



Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 77

September 2019

For Private Circulation Only

MARY,
A MODEL OF
OBEDIENCE



Our Regular Programme

SUNDAY MASSES

Morning

6:30 am (English Mass)

7:30 am (Konkani Mass)

8:45 am (Parish Mass)

10:00 am (Children's Mass in the Church)

10:00 am (English Mass in the Community Hall)

Evening

4:15 pm (Hindi Mass)

5:30 pm (English Mass)

Weekday Masses:

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

Wednesday

Novena to Our Lady of Perpetual Succour after all Masses

Thursday

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

First Friday: Holy Hour 6:00 pm to 6:45 pm

Last Friday of the month

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

Catechism for Children: From 8:45 am to 9:45 am every Sunday

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

Baptism: 2nd and 4th Sundays at 11:00 am

Pre-nuptial Enquiry: By Appointment

Wedding Mass Timings: Monday to Saturday

Disparity of Cult and Mixed Marriage: 3:00 pm

Catholic Weddings: 5:00 pm

All Thursdays and First Fridays: 4:30 pm

Sunday: 5:30 pm (Scheduled Mass)

Sick Calls: At any time

Centre for Community Org., (Tel: 9324384676)

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

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Forthcoming Events And Liturgical Feasts/Memorials

13 th Sept	Memorial - St. John Chrysostom, Bishop & Doctor
14 th Sept	Feast - Triumph of the Cross
20 th Sept	Memorial - Korean Martyrs: St. Andrew Kim & companions
21 st Sept	Feast - St. Matthew, Apostle & Evangelist & Minute to Win it Games (Senior Citizens)
22 nd Sept	Minute to Win it Games (Senior Citizens)
27 th Sept	Memorial - St. Vincent de Paul, Priest
28 th Sept	Minute to Win it Games (Senior Citizens)
29 th Sept	Care for Creation - Shades of Green (SCC)
30 th Sept	Memorial - St. Jerome, Priest & Doctor
	Rosary Month
1 st Oct	World Elder's Day
	Memorial - St. Therese of the Child Jesus, Virgin & Doctor
2 nd Oct	Memorial - Guardian Angels
4 th Oct	Memorial of St. Francis of Assisi, Religious
6 th Oct	Inter Parish Tourament - Minute to Win it Games (Senior Citizens)
7 th Oct	Memorial - Our Lady of the Rosary
13 th Oct	Thanksgiving Sunday
15 th Oct	Memorial - St. Teresa of Avila, Virgin & Doctor
17 th Oct	Memorial - St. Ignatius of Antioch, Bishop & Martyr
18 th Oct	Feast - St. Luke, Evangelist
20 th Oct	Mission Sunday
26 th Oct	Taize Prayer (PYC)
28 th Oct	Feast - Sts. Simon and Jude, Apostles
1 st Nov	All Saints day
2 nd Nov	All Souls day
4 th Nov	Memorial - St. Charles Borromeo, Bishop
9 th Nov	Feast- Dedication of the Lateran Basilica.
9 th & 10 th Nov	PARISH DAY & FAMILY MEAL
11 th Nov	Memorial - St. Martin of Tours, Bishop
12 th Nov	Memorial - St. Josaphat, Bishop & Martyr
17 th Nov	Silver Jubilee Celebrations of Senior Citizens' Cell
19 th Nov	World Communications Day
21 st Nov	Memorial - Presentation of Mary
22 nd Nov	Memorial - St. Cecilia, Virgin & Martyr
25 th Nov	Christ The King Feast / Training Programme For The Youth
30 th Nov	Feast - St. Andrew, Apostle
1 st Dec	1st Sunday of Advent / Bible Quiz
3 rd Dec	Feast - St. Francis Xavier
7 th Dec	Memorial - St. Ambrose, Bishop & Doctor
8 th Dec	Confirmation (10 am Mass)
13 th Dec	Memorial - St. Lucy, Virgin & Martyr
14 th Dec	Memorial - St. John of the Cross, Priest & Doctor
15 th Dec	Community Responsibility Programme (Youth)
22 nd Dec	Sunday School Christmas Party & Christmas Float
17 th - 19 th Dec	Advent Confessions

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

From the Pastor's Desk

My dear Parishioners,

"Honor thy father and thy mother", so says the fourth commandment of the Decalogue, especially in their golden years.

2019 being declared as the year of Elders in our parish, I believe it is a wonderful topic to reflect upon and at the same time it is an appropriate occasion to remind ourselves of the most sacred of Christian responsibilities: to cherish and care for the elder members of our families and ensure that they live in comfort, dignity and peace.

This responsibility has taken on added importance in modern times as our traditional family structures erode. As sons and daughters get caught up in their fast-paced careers or leave for greener pastures, parents are often left alone at home or entrusted to hired caregivers. Even when children remain behind to care for the ageing parents, the responsibility sometimes falls on just one or two siblings, the others deeming fit to call or visit only on occasions.

Of course, this does not detract from the many children who take this responsibility very seriously and work tirelessly to care for the ageing family members. They often sacrifice their personal lives, careers and well-being and work with great dedication, in pursuit of this commitment. Just like childhood, adolescence and adulthood, 'dotage' is a phase of life that comes with its unique trials and tribulations, benefits and rewards.

It is a time to thank God, firstly for the many gifts and opportunities that He has abundantly bestowed upon us. It is also a time to reflect upon one's life and evaluate more serenely the experiences one has had and the persons one has met along the way. I also believe that old age is the final stage of human maturity and life span, a sign of God's immense grace and blessings. It is usually marked by the decline of good health, such as failing eyesight and hearing, stiffening of joints and muscles, dental problems to mention a few. These health issues may require regular medical attention, a task that children are often called upon to assist with. For some, declining health may work as a reason to withdraw from active life, giving rise to the so-called 'hidden' generation.

For family members and friends, this is a time to be especially attentive to the physical, psychological, emotional and spiritual needs of the 'home-bound' elderly in the parish, or local community. On a positive note, dotage is a time to enjoy one's life earnings, to take pride in the accomplishments of children and to delight in and indulge the grandchildren. For some, it provides an opportunity to *read, write, travel, pursue a hobby*, or to engage more actively in parish and community *service*.

Finally, it is an opportune time to share with one's family and friends, the wisdom and good counsel that comes with life experiences. Such counsel is a crying need in our community, as we sometimes encounter internal family strife over financial or property matters.

Caregivers to the elderly are often called upon to shoulder enormous burdens as they handle various responsibilities. Caring for the elderly requires an abundance of patience, compassion, understanding and kindness as the physical and mental abilities of the loved one shows a sharp decline. Caregivers need to be mindful of their well-being as well, as they stretch themselves to provide assistance and care.

Today, besides immediate family members, there are dedicated volunteers, community organizations and institutions that reach out to the elderly and homebound seeking to bring empathy, comfort and cheer. As each of us strives to do our personal bit for the elders in our midst, let us pray that these efforts never waver but grow stronger. Our Indian culture and society have always been known for holding their elders in great esteem, bestowing great respect for their age and wisdom. Let us ensure that this sentiment continues to be cherished and practiced by all of us!

Let us make concerted efforts towards respecting, valuing, loving and caring for our elders in our homes, families, and society at large; and entrust them into the loving and protective hands of Mary our Mother.

On behalf of the parish clergy team, I wish you all dear parishioners, a very happy and meaningful Feast of the Nativity of Our Lady!

Fr. Innocent Fernandes SVD
Parish Priest

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MARY, A MODEL OF OBEDIENCE

Recently, I read a quote by Banksy, who is an anonymous England-based graffiti street artist known for his anti-authoritarian art. He said: *"The greatest crimes in the world are not committed by people breaking the rules but by people following/obeying the rules. It's people who follow/obey the orders that drop bombs and massacre villages"* made me think deeply. How do people obey orders even to the point of killing innocent people? What inspires them to obey their Leader? What convinces them to obey such orders? How powerful is their leader?

Normally, a person is taught to be obedient right from childhood. We are taught to be obedient to our parents, to teachers and to higher authorities. But today the virtue of "obedience" is in decline, not only in India but the world at large. Some people think that to be obedient means to be a mindless slave and to accept being treated as a child. Household cats seem to be of this opinion as well. As one observer put it, *"Your cat will never really obey you: sometimes he will just agree with you."* But that is not the Gospel virtue of "obedience" either. If we understand what obedience is, it becomes clearer to apply it in our life. Obedience doesn't mean just following somebody else's command, what we call blind obedience, doing what you're told and so on. The word itself clearly means to listen deeply. To listen deeply and in the spiritual sense it means; listening deeply to God, and that's possible for every one of us, as it was for Jesus and Mary our Mother.

God made us in His image and likeness. He gave us dominion over all He created. However, He left us with the choice to either follow His instruction or do as we please. Therefore, obedience is a tool that proves our choice to follow God or the devil in our daily lives. The general concept of obedience both in the Old and New Testament relates to hearing to a higher authority. The Greek word for obey in the New Testament means *"to trust."* According to *Holman's Illustrated Bible Dictionary*, a succinct definition of biblical obedience is *"to hear God's Word and act accordingly."* *Eerdman's Bible Dictionary* states, *"True 'hearing,' or 'obedience', involves the physical hearing that inspires the hearer, and a belief or trust that in turn motivates the hearer to act in accordance with the speaker's desires."* Thus, biblical obedience to God means to *hear, trust, submit and surrender* to God and His Word. The best example of a person, who heard, trusted and surrendered to God and His word is Mary our mother. In

our world, where obedience is regarded as a weakness and a lack of self-assertiveness, the example of Our Blessed Lady provides a necessary corrective. She is a beautiful model of obedience. She gladly exalted God's will in her life. We can comfortably even say that His will became her will; her yielding to God's will was complete.

For the past 2000 years we are used to seeing Mary's portrait or statues in one dimension only, as very pious and meek, in which either she is seen lowering her head down in humility or with half-open eyes raised to heaven in a deep prayerful mood, with her neck tilted to one side, with folded hands and probably a long rosary tucked into her sash or she is seen holding baby Jesus in her arms, showcasing a sweet smile on her graceful face. Such imageries, I think, have certainly subdued the great toughness and courage that epitomized her. Mary was indeed gentle and pious, yet at the same time tough too, in facing the challenges of life, that toughness was deeply rooted in the faith that she had in the presence and providence of God and obedience to God's will. Pope John Paul II also projects such a brave picture of Mary who knows what will happen if she says 'yes' to God's will and obeys it. In his encyclical, *Redemptoris Mater*, written in 1987, who grapples with the day-to-day life problems to be faithful to the invitation from God, she emerges as a brave woman who faces all the hardships in her life, she also challenges us to obey God's will and be brave and tough in meeting the challenges!

For instance, we can analyze the scene of Annunciation (Luke 1:26-38) a bit, where God, through angel Gabriel, invites Mary to be the mother of Jesus. This whole episode might have been really alarming and unbelievable to Mary, who was just 13 or 14 years old. At the end, she says, 'yes' to the angel and obeys God's will. Though the word 'yes' is a very small word with three letters, I think it contains a great sea of meaning and significance. It is not a 'yes' just to conceive the Son of God in her womb, nor a 'yes' just to undergo great inconveniences in fulfilling God's plan of salvation. But it is a deliberate and determined 'yes' a courageous conviction to face anything in life for the Lord. Mary is not ignorant of the dire consequences of an unmarried woman begetting a child, she knows, she will be rejected, abused and would be stoned to death. As we learn from her *Magnificat* (Lk 1:46-55), this indicates she was aware of the problems of the then Jewish society, the unjust strictures and inhuman exploitations of the marginalized. Such a girl who was clearly aware of the society of her times would have surely known what would happen to a young girl if found with a child before her marriage. Therefore, her 'yes' and obedience to the angel and to God was certainly not a 'yes' out of ignorance but a thoughtful decision.

Mary was a model of obedience to civil law when she followed the directives of Caesar Augustus and journeyed with Joseph to Bethlehem for the common enrollment, even though she was carrying the child Jesus in her womb (see Lk 2:1-5). Saint Alphonsus Liguori writes: "*Mary well proved how ready she was to obey in all things, in the first place, when to please God she obeyed even the Roman Emperor, and undertook the long journey of at least seventy miles to Bethlehem, in the winter, when she was pregnant, and in such poverty that she had to give birth to her Son in a stable.*" Mary was also a model of obedience to ecclesiastical law, the law of God's Chosen People, for when the time came for their purification according to the Law of Moses, she brought the child Jesus to the Temple in Jerusalem to present Him to the Lord, offering there the sacrifice required of the poor: "a pair of turtle doves or two young pigeons" (Lk 2:22-24). Above all, the Blessed Virgin was obedient to the will of her Son, the Son of God. She said to the servants at the Wedding Feast at Cana, "*Do whatever He tells you*" (Jn 2:5). Father Federico Suarez explains, "This, then, is the advice — the only advice — that our Lady has left us: that we should do whatever her Son tells us, obey Him willingly, be ready to do anything; that we should obey promptly, silently, fully, not only with our will but also with our intelligence, with our heart, putting our whole being into it as she did; and as Jesus did in obeying His Heavenly Father."

"Those who practice obedience set aside their own concerns, plans, and tasks," Didn't Mary do just that? She had plans and dreams of her own, perhaps envisioning a quiet life with Joseph when she was asked to forgo it all in order to respond to God's great plan. When she said 'yes' to God's will, she said 'no' to her own will and obeyed God's will. It's in Mary's response that we find one of the challenges "I am the Lord's servant, May it be done to me as you have said". Are we ready to take up the challenge to battle and be disciplined to inculcate obedience in our life? To embrace God's purposes for our lives even if, like Mary, we don't understand all the details? It is a challenge to remember whom we serve and to keep praying, "*Your kingdom come, Your will be done*", even if we are too overwhelmed to pray anything else. In her own stirring example, Mary reminds us that obedience to God is where our treasure and unending happiness lie. By clinging to His Will instead of our own, we grow in *Sanctifying Grace*, which is the very life of God. The virtue of obedience is within our grasp. We turn to Our Blessed Lady and seek her intercession so that we may behave as she did. Our reward will be like hers: *Everlasting Life with the Most Blessed Trinity forever!*

Fr. Magimai Sundar SVD

As the Centre for Community Organisation (CCO) celebrates its 15th anniversary on the Feast of the Nativity of Our Lady, we thank God for His countless blessings showered upon the parish, its cells and associations, through this Centre.

We would like to update you on the various activities undertaken, during the last quarter.

The Youth Ministry of our parish conducted the '**Rink Football 2019**' for the youth in the age group of 15 to 25 years, and adults above the age of 25 years, from 24th to 27th May. The event saw a great turnout and Shalom, Community No. 30, was declared the winning team.

The Bible Cell had an orientation program on the "**Importance of the Word of God in Our Lives**" by Fr. Donald D'Souza SVD on 11th June.

Regular Bible Classes commenced from 18th June 2019 to be held every Tuesday after 7 pm Mass, in the Mini-Hall. This year the study will be on the '**Book of Genesis**'.

The commissioning of the PPC Members for Triennium 2019-22 was held on 9th June 2019.

Orientation for the New PPC Members was held on 13th June 2019 in the Mini Hall at 6:45 pm, followed by **election** to the **Executive Committee**. Thereafter, there was a get-together of the old and new PPC members.

The Sunday School commenced from 16th June 2019, for students of 1st to 10th Stds. and Confirmation Classes began from 9th June 2019.

The Legion of Mary conducted the Rosary at the parish Grotto at 6 pm on 31st May 2019.

The solemn feast of the **Most Sacred of Jesus** was celebrated on 30th June, 2019.

The St. Vincent de Paul (SVP) conducts Study Classes for needy students of our parish studying in Stds. 1st to 8th. The classes commenced on 1st July 2019.

Couples for Christ (CFC) have their **Kids for Christ (KFC)** monthly gatherings on the 4th Saturday of every month. Many school children attend the same. CFC initiated the **Christian Life Program** on 21st July 2019, at 6:30 pm in the Mini Hall. This program is a series of talks intended to lead the participants into a renewed understanding of God's call to them as Christian couples and individuals. The talks will focus on Christian family values and will be delivered by married couples.

Laity Sunday was celebrated on 30th June. On this occasion, the heads of Cells/Associations were commissioned at the 8:45 am Mass. In the evening, a program was organized by the OLCM, for all the Heads of Cells/Associations from parishes in the Archdiocese, at Antonio D'Silva Hall, Dadar. His lordship, Bishop Barthol Baretto presided at the Assembly. The theme was "**Making a Difference**." Few Heads of Association/Cells represented our parish at this Program.

The Family Cell held a special Retreat for families and couples of our parish at Atma Darshan on 14th and 15th July. The theme was "**Biblical Perspective on Family**".

The Parish Association Council (PAC) meeting was held on July 5th. The list of newly appointed Spiritual Directors for Cells/Associations for the current academic year was announced. Schedule of programs/events planned for the year was announced by the different Cells/Associations. The Meeting saw good participation.

The Small Christian Community (SCC) animators were recommissioned at the 10:00 am Mass on 21st July 2019 celebrated by Bishop Barthol Barretto. The Eucharistic Celebration was followed by an interactive workshop at the Community Centre by Bishop Barthol on the topic "**Leadership in the Christian Spirit**" which was attended by 172 animators.

The Senior Citizens' Cell, celebrated **Parents and Grandparents Day** on 28th July, being the feast of Sts. Joachim and Ann. All the parents and grandparents of our parish were invited for this get-together. The Eucharist was celebrated by Fr. Valerian Fernandes SVD and the clergy team. After Mass, the clergy team was felicitated and this was followed by a short inter-active entertainment program with fellowship. It was a well-organized and well-attended program.

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

Matrimonials: We have many eligible girls and boys wishing to get married in the near future, from our parish as well as from other parishes, registering their details with us.

The CCO is busy filling forms for parishioners in need of assistance for paying fees for their school-going children. We also have many approaching us for aid for their medical, house repairs and rental needs.

The CCO takes this opportunity to wish you all a Blessed and Happy Feast of the Nativity of Our Lady.

Ida Quinny
CCO Co-ordinator

St. Gemma Galgani

Patron Saint Of: Students, Pharmacists, those suffering from Back Pain and Spinal Injury, Tuberculosis, Against Temptations, Death of Parents

Feast Day: April 11

Gemma Galgani was born on March 12, 1878, to Aurelia and Enrico in a small Italian town near Lucca. She was the fifth of eight children. She led a happy life as a child and was part of a loving family. At a very young age, Gemma developed a love for prayer. At the age of nine, she received her First Holy Communion on the feast of the Sacred Heart.

Tragedy struck Gemma's family and her mother passed away when Gemma was only 8 years old. She lost her closest brother when she was 17, and her father passed away when she was 19. She too became very sick with spinal meningitis, the disease that claimed her brother's life. She was miraculously cured of it after a few months. She writes in her autobiography, *"From that day forward, I began to feel it impossible to live unless I went every day to Jesus."* From then on, Gemma prayed at Holy Hour every Thursday evening. The first time she did that, on Holy Thursday night, she had a mystical vision of Jesus crucified. She felt deep sorrow for her sins.

On June 8, 1899, Gemma was granted an unusual grace. She felt pain and blood coming from her hands, feet and heart. These were the marks of the stigmata. Over the next few years, each Thursday evening, Gemma would fall into rapture and the marks would appear. The *stigmata* remained until Friday afternoon or Saturday morning. When the bleeding would stop, the wounds would close, and only white marks would remain in place of the deep gashes. In addition to the physical suffering of the stigmata, Gemma endured scorn and ridicule as many did not believe her.

Gemma wished to become a nun, but her poor health prevented her from being accepted. She offered this disappointment to God as a sacrifice. Through the help of her confessor, Gemma went off to live with another family, the devout Giannini family, where she was allowed more freedom for her spiritual life than she was at home. She wrote, *"And what great kindness this Heavenly Mother has always shown me! What would have become of me, if I have not had Her? She has taught me to know Him and to love Him, to be good and to please Him. Ah, my dear Mother, I will love Thee always and forever!"*



In January of 1903, Gemma was diagnosed with tuberculosis. At the start of Holy Week in 1903, Gemma began suffering greatly and she died at age 25 on Holy Saturday, April 11. The Parish Priest in her company said, *"She died with a smile which remained upon her lips so that I could not convince myself that she was really dead."*

During the apostolic investigations into her life, all witnesses testified that there was no artfulness in Gemma's manner. Most of her severe penances and sacrifices were hidden from most who knew her.

Gemma finally got her wish of being in a religious order, albeit posthumously. The Passionists claimed her as one of their own and even buried her in one of their habits. She is buried in the Passionist convent in Lucca.

St. Gemma Galgani was beatified on May 14, 1933, by Pope Pius XI and canonized on May 2, 1940, only 37 years after her death, by Pope Pius XII.

She wrote, *"I wish, oh Jesus, that my voice could reach to the ends of the world, to call all sinners and tell them to enter into Thy Heart....Oh, if only all sinners would come to Thy Heart!... Come! Come, sinners, do not be afraid! The sword of Justice cannot reach you Here!"*

Jesus desires nothing more than for our sins to be washed away and for us to be with Him in heaven!



The attitude of Mary of Nazareth shows us that being comes before doing, and to leave the doing to God in order to be truly as He wants us.

- Pope Francis

FAMILY BIBLE



I) IDENTIFY THEM:-

- The faith of this woman helped the scattered disciples to come together and wait for the descent of the Holy Spirit _____
- This woman is known as the 'Apostle to the Apostles'. _____
- She was a prophetess and the daughter of Phanuel of the tribe of Asher. _____
- She was married to Herod Philip and lived in Rome with their daughter Salome. _____
- This Jewish Queen's original name was Hadassah. _____
- She was the wife of Chuza, steward of King Herod. _____
- This woman came from the city of Thyatira and was a dealer in purple cloth. _____
- She and her husband were tent makers and provided hospitality to St. Paul. _____
- This woman was the wife of Manasseh and the daughter of Merari. _____
- She was the wicked daughter of Jezebel. _____

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

- "I advise you to buy from me _____ refined by fire so that you may be _____, and white _____ to put on so that your shameful _____ may not be exposed, and buy _____ to smear on your eyes so that you may see. (Rev _____:_____)
- "There is no fear in _____, but _____ drives out fear because fear has to do with _____, and so one who fears is not yet _____ in _____. (1 John _____:_____)
- "In all circumstances, hold _____ as a shield, to quench all the _____ arrows of the _____ one. And take the helmet of _____ and the _____ of the Spirit, which is the _____ of _____. (Eph _____:_____)
- Do everything without _____ or _____, that you may be _____ and _____, children of God without _____ in the midst of a _____ and _____ generation among whom you shall shine like _____ in the world". (Phil _____:_____)
- The _____ of the Lord are sure, _____ refined in a crucible, silver purified _____ times'. (Psalm _____:_____)

III) ANSWER THE FOLLOWING:

- What is the Pentateuch?

- What is the Benedictus?

- Who was Amos and who was Amoz?

- Name the three John's in the New Testament?

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

IV) PLEASE WRITE THE CHAPTER AND VERSE OF THE PROPHECY:

- 'I will put enmity between you and the woman, and between your offspring and hers'. (Gen _____:_____)
- 'From you shall come forth for me one who is to be ruler in Israel, whose origin is from of old, from ancient times'. (Micah _____:_____)
- 'The virgin shall be with child and bear a son, and shall name him Immanuel'. (Is _____:_____)
- 'Out of Egypt I called my son'. (Hosea _____:_____)
- 'I will raise up for David a just shoot, he shall do what is right and just in the land'. (Jer _____:_____)
- 'For a child is born unto us, a son is given to us, upon his shoulder dominion rests'. (Is _____:_____)
- 'I will raise up your heir after you,and I will make His royal throne firm forever". (2 Sam _____:_____)
- 'Here I am, your commands for me are written in the scroll. To do your will is my delight'. (Ps _____:_____)
- 'The stone which the builders rejected has become the cornerstone'. (1 Pet _____:_____)
- 'The people who walked in darkness have seen a great light'. (Is _____:_____)

V) MARK THE ODD ONE

- Churches of Asia mentioned in the Book of Revelation
a) Ephesus b) Galatia c) Philadelphia d) Sardis
- Noah's sons
a) Shem b) Dan c) Ham d) Japheth
- Sons of Jesse
a) David b) Elias c) Abinadab d) Shimma
- Leah's sons
a) Simeon b) Levi c) Zeruiah d) Reuben
- Women mentioned in Matthew's genealogy of Jesus
a) Ruth b) Rahab c) Tamar d) Leah

VI) NAME THE TWELVE TRIBES OF ISRAEL:

ANSWERS OF FAMILY QUIZ NO. II:

- I) 1. Job 2. Jephthah 3. Levi 4. Jeremiah 5. Jochebed 6. Azariah, Hananiah, Misiel 7. Matthias 8. King Nebuchadnezzar 9. Nathaniel 10. Our bodies
- II) 1) 1Sam 16:7 2) Judges 8:23 3) Proverbs 16:18 4) Matthew 12:36, 37 5) 1Cor 2:9
- III) 1-f, 2-j, 3-b, 4-i, 5-h, 6-d, 7-g, 8-e, 9-a, 10-c
- IV) 1-d, 2-b, 3-a, 4-c, 5-b, 6-b, 7-c, 8-c, 9-b, 10-b
- V) Feed the hungry, give drink to the thirsty, to clothe the naked, to give shelter to travelers, to visit the sick, to visit the imprisoned, and to bury the dead.
- VI) 1. Do unto others whatever you would have them do to you.
 2. Jesus wept (John 11:35) 3. Psalm 117, 2 verses 4. Mountains of Ararat (Gen 8:4) 5. They rebelled against Moses and the earth opened up and swallowed them (Num 16:1-35)

Drop the answers in the Letter Box in front of the Parish Sacristy latest by 29th September 2019.
 There are 3 prizes. If there are many right answers the prizes will be determined by casting lots.
 The decision of the Editorial Board will be final and binding.

HEARTY CONGRATULATIONS TO THE WINNERS OF FAMILY QUIZ II !!

1st prize: Anthony, Lavina, Aurelia & Larissa Fernandes, Shalom - Community No. 30

2nd Prize: Rocky, Cynthia, Roshni & Roslyn Crasta, Hosanna – Community No. 31

3rd Prize: Joseph, Caroline, Jayden & Chris Chettiar, Immaculate Conception – Community No. 1

Hearty Laughter

Eternal Loss

An elderly couple were killed in an accident and found themselves being given a tour of heaven, by Saint Peter.

"Here is your oceanside condominium, over there are the tennis courts, swimming pool, and two golf courses. If you need any refreshments, just stop by any of the many bars located throughout the area," said Peter.

"Heck, Gloria," the old man hissed when Saint Peter walked off, "we could have been here ten years ago if you hadn't insisted on exercising three times a week and eating that stupid oat bran, wheat germ, and low-fat food!"

Rather Truthful

"Harry," whined Mary, to her husband of 20 years. "What should I do? I'm not ready for old age! I'm only 40 years old but I look and feel like I'm over 55! My face is all wrinkly, my back is bent over, and my hair is all thinned out." "Well," said Harry after looking her up and down, "There is one thing about you that still works as good as new." "Oh Harry!" said Mary sitting down next to her husband, "you always know just what to say! What are you referring to?" "Never mind," said Harry looking down. "C'mon Harry, please tell me what you were referring to." "Mary, please don't make me." "Harry I insist." "Well, I was going to remark about how your eyesight seems to be working just fine!"

Well Explained!!

A travelling preacher, after the sermon in a country Church, was asked by a parishioner why God sends epidemics into the world.

The preacher replied, "Sometimes folks get so bad that they must be removed and therefore the coming of the epidemics is justified."

"But," objected the parishioner, "how come that so many good people get removed with the bad ones?"

"The good ones are summoned as witnesses," he explained. "The good Lord aims to give everyman a fair trial."

Meeting With Future Son-in-law

A man was very eager to meet his future son-in-law. His daughter had gotten engaged unexpectedly and this weekend would be his first time meeting him. He told all of his friends at work that he had a whole list of questions to ask this young man.

On Saturday morning he invited his soon to be son-in-law out for a cup of coffee. As they began to talk, the father quickly found himself asking the questions that were weighing on his mind.

"Do you have a job? I know you just finished college and all, but how do you plan to support yourself and my daughter?"

The young man paused and said, "Well, God will provide."

The father then asked his second question, "Where do you intend to live? Do you have a house or apartment lined up for after the wedding?" The young man paused and again, and with much conviction said, "God will provide."

The father waited for a few moments before launching into his third question. "Son, do you have any money? Any savings? A financial nest egg?" The young man looked him right in the eye and said again, "God will provide."

The following Monday all of the father's co-worker were curious to find out how the meeting with his future son-in-law had gone.

The father smiled and said, "I kind of like the kid. He thinks I am God!"



Feast Of St. John Marie Vianney

The feast of St. John Marie Vianney is celebrated each year on 4th August. St. John Marie Vianney who is the patron saint of all priests, was born on 8th May 1786, in France. He is referred to as the "**Curé d'Ars.**" Ars is a small town in France where John Vianney was posted as a priest and he brought about great spiritual revival in the lives of people in this small town. Often, there were times he spent nearly sixteen hours at the Sacrament of *Reconciliation* and he had the supernatural gift of knowing the sins of the penitents and would also remind them if they had forgotten to confess any of their sins! His love and devotion to the Eucharist were renowned. St. Vianney is a great role model for priests, and he must surely be interceding for all his brother priests, today!

The special feast Mass was celebrated at our parish on Sunday 4th August, at the 8:45 am Mass. Members of the Parish Pastoral Council, the SCC coordinators and PAC members on behalf of the entire parish got an opportunity to express their heartfelt love and gratitude to all our dear priests who work for us tirelessly and unceasingly through the year. After Mass, we had a celebration for our priests at the Community Centre. The preparations for which were going on for over a month so that it would be a seamless celebration! A special committee of PPC members was formed to organize the Vianney Sunday event.

The committee came up with the Retro-theme, a throwback to the 70s and was a hit with everyone. It was wonderful to see our folks walking in with retro outfits and they really looked amazing. The hall was bedecked with balloons as our clergy team, Fr. Innocent Fernandes SVD, Fr. Valerian Fernandes SVD, Fr. Sunil Soreng SVD, Fr. Magimai Sundar SVD together with Fr. Brian Moraes SDB and Deacon Cyril SVD were warmly welcomed by the host team with showers of flower petals and then greeted with a beautiful prayer dance recital by two of our PPC members. It was a bewitching performance! The cake designed in the shape of priestly vestments looked very inviting. After the cake cutting ceremony and showers of blessings being poured upon our priests; we began with the games.

The emcee for the event was a talented member of our youth brigade who emceed the show with great aplomb! All the games had us on our feet and it was fun to participate. The organizers put up an amazing Retro dance performance which took us back to the 70s era. The DJ entertained us with lovely feet tapping music. No function can be complete without a good and sumptuous buffet and we had quite a spread, doing full justice to it! The celebrations came to an end with a few words of *gratitude* by Fr. Innocent SVD, our Parish Priest.

Josephine Fernandes
PPC Secretary

Divine Mercy Community's Annual Day Celebrations

The ominous grey skies and thunder on the evening of 20th July 2019, did not deter members of the Divine Mercy Community from celebrating their 20th Annual Day. The celebrations began with Mass followed by an entertainment program. The evening culminated with dinner.

The Eucharist was celebrated by Fr. Sundar SVD, our Spiritual Director. Fr. Sundar rendered a meaningful homily on the position chosen by us in life with reference to Mary and Martha. He said that the decision to choose between the spiritual or material world is ours to make.

The choir ably led by Anoushka on the keyboard lent a joyous note to the celebration. The readings were done by our senior citizens who climbed up to the lectern without faltering and read without a quiver in their voices. Kudos to them! We had our animators renewing their oath to serve the community. Before the final blessing, Fr. Sundar enlightened us on the origin and importance of clusters in Small Christian Communities. He urged us to cooperate and make it a success.

The entertainment program commenced with Roslyn's introductory speech followed by welcoming Fr. Sundar with a bouquet by Mr. Thomas. Roslyn then went on to welcome the new families in our community. They got a rousing welcome! Being a small community, every new family joining the community is celebrated! A light snack was then served to keep the spirits up and going!

We had Vinshel, Alicia, Leeshel and Joyshel give us a spellbound dance performance, which held the attention of the audience captive with their steps and moves not missing a beat!

Preeth Noronha, a professional emcee and a member of our community, then took over. He kept everyone on their feet with team games. It was overwhelming to see the young and the old alike, out of their seats and participating in the games. The hall reverberated with sounds of loud cheering and egging their respective teams to put their best foot forward. There were spot prizes galore and it was fun to watch the contenders vying for the prizes!

After a fun-filled evening, we came together to pray the Grace led by Fr. Sundar. A senior animator then gave a vote of thanks. He stressed on the need for younger members to come forward as animators. We then sat down to enjoy the sumptuous meal. Each family was presented with a little memento, as a reminder of this special day.

I wish to thank all the animators and community members who put in a lot of effort to make it a memorable evening. Throughout the evening, the spirit of togetherness was very evident. We pray that we continue to live as one family, reaching out to those in need and spreading the spirit of togetherness within and outside our community.

And here's looking forward to next year's celebrations!

Joan Vaz
Divine Mercy, Community No. 9

Parents' Day Celebrations of Community No. 17

This year, we the parents of St. Dominic Savio, Community No. 17 witnessed and shared an evening of Love and Laughter, on 27th July 2019 at Canossa High School Auditorium. It was organized by the youth and children of our community, aptly called "The Offsprings," with the help and encouragement of our dear Animators.

The evening began with a lovely prayer by our spiritual guide Sr. Maria Jacob FDCC, followed by a beautiful hymn sung by our youth. The welcome speech by the 'Offsprings' spoke about how grateful they are towards their parents and elders, for guiding them and making all their dreams come true.

The show then kick-started by a very enthusiastic *Marchpast* and *Line Dance*, followed by a couple of games. The interactive games were organized in such a manner that all participants could acquaint themselves with each other in case they didn't know each other beforehand! A thoughtful way of getting to know each other! We were then entertained with song and dance by the children of our community. Our spiritual director Fr. Valerian Fernandes SVD spoke a few words which were both very inspirational and encouraging. There were quite a few exciting spot prizes to everyone's delight. Delicious snacks were served. The evening concluded with the 'Offsprings', Parents as well as the PPC member thanking all members of the Community. And lastly, not forgetting was the exuberant signature 'Masala Dance' number by the DJ which pulled everyone, young and old to the floor!

As rightly said by our dear Pope Francis at the General Audience March 3, 2015: "Where There Is No Honor For Elders, There Is No Future For The Young."

We could all experience it as we witnessed the elders comfortably mixing with the youngsters and the 'Offsprings' made sure that we the elders were made to feel cherished. You, my dear 'Offsprings', left no stone unturned to honour us and make us feel so special - a big THANK YOU to you all.

We greatly appreciate the wonderful memories you have created for us all.

May God Bless Each One Of You!

Meena Fernandes
St. Dominic Savio, Community No. 17



You [Mary] are the vessel and tabernacle containing all mysteries. You know what the Patriarchs never knew; you have experienced what was never revealed to the Angels; you have heard what the Prophets never heard. In a word, all that was hidden from preceding generations was made known to you; even more, most of these wonders depended on you.

Grand Parents and Parents Day Celebration - 28 July 2019

26th July is celebrated as the Feast Day of Saints Joachim and Anne, the parents of our Blessed Mother Mary. On this day, the Church honours all Grandparents/Parents as the rock and foundation on which families all over the world, are built upon.

The Senior Citizens' Cell of our parish, under the guidance and blessings of our Spiritual Director Fr. Valerian Fernandes SVD, kicked off the silver jubilee celebrations of the formation of the Cell with great enthusiasm. No mean feat on the successful completion of 25 years!

The core team members of the Senior Citizens' Cell visited the homebound seniors of the parish and presented them with mementos, featuring the logo: "*The Year Of The Elders 2019*" and "*Silver Jubilee*". We formed designated teams of two and visited them with the help of the list of names of the homebound seniors given by Fr. Valerian who is also the spiritual Director of the Eucharistic Ministers.

These visits have been such eye-openers making us aware of the stark reality of life. We realized that loneliness, especially in the autumn days of one's life, is a dreadful thing. The home-bound seniors yearn for company and conversations. We prayed, chatted and exchanged anecdotes! They warmed up to us and our visit and happily shared their expectations with us.

It was such a joy to witness them all excited to open their gift boxes. The look on their faces was priceless. Some of them needed assistance but the enthusiasm was very much there for all to see. They were delighted with the mementos. We sought their blessings as we bid them goodbye making us all nostalgic to those throwback days when we used to seek the blessings of our elders, after the evening family Rosary.

We try and make these courtesy visits to them once a year during the Feast of Parents and Grand Parents. We are thankful and most appreciative of our Eucharistic Ministers for helping us in this exercise as they are familiar with the homebound seniors bringing them Holy Communion every Sunday.

A humble request to our parishioners: those of you who can, it would indeed be a nice gesture to visit the homebound seniors in your communities, and/or in your neighborhood. We are sure your visits will be greatly appreciated and God will surely bless you as the hymn goes: "*When I was 'Homebound' (in prison) you visited Me – come enter into the Home of My Father.*"

We were happy to learn that many of our homebound seniors are well cared for. But there are some who would surely appreciate a visit from us. We hope to reach out to them as and when we can, on a regular basis, and humbly request you, brothers and sisters in Christ to join us, especially during this 'Year of the Elders.'

May Saints Joachim and Anne intercede for all Grand Parents, Parents, Seniors and bless us with good health, happiness and peace of mind.

Janice Braganza
Senior Citizens' Cell

“Blessed Virgin Mary, who can worthily repay you with praise and thanksgiving for having rescued a fallen world by your generous consent? ...Accept then such poor thanks as we have to offer, unequal though they be to your merits. Receive our gratitude and obtain by your prayers the pardon of our sins. Take our prayers into the sanctuary of heaven and enable them to bring about our peace with God.

- St. Augustine



A Grand Commemorative Celebration

Three cheers and more to the "Quarter Century" young, Senior Citizens' Cell of our Parish!

In order to commemorate this joyous and momentous occasion in the annals of our parish history, a festive function was planned on Sunday, 28th July 2019, by the Senior Citizens' Cell. Cell members were seen at special designated desks, after each Mass, busy registering names of parents and grandparents interested in participating in this program.

Sunday, 28th July was chosen as D-Day, because the Feast of Saints Joachim and Anne fell on Friday, 26th July. It was a heart-warming sight to see the Church packed to the gills for the 5:30 pm Mass. Right from the introduction by one of our members, the entire Mass was celebrated with the theme in mind. The homily was thought-provoking. We had a very participative congregation, all thanks to the PPT. With the Mass being concluded and a recessional hymn was sung, we could see parishioners with coloured coupons, exiting the Church and moving excitedly towards the Community Centre.

Hard work, coupled with innovative ideas and precision in planning by members of the Senior Citizens' Cell was clearly visible! Truly, accolade worthy! The coloured coupons helped everyone to find their respective teams and sit quickly in an orderly manner. From the word 'Go,' everything proceeded as planned and there were no hiccups. After the welcome address, the parish clergy team were felicitated. With the feast of St. John Marie Vianney, the Patron Saint of the Clergy, coming up on 4th August, we had all four of them, along with the Deacon, cut the ceremonial cake! They were then presented with a token of our deep gratitude and affection.

Members of the Senior Citizens' Cell then went around distributing cups of hot tea and packets containing yummy snacks. Everyone appreciated the hygienically packed snacks. During the snack interlude, a group of children trained by Marian and Sharon entertained us with their beautiful singing.

An interesting team game followed, which took us back in time - to our days in the nursery. All the teams did their best to have almost every member participate. A couple of people

were then requested to exercise their vocal cords with Karaoke. The music was exhilarating. Next on the agenda, was the favourite of many seniors, namely; "Housie." Fr. Valerian Fernandes SVD did an admirable job of 'Shaking the Coin Bag,' much to the delight of everyone, making the game lively! Prizes were then awarded. Chocolate boxes were given as team prizes so that each one could take home a 'sweet memory' of an evening well spent, an evening of sheer fun and enjoyment!

Announcements of forthcoming events planned for the seniors were made. Before we dispersed, there was another surprise in store! Each one was given a commemorative mug neatly tied with a ribbon, marking the Senior Citizens' Cell and its Silver Jubilee!

We can proudly say that it was a grand and memorable celebration!

Kay A. Lobo.

Helpers of Jesus, Community No. 14

SCC UPDATE

SCC Leadership In The Christian Spirit

Spiritual Leadership is knowing where God wants me to be and taking care to use His ways to get me there.

Come July, and all Animators of our Parish look forward to participating in an enriching Training Session. The Workshop on "**Leadership in the Christian Spirit,**" was organized on Sunday, 21 July 2019. The Session began with a celebration of the Holy Eucharist at 10:00 am by his Lordship, Bishop Barthol Barretto. The Eucharistic Celebration included the recommissioning ceremony of the SCC Animators of the 35 communities constituting our parish. They took a solemn pledge "*to carry on Christ's mission in their communities*".

After Mass, the animators congregated at the Community Centre for the Workshop. The enthusiasm was very much evident from a large number of attendees – 172 in all. They were divided into 12 groups for discussion and deliberation

And thus also it was that the knot of Eve's disobedience was loosed by the obedience of Mary. For what the virgin Eve had bound fast through unbelief, this did the virgin Mary set free through faith.

- St. Irenaeus of Lyons

Obedience unites us so closely to God that in a way transforms us into Him, so that we have no other will but His. If obedience is lacking, even prayer cannot be pleasing to God.

- St. Thomas Aquinas

Skills for SCC Animators: A Holistic Growth Enabler

purposes. Each group was given a specific topic. There were six topics in all, with two groups sharing a common topic. The leader of each group had to summarize and present their group's conclusions.

Each case study brought out the essence of leadership and the skills needed to be effective leaders. In conclusion, Bishop Barthol very beautifully summarized the deliberations of each case study, as follows:

1. **We are "called" by God and Each One of Us is Important.** (John Ch.15 vs.16) *You did not choose Me. I chose you, appointed you and commissioned you to go forth and bear fruit, fruit that would last.*
2. The call is "**Break Down Barriers and Build Bridges**" - the **4Bs** as Bishop Barthol, so aptly put it. Strive for Unity.
3. **Christian Leadership is Servant Leadership.** The characteristics of which are *integrity in our conduct, gentleness, patience and compassion.* We need to strive towards being good listeners and encouraging by nature.
4. **Challenges are Part of the Role** – when the going gets tough it is our faith in the Lord that shows us the way. **Have confidence in God, HE never fails us.**
5. **The Word of God is Important.** Prayer and meditation on the Word of God are essential to be at the forefront, enabling us to lead the community. Be a prayer supporter.
6. **Have a Passion for Whatever You Do,** which includes *vision, enthusiasm, determination and creativity* in order to grasp and envision the bigger picture

The punch line "**SCCs are the Lifeline of the Church,**" reiterated by his Lordship time and again brought out the passion and belief that he holds about how Small Christian Communities make a difference to Parish Life. His vision is to see every member of the Parish community involved in the SCCs and encouraged Animators to form Clusters (smaller groups) in their respective communities so that all stay connected. This connection should result in "No one ever being in want".

It was indeed a morning well spent. We all felt rejuvenated and left well equipped with knowledge and purpose of being servant leaders, for the greater glory of God.

Lorna D'Souza
Holy Family, Community No. 13

He who always acts under obedience may be assured that he will not have to give an account of his actions to God.

- Saint Philip Neri

Since I have just joined Emmanuel Community No. 24, as an animator, I consider myself blessed to have got the opportunity to attend the "Skills for SCC Animators" Training Program held on the 13th and 14th of July 2019, at Sarvodaya, St. Pius Seminary Campus, Goregaon. I felt the need to attend this training to have a better understanding of my role and responsibilities as an animator.

The session commenced with the enthronement of the Holy Bible, by his Lordship Bishop Barthol Barretto and a reflection from Mathew 7: 21-27, that made for a thorough soul-search in relation to understanding and living God's word in the context of 'animating' Small Christian Communities (SCCs) in the Archdiocese of Bombay.

Bishop Barthol shared his vision for the effective functioning of SCCs, to ensure that "NOBODY IS IN WANT"; that "WANT" did not necessarily mean lack of food and finance but love and understanding, a listening ear, etc.

I firmly believe that the success of any training programme can rightfully be attributed to the calibre of the speakers. All of them deftly brought out the vital essence of the very term "animator"; the need to be first a positive person, also reminding us that every emotion we experience is good, impacting our bodies and affecting the quality of our lives in profound ways.

I was amazed by the creative methods employed by the resource persons. Using examples, a puppet show, and a team-building exercise, teaching us the art of dealing with emotions and dwelling on holistic growth, all helped me realise the fact that any training we undergo, expands our horizons and results in personal as well as professional growth and progress.

Through self-realization, we achieve holistic growth. My exposure to the Skills for SCC Animators training has helped enhance my listening skills thus fostering a win-win attitude. Both give wings to one's dreams.

The training was an incredible experience with some of the participants sharing their views on past SCC encounters which enriched my knowledge of the SCC Ministry.

Last but not the least, I strongly recommend that every animator should enrol oneself for this program for a better understanding of their role and responsibilities as an animator and holistic self-development.

Sharon Rosario
Emmanuel, Community No.24



Heart To Heart Liga 2K19

Heart to Heart Liga 2K19, the Rink Football Tournament, was held on our parish grounds from 24th to 26th May. 16 teams competed in the Tournament for the Championship trophy!

On 24th May, Fr. Innocent Fernandes SVD, parish priest did the honours of declaring the Tournament open. Soon after, all 16 captains of the participating teams took the Pledge followed by the volunteers doing the same. The teams were divided into 4 groups, **Group A, Group B, Group C and Group D**. Only 2 teams from every Group would make it to the Quarter Finals, hence, every team was forced to give their best shot to qualify, irrespective of the fact they were up against family or friends! It was very encouraging to hear loud cheers and claps erupting from the stands, whenever a goal was scored!

On 25th May, with all matches between groups being played, the winners were:

Group A – Community No. 16 and Community No. 32

Group B – Community No. 27 and Community No. 8

Group C – Community No. 30 and Community No. 21

Group D – Community No. 11 and Community No. 19

These communities qualified as quarter-finalists. Finally, the playoffs between these 8 teams decided the semi-final players. There was an innovative way of counting the goals by the trump player in matches and every time he scored, the goal was multiplied by 2 (*as per rules*). This was a good chance for the captains to display some managerial skills! The teams that made it through to the semi-finals were Communities No. 21, No. 27, No. 11 and No. 30!

The Quarter Finals and Semi-Finals were held on 27th May. The finalists to emerge from the playoffs were Community No. 27 and Community No. 30. An Exhibition

Match was also held between the priests of our Parish and the priests from St. Arnold's Campus against the PYC Organising Team! The final game of the Tournament was played on Sunday, 27th May. The two competing teams put their heart and soul into the game. In the end, Shalom, Community No.30 managed to shatter the defence of Community No.27, to emerge as ultimate winners of the Rink Football Tournament 2019! It was a close game and a game well played, with Community No.27 being declared as worthy runners up!

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

Best Celebration Moment Award: Grenville Fernandes - Community No. 19

Best Captain Award: Christopher Mascarenhas - Community No. 23
(For successfully leading his team with only 4 players)

Fair Play Award: Community No.11

Best Player Award: Orville D'Souza - Community No. 27

We can proudly say that Heart to Heart Liga 2K19, the Rink Football Tournament, was a huge success. Our thanks go to the youth, our well-behaved audience, strong support and encouragement received from the PYAT members, our clergy team and most importantly, were it not for our players, there would be no Tournament to crow about!

Leon Travesso
Sacred Heart, Community No. 27

Obedience is not only the sum total of spiritual perfection, it is also the easiest, safest, surest, and quickest way of growing in holiness and gaining Heaven itself. The reason obedience is not carried out is because its great worth is unknown.... [We should] realize how much we lose each time we choose to follow our own whims, or every time we transgress a rule, neglect our duties, grumble, criticize, or disapprove of a superior's judgment.

- Don Bosco

What Lucifer lost by pride, Mary won by humility. What Eve ruined and lost by disobedience, Mary saved by obedience. By obeying the serpent, Eve ruined her children as well as herself and delivered them up to him. Mary by her perfect fidelity to God saved her children with herself and consecrated them to His divine majesty.

- St. Louis Marie de Montfort

How To Grow Your Money Wisely

Franklin Roosevelt said "We cannot always build the future for our youth, but we can build our youth for the future"

Keeping this in mind, the PYAT organised a Financial Management Session on 28th July 2019. The resource person was Wilfred Lobo (PYAT Member). The Session began with an opening prayer by our Spiritual Director, Fr. Sundar Magimai SVD.

The following key pointers were highlighted:

- 1. Investment Is A Necessity** - We need to invest (save) first and spend later unlike what most of the youth do in today's day and time. They spend first, without any inhibitions, and invest later (whatever left), or never.
- 2. Goal-Based Investments** - Goals help us to focus/achieve them as well as discipline us, for wealth creation.
- 3. Smart Thinking** - Smart thinking along with hard work is the mantra of the hour.
- 4. Investing Small Amounts** - Investing small amounts in different asset class rather than a big amount in one market wherein risks are higher, is a good idea.
- 5. Invest Patiently** - Having patience can only help you move ahead as there would be crashes in stock markets known as a market correction but that's the time for you to invest more instead and take advantage of the sliding/falling market.



The Devil doesn't fear austerity but holy obedience.

- St. Francis de Sales

A small video clipping titled '**Bachat Nivesh Badhat**' explaining the intricacies of saving wisely and meeting goals was screened.

The different kinds of Investments:

1. Bank Deposits
2. Gold
3. The Share Market

Investing in equity is the quickest mode to earn profitable returns compared to bank fixed deposits and investing in gold. It is a good option for long-term investors because of the ability to yield results and maximise returns beyond expectations in the same period.

Is Investing A Difficult Habit?

Systematic Investment Plan (SIP) was explained to us.

SIP is an investment vehicle offered by mutual funds allowing you to invest small amounts periodically instead of large amounts. Along with its many advantages, you can stop SIP anytime and resume at your discretion.

Warren Buffet rightly said, "*The earlier you start investing the better.*"

Power of compounding over time works like magic and helps you to create wealth.

Investing in life insurance (Term policy) and the importance of having a Medclaim were explained.

Wilfred shared his success mantra '*charity* as a personal goal while investing in markets!' This habit has worked wonders in his life and he encouraged us also to keep specific goals of helping while investing.

The session gave us insights on Financial Management and we learnt the importance of investing and reaping the benefits of investing early.

The session concluded with a vote of thanks and a closing prayer.

I wish to thank Fr. Sundar and our PYAT team for organising this informative Session.

Dr. Roshni Crasta
PYC Member, Hosanna - Community No. 31

And Samuel said, "Has the Lord as great delight in burnt offerings and sacrifices, as in obeying the voice of the lord? Surely, to obey is better than sacrifice, and to heed than the fat of rams."

- 1 Samuel 15:22

Plantar Fasciitis (Heel Pain)

What is Plantar Fascia and Where Is It Located?

Plantar fascia is a thick web-like ligament that connects your heel bone to the base of your toes.

What Is Plantar Fasciitis?

It involves an inflammation of the fibrous tissue (*plantar fascia*) and it causes intense heel pain.

Symptoms of Plantar Fasciitis:

- Sharp/stabbing/burning pain in the heel of the foot especially experienced during your first few steps of the day.
- Although pain tends to become less intense after those few steps, it can return upon prolonged periods of standing or sitting (especially when you are barefoot).

What Causes Plantar Fasciitis?

The following activities and abnormal foot mechanics causes micro-tears, overstretching and inflammation in the plantar fascia:

- Prolonged periods of standing (especially due to one's profession).
- People with structural foot problems such as very high arches or very flat feet may develop plantar fasciitis.
- Wearing incorrect footwear which does not provide good foot support (flat sandals / high heels / worn-out footwear).
- Being overweight (putting excess pressure on the feet).
- Insufficient/inefficient warm-up stretches especially done by sport/marathon runners, jumpers, dancers etc.

How Can You Treat Plantar Fasciitis?

Plantar fasciitis pain can often be managed at home with simple non-invasive remedies. Treatment consists of therapy and self-care. It is important to take appropriate rest and keep weight off your foot until the inflammation subsides.

There are other methods too that can be applied:

1. Ice Therapy: It is the most basic and effective way to counter inflammation. Use an ice pack or dip your foot in a bucket of water filled with ice cubes. Do this 3 – 4 times a day, for 15 – 20 minutes each time.

2. Physiotherapy: Depending on the severity of the condition, the therapist may use *Ultrasound or Laser Therapy*. Also, following a good regime of stretching of (the heel, ankle and calf muscles) with a roll of a towel and strengthening the lower leg muscles improves the stability of the foot and ankle.

3. Correct Footwear: Always invest in good footwear, especially the ones you would be using regularly. Ask for orthopaedic footwear that fit properly and provides arch support and has firm soles. You can opt for shoe inserts as well.

- Use gel heel pads.
- Refrain wearing high heels or flat sandals and stop walking bare feet.
- In spite of various prejudices, maintain and use exclusive footwear at home.

4. Epsom Salt Water Bath: After the inflammation has considerably subsided, you can start soaking your feet in warm water added with Epsom salt (available in sachets of 1 to 2 tablespoons), for additional relief and muscle relaxation

5. Medication, Injections and Surgery: Should be your last resort considered only in rare and extreme cases, when everything else fails.

How To Prevent Plantar Fasciitis From Occurring or Recurring?

- » Simple lifestyle changes can go a long way in its prevention
- » Wearing good and supportive footwear.
- » Not staying bare feet especially in the morning when your feet touch the ground.
- » Stretching and strengthening the heel, ankle and calf muscles.
- » Maintaining age-appropriate body weight.

Now that you are aware of Plantar Fasciitis, do not ignore it, recognize the symptoms in its early stages and seek treatment accordingly.

Dr. Virgil Fernandes
B.P.Th.

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From the Parish Register

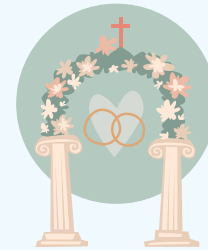
BAPTIZED IN CHRIST



Thea Royston Ukken	D/o	Royston George Ukken & Darshana Parmar	9-Jun-19
Kenneth Sequeira	S/o	Kevin Sequeira & Jenifer Anisha Kevin Sequeira	9-Jun-19
Sienna Alexis Sequeira	D/o	Shawn Elvis Sequeira & Scheherazade Rodrigues	9-Jun-19
Aaron Alva	S/o	Austin Alva & Vanessa Viola Lewis	7-Jul-19
Alrich Colimao	S/o	Alvaro Colimao & Noella Fenandes	14-Jul-19

UNITED IN CHRIST

Satishkumar Premalal Yadav	To	Angela Albert Gonsalves	2-Jun-19
Jisin Devankat Kuruvilla	To	Yamini Balkrishna Gohil	5-Jun-19
Stefan Jude Fernandes	To	Jennifer Flavia Coutinho	30-Jun-19
Oliver Savio Ligorio Pereira	To	Sumali Shripati Malkhare	6-Jul-19



RESTING IN CHRIST



Gabriel Tauro	82 Years	4/2, Model Town, M C Road	22-May-19
Margaret Almeida	59 Years	Room No.3, Basteau Chawl, M C Road	2-Jun-19
Luiza Goveas	81 Years	C-18. Rooftop CHSL., Off: M C Road	13-Jun-19
Norman Aguiar	65 Years	5B./13. Takshila	15-Jun-19
Alwyn Romer	68 Years	C/10, Nav Neelima Apts, M C Road	19-Jun-19
Elizabethan Fernando	70 Years	Plot 261, Flat 101, Silver Castle, Sher-E-Punjab	17-Jul-19
Elias Anthony Serrao	71 Years	A/104, Nirman Palace, Pump House	17-Jul-19
Simon Misquith	87 Years	A/102, Poonam Darshan, Poonam Nagar	18-Jul-19
Sr. Griselda Vettore FDCC	97 Years	Canossa Convent	18-Jul-19
Letty Gracy Quadros	76 Years	C-1, Wing-1, 204, Bindra Rose, Bindra Complex	21-Jul-19
Sebastian Mendes	70 Years	Cheshire Home	27-Jul-19
Fr. Joseph Pereira SVD	65 Years	Shanti Bhavan, Mother Theresa Road, Cox Colony	27-Jul-19
John Francis D'Sa	62 Years	C/3, Mahakali Kutir, Opp: Takshila	1-Aug-19
Philomena Annie Fernandes	62 Years	B-7, Kanti Welfare, M C Road	3-Aug-19

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



Download App from Playstore, Sacred Heart Church Andheri East

GUIDELINES TO SEND ARTICLES FOR THE BULLETIN

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

GUIDELINES TO SEND ADVERTISEMENTS TO THE BULLETIN

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

**- Publisher and Editorial Team
Heart To Heart Bulletin
Sacred Heart Parish**

PARISH PASTORAL COUNCIL 2019 - 2020

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

Ex-Officio Members		
SR. No.	NAME	DESIGNATION
1	Fr. Innocent Fernandes SVD	President
2	Fr. Valerian Fernandes SVD	Co-Pastor
3	Fr. Sunil Soreng SVD	Co-Pastor
4	Fr. Magimai Sundar SVD	Co-Pastor
5	Sr. Neeta Lopes FDCC	Canossa Convent
6	Sr. Arokia FS	Fatima Convent
7	Sr. Nathalia Dsouza SSpS	Holy Spirit Convent
8	Fr. Brian Moras SDB	SDB
9	Fr. Scariachan Pannackal SVD	SVD Unit Leader

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

Elected Lay Representatives		
SR. No.	NAME	REPRESENTING
1	Francis Castelino	Lay Representative
2	Terence Fernandes	Lay Representative
3	Lucy Rocha	Lay Representative
4	Rohit Almeida	Lay Representative
5	Jayesh George	Lay Representative
6	Titus Menezes	Lay Representative

Nominated		
SR. No.	NAME	REPRESENTING
1	Nicholas D'Souza	Youth Representative

Elected Community Representatives				
COMM. No.	NAME	DESIGNATION	Spiritual Director	Area No.
1	Theresa Nadar	Immaculate Conception	Fr. Sunil Soreng SVD	1
2	Norbert Nazareth	Our Lady of Fatima	Fr. Innocent Fernandes SVD	3
3	Elayne Pereira	Holy Cross	Fr. Valerian Fernandes SVD	3
4	Celine Pinto	Divya Jyoti	Fr. Innocent Fernandes SVD	3
5	Sharmila Antao	St. Anthony's	Fr. Magimai Sundar SVD	1
6	Veronica Barretto	Morning Star	Fr. Valerian Fernandes SVD	1
7	Steven Dsouza	Good Shepherd	Fr. Innocent Fernandes SVD	1
8	Jebin Jose	Infant Jesus	Fr. Magimai Sundar SVD	1
9	Roslyn Pereira	Divine Mercy	Fr. Magimai Sundar SVD	3
10	Caroline David	St. Theresa of the Child Jesus	Fr. Valerian Fernandes SVD	5
11	Shobha Nadar	Jeevan Jyoti	Fr. Innocent Fernandes SVD	5
12	Lidwin Noronha	Apostles of Christ	Fr. Sunil Soreng SVD	5
13	Theresa D'silva	Holy Family	Fr. Sunil Soreng SVD	2
14	Carmen Fernandes	Helpers of Jesus	Fr. Magimai Sundar SVD	2
15	Vanessa Quinny	Akashdeep	Fr. Innocent Fernandes SVD	2
16	Tressy Peris	Our Lady of Nazareth	Fr. Magimai Sundar SVD	2
17	Marcelino Pereira	St. Dominic Savio	Fr. Valerian Fernandes SVD	4
18	Maria Nanal	Good Samaritan	Fr. Valerian Fernandes SVD	4
19	Glacxy Ferrao	Christ the King	Fr. Magimai Sundar SVD	4
20	Irene Sequeira	Dayasagar	Fr. Sunil Soreng SVD	6
21	Josephine Fernandes	St. Paul's	Fr. Magimai Sundar SVD	6
22	Anita Dsouza	Prem Sagar	Fr. Magimai Sundar SVD	6
23	Diana Coutinho	Shantidaan	Fr. Innocent Fernandes SVD	7
24	Sharon Pinto	Emmanuel	Fr. Valerian Fernandes SVD	7
25	Florina Dsouza	Pavana Atma	Fr. Sunil Soreng SVD	6
26	Evjin Noronha	St. Anne's	Fr. Valerian Fernandes SVD	7
27	Lily Grace Dsouza	Holy Trinity	Fr. Sunil Soreng SVD	2
28	Chris Dsouza	St. Joseph the Worker	Fr. Innocent Fernandes SVD	4
29	Michael Fernandes	Our Lady of Rosary	Fr. Sunil Soreng SVD	5
30	Vincent Dsouza	Shalom	Fr. Valerian Fernandes SVD	7
31	Elizabeth Chettiar	Hosanna	Fr. Sunil Soreng SVD	6
32	George Fernandes	Sacred Heart	Fr. Innocent Fernandes SVD	3
33	Candida Mendoza	Yahweh's Clan	Fr. Magimai Sundar SVD	5
34	Raphael David	Mystical Rose	Fr. Sunil Soreng SVD	5
35	Leon Dsouza	Genesis	Fr. Valerian Fernandes SVD	7

PARISH ASSOCIATION COUNCIL 2019 -2022				
1	Parish Clergy Team	Fr. Innocent Fernandes SVD	Parish Priest	
2		Fr. Valerian Fernandes SVD	Co-Pastor	
3		Fr. Sunil Soreng SVD	Co-Pastor	
4		Fr. Magimai Sundar SVD	Co-Pastor	
Sr No	Cells/Associations	Name of Head	Name of Asst Head	Spiritual Director
1	Parish Pastoral Council	Vincent D'Souza	Josephine Fernandes	Fr. Innocent Fernandes SVD
2	CCO	Ida Quinny		Fr. Innocent Fernandes SVD
3	SCC	Candida Mendoza	Jessie Serrao	Fr. Innocent Fernandes SVD
4	Finance Committee	Ryan D'Souza		Fr. Innocent Fernandes SVD
5	Community Welfare Fund	Necessidade Fernandes	Edward Fernandes	Fr. Innocent Fernandes SVD
6	St Vincent de Paul	Rose Almeida	Cynthia Pinto	Fr. Valerian Fernandes SVD
7	Sunday School Pastoral Team	Rosita Fernandes	Philomena George	Fr. Sunil SVD (std I to X) / Fr. Valerian SVD (Confirmation)
8	Parish Youth Animation Team	Rosita Dias	Andrew D'souza	Fr. Magimai Sundar SVD
9	Charismatic Renewal (Eng.)	Derick Fernandes	Veronica Fernandes	Fr. Valerian Fernandes SVD
10	Charismatic Renewal (Konkani)	Cecilia Nazareth	Angeline Fernandes	Fr. Valerian Fernandes SVD
11	Couples for Christ (English)	Lloyd & Zeldia Fernandes	Stephen & Maria Couthino	Fr. Valerian Fernandes SVD
12	Couples for Christ (Konkani)	Peter Rodrigues	Emelia D'Souza	Fr. Valerian Fernandes SVD
13	Eucharistic Ministers	Juliana D'souza	Jacintha Menezes	Fr. Valerian Fernandes SVD
14	Usher's Group	Francis Castelino	Vanessa D'souza	Fr. Magimai Sundar SVD
15	Liturgy Team	Susan Noronha	Annupama Subodhan	Fr. Innocent Fernandes SVD
16	Lectors Cell	Terence Fernandes	George Kidangan	Fr. Magimai Sundar SVD
17	Legion of Mary (Sr)	Peter D'souza	Stella Nikalje	Fr. Sunil Soreng SVD
18	Legion of Mary (Jr)	Joel Pinto	Shaun Dias	Fr. Sunil Soreng SVD
19	Parish Bulletin	Antonette D'Sa	Savio Rebello	Fr. Sunil / Clergy Team
20	Pre-Baptism Team	Jayesh George	Helen Serrao	Fr. Innocent Fernandes SVD
21	Women's Cell	to be elected	to be elected	Fr. Magimai Sundar SVD
22	Health Cell	Dr. Roshni Crasta	Dr. John Rodrigues	Fr. Valerian Fernandes SVD
23	Bombay Catholic Sabha	Bryan Dias	Osmond Pereira	Fr. Magimai Sundar SVD
24	Inter-Religious Dialogue Cell	Baptist Fernando	Ponamma Antony	Fr. Valerian Fernandes SVD
25	Senior Citizen	Anita D'Sa	Adrian Andrades	Fr. Valerian Fernandes SVD
26	Divine Mercy	Navidade D'costa	Rosy Pereira	Fr. Sunil Soreng SVD
27	Bible Cell	Titus Menezes	Prakash Nazareth	Fr. Sunil Soreng SVD
28	Parish Youth Council	Nicholas D'souza	Vitus Dias	Fr. Magimai Sundar SVD
29	Altar Servers	Nandita Fernandes	Tressy Peris	Fr. Sunil Soreng SVD
30	Hope & Life Movement	Philomena D'costa	Bridget Noronha	Fr. Valerian Fernandes SVD
31	Parish Cultural Committee	Rohit Almeida		Fr. Magimai Sundar SVD
32	St Paul's Guild	Babu Durairaj		Fr. Sunil Soreng SVD
33	Parish Website	Rosita Dias	Rohit D'Almeida	Fr. Sunil Soreng SVD
34	Family Cell	Lucy Rocha	Joseph Mendonca	Fr. Valerian Fernandes SVD
35	Parish Choirs - English	Conrad D'Sa		Fr. Magimai Sundar SVD
		Cassian Pereira		
		Osmond Pereira		
		Marian Fernandes / Jayesh George		
	Konkani	Tressy Peris		
	Hindi	Vinod Waghmare / Barthol Palande		
Chidren	Jacintha D'mello	Cassian Pereira		

Parish Youth Council 2018-2020

Executive Committee Members			Area Youth Executives	
Designation	Name	Community Detail	Designation	Name
Vice President	Nicholas D'souza	25 - Pavana Atma	Area 1	Vitus Dais
Secretary	Vitus Dias	8 - Infant Jesus	Area 2	Leon Travesso
Treasurer	Leon Travesso	27 - Holy Trinity	Area 3	Alston Quadros
			Area 4	Sheldon Coutinho
			Area 5	Ananya D'souza
			Area 6	Nicholas D'souza
			Area 7	Reni Xavier

Community Wise Representatives

Community		PYC Member	Area
No	Name	Name	
1	Immaculate Conception	Jaison D'mello	1
		Reema Lobo	
2	Our Lady of Fatima	Brendon Castellino	3
3	Holy Cross	Aldrich Fernandes	3
		Micheal Durairaj	
4	Divya Jyoti	Dominic Pandit	3
		Teresa Gonsalves	
5	St. Anthony's	Nitasha Rodrigues	1
		Jewella Rodrigues	
6	Morning Star	Joeshon D'souza	1
		Primal Lobo	
7	Good Shepherd	Alan Nazareth	1
		Kevin Thomas	
8	Infant Jesus	Vitus Dias	1
		Jacinta Pereira	
9	Divine Mercy	Maya Sodder	3
		Kanishka D'souza	
10	St. Theresa of Child Jesus	Jordan Pereira	5
11	Jeevan Jyoti	Roschelle D'souza	5
		Grecienne Misquitta	
12	Apostles of Christ	Lazarus Fernandes	5
		Rachel Noronha	
13	Holy Family	to be elected	2
14	Helpers of Jesus	Adit Dominic	2
		Delaina Fernandes	
15	Akashdeep	Khryselle Rocha	2
16	Our Lady of Nazareth	Donna D'costa	2
		Alvin Mascarenhas	
17	St. Dominic Savio	Andrea Quinny	4
18	Good Samaritan	Kaylynn Rodrigues	4
19	Christ the King	Lavina D'silva	4
		Eliza Fernandez	
20	Dayasagar	Valencia D'silva	6
		PM Joy Allan	
21	St. Paul's	Joshua Fernandes	6
		Mackinley Rodrigues	
22	Prem Sagar	Joshua Dsouza	6
		Stella Nikalje	
23	Shantidaan	Valentina Marshall	7
		Lionel Mascarenhas	
24	Emmanuel	Yohan Mahanti	7
		Kenneth D'souza	
25	Pavana Atma	Nicholas D'souza	6
		Alston Furtado	
26	St. Ann's	Reni Xavier	7
27	Holy Trinity	Leon Travesso	2
		Shallon Lewis	
28	St. Joseph the worker	Felcia Fernandes	4
		Sheldon Coutinho	
29	Our Lady of Rosary	to be elected	5
30	Shalom	Briget Fernandes	7
		Nigel D'souza	
31	Hosanna	Roshni Crasta	6
		Joel Fernandes	
32	Sacred Heart	Alston Quadros	3
		Carmelina D'Souza	
33	Yahweh's Clan	Roshan Fernandes	5
		Ananya D'souza	
34	Mystical Rose	Swaye Baretto	5
35	Genesis	Alistair Furtado	7
		Arnold Kiro	

You are invited to be a part

No.	Cell/Association	Day	Time	VENUE
1	St. Vincent de Paul	Every Monday	7.30 pm to 9.00 pm	Room No. 1
2	Charismatic Renewal (English)	Every Wednesday	6.15 pm to 8.15 pm	Canossa School Basement Hall
3	Charismatic Renewal (Konkani)	Every Thursday	7.30 pm to 9.00 pm	Church
4	Couples for Christ (Konkani)	4th Friday	7.30 pm	Room No. 3
5	Couples for Christ (English)	1 st Sunday / 12 Sundays for CLP	6.30 pm to 8.30 pm	Room No. 3
6	Kids For Christ	4th Saturday	5 pm to 6.30 pm	Room No.3
7	Usher's Group	Contact Parish Fathers		
8	Lectors Cell	Follow Parish Announcements for next training programme		
9	Legion of Mary (SR)	Every Saturday	8.00 pm	Room No. 1
10	Legion of Mary (JR)	Every Sunday	4.00 pm	Room No. 1
11	Health Cell	1 st Tuesday	8.15 am	Room No. 1
12	Bombay Catholic Sabha	Last Monday	7.30 pm	Room No. 2
13	Inter-Religious Dialogue	Last Sunday	11.00 am to 12.30 pm	Room No. 2
14	Senior Citizens' Cell (Core Group)	1 st Monday	5.45 pm	Community Centre
15	Senior Citizens' Cell Activity	2nd Monday	4.30 pm	Community Centre
16	Divine Mercy Cell	Monday preceding last Friday of the month	7.30 pm	Room No. 2
17	Bible Class	Every Tuesday	7.30 pm	Mini hall
18	Altar Servers	Every Saturday	4.45 pm to 5.45 pm	Mini Hall
19	Hope & Life Movement	1 st Thursday	5.00 pm	Community Centre
20	Parish Choirs - Contact Choir Leader			

Sacred Heart Parish, Andheri East

Annual Calendar 2019-2020

Month & Year	Date	Day	Event	Month & Year	Date	Day	Event	
June, 2019	9th	Sunday	Commissioning of PPC	December, 2019	1st	Sunday	1st Sunday of Advent / Bible Quiz	
	13th	Thursday	Orientation/PPC Meeting		3rd	Tuesday	St Francis Xavier Feast	
	26th - 28th	Wednesday-Friday	Triduum In Preparation for the Feast of Sacred Heart of Jesus		7th	Saturday	Birthday of Fr. Sunil Soreng SVD	
	30th	Sunday	Feast of Sacred Heart of Jesus & Laity Sunday		8th	Sunday	Confirmation (10 am Mass)	
	24th	Sunday	Laity Sunday / Commissioning of PYC		15th	Sunday	Community Responsibility Programme (Youth)	
July, 2019	21st	Sunday	Workshop (SCC) by Bishop Barthol Barretto		17th - 19th	Monday-Wednesday	Advent Confessions	
	28th	Sunday	Grand Parents Day (Year of the Elders) Training Programme (Financial Management - Youth)		22nd	Sunday	Christmas Float (Youth)	
August 2019	4th	Sunday	Vianney Sunday		25th	Wednesday	Christmas	
	15th	Thursday	Solemnity of Assumption of Our Lady and Independence day		28th	Saturday	Birthday of Fr. Innocent Fernandes SVD Feast of Holy Innocents - Blessing of Children	
	18th	Sunday	Justice Sunday		29th	Sunday	Feast of Holy Family - Family Cell Day	
	30th - 31st	Friday-Saturday	Novena in preparation for Nativity of Our Lady		31st	Tuesday	New Year Thanksgiving Mass (10 pm)	
	31st	Saturday	Telegames (PYC)		30 th	Sunday	Family Mass (8:45 am)	
September, 2019	1st - 2nd	Sunday-Monday	Telegames (PYC)		31 st	Monday	New Year Thanksgiving Mass (10 pm)	
	1st - 7th	Sunday-Saturday	Novena In Preparation For Nativity of Our Lady		January, 2020	12th - 14th	Sunday-Tuesday	Triduum in preparation for the feast of St. Arnold Janssen
	1st	Sunday	Birthday of Fr. Valerian Fernandes SVD			15th	Wednesday	Feast of St. Arnold Janssen
	8th	Sunday	Nativity of Our Lady and Girl Child Day	18th		Saturday	Ordination of Dn. Cyril Edward SVD (4 pm)	
	10th	Tuesday	Birthday of Fr. Sundar Magimai SVD	19th		Sunday	All Associations day	
	21st, 22nd, 28th	Saturday, Sunday, Saturday	Minute To Win It Games (Senior Citizens)	23rd - 26th		Thursday-Sunday	Rink Football	
	29th	Sunday	Care for Creation - Shades of Green (SCC)	February, 2020	3rd	Monday	Blessing of The Throat	
Rosary Month			9th		Sunday	Couples Day (Family Cell)		
1st	Tuesday	World Elder's Day	16th		Sunday	Workshop for Animators (SCC)		
6th	Sunday	Inter Parish Tournament Minute To Win It Games (Senior Citizens)	19th - 23rd		Wednesday-Sunday	FunKicket (PYC)		
20th	Sunday	Mission Sunday	23rd		Sunday	Bible Sunday		
26th	Saturday	Taize Prayer (PYC)	26th	Wednesday	Ash Wednesday			
October, 2019	9th - 10th	Saturday-Sunday	Parish Day and Family Meal	March, 2020	16th-18th	Monday-Wednesday	Konkani Lenten Missions	
	17th	Sunday	Silver Jubilee Of The Senior Citizen Cell		23rd-25th	Monday-Wednesday	English Lenten Missions	
	24th	Sunday	Christ The King Feast / Training Programme on Public Speaking (Youth)	April, 2020	5th	Sunday	Palm Sunday	
					10th	Friday	Way of the Cross (PYC)	
			12th		Sunday	Easter Sunday		
			18th		Saturday	First Holy Communion		
November, 2019				19th	Sunday	Divine Mercy Sunday		
				April - May, 2020	27th Apr-8th May	2 Weeks	Summer Camp for children (PYC)	

PARISH VISION MISSION STATEMENT

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



Grand Parents Day Celebration



Grand Parents Day Celebration



Vianney Sunday Celebration



Partipants at the 'Leadership in the Christian Spirit' Workshop



Annual Day of Divine Mercy, Community No. 9



Shalom Community No. 30, Winners of Heart To Heart Liga 2K19



Parent's Day Celebration of St. Dominic Savio, Community No. 17



Get together of the Out Going PPC Members along with the New PPC Members