



Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 79

April 2020

For Private Circulation Only

EASTER Christ The Victor



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

Website: www.sacredheartandheri.net

Forthcoming Events And Liturgical Feasts/Memorials

4th April	Blessing of the Palms 06.45 pm - In front of the grotto, followed by procession and Palm Sunday Mass
5th April	Palm Sunday
9th April	Maundy Thursday 10.00 am - Mass for the Sick and Elderly 07.30 pm - Mass of the Last supper of the Lord, followed by Adoration till mid night
10th April	Good Friday 06.00 am - Stations of the Cross by PYC (English) 10.00 am - Stations of the Cross in the Church by Sunday School Children 11.00 am to 02.00 pm - Three Hours Agony followed by the Divine Mercy Novena (begins this day) 06.00 pm - Celebration of the Lord's Passion
11th April	Holy Saturday 07.30 am - Meditation of the seven sorrows of Mother Mary followed by the Divine Mercy Novena 08.00 pm - Easter Vigil and Mass of the Resurrection of our Lord Jesus
12th April	Easter Sunday Konkani Mass - 07.30 am English Mass - 08.45 am & 10.00 am No Evening Mass
15th to 17th April	Triduum in preparation for the Feast of Divine Mercy (During 07.00 pm Mass)
18th April	Saturday - First Holy Communion, Mass at 05.00 pm
19th April	Divine Mercy Sunday (Feast Mass at 10.00 am)
25th April	Feast of St. Mark, Evangelist
27th to 8th May	Summer Camp for Children (PYC)
29th April	Memorial of St. Catherine of Siena, Virgin & Doctor
1st May	Memorial of St. Joseph the Worker
2nd May	Memorial of St. Athanasius, Bishop & Doctor
13th May	Memorial of Our Lady of Fatima
14th May	Feast of St. Matthias, Apostle
21st May	Solemnity of Ascension of the Lord
26th May	Memorial of St. Philip Neri, Priest
31st May	Pentecost Sunday
1st June	Solemnity of Mary, Mother of the Church
3rd June	Memorial of St. Charles Lwanga and Companions
5th June	Feast of St. Boniface, Bishop & Martyr
7th June	Trinity Sunday
11th June	Feast, St. Barnabas, Apostle
13th June	Feast, St. Anthony of Padua, Priest & Doctor
14th June	Solemnity of the Most Holy Body & Blood of Christ
17th to 19th June	Triduum in Preparation for the Feast of the Sacred Heart
21st June	Celebration of the Feast of the Sacred Heart in our Parish

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My dear Parishioners,

With so many activities, events, liturgical services and other celebrations regularly taking place at the parish level and community level, we may have failed to realize that Easter is just round the corner. Many of us have practiced Prayer, Fasting, Abstinence and Acts of Charity during this Lenten season. Now, we are at the threshold of celebrating Easter, the most important and significant Feast in the Christian Calendar.

Our Parish has chosen **"The Year of the Word of God"**, as its theme this year. Keeping the theme of this year in mind and the upcoming celebration of Easter, we have chosen, **"Easter – Christ the Victor"**, as the theme for this issue of "Heart to Heart Bulletin".

More than three thousand years ago, Job asked the question, "If a man dies, shall he live again?" This question is still on the lips of every man. It has been asked in every generation and every religion has attempted some kind of answer. But nowhere has a satisfactory and compelling answer been found. With the single exception of Jesus Christ, all the great religious leaders are dead. Zoroaster is dead, Confucius is dead, Laotze is dead, Buddha is dead, and Mohammed is dead. None of them rose again alive from the grave.

With eyes closed to the Christian truth, many cry out that man is mortal and nothing more. "Life's circle ends with death", they say, "and resurrections' morning is the phantasy of deluded men, whose tombs will never release their captives. Man goes into the grave to rise no more".

But, we Christians do not accept this futile view of life. With hope in our hearts, we place our loved ones in the coffins knowing that we shall see them again. We bury them in the earth confident that it will not consume them eternally. Though we weep at the open grave, we see beyond it - the dawn. All because Jesus is Risen from the dead. He lives forever in glory and if, we put our faith in Him, we can be filled with His life now and the fullness of this life forever. Because, He lives nothing can completely and ultimately hold us down or hold us back – not economic slowdown nor recession, not personal setbacks or the death of loved ones, not even our own impending deaths.

All this because Jesus is risen! He has won the Victory and through our faith, we join in that Victory. The more we, as a Church, and as individuals put the Risen Lord at the center of our lives, the more He lives in and through us! I pray that the Resurrection and the new life of Jesus becomes a reality in the hearts of all our parishioners and throughout the Church so that we may be truly renewed this Easter.

Joining with my Pastoral team, I wish each one of you dear Parishioners **"A HAPPY & HOLY EASTER"**. May the Risen Lord Jesus become even more alive in you, your families and in our Parish!

*Fr. Innocent Fernandes SVD
Parish Priest*

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CHRISTUS VICTOR

The old adage "History is written by the victor" does not somehow suit Christianity: much less can it be said of Jesus Christ. Winston Churchill, who may have coined this phrase although there is no conclusive evidence of the same, may not agree with my proposition-'Christus Victor'.

Jesus was not a 'victor' according to the historians of His time. Josephus Flavius, the famous Roman historian, makes just two references to Jesus: he makes mention of the crucifixion of Jesus but not of the resurrection. And our understanding of Jesus as the Victor is primarily based on the Resurrection of Jesus.

Jesus as Victor has been understood in different ways during the course of history. Attempting to answer the same question from a different perspective: Why did Jesus die on the cross? How can God be crucified? What is the meaning of Christ's death?

There are three main explanations: The Church Fathers understood Christ's death from the perspective of atonement. They taught that the sin of Adam and Eve made humanity subject to the devil. God, therefore in order to redeem humanity, sent Christ as a "ransom". This was so that the devil, not knowing that Christ could not die permanently, would kill Him, and thus lose all his right to humanity following the Resurrection of Christ. This understanding persisted for over a thousand years.

The second understanding, initiated by Anselm of Canterbury (1033 - 1109 AD), taught that Christ suffered as a substitute on behalf of humankind, satisfying the demands of God's honour.

The third understanding stems from Peter Abelard (1079 - 1142 AD) who taught that Christ's passion was an act of exemplary obedience which affects the intentions of those who come to know about it.

From which perspective do we understand that Jesus is the Victor? We need to comprehend the significance of His victory: not only from a historical perspective but rather from the perspective of human existence here and now.

We need to shift our understanding of the crucifixion as a "ransom" to a more existential comprehension as liberation of humanity from the bondage of sin and death. As the term Christus Victor (Christ the Victor) indicates, the idea of "ransom" should not be seen in terms (as Anselm did) of a business transaction, but more in the terms of a rescue or liberation of humanity from the bondage of slavery and sickness. Today Christ's death is seen as an exposure of the cruelty and evil present in the worldly powers that rejected and killed Him and the Resurrection is understood as a triumph over these powers.

How often does the Lord have to tell us, 'Why do you look for the living among the dead?' Our daily problems and worries can wrap us up in ourselves, in sadness and bitterness... and that is where death is. That is not the place to look for the one who is alive.

- Pope Francis

We bring you the good news that what God promised to the fathers, this day He has fulfilled to us their children by raising Jesus." The Resurrection of Jesus is the crowning truth of our faith in Christ, a faith believed and lived as the central truth by the first Christian community; handed on as fundamental by Tradition; established by the documents of the New Testament; and preached as an essential part of the Paschal mystery along with the cross: Christ is risen from the dead! Dying, He conquered death; To the dead, He has given life.

- Catechism of the Catholic Church, Paragraph 648

Evil and death can ultimately never win in the end, because they lost out at the only time they could have really won - at the cross. But life and righteousness won when Christ "arose as victor from the dark domain." Jesus conquered sin and death: He is still alive.

Jesus is Victor over the worldly powers that bind us: powers of hatred, powers of division and powers of selfishness. This experience of 'un-binding' from the shackles of evil is what makes us true Christians. That was the experience of the Apostles. This experience makes us Witnesses: being witnesses of a Risen Christ makes us victors too. Jesus is Victor because he conquered the very cause that crucified him; we become victors when we conquer what 'crucifies' us daily.

He is Victor because he gives Hope. The disciples, Mary Magdalene and the First Christian Communities saw the hopelessness around and anchored their life in Jesus, the one who filled them with Hope. Today Jesus is Victor because he makes us witnesses and fills us with His Hope.

Fr. Donald D'souza SVD

Death could not devour our Lord unless He possessed a body, neither could hell swallow Him up unless He bore our flesh; and so He came in search of a chariot in which to ride to the underworld. This chariot was the body which He received from the Virgin; in it He invaded death's fortress, broke open its strong-room and scattered all its treasure.

- St. Ephrem the Syrian

In John 10:10, Jesus says, "The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and they may have it more abundantly." Unlike a thief, the Lord Jesus selflessly comes so that people may have life in Him; that is meaningful, purposeful, joyful and eternal. We receive this abundant life the moment we accept Him as our Saviour. Lent and Easter is an opportunity for us to return to our Lord and accept Him as our Saviour, so that we may have life in abundance.

The Centre for Community Organisation (CCO) networks with different Cells and Associations to ensure proper functioning of the activities.

The Parish Association Council (PAC) meeting was held on 30th January 2020, and attended by the Heads of all Cells and Associations. The activities planned by Cells and Associations were announced.

