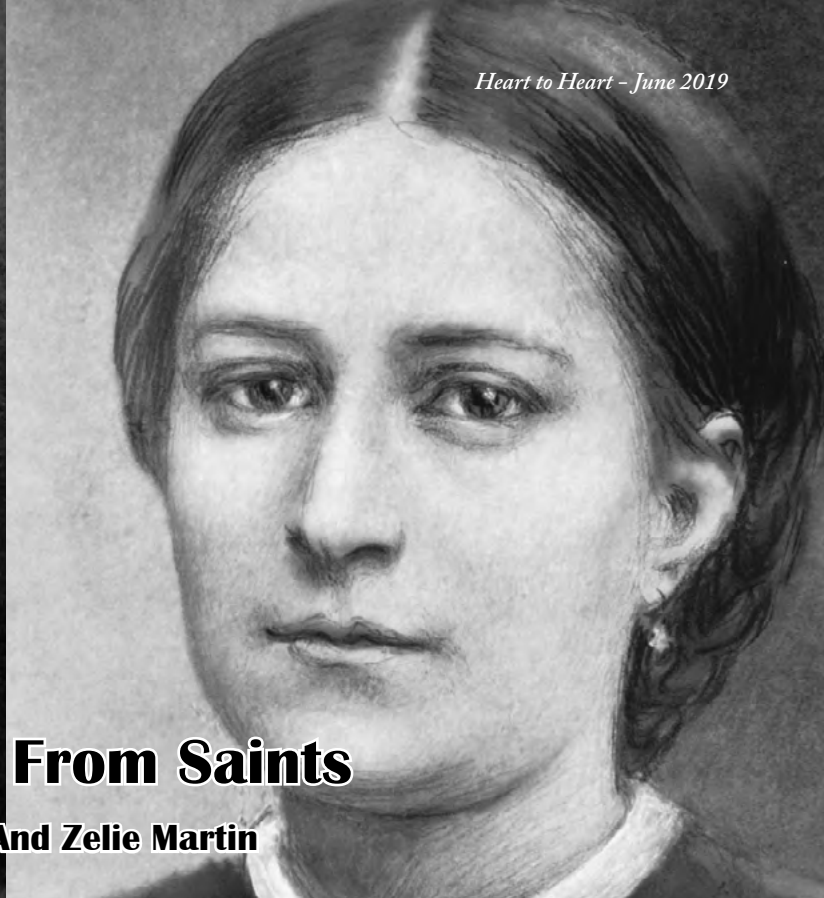
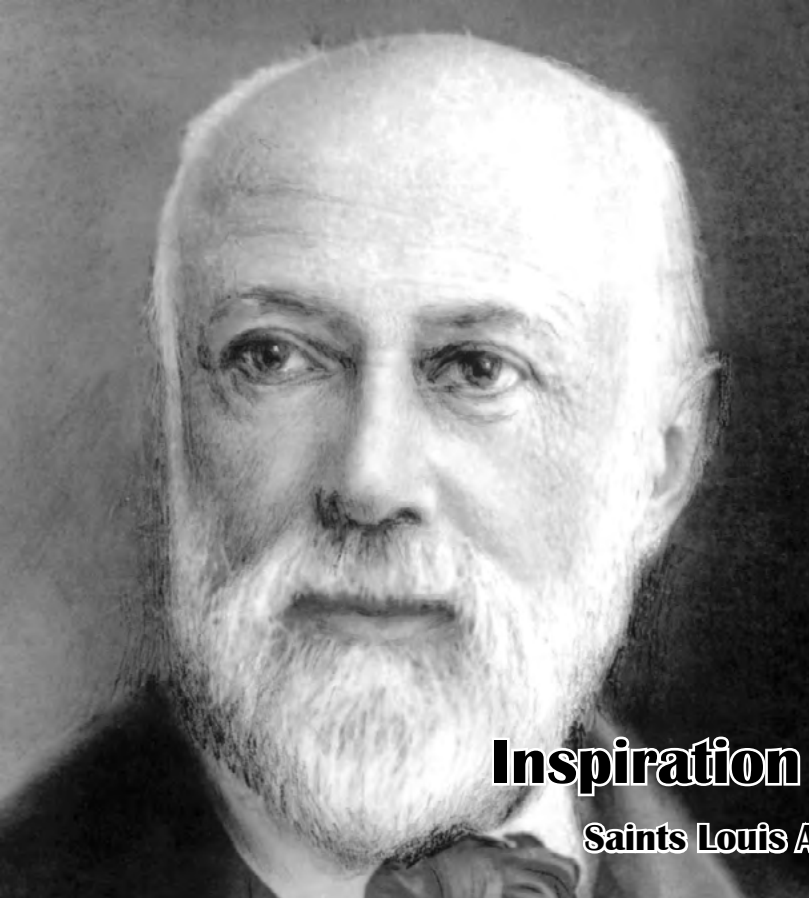


## UNITED IN CHRIST



Manoj Lucas Abhyankar	To	Maya Bhimrao Tayade	6-Apr-19
Robin Adiyal	To	Divya Kanagaraj	28-Apr-19
Sydney Joseph David	To	Pooja Bagaria	1-May-19
Clyde Anthony D'Mello	To	Deborah Lynn Fernandes	4-May-19
Colin Ron Mendonca	To	Arlene Pais	4-May-19
Sheldon Arun D'Souza	To	Remilda Joyce D'Souza	4-May-19
Vinay Dattatray Khamitkar	To	Bency Devadas	11-May-19
John Francis D'Mello	To	Melisa Fernandes	11-May-19
Melvin Mathias	To	Olive Patricia D'Souza	19-May-19
Manoj Balakrishnan Pisharody	To	Aviva Noronha	26-May-19





## Inspiration From Saints

### Saints Louis And Zélie Martin

Feast day: July 12

Patron Saints of: Illness, Marriage, Parenting; Widowers.

This couple who are models of holiness in their own right are the parents of St. Therese of Lisieux (the Little Flower). They are the first married couple with children, to be canonized at the same ceremony.

Louis Martin (1823 - 1894), a man of faith and prayer had a great desire to enter the priesthood. In 1845, he went to the Swiss Alps to enter a Carthusian Monastery, where his first task was to learn Latin. He tried to learn it but in the end, gave up. Having finished his watchmaking studies, he returned to Alençon, France where he dedicated himself to his work as a watchmaker-jeweller, with diligence and honesty.

Zélie Guerin (1831 - 1877) was one of Alençon's talented lace makers. Her childhood and youth were depressing, as her parents showed her little affection. She sought unsuccessfully to enter religious life. Then she learned to produce the exquisite lace known as *Point d'Alençon* and soon mastered this painstaking craft. Richly talented, creative, eager, and endowed with common-sense, she started her own business and became quite successful.

Louis and Zélie met in Alençon and were married in 1858 after a three-month courtship. For almost a year, the couple lived as celibates, but the advice of a confessor changed their minds and they decided to raise as many children as possible for the glory of God. Zélie gave birth to nine children but four of them died at an early age. The surviving five girls all entered religious life, with four joining the Carmelite monastery.

Very early, Zélie taught them the morning offering of their hearts to the good God, the simple acceptance of daily difficulties "to please Jesus." The couple lived modestly, reached out to the poor and the needy, and led daily prayers in the household. During their 19-year marriage, the couple was known to attend

Mass daily, fast and pray, respect the Sabbath, visit the elderly and the sick, and welcome the poor into their home. St. Therese would later write: *"God gave me a father and a mother who were more worthy of heaven than of earth."*

At age 45, Zélie was diagnosed with inoperable breast cancer and she died, leaving Louis with five children: Marie, Pauline, Leonie, Celine, and Therese aged four and a half then.

Louis and his daughters then moved to Lisieux. Gradually his daughters left to enter the convent. Despite his loneliness, he said: *"It is a great, great honour for me that the good Lord desires to take all of my children. If I had anything better, I would not hesitate to offer it to Him."*

He told his daughters, "I am too happy. It's not possible to go to Heaven like that. I want to suffer something for the Lord" and offered himself. His last years were marked by several health problems. He suffered from cerebral arteriosclerosis, paralysis and inability to speak. He died on July 29, 1894, after suffering greatly, including a three-year stay in a psychiatric hospital.

Louis and Zélie understood that they could become holy not in spite of marriage, but through, in, and by marriage, and that their becoming a couple was the beginning of an ascent together. The conjugal love of Louis and Zélie is a pure reflection of Christ's love for His Church, but it is also a pure reflection of the "resplendent love without stain or wrinkle, but holy and immaculate" (Ep 5: 27) as the Church loves her Spouse, Christ.

Louis and Zélie Martin were beatified by Pope Benedict XVI in 2008 and canonized by Pope Francis in 2015. Pope Francis stated in his homily "The holy spouses Louis and Zélie Martin practiced Christian service in the family, creating day-by-day an environment of faith and love which nurtured the vocations of their daughters, among whom was Saint Therese of the Child Jesus."

# PARISH VISION MISSION STATEMENT

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



Washing Of The Feet - Maundy Thursday



Senior Citizens' Activity Day



Couples For Christ - Outing To Karjat



Divine Mercy Sunday



First Holy Communion Day