THE YOUTH MINISTRY:

1. The Parish Youth Council (PYC) along with the Parish Animation Team (PYAT) organized a Public Speaking workshop, titled 'Youth Out Loud' – 'Everyone communicates but only a few connect', on 17th November 2019 which was well attended.
2. PYC of Area 7 along with the PYAT organized the Christmas Float on 22nd December, 2019.
3. PYC organized 'The Annual Paper Drive' on 1st December, 2019 the amount generated was used for the Community Social Responsibility activity, organised for the underprivileged kids at Marol under the guidance of the animators and Fr. Sundar SVD.
4. **Liga 2020 Rink football** was organized from 23rd- 26th January, 2020. 24 teams participated. The winners were, Community No. 4 - boys team and Area 2-4-5 - girls team.
5. **Fun Cricket** was organized from 19th- 23rd February 2020. 24 Communities participated. Community No. 1 emerged the winner and Community. No. 21 the runner up. It was coupled with a lot of enthusiasm among the players and excellent team spirit.

FAMILY CELL:

1. An Advent recollection "Put Christ Back Into Christmas" conducted by Fr. Donald D'souza SVD on 12th December 2019.
2. A special Eucharistic Celebration, on the feast of the Holy Family, for the families on 29th December 2019. The theme was "Holiness in our families" and Mass was celebrated by Fr. Tony Menezes SVD
3. A talk on 12th January, 2020, in the Mini Hall titled 'Are you stressing over your child's exams?', the speaker was Shalla Mehrotra, counselling Psychologist from Prafulta.

The Family Cell and **COUPLES FOR CHRIST**, invited married couples to a special Mass on 9th February 2020, on the occasion of World Marriage Day. Fr. Cajetan Menezes was the main celebrant and the theme was "Love makes two hearts one."

SENIOR CITIZEN CELL :

1. The Silver Jubilee of the Cell was celebrated on 17th November, 2019 with Mass, by his Lordship Bishop Percival Fernandes followed by a variety entertainment and dinner. The celebration was open to all.
2. A Christmas Party was arranged for all the senior citizens and elders on 9th December 2019, in the Community Centre.

INTER RELIGIOUS DIALOGUE CELL : The flag hoisting ceremony on Republic Day was organized by the Inter Religious Dialogue after the 7.30 a.m. Mass. Parishioners attended in large numbers.

BIBLE CELL:

1. Great Bible Challenge Bible quiz – Season 2 was organised as part of the celebrations for the New Liturgical Year declared as the 'Year of the Word of God' on 1 Dec, 2019. 15 communities enthusiastically participated, Community No. 13 was the winner and 31 were the runners up.
2. Holy hour is conducted on every fourth Saturday of the month.

SMALL CHRISTIAN COMMUNITY (SCC):

1. A training workshop was conducted on 16th February 2020 in which 115 animators participated.
2. Deanery training programme was held on 23rd February, 2020 at St. John the Evangelist Parish, Marol and 23 animators of our parish attended.
3. Parish SCC Rally was held on 19th January, 2020 beginning with the celebration of the Eucharist on the Church grounds followed by a short cultural program. The Chief guest and main celebrant was Fr. Felix D'Souza.

CCO continues to help the marginalised of our parish by filling forms for assistance in collaboration with the Community Welfare Fund. Aid is being provided to these families for Education, Housing and medical needs.

- Parishioners as well as people of other faiths are helped to acquire small jobs as domestic help, office assistant, etc.
- Matrimonial bureau services are provided for bachelors and spinsters who register.

The Dental, Homeopathy clinics are functioning smoothly.

St. VINCENT De PAUL ASSOCIATION (SVP) is helping the needy people of all faiths including our parishioners.

We pray that the Risen Lord continues to shower His blessing on all of us and help us to reach out to the ones in need. **HAPPY EASTER!!**

Ida Quinny
CCO Co-ordinator



A familiar name that comes to mind whenever one is in need of prayerful support or when one encounters failure or when someone is in trouble or sick, is that of Derick Fernandes. In the footsteps of the Master - Jesus Christ, Derick lives his life proclaiming the Gospel and goes about doing good. Change and transformation have no time and space. It can happen to anyone and at any time. For this Derick is a living example.

Early days

Derick was born and brought up in a devout Catholic family, with a good Christian upbringing. Sports meant the world for Derick who represented his school and college as an athlete. He exercised and trained ardently and was very passionate about cricket. At the age of 22, he took up a job in Oman as a banker. Even there he found opportunities to play his favourite sport. During this period, although he succeeded in his career and cricket, Church and Prayers took a back seat. Soon it was time to get married and his family chose a devout girl deeply involved with the Legion of Mary. Derick continued working in Oman while his family was in Mumbai.

Will you work for My Kingdom? Damascus Experience

One day while working, Derick suddenly collapsed. He was given different opinions by the various doctors he was taken to. One said he had high blood pressure while the other said that his blood pressure was low. Meanwhile, his family pressurized him to return to Mumbai and make a retreat, which seemed an absurd idea to Derick then. But anxiety regarding his health compelled him to return to Mumbai. He attended a retreat, rather reluctantly, conducted by the late Fr. Rufus Pereira and Bro. Carlos D'Souza. At this retreat however, there came about a major transformation in his life as he was led into repentance

having been convicted of his sins. There was also confusion in his mind, something was burning within him, he was filled with fear, he had so many questions, not sure what to do, where to go and what to say. At this time Jesus revealed Himself to him and dispelled all his fears and doubts. Jesus only asked one thing of him, **"Will you work for My Kingdom?"** and ever so readily Derick surrendered his life to Jesus. He returned to Oman filled with the joy of the Holy Spirit. Though he had said 'yes' to the Lord, it was a difficult decision to give up his job and fend for his family in Mumbai. He and his family spent nine months praying to discern the will of God. Finally, Derick decided to give up his flourishing career and return to Mumbai to serve in God's Vineyard. His wife and family members supported him in prayer and also financially. He returned from Oman in September 1990, joined Jesus the Real Vine Prayer group and relocated from Kurla to Andheri East, Sacred Heart Parish. God the Father took care of his every need as promised in the Scripture verse Philippians 4:19 'And my God will meet all your needs according to the riches of His glory in Christ Jesus.' He committed his life to daily prayer and scripture reading and waited on the Lord to guide his every step.

Jesus and only Jesus keeps me going

When asked how life keeps you going? Derick has this to say. *"It is Jesus and only Jesus who keeps me going. I am nothing without Him and without Him, I can do nothing. I cannot think of a moment in my life without Him. When I look at Jesus on the cross I cannot fathom the depth of His love for the human race and I am strengthened day in and day out by His sacrifice. Praying the daily Rosary and seeking the intercession of Mama Mary has made my life from plain water to rich wine".*

The unconditional love of God: the driving Force

For Derick, it is the unconditional love of God that is the driving force in his life. **‘Jesus is the Pilot of my life and wherever He leads me I will go’**, he says. Whenever he sees people suffering and in pain, he is moved by the Spirit of God to reach out to them, pray for them and to give them Jesus. He knows that Jesus is the only answer to all of life’s challenges.

The battle is God’s: The challenges

Talking of the challenges in life Derick feels that ministering to the flock that God has entrusted to him is not easy and it would be impossible without the support of a loving family, prayer group members, parish clergy team, friends and prayer partners.

He says that right from the day he committed his life to the Lord, serving in His kingdom, numerous trials and persecutions including threats to his life, have come his way. All that he did was to take it to the Lord in prayer and each time he was always assured by the Lord as promised in 2 Chronicles 20:15 **“Do not be afraid or discouraged because of this vast army, for the battle is not yours, but God’s.”** This assurance gave him the grace to be peaceful and stand firm in faith continuing God’s purpose for his life.

Values and practices for daily living

Derick believes in practicing the following to make life beautiful: Put God first, carry the oil of kindness wherever you go, capitalize on every opportunity that comes your way to speak to someone of God’s love for them and live a victorious Christian life.

He says one must be a disciplined disciple, Love and do not condemn, show love and respect to people irrespective of their faith, invest time in your children and your family, communicate with your family members. One must instill faith in people, speak to them about Jesus and be a good example for others to follow.

In spreading God’s Kingdom

Jesus The Real Vine Prayer Group was started in 1988 by Fr. Joseph Lopez SVD and a few laypersons. Initially, the prayer meeting was held in Holy Spirit Hospital. The prayer group increased in number and people from all over the city came to listen and be nourished by God’s word and experience His infinite love. The group moved to Canossa Convent Basement in 1998. Derick is ever grateful to the congregation of Sisters of Canossa for the support they have rendered to the prayer group and to him personally.

It was Fr. Adolf Furtado SDB who encouraged Derick to reach out to the youth in schools and colleges. The first retreat was held for the students of Dominic Savio High School, Andheri East. As part of the Jesus the Real Vine Ministry, they went around sharing God’s Love, God’s Word and God’s Spirit in schools, colleges, parishes in the city, in the country and other parts of the world. They have conducted initiation / growth / inner healing retreats, recollections, youth awakening program, Advent and Lenten missions. Derick also has been a spiritual guide for many priests and religious.

Derick says, *‘We touch the lives of young people through music, testimonies and counselling. It has been 30 years now working full time for the Lord and for His people and it gives me immense joy when people taste and see how good our Lord Jesus Christ is.’*

As a parish-based prayer group, the Prayer Group conducts weekly prayer meetings at Canossa Convent every Wednesday. They also assist in the parish activities by conducting a retreat for the Confirmation candidates, Holy Hour and Stations of the Cross besides helping and counselling the parishioners. Derick is also involved in reaching out to the marginalized and the underprivileged of the parish by providing them with education and vocational training.

Derick has contributed greatly to the Charismatic Renewal. He was elected as Chairman of the Charismatic Renewal in Mumbai from 2010 – 2013 and is part of the Healing and Deliverance Ministry in the Archdiocese of Mumbai.

Be contagious Christians: Message to the Parishioners

We need to be contagious Christians to start a spiritual epidemic. This should begin from the domestic Church i.e. home and spread to the community and Parish. The Eucharist is the source and summit of the Christian life, try to attend it daily. We need to pray for each other, intercession should be a part of our daily life.

The Word of God is the Bread of Life, in this year of the Word of God, read God’s Word, study God’s Word, listen to God’s Word and live by it. Cling on to God’s promises for they are **Yes and Amen** in Christ Jesus.

*Derick Fernandes - Sacred Heart, Community No. 32
Interviewed by Sr. Nathalia D’Souza SSPS*

“While all men and women are ‘small and helpless in front of the mystery of death,’ Jesus’ victory over death assures Christians of the joy of the resurrection.”

- Pope Francis

Congratulations Fr. Cyril Edward SVD

Heart to Heart - April 2020

We congratulate Fr. Cyril Edward SVD. He was ordained on Saturday, 18 Jan 2020 at Sacred Heart Church, Andheri East, Mumbai. The Sacrament of Priestly Ordination was conferred on him by Most Rev. Bp. Barthol Barretto, the Auxiliary Bishop of Bombay Archdiocese.

Fr. Cyril hails from a devout family of Tirupur, Tamil Nadu. He was born on 19 March 1990 to late George and Jacqueline. He is the only child of his parents. He recognized and acknowledged God's call during his higher studies and made fervent prayers and retreats in discernment right from his early years. He joined St. Charles Apostolic School, Trichy, Tamilnadu in 2007 after completing his Std XII. He owes his vocation to the fervent prayers of his maternal grandparents and his mother's generosity to allow her only child to work in God's vineyard. His commitment to the call helped him to move ahead all through his seminary life.

Fr. Cyril came to our parish for his Diaconate Ministry in July 2020. During his diaconate, he has been involved with the youth activities, SCCs, various cells, associations and in administering Sacraments. He is known as a warm and friendly person.

"Let Thy Will be Done" is his pastoral motto.

Fr. Cyril is assigned to the India Mumbai (INM) Province, for his future apostolate as a Priest. We wish him all the very best in all his future endeavours in the Lord's vineyard and assure him of our prayerful support.



*May the glory of the Risen Lord fill your heart with joy,
May He bring to you and your families abundant blessings.*

Have A blessed Easter !!



FAMILY BIBLE Quiz I 2020

I) IDENTIFY THE PERSONS TO WHOM GOD SPOKE THUS

1. "You are dust and to dust you shall return" (Gen 3) _____
2. "You shall be the ancestor of a multitude of nations." (Gen 17) _____
3. "Why are you angry, and why has your countenance fallen? (Gen 4) _____
4. "I will raise up your offspring after you, who shall come forth from your body, and I will establish his kingdom. (2 Sam 7) _____
5. "Not only will I go down to Egypt with you, I will also bring you back here" (Gen 46) _____
6. "I am who I am" (Ex 3) _____
7. "Very well, he is in your power, only spare his life." (Job 2) _____
8. "Peace be to you; do not fear, you shall not die." (Judges 6) _____

II) IDENTIFY THEM

1. After conquering the Amalekites, King Saul kept this person as prisoner _____
2. This person returned to Israel to build up the walls of Jerusalem _____
3. They appeared on either side of Jesus at the Transfiguration _____
4. This Apostle took the Gospel to Samaria _____
5. Chapter in the Gospel of Matthew which contains the Lord's prayer _____
6. This General sacrificed his daughter in fulfilment of his vow _____
7. Wife of Joakim, daughter of Hilkiah, beautiful woman who feared the Lord _____
8. She was a seller of purple cloth from Thyatira, baptized by Paul _____
9. Rich man from Arimathea who went to Pilate to ask for the body of Jesus _____
10. His father was Tobit and his mother was Anna _____

III) WHAT WERE CHRIST'S SEVEN WORDS ON THE CROSS? PLEASE GIVE THE BIBLE REFERENCES.

Full Name (Head of Family) _____

Names of Participants _____

Telephone/Mobile No _____

Community No _____ Family No. _____

Address: _____

IV) FILL IN THE BANKS AND QUOTE THE SCRIPTURE VERSE

1. For God did not give us a spirit of _____, but rather a spirit of _____ and of _____ and of _____ (2 Tim __:__)
2. And Moses built an altar and called it, _____ (Ex __:__)
3. If your _____ will not go, do not _____ us up from here. (Ex 33:__)
4. "This book of the _____ shall not _____ out of your _____; you shall _____ on it _____ and _____." (Josh __:__)
5. "There is no Holy One like the _____, no one _____ you; there is no _____ like our _____." (1Sam __:__)
6. Be _____, be _____, and keep the charge of the Lord your God, _____ in His ways and keeping His _____, His _____, His _____, and His _____. (1 Kings __:__)

V) UNSCRAMBLE THESE WORDS FROM THE BIBLE BEGINNING WITH LETTER 'H'

Oylh	_____
Hentaeh	_____
Evaenh	_____
Igagah	_____
Agrah	_____
Asoeh	_____
Sonarah	_____
Websreh	_____
Rodeh	_____
Tsiteith	_____

ANSWERS OF FAMILY QUIZ - IV:

- I) 1. Zephaniah 2. Naomi 3. Ravens 4. Goliath 5. Michal 6. Manasseh 7. Anna 8. Baruch 9. King Ahaziah 10. Joshua and Caleb
- II) 1) Census by Caesar Augustus 2) Isaiah 3) John, Mark 4) Babe wrapped in swaddling clothes and lying in a manger 5) Jeremiah 31:15 6) Luke 1:46-55 7) Micah 5:1 8) They spread the Good News far and wide 9) 6 times 10) To worship Him
- III) 1) conformed, renewal, discern, good, pleasing, perfect (Rom 12:2) 2) Word, teach, admonish, gratitude, psalms, hymns, spiritual songs (Col 3:16) 3) doers, hearers, deceive (James 1:22) 4) disciples, truth, free (John 8:31, 32) 5) infants, spiritual milk, salvation (1 Pet 2:2)
- IV) Haughty eyes, A lying tongue, Hands that shed innocent blood, heart that plots wickedness, feet that hurry to do evil, a false witness who utters lies, person who stirs up conflict among brothers
- V) 1. 1 Corinthians 13 2) Mark 3) Genesis 4) Obadiah, Philemon, 1 John, 2 John, Jude

Drop the answers in the letter box in front of the Parish sacristy latest by 24th May 2020
 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.
 You may use this sheet to send your answers.

We thank all the Participants of the Family Bible Quiz IV

Hearty Congratulations To The Winners Of Family Quiz III !!

1st prize: Vinson Jude Pereira, Shalom Community No. 30

2nd Prize: Philip & Mabel Crasto, Shalom Community No. 30

3rd Prize: Mable, Jackson, Karen & Kirsten Castelino, Community No. 12

Hearty Laughter

Godly Pet

A bored young man decided life would be more fun if he had a pet.

So he went to the pet store and told the owner that he wanted to buy an unusual pet. After some discussion, he finally bought a talking centipede, (100-legged bug), which came in a little white box to use for his house.

He took the box back home, found a good spot for the box, and decided he would start off by taking his new pet to Church with him. So he asked the centipede in the box, "Would you like to go to Church with me today? We will have a good time." But there was no answer from his new pet. This bothered him a bit, but he waited a few minutes and then asked again, "How about going to Church with me and receive blessings?" But again, there was no answer from his new friend and pet. So he waited a few minutes more, thinking about the situation.

The guy decided to invite the centipede one last time. This time he put his face up against the centipede's house and shouted, "Hey, in there! Would you like to go to Church with me and learn about God?" This time, a little voice came out of the box, "I heard you the first time! I'm putting on my shoes!"

Black Snake

It was the first camping experience for Jed. As soon as he had pitched his tent, he went for a hike in the woods. In about fifteen minutes he rushed back into camp, bleeding and dishevelled.

"What happened?" asked a fellow camper. "I was chased by a black snake!" cried the frightened Jed.

The camper laughed and retorted, "A black snake isn't deadly." "Listen," groaned Jed, "If he can make you jump off a fifty-foot cliff, he is."

At the Clinic

Patient : Doctor, You must help me. I keep loosing my temper with people.

Doctor : Tell me about your problem.

Patient: I just did, you stupid fool.

Paper speaks ?

A farmer answered a knock on his door one morning. An electric company worker handed him a piece of paper stating that the electric company would like to run a power line through his pasture. The farmer said, "No."

"Legally, that paper says we can." replied the worker.

As he turned and left returning to his co-workers in the field, the farmer went to his barn and turned his bull into the pasture.

As the bull rumbled toward the workers in the field, the farmer hollered, "Show HIM your paper!"

Mother Quotes

MARY'S MOTHER: "I'm not upset that your lamb followed you to school, Mary, but I would like to know how he got a better grade than you."

MONA LISA'S MOTHER: "After all that money your father and I spent on braces, Mona, that's the biggest smile you can give us?"

JONAH'S MOTHER: "That's a nice story, but now tell me where you've really been for the last three days."

COLUMBUS' MOTHER: "I don't care what you've discovered, Christopher. You still could have written!"

MICHELANGELO'S MOTHER: "Mike, can't you paint on walls like other children? Do you have any idea how hard it is to get that stuff off the ceiling?"



Silver Jubilee Celebrations Of 'The Young At Heart!'

Congratulations and Hats off to Anita, Conrad and the core group members of the Senior Citizens Cell of the Sacred Heart Parish for all the programs organised by them, which generated a feeling of eager anticipation and loads of fun.

All who graced the occasion were witness to the wonder and beauty of the evening. From the way, the compound was cordoned off, to the décor, the mouth-watering snacks, the hearty soup and the delicious dinner. Every detail was attended to with precision and meticulous care.

The brief and yet pertinent PowerPoint presentation of the history of the Senior Citizen Cell from the time of its inception was crisp, clear cut and well done. I am sure it gave some of you a few laughs to see people you recognized on the screen.

All those who have a bit of experience in planning an event on such a scale will know that it is no mean task to get it all together. That's one facet. The other is to keep the timing and ensure that everyone has a good time.

The skit deserves a special mention! Did you know that we have actors of "Oscar" calibre among our Sacred Heart Parishioners? They did their share to keep you in good health providing 'Laughter - the Best Medicine!'

The live wire emcee Conrad needs no introduction but, accolades are due in full measure!

Thanks are also due to the youth and other choir members who helped out at the function and to everyone who helped in more ways than one, especially the guests. Special mention must be made of our beloved Bishop Percival Fernandez, who readily agreed to come and accepted our invitation to be part of our Senior Citizen Celebration. Thanks also are due to Fr. Aniceto Pereira for gracing the occasion with his presence.

All those who came had their spirits lifted and maybe next time we will have more of you, in the senior age group, participating in the senior citizen events and functions.

God bless all the "Young at Heart" who came for practices and rehearsals giving off their time despite aches, pains and other commitments.

Hurrah to our Parish Team and in particular to our Spiritual Director Fr. Valerian!

Kay A. Lobo
Helpers of Jesus, Community No. 14

Advent Recollection

'Bring Christ back into Christmas' was the very appropriate topic for the Advent Recollection organized by the Family Cell and conducted by Fr. Donald D'souza SVD.

Father introduced the topic by telling us how fantasies about Christmas have been created by writers, artists and films, through the ages. He gave us the example of how the novel 'A Christmas Carol' by Charles Dickens, spread the wrong notion of Christmas among the students of his English Literature class.

He conveyed that it is up to us Christians, to communicate the right message about Christmas and went on to 'debunk the Myths of Christmas'.

He mentioned that each of the elements of Christmas had an explanation, for instance, **the Christmas Tree**; Christmas is celebrated during the Winter solstice. During winter, in Europe, all the trees are barren, except the Christmas tree, so this tree stands for a sense of life.

We learnt that the expression 'Merry Christmas' was initiated by the 'pagans' or non-believers, to associate Christmas with making merry, and to draw attention away from Christ. So Father encouraged us to say "Happy Christmas", just like we say, "Happy Birthday", and "Happy New Year".

We were surprised to hear that Santa Claus was created by the secularisation of St. Nicholas, Bishop of Myra and that the marketing strategy of Coca Cola made Santa Claus more popular, publicising their brand colours of red, white and black.

Fr. Donald discussed how Christmas today has been commercialized, with an obsession for gifts and shopping. Gift giving is not wrong, the obsession is the problem. We get busy with shopping, preparing sweets, etc. and forget to prepare ourselves for Christmas.

Christ died and lived again, that He might be Lord both of the dead and of the living." Christ's Ascension into heaven signifies His participation, in His humanity, in God's power and authority. Jesus Christ is Lord: He possesses all power in heaven and on earth. He is "far above all rule and authority and power and dominion", for the Father "has put all things under His feet." Christ is Lord of the cosmos and of history. In Him human history and indeed all creation are "set forth" and transcendently fulfilled.

- Catechism of the Catholic Church, Paragraph 668

Exam Stress: How Can Parents Deal With It

Father expounded on FIVE aspects, to bring Christ back into Christmas:

- 1. Eucharist, Liturgy and Devotion** – We should concentrate on the 'Spiritual' part of Christmas. We have forgotten the 4 chapters of the Gospel of Matthew and Luke that tell us the fascinating story of the birth of Jesus. Let us read these Gospels in our homes and actively participate in the Liturgy.
- 2. Gifts** – Let us give gifts of forgiveness and rectify relationships, as Jesus did. Christmas is the best time to pick up the phone and wish someone with whom our relationship has soured.
- 3. Crib** - Make the Crib the most important of all the decorations and explain the beautiful story of Jesus birth, to the people of other faiths who visit.
- 4. Candle** - Light a candle to represent Christ, the Light of the world.
- 5. Spread the Spirit of Christ** - Not the spirit of Christmas as if it were another ordinary holiday.

At the end a lovely surprise awaited us, the Children's Choral Ensemble performed Christmas Carols, and we all sang along.

We left with the message:

Put Christ back into Christmas, He is the Gift, He is Christ, He is Christmas.

"For God so loved the world that He gave His only Son, so that everyone who believes, may not perish but may have eternal life." (Jn 3:16).

**Zelda Fernandes
Akashdeep, Community No. 15**



Christ is risen, and life reigns. Christ is risen, and not one dead remains in the grave. For Christ, being risen from the dead, is become the first fruits of those who have fallen asleep. To Him be glory and dominion unto ages of ages.

- St. John Chrysostom

It's that time of the year again when both students and parents start to feel the heat of exam pressure. Understanding this predicament, the Family Cell of our Parish organized an Interactive session on how parents can help their children during exams without making them anxious and stressed.

Shalu Mehrotra, Counseling Psychologist from Prafula, conducted an inspiring, thought-provoking session on the 12th of January 2020 for the parents of our Parish. If a child is smiling and happy with whatever s/he is doing, then we as parents are doing a fabulous job. The smile on their faces should matter the most.

A humorous video by standup comedian Amit Tandon on examination stress was presented. The undue pressure that parents put on their children is unbelievable and we could all relate to everything that he said.

There was a substantial, constructive discussion between the parents on the questions put forth.

- What do exams mean to you as parents?
- What do you want for your child in life?
- What creates the anxiety?
- Has anyone here tried to handle that anxiety and how?
- What do you recall about your own exams?

Each parent wanted to air their concerns and apprehensions and all were given a fair chance to express and voice their worries and fears.

The following helpful tips were shared and discussed:

- Constant Encouragement – I love you always
- Help children build a schedule
- Take out time for leisure activities
- Cook something good
- Motivate them to compete with themselves
- Don't compare your children with others
- Review how coaching classes are helping
- There are Career and educational options for all! Make use of them

Rendez-vous Exuberant

The septennial development stages of a child's growth by Rudolf Steiner was also explained:

- The physical from 0-7 years
- The imagination from 7-14 years
- The spirit from 14-21 years.

The first seven years are critical in determining the future wellbeing of children as this is when the foundations are laid for later learning and healthy development, including life-long physical, social, emotional, intellectual, and, spiritual, growth.

As most of the parents felt that social media, TV, and mobile were the biggest distractions, some useful guidelines were given that parents could use:

- Get to know technology.
- Talk to kids about online dangers
- Teach kids about online reputation
- Limit cell phone use and encourage other engaging activities
- Be a good example of how to use Social Media
- Monitor pictures that a child posts online
- Urge your kids to avoid Questionnaires, Free giveaways and contests
- Keep the computer in a central location
- Get to know what your child's habits are

As parents, we want the best for our kids. The parents who attended this program, I am sure, went home lighter and better equipped to handle the stress of the ensuing examinations.

Please watch this space for similar programs conducted periodically by the Family Cell of our Parish.

Joseph Mendonsa
Our Lady of Rosary, Community No. 29

We know that Christ, being raised from the dead, will never die again; death no longer has dominion over Him.

- St. Paul in his letter to the Romans 6 : 9

Jan 12, 2020, dawned bright and clear with eager anticipation for the much-awaited annual get together of the Dominic Savio Community. The evening, which promised to be eventful, began with the Eucharistic celebration. The meaningful homily by Fr. Valerian Fernandes SVD on the feast of the Baptism of our Lord reminded us that we are members of the Church by our Baptism and that we have a responsibility to lead a virtuous life as God's beloved children.

The entertainment part of the evening which plays a crucial role in nurturing and maintaining the community feel then commenced. It was a fun-filled evening with games and quizzes in which all the members participated enthusiastically and competitively. Many of us won prizes for the various activities and the smaller children were thrilled with the special gifts they received. There was an air of happiness and relaxation. The young Emcee for the evening was the vivacious Abigail who needs special mention, for, she made the evening lively and interesting with her eloquence and without her, it would have been lackluster.

Around 55 members of the community were present and many were unable to come probably due to work pressure or other engagements. A few were homebound too. All of them were dearly missed.

The dinner was delicious with mouthwatering snacks which tickled our palates. It was lovely to see men and women of all ages running around, participating and rejoicing in all the games. The DJ played some latest music and we all swayed to our hearts' content. Such community events are a great way to bring everyone together. There was a PowerPoint presentation which showcased every activity in which our Community participated in the previous year and the members who had missed it were made aware of the happenings.

I heard the hymn 'Count your blessings; name them one by one' recently and I realized that belonging to community 17, with its enterprising, humble, loving, enthusiastic, friendly and happy members, was indeed one of the innumerable blessings in my life and I would like to acknowledge it honestly!

The hard work put in by our PPC member, the animators, and the youth, under the able guidance of our Spiritual Director Fr. Valerian Fernandes SVD and spiritual guide Sr. Maria Jacob FDCC was clearly evident. The special invitees who came were Fr. Innocent, Fr. Sunil, Fr. Sundar and Dn. Cyril Edward (now Fr. Cyril) which was endearing and highly appreciated. Everyone was tired but happy at the end of the evening and all were already looking forward to such occasions in the future which would bring many more of us under one roof and are optimistic of a higher turnout next time.

Lekha Fernandes
St. Dominic Savio, Community No. 17

Sacred Heart Junior Choral Ensemble (SHJCE)

“Let the little children come to Me, do not hinder them, for the kingdom of heaven belongs to such as these”-
Matthew 19:14

Keeping this Bible verse in mind, SHJCE was established in 2017 by The Singing Trio of Sharon Pinto, Marian Dsouza and Jayesh George with 10 children and the following 3 “Es” as their guiding principles:

- a. **Enable** children to utilize their talents to come closer to God and proclaim His name to the world
- b. **Empower** children through various experiences to become confident and well-rounded individuals
- c. **Encourage** children to form lasting bonds and friendships with each other thereby taking them away from the evils of modern technological gadgets and gizmos

Enumerated below are the various experiences provided to 76 SHJCE children, belonging to our parish and between the ages of 5-15 years:

December 2019

12th: Put Christ Back Into Christmas: SHJCE sang 6 beautiful carols during the Advent recollection by Fr. Donald SVD. One parishioner commended, “It was wonderful hearing the children sing, it made the recollection so much more meaningful.”

14th: Clergy Home, Bandra: 25 children visited the sick and retired priests, to spread the joy of Christmas and share a snack. It was heartening to see the priests singing loudly and enjoying their interaction with the children. The visit culminated with each member of the group being blessed by the priest’s present.

Concert of Peace: The children witnessed and learned from experienced and international (German) choirs who performed at the Mount Mary’s Basilica.

15th: Snehasadan and L&T Residential Complex: 22 children sang carols at both these locations, allowing them to realize that their talent enables them to spread joy to children all over, no matter their status etc.

22nd and 23rd: Phoenix Mall, Kurla and Chhatrapati Shivaji International Airport (T1 and T2): Children visited and sang in public spaces like the Mall and Airport, enabling people of different religions, backgrounds and nationalities the opportunity to listen, appreciate and experience the joy of Christmas

24th: Carol Singing _Midnight Mass: SHJCE sang 10 carols to regale the parishioners with their melodious voices and herald the birth of our Lord Jesus Christ before the midnight Mass

January 2020

3rd: Christmas Party: The Children after bringing joy to so many, finally got an opportunity to enjoy themselves at a party full of fun, laughter, music, games, dance, prizes and Biryani. Each child left with a Christmas gift and a huge smile on their face.

19th: SCC Rally: 42 children entertained the crowds with songs like ‘We are the world’, wherein 25 children confidently performed solos/duets and a couple of action songs choreographed by Jessica Jayesh

February 2020

9th: Thanksgiving mass and Workshop: SHJCE children with their parents etc., attended a Mass celebrated by Fr. Charles Rodrigues SJ, to enable us all as one family to thank God for His blessings on the ensemble. This was followed by a musical workshop conducted by Joey Mendoza and attended by 45 SHJCE children.

Sharon Pinto
Emmanuel, Community No. 24



The Sacerdotal Ordination of Fr. Cyril Edward SVD

"For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope." (Jeremiah 29:11)

The Sacerdotal Ordination Ceremony of Fr. Cyril Edward SVD was celebrated on Saturday, 18 January 2020 at 5 pm at the Sacred Heart Church Grounds, Andheri East. The theme for the Ordination Liturgy was "Let Thy Will Be Done". Fr. Cyril Edward had been serving in our parish as a deacon since July 2019.

The Mass began with a procession dance and aarti, an Indian cultural symbolism of welcome at the beginning of an auspicious event. Deacon Cyril was escorted to the altar by his mother. Bishop Barthol Barretto, the Auxiliary Bishop of the Archdiocese of Bombay conducted the ordination rites. More than 60 priests, religious brothers and sisters, relatives, friends, well-wishers and parishioners of the Sacred Heart Parish gathered to witness the solemn ordination ceremony. This event was also streamed live on YouTube.

The Rite of the Ordination ceremony included many rituals, rich in meaning and history. Fr. Richard Mathias SVD, the Provincial Superior of India Mumbai Province (INM) of the Society of the Divine Word (SVD), presented Deacon Cyril before the Bishop. In his inspiring homily, Bishop Barthol requested Deacon Cyril to be a person of prayer and to be available always to the people whom he is called to serve. The Litany of the Saints was prayerfully sung by Fr. Cyril D'Souza SVD invoking the intercession of the saints. This was followed by the Rite of Laying of Hands by the Bishop followed by all the priests, before offering the consecratory prayer, addressed to God the Father, invoking the power of the Holy Spirit upon deacon Cyril being ordained.

The newly ordained, Fr. Cyril Edward SVD was vested with the Stole and Chasuble by Fr. Innocent Fernandes SVD, the Parish Priest of Sacred Heart Parish. Then the Bishop anointed his hands with Chrism Oil before presenting him with the Holy Chalice and Paten. Thereafter Fr. Cyril used the same chalice and Paten while joining the Bishop in con-celebrating at the Holy Eucharist.

We congratulate Fr. Cyril Edward SVD joyfully joining with his mother and loved ones, the Society of the Divine Word and the Church, for saying 'Yes' to the Lord's call to be a Divine Word Missionary. We pray that God may bless him and his ministry abundantly so that he may carry out Christ's mission in the world with love, dedication and zeal.

Susan Noronha
Coordinator – Parish Liturgy Team

Love Makes Two Hearts One

"The perfect marriage is just two imperfect people who refuse to give up on each other" -Kate Stewart

Love Makes Two Hearts One was the theme for the Couples' Day Celebration in our Parish, on Sunday 9 Feb 2020, jointly organized by the Family Cell and CFC (Couples for Christ), as part of the 'World Marriage Day'.

Commencing the evening with Holy Mass, Fr. Cajetan Menezes, the invitee Celebrant, strove at every stage of the Eucharistic Celebration to personalize and rekindle the bond between couples, simultaneously reminding them to base their marriage in Christ and His Church. Concluding his Homily with a beautifully scripted poem by a wife to her husband who worked overseas, he reiterated the essence of couples making use of the time they have together when alive rather than waiting to express how you feel when your partner is no longer around.

The evening that followed was a fun-filled one with everyone joining in the merry-making. The comperes for the evening, Charles and Fallan Carvalho led the teams through various games and spot prizes. Sharing their honeymoon story from 30 years ago, the experience of one couple not only merited a prize but a hearty applause and whistles of cheers and appreciation sending all the other couples present, down the 'nostalgia' lane. Amidst some very creative games, we were kept in splits with spontaneous, hilarity that can only be described as ingenious.

The celebration this year took on a different hue with not only couples and a few of their kids but singles too enrolling, thus making the celebration extra special and all-inclusive. It was great to see everyone actually letting their hair down and thoroughly enjoying the evening. We urge more couples of the Parish to participate in this event – celebrated on the occasion of 'World Marriage Day', the second Sunday of February, every year.

Amita Lobo-D'lima
Good Shepherd, Community No. 7

“Death trampled our Lord underfoot, but He in His turn treated death as a highroad for His own feet. He submitted to it, enduring it willingly, because by this means He would be able to destroy death in spite of itself. Death had its own way when our Lord went out from Jerusalem carrying His cross; but when by a loud cry from that cross He summoned the dead from the underworld, death was powerless to prevent it.

- St. Ephrem the Syrian

SCC UPDATE

Training: A Vital Aspect For The SCCs

In deference to Bishop Barthol Barretto's invitation to the Churches in the Archdiocese of Bombay to organise a Parish SCC Rally, we celebrated our togetherness in the Parish, on 19th January 2020, which was attended by 1000+ Laity and Religious. The purpose of the Rally as defined by Bishop Barthol was to motivate the SCCs and families of the Parish, to persevere in their efforts towards making the Parish a reflection of God's Kingdom on earth.

Commencing the Rally with the celebration of the Holy Eucharist, our Chief Guest, Rev. Fr. Felix D'Souza, Parish Priest of St. Anthony's Parish, Vakola and a stalwart of the SCC Movement, strove via his introduction and homily to set the tone for the evening. He reminded the assembly that we are called to be a collaborative Church; to be transformed from a city culture of individualism, superficiality and isolation into communities; caring, sharing and reaching out to all humankind. Touching upon the Rally theme of **'Rooted in Faith, Growing in Love'** he felt that it was apt towards achieving the tenets of the SCC Ministry with Jesus as our role model of **'Servant Leadership'**.

The Rally line-up included a procession of the Area Coordinators bearing the Area colour-coded flag, the PPC members and SCC Coordinators, led by the Parish SCC Coordinators bearing the SCC Flag, in silent solidarity. The compere then invited all to rise while the Parish Anthem was played followed by the lighting of the ceremonial lamp by the team of Fr. Felix D'Souza, our Parish Clergy and the Parish SCC Coordinators.

Addressing the assembly, Fr. Innocent Fernandes SVD, praised and thanked the army of animators for their efforts to keep the SCC Movement alive and vibrant in the Parish. He appealed to all to support the animators in their efforts to form clusters in their respective communities simultaneously reiterating that forming **'Clusters'** is the need of the hour.

The Cultural program that followed comprising a Prayer dance by members of the Couples For Christ, a choral ensemble by the kids ranging from 5 to 16 years, a dance medley by the ladies of the Parish and a thanksgiving hymn by the Konkani choir, brought to the fore a display of talent of people of all age groups in celebratory harmony.

The highlight of the Rally, however, was the Talk Show designed and conducted by our Chief Guest Fr. Felix D'Souza. Seven panelists bared it all, sharing their experiences, challenges and benefits; which was an inspiration in itself.

Fr. Felix concluded the Talk Show with how through the SCCs we can harness talent by involving everyone, the importance of getting involved in civic and political issues, involving the youth in our communities and above all, being passionate about the SCCs.

The evening concluded with the SCC updates and vote of thanks by the Parish SCC Coordinators and a take-away box of refreshments.

Candida Mendoza
Parish SCC Coordinator

We give glory to You, Lord, who raised up Your cross to span the jaws of death like a bridge by which souls might pass from the region of the dead to the land of the living. We give glory to You who put on the body of a single mortal man and made it the source of life for every other mortal man. You are incontestably alive. Your murderers sowed Your living body in the earth as farmers sow grain, but it sprang up and yielded an abundant harvest of men raised from the dead.

- St. Ephrem the Syrian

Employing Your Strengths For Self And Community Development

Are you talented enough to chase your dreams, be successful and be a great leader? The answer is yes – every human being has talents that are just waiting to be discovered. Once discovered utilization of our talents reveal our full potential. All too often, our natural talents go untapped which otherwise could be productively applied.

In any occupation or role, it is helpful to understand and own our **Dominant, Supportive and Lesser Talents**. We must live our lives in consonance with our dominant talents to be successful and happy. The strategy is if you have lesser talents, you must partner with someone who has more talent in the areas you are lacking.

Charles Carvalho, the facilitator of the Workshop organized for the animators on 16th February 2020, vividly explained the Clifton (Gallup) StrengthsFinder Module, with the help of anecdotes, stories, videos and laying parallels to real-life heroes, to better understand, discover and utilize our talents, and the resultant rewards or the consequences thereof. God expects us to apply our skills creatively and wisely to improve ourselves and for the betterment of our communities, parish and the world at large. Talents are not meant to be hidden or buried in the ground but must be deployed and multiplied.

Talents although God-given are not a sufficient condition for excellence. The most successful people start with knowing their natural dominant talents and then adding skills, knowledge and practice to the mix. The end result is the unfolding of the strengths that one possesses. **We must deep-dive into our talents by identifying them (Name It), understand, unlock their power and potential (Claim It) and use the talent (Aim It) to benefit oneself, our families, the SCCs and our Parish.**

He who was also the carpenter's glorious son set up His cross above death's all-consuming jaws, and led the human race into the dwelling place of life. Since a tree had brought about the downfall of mankind, it was upon a tree that mankind crossed over to the realm of life. Bitter was the branch that had once been grafted upon that ancient tree, but sweet the young shoot that has now been grafted in, the shoot in which we are meant to recognize the Lord whom no creature can resist.

- St. Ephrem the Syrian

At times we lose our focus. For instance, when we held our newborn babies for the first time we praised God and appreciated the beauty, innocence and uniqueness of God's creation, however in their growing years, we got involved with unnecessary competitiveness and the percentage system of achievement, thereby comparing our children with others and harping more on their weaknesses instead of their strengths, thus unnecessarily demoralizing them. What a beautiful world it would be if we just understood our dominant talents and nurtured them while simultaneously appreciating the talents of others and partnering with them instead.

Kudos to Charles Carvalho, our facilitator, for an interesting and introspective morning helping us to understand the nuances of the Gallup StrengthsFinder, as a precursor to understanding ourselves and our full potential! Special thanks to Fr. Innocent Fernandes SVD for always encouraging us to attend training programs. No wonder Sacred Heart Parish is so vibrant. Thanks to the duo project team of Candy and Jessie – any project that you handle will always be a success with your diligent, meticulous planning and execution.

So parishioners, what are you waiting for??? Unravel your talents – **Name it, Claim It and Aim it.**

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

Christ conquered the devil using the same means and the same weapons that the devil used to win. Let me tell you how this occurred. The symbols of our fall were a virgin, a tree and death. The virgin was Eve; then there was the tree; and death was Adam's penalty. And again these three tokens of our destruction, the virgin, the tree, and death became the tokens of our victory. Instead of Eve there was Mary; instead of the tree of knowledge of good and evil, the wood of the cross; instead of Adam's death, the death of Christ. Do you see, then, that the devil was defeated by the very means he used to conquer?

- St. John Chrysostom



When the Young met the Elderly

Confirmed and Initiated in Christ

"We should love our parents always. Sometimes we are so busy growing up that we forget that they are also growing old"

An optional visit to the Home for the Aged was arranged for the Confirmation candidates to learn and practice compassion towards the elderly. A few of us spent sometime in the evening at the Home for the Aged on 30th November 2019. The visit commenced with adoration before the Blessed Sacrament and thereafter we recited a Rosary with the elderly.

Sr. Agnes, of the Little Sisters of the Poor Congregation, who run this institution, explained in brief their mission, vision and values in serving the needy elderly. We were also enlightened on the consequences of the choices we make in life which will eventually determine how we would care for our ageing loved ones. The interactive session made us realize and appreciate the noble work undertaken by these Sisters who not only offer the elderly, irrespective of caste or creed, a home where they are cared for as family but also the dignity and value entitled to every individual.

We were then led to the dining area, where we interacted with some of the aged, who warmly expressed their love and concern as they spoke to us, by holding our hands and bestowing their blessings on us.

We were encouraged to share our special days of celebration, like birthdays or anniversaries, by donating some funds to the home and were also assured of their prayers

A testimony of the powerful power of prayer was narrated to us. When the home was struggling severely with certain issues, they began praying seven Memorare's on a daily basis and within two months, the difficult matter was resolved.

We left the home praying sincerely that while the Sisters continue to spread the love of Christ through their work, the elderly who stay there are blessed abundantly. We look forward to visiting the home again to relive this wonderful experience.

**Karen Castelino,
Apostles of Christ, Community No. 12
Confirmand - Year 2019**

June 9, 2019, Holy Pentecost Sunday was the day on which we began a special journey - a journey towards a deeper understanding of our faith, a journey to complete our baptismal grace, a journey on the path of being confirmed messengers of the Lord! Over the course of six months, the catechists undertook the tedious task of enhancing our knowledge of the Biblical texts, the celebrations, functionality of the Church, Sacraments and above all, our duties as confirmed Christians. As we learnt through a series of interactive sessions, games, quizzes and case studies, we grew closer in our relationship with the Holy Trinity.

We had special Eucharistic celebrations for the Rite of Acceptance, the Rite of Presentation of the Lord's Prayer and the Rite of Presentation of the Creed. During these special celebrations, our parents and prayer guardians were also invited. Our animators met with our parents and also conducted house visits to keep our parents updated of our progress.

We were privileged to have a two-day retreat conducted on 26 and 27 October 2019 by 'Jesus The Real Vine' Prayer Group. It was indeed a wake-up call of faith for all of us. The talks were highly inspirational and motivated us to strengthen our faith. The healing sessions truly touched us profoundly, acting as a catalyst to root us deeper in our faith.

We also visited the St. Pius X Seminary, Goregaon for a study cum exposure tour and some of us also visited the Home for the Aged.

Deacon Ivan presented an inspirational talk on the struggles faced by teenagers to which many of us could relate and be enlightened.

...just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.

- St. Paul in his letter to the Romans 6 : 4





**YOUTH FULLY
A L I V E**

Heart to Heart Liga 2K20

December 1 was the day of our confessions, we received practical guidance on how to make a good and holy confession, surrendering all our iniquities to our ever-forgiving heavenly father.

Finally, the long-awaited day dawned on December 8 and the Holy Sacrament of Confirmation was bestowed on us by His Lordship, Bishop Percival Fernandes. The walls of the Church resonated with the sound of the glorious hymns as the presence of the Holy Spirit encompassed us in a special way during the Anointing with Chrism service. The Homily was powerful, apt and thought-provoking. His Lordship mentioned that it is our flaws that identify us and that we must learn to improve upon them to the best of our abilities, knowing that some of them will no doubt stick to us for a long time. At the close of the Eucharistic celebration, the newly confirmed youth assembled in the Community Centre, where we received certificates from His Lordship and took pictures to preserve the memory of the day.

We are filled with gratitude for all the people who have helped us make this big leap of faith seem like a simple step. We extend a very special thank you to the Parish Clergy Team and the Confirmation Team who worked selflessly to transform us, making us better Christians not just in actions but more importantly spiritually.

**Divinia D'souza,
St. Theresa of Child Jesus, Community No.10
Confirmand Year 2019**



Heart to Heart Liga 2K20, the Rink Football Tournament, was held on our parish grounds from 21st to 24th January, 2020. The inclusion of area-wise Girl's teams was the highlight of this year's tournament. 20 boy's teams and 4 girl's teams competed in the Tournament for the Championship trophy. On 21st January, Fr. Innocent Fernandes SVD, our Parish Priest did the honours of declaring the Tournament open. Soon after, all 24 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 each group would make it to the Quarter Finals, hence, every team was encouraged to give their best shot, irrespective of whom they were up against. On 23rd Jan, after all the matches between groups were played, the qualifying teams were:

Group A – Community No. 21 and Community No. 4

Group B – Community No. 28 and Community No. 27

Group C – Community No. 30 and Community No. 29

Group D – Community No. 1 and Community No. 12

The playoffs between these 8 teams decided the semi-final line ups. 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. 28, No. 27, No. 4 and No. 30. The Quarter Finals and Semi-Finals were held on 24th January. The finalists to emerge from the playoffs were Community No. 4 and Community No. 30. We had 4 Girls teams, Area 1-2-6, Area 3, Area 2-4-5 and Area 7, areas had to be merged which was a much-needed step to ensure the participation of the girl's teams in the tournament. The finalists were Area 3 and Area 2-4-5. The finals for the girl's tournament was a very close game, but Area 2-4-5 managed to win and Area 3 was declared as the runners up. The two Exhibition matches held, turned out to be matches of skill, enthusiasm, talent and hard work. In the finals Community No. 4 emerged as ultimate winners, it

was a close game and a game well played, with Community No.30 being declared runners up. The event officially came to an end with the Presentation Ceremony.

The special category awards were as follows:

Best Captain (Boys): Felix Fernandes

Best Captain (Girls): Kimberley Nazareth

Best Player (Boys): Orville Dsouza

Best Player (Girls): Thia Nazareth

Fair Play (Girls): Areas 1-2-6

Fair Play (Boys): Community 22

The tournament was a huge success due to the encouragement of the Clergy team, Fr. Magimai Sundar SVD our Spiritual Director, the PYAT members and the fantastic participation of the parishioners.

Alston Quadros

PYC Member, Sacred Heart, Community 32 - Area 3

Many People Can Communicate But Only A Few Can Connect.

The Parish Youth Council in collaboration with the PYAT and the Clergy team organised a Public Speaking workshop on 17 November 2019 which was attended by 43 youth of our parish. The workshop was opened with a prayer by Fr. Sundar SVD followed by the introduction of the speaker for the day, Stalin Mathias, an ex-PYC and a youth who has represented our parish on various platforms. He started off with a personal anecdote of how he overcame his fear of public speaking.

The topics covered were:

- *How do you fight nervousness?
- *How to prepare for a speech / presentation?
- *How can I become an effective speaker in spontaneous situations?
- *Voice effectiveness
- *Body language whilst Public Speaking
- *How can I build my connection with the audience?

The workshop included an array of activities in sync with the topics covered during the workshop, which were easy to do, fun, unique and interesting but most importantly, it made people speak which was the essence of the workshop. We were shown a video from Toastmaster International. After which we were divided into groups of 3. Each group had to discuss the pros and cons of the speaker in the video, taking into account the speaker's body language, voice modulation, tonality etc.

A: Hey, here's a gift for you.

B: An empty box??

A: Ya, it represents your empty life.

The gifting activity got its share of creative, witty and spontaneous answers. This activity involved the giving of spontaneous replies by both partners, thus touching upon spontaneity. Many such activities ultimately got us into the realm of public speaking.

Before lunch, we were informed about the final activity of the day which was to speak for a minute or more, on a topic of our choice. Everyone had to prepare during the break and an additional 10 minutes was given post-lunch. With a variety of topics to choose from and no prior idea that we'd have to speak in front of everyone, almost every youth was left perplexed. However, as surprising as it may sound, this turned out to be the best part of the workshop because what followed astounded everyone.

The youth spoke on a variety of topics including their life experiences, travelling in Mumbai locals, their personal struggles of stuttering etc, the places they volunteered, about encouraging introverts, projecting one's real self, etc. The youth did not mind being vulnerable sharing their experiences which helped to inspire others. The atmosphere was charged with motivation and appreciation as every speaker was applauded heartily. A few decided to go impromptu. Some had the jitters, but they wanted to take this opportunity and gather the courage to speak in public because the smile that followed that was worth the try.

To sum up, the entire four-hour workshop made the audience step out of their comfort zone and for a change, 'think WITHIN the box'.

Candice Rodrigues

NYG member, Good Samaritan, Community No. 18 - Area 4

The Light Shines In The Darkness

Christmas is a lot more than just gifts, sweets or stockings. It is a holy time of preparation to celebrate the birth of our Lord Jesus Christ and invites us to reflect on the most important issues in life, especially escaping the darkness of ignorance and arriving at the light of new understanding and possibility.

To spread the Christmas cheer through and in all our communities, the PYC with the guidance of the PYAT and Clergy team organised the Christmas float on 22 December 2019.

The float was adorned with bright Christmassy colours, lights, decorations and ready to greet the parishioners immediately after the 4:15 pm Mass. The highlight however, was the live crib depicting the Nativity story that transported us back to 2000 years. The choir members sang a wonderful array of carols which resonated through the entire Church grounds. At 5:30 pm the float embarked on its journey through the 12 stops around the parish spreading the hope and joy of Christmas. The float was greeted with great zeal by the community members at every stop. The energy and the enthusiasm that flowed through the entire float were amazing.

Santa Claus who accompanied the float was one of our PYC members who was a perfect fit for the role, giving away sweets and greeting the countless number of children that flocked around the float. Fr. Valerian Fernandes SVD, Fr. Sundar SVD and Dn. Cyril SVD onboard the float interacted with the parishioners and gave a warm Christmas message. At some of the stops, community members distributed cakes and sweets which added to the festive feeling. A large number of parishioners walked with immense joy and happiness along with the float through the entire route. Despite the time and distance involved in walking with the float, it was a warm and happy journey which will be etched in our memories forever.

This was an enriching way to bid the year good-bye, by announcing and celebrating the birth of our Lord Jesus. Everyone worked hard, with purpose and made every effort to make the float a memorable experience for all. It was truly an amazing experience all of us who were involved as well as for those who walked the entire route to join the float and witnessed the true spirit and happiness of Christmas, that evening!

We would like to thank the team of Ushers for accompanying the float and facilitating a smooth movement.

Christmas is tenderness for past, courage for present and hope for the future.

Valentina Pinto
PYC Member, Shantidaan, Community No. 23 - Area 7

We Can Do Small Things With Great Love

Saint Teresa of Calcutta also known as Mother Teresa once said, "Not all of us can do great things, but we can do small things with great love". She was a living embodiment of compassion towards the poor, destitute and forsaken. Abiding by these words of Mother Teresa and with a firm will to make a difference in the world we live in, we, the youth of Sacred Heart embarked on a mission to reach out to the children living in the slums of Baman Pada, Mumbai. For this, we planned a one-day fun-filled event for the kids at Bharat Van Municipal Garden, Mumbai.

A task like this initially seemed ambitious, but the energy and enthusiasm exhibited by the youth towards the cause helped us successfully plan and execute the Community Social Responsibility (CSR) activity for the kids.

We began planning a month in advance and were lucky to have the support of the sisters of Asha Sadan Social Centre, Society of St. Ursula, who help empower, support and educate the underprivileged children of Baman Pada. After much debate and discussion, we chose the activities that we would organize for the kids.

When the day came for our CSR initiative, we were all prepared with gifts, eats and enthusiasm to make it a memorable day for the kids. The day was filled with laughter, a burst of surprise talent(s), a couple of activities and a fellowship meal. We also had a chance to visit the slums where the kids live. This enabled us to realize how privileged we are and also to realize all the things that we take for granted in life. We saw from our youth the emergence of leadership skills, compassion, and a lot of will-power, to effectively manage the kids through the activities that we conducted. We ended the day by giving the children gift hampers and sweets.

This initiative became a reality due to the generous contribution of old newspapers and toys by our parishioners, collected during the 'The Annual Paper Drive' which the youth of our parish conducted prior to the CSR event.

The team that helped organize the CSR event for 70 children comprised of Fr. Sundar SVD, sisters and teachers of Asha Sadan Social Centre, 5 animators and 32 youth. For us the organizing team it was an overwhelming experience, as we were exposed to the lives of these children and the environment they live in. The best part of the experience was the happiness we all experienced in seeing the faces of these children which made the whole initiative a memorable one to remember.

We definitely cannot compare ourselves to Mother Theresa, but we can imbibe her teachings and manage to do small things in an extraordinary way.

Nicholas D'Souza
PYC Member, Community No. 25 - Pavana Atma, Area 6

Fun Cricket 2K20

Fun Cricket 2K20 was organized by the Parish Youth Council (PYC) in collaboration with the Parish Youth Animators Team (PYAT) from 19-23 February 2020. A month of preparations preceded this much-awaited event. The theme of the event this time was "Batman - Everything's impossible until somebody does it", hence the target boards, photo booth etc. were designed in keeping with the theme. It was 5 days of fun, suspense, excitement, sportsmanship and enthusiasm. This year the response was overwhelming and 24 communities participated.

The opening ceremony on the first day began with a prayer, pledge of sportsmanship by the captains of all the participating teams followed by the singing of the Parish Anthem. The games were then formally declared opening by our Parish Priest, Fr. Innocent Fernandes SVD. Then each of the captains signed a bat cut out and stuck it on the official banner. The hard work and dedication of the youth ensured that order and discipline were maintained throughout the duration of every match. Scores were displayed live with the active coordination of the umpires and the technical team for every match which lasted approximately 25 minutes. Each team had 6 players with a minimum of 2 female players compulsorily. Each match had 4 overs per inning with the first over having the benefit of woman's immunity. The bowling team could also take a Fun Over at any point in the match during which all the runs scored would be doubled. The 50 runs, 36 runs and the 12 runs target boards were the major highlights of every match.

The Fifth and Final day of Fun Cricket was the longest and the most eventful day with the quarter-finals, semi-finals and finals all lined up. As a precursor to the finals the PYC members put up an amazing dance performance which was followed by an exhibition match between the Clergy team and the PYC members. Before the commencement of the finals, both the teams were invited into the quadrangle followed by the singing of the National Anthem. The final match was played between community 21 and community 1. The match kept everyone on the edge of their seat. Finally, Community 1 emerged as the winners of the tournament.

“Death slew Him by means of the body which He had assumed, but that same body proved to be the weapon with which He conquered death. Concealed beneath the cloak of His manhood, His godhead engaged death in combat; but in slaying our Lord, death itself was slain. It was able to kill natural human life, but was itself killed by the life that is above the nature of man.

- St. Ephrem the Syrian

The closing ceremony was followed by a vote of thanks led by one of the Youth from the organising team. The Winning Team was Immaculate Conception-Community no.01 and the Runners-Up was St. Paul's - Community No. 21. Special Trophies were awarded to the Best Player (Female) - Sharanya D'Sa, Best Female Bowler - Madhuri D'Souza, Best Player (Male) - Prakash Nazareth and Best Male Bowler - Vernon Rosario.

Fun Cricket 2K20, was a great success considering that the turnout was a fantastic 24 communities that participated this year. We would like to thank the Clergy team for their support and all the parishioners for their enthusiastic participation.

Arnold Kiro
PYC Member, Genesis, Community
No. 35 - Area 7

“Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us.

- St. Paul in his letter to the Romans 8 : 34

PREVENTIVE CARE IN DENTISTRY

Preventive dentistry is the practice of caring for your teeth to keep them healthy.

This helps to avoid cavities, gum disease, enamel wear and more.

Do you look forward to a visit to the dentist? What kind of image does it conjure up in your mind? FEAR. ...DRILLING....PAIN.... ANXIETY.....?

Most of us do not look forward to a visit to the dentist. Therefore PREVENTION IS BETTER THAN CURE especially when it comes to dentistry.

Is it 'lack of Awareness' or 'just simple fear' of pain that makes the dentist or the dental treatment a matter to be dreaded or avoided as far as possible for many?

Every morning a dentist wakes up to emergency calls from patients who have been in pain the entire night. Sometimes the cause is a chipped tooth or symptoms which have become so unbearable that they compel the patient to visit the clinic for relief.

Newer techniques, better equipment and increased knowledge have assisted in the advancement of dentistry by leaps and bounds and are almost, if not completely painless today.

Oral care starts at the moment the deciduous or baby teeth erupt. Friendly visits to the dentist when the child is NOT in PAIN is important just for a routine check-up and in order to familiarise the child to the clinic.

How can one prevent tooth decay and gum disease?

FOR CHILDREN:

BRUSHING and cleaning the teeth should be started as soon as teeth erupt or as soon as they are seen in the oral cavity. Soft brushes and very little toothpaste should be used to clean the teeth.

FOOD HABITS:

- Encourage the child to brush twice a day. Brushing the teeth at night is a must and this habit should be cultivated at a young age.
- Minimise the consumption of soft, sweet sticky and powdery food like wafers and biscuits besides sweets and chocolates. Encourage rinsing and brushing or ending the meal with foods like apples or carrots that will help pick up remnants of the sticky food.

FLUORIDES: Fluoride is known to prevent tooth decay.

Fluoridated toothpastes are recommended only after the child has learnt to spit out the toothpaste. Fluoride application at the dental clinic (in the form of paint on fluoride varnish applied and kept for a minute before it is washed off) is also advised to prevent caries or tooth decay. Such treatments are repeated at age 6, 9 and 12 when the permanent teeth erupt.

PIT AND FISSURE SEALANTS: All the molars have grooves or pits on their surfaces where food particles collect and remain for prolonged periods of time. These grooves are filled or sealed with pit and fissure sealants when the permanent teeth erupt at age 6, so as to prevent decay.

VISIT YOUR DENTIST every 6 months: Your dentist can identify very tiny cavities and fill them before they get deeper. This treatment prevents the child or an adult from experiencing the much-dreaded toothache or from having to undergo long and expensive treatments in future.

FOR ADULTS:

SCALING OR ORAL PROPHYLAXIS: Cleaning your teeth is recommended every six months to keep your gums healthy and prevent bleeding from gums. The gums (gingiva) are the foundation of your tooth. If the gums are healthy your teeth will remain strong.

BRUSHING twice a day for not more than 2 to 3 minutes with a medium-short head toothbrush.

FLOSSING every night to remove food particles stuck between the teeth where the brush does not reach.

In conclusion:

- Eat right: Incorporate fruits like apples pears and carrots in your diet
- Limit soft sticky powdery food
- Brush twice a day
- Use fluoridated toothpastes
- Get fluoride treatments and pit and fissure sealants done in your child's teeth for prevention
- And most importantly go for your dental check-up every six months

Remember a stitch in time saves nine!

Prevention results in a happy relaxed patient and a happy dentist too. KEEP SMILING.

Dr. Giselle Paes
Dentist

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

BAPTIZED IN CHRIST



Samaira Govind	D/o	Mrs. Natasha Govind	1-Dec-19
Janice Mascarenhas	D/o	Vincent & Saloni Mascarenhas	8-Dec-19
Aryan Sachin Bhalerao	S/o	Sachin A & Varsha Bhalerao	15-Dec-19
Nathaniel Valentine D'souza	S/o	Valentine & Alisha D'souza	22-Dec-19
Zevadiah Rebecca D'souza	D/o	Rocky & Crissy Dsouza	12-Jan-20
Caleb Casteleno	S/o	Leevence & Canis Cibil Castelino	9-Feb-20
Ethan Rodrigues	S/o	Santosh Savio & Sapna Rodrigues	9-Feb-20
Christina Andrea D'souza	D/o	Ashwin & Nicola D'souza	16-Feb-20
Mikhyle D'souza	S/o	Vincent Paul & Diana D'souza	23-Feb-20

RESTING IN CHRIST



Anglose Simenti	87 Years	14/8, Primerose, Sher-E-Punjab	11-Nov-19
Kewlian Sio	85 Years	28b/24 Takshila Chsl	1-Dec-19
Sera D'souza	89 Years	A/15, Gracias Co. Op. Hsg. Society	4-Dec-19
Lilly John	71 Years	Room No.22, Mamta Kutir	5-Dec-19
Maria Fernandes	81 Years	503/G-1, Trans Residency	11-Dec-19
Ophilda Trididad	79 Years	C-501, RNA Heights	14-Dec-19
Lucas Furtado	72 Years	101/Gopal Kunj Chsl, Plot No.59 Sher-E-Punjab	15-Dec-19
Magdalene Sonavane	87 Years	A/4, Jai Gurudev Chsl	2-Jan-20
Prabir Kumar Dutta	57 Years	8, Chandoor, Plot No.223, Sher-E-Punjab	15-Jan-20
Maurice Correa	82 Years	B/32, Kanti Welfare	24-Jan-20
Peter Francis	94 Years	5th Vijay Cottage, Pump House	14-Feb-20
Amala Thomas Lazarus	73 Years	Room No - 83, Chawl 11, MC Road	24-Feb-20
Magdelene D'souza	72 Years	Canossa Convent	29-Feb-20
Danial Alice Fernades	80 Years	Plot No.42, Jacinta Bunglow, Sher-E-Punjab	15-Mar-20

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

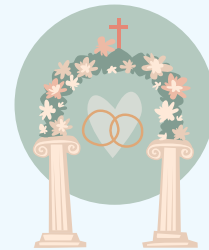


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From the Parish Register

Lincoln Ladislaus Coutto	To	Cheryl Lobo	23-Nov-19
Selwyn Rudolf Sutari	To	Patricia Pinto	24-Nov-19
Glan Jenna Pereira	To	Priyanka Gonsalves	28-Nov-19
Valantan Xavier Rodrigues	To	Steffi D'souza	30-Nov-19
Kresley Kimberley Gonsalves	To	Melissa Fernandes	30-Nov-19
Amol Vinay Gaitonde	To	Linda Fernandes	1-Dec-19
Anand Sivaram Iyer	To	Priyanka Nadia Fernandes	1-Dec-19
Vicky Akkara	To	Vidya Jaggli	7-Dec-19
Edsel D'lima	To	Amita Marina Lobo	7-Dec-19
Aaron Omar Coutinho	To	Saili Vidwans	7-Dec-19
Randell D'souza	To	Renita Fernandes	8-Dec-19
Simon Rodrigues	To	Diana Fernandes	13-Dec-19
Lloyd Pascoal Fernandes	To	Marie Merlin D'souza	14-Dec-19
Worrell Richard Lewis	To	Steffie Braganza	14-Dec-19
Saurabh Bhujanga Shetty	To	Marishka Flocida D'souza	15-Dec-19
Leroy Lobo	To	Nikita Andrea Pereira	15-Dec-19
Jarvis Manuel Fernandes	To	Viola Fernandes	21-Dec-19
Brandon Aldrin Mario Lopes	To	Michelle Fernandes	21-Dec-19
Bradley Alexander Fernandes	To	Ann Conceicao Fernandes	22-Dec-19
Hadrain D'souza	To	Veslita Pereira	22-Dec-19
Ridge Alister Rego	To	Nerissa Joeliza Fernandes	26-Dec-19
Raymond Steven Barnes	To	Snehlata Kureel	26-Dec-19
Nashwin Varghese Thomas	To	Janice Alisha D'souza	26-Dec-19
Lijesh Mohan Nambiar	To	Alita Alvares	27-Dec-19
Leon Manuel Silveira	To	Sharron Marie Fernz	27-Dec-19
Divyesh Alec Correa	To	Alisha Pereira	28-Dec-19
Savio Xavier Marquis	To	Nicolette Anastasia D'souza	28-Dec-19
Sundar Pan	To	Christina Kuruthukulangara	28-Dec-19
Steven Samuel	To	Jenifer Kevin Rodrigues	29-Dec-19
Steven Saldanha	To	Sharon Agnes D'silva	29-Dec-19
Craig Michael Gregoryrasquinha	To	Zytle Blanca Da Costa Correia	30-Dec-19
Rixon Tobias Monteiro	To	Lumina D'souza	1-Jan-20
Melban Watson Mascarenhas	To	Seoula Monis	3-Jan-20
Newton Bento D'sa	To	Joyce Jennifer Rodrigues	8-Feb-20
Aashish Eusibius Passanha	To	Senalda Liza D'sa	4-Jan-20
Rayan Rodrigues	To	Reena Lobo	5-Jan-20
Allen Kenny Sabhee MCGhee	To	Glenda Inez Pereira	6-Jan-20
Daniel Pinto	To	Stella Fernandes	11-Jan-20
Aditya Sharma	To	Vallerine Winnie Mascarenhas	11-Jan-20
Mark Anthony Fernandes	To	Tresida D'souza	12-Jan-20
Gilroy Aranha	To	Sheeba Joshua	18-Jan-20
Jeffery Chettiar	To	Rosita Jadhav	19-Jan-20
Harsh Nilesh Shah	To	Michelle Shannon Mascarenhas	25-Jan-20
Erick D'souza	To	Bincy Johny	25-Jan-20
Edwin Saju Joseph	To	Reena Bryce Alva	1-Feb-20
Roystan Gomes	To	Loritha Zenitha Lobo	2-Feb-20
Kevin Pinto	To	Rosita Dias	14-Feb-20
Clyde Jude Mascarenhas	To	Hariyali Vijaykumar Brahmhatt	16-Feb-20
Joy Brayen Lobo	To	Claret Crisal Noronha	22-Feb-20
Sudhin Nambiar	To	Tatiana Perpetual D'souza	22-Feb-20
Vivek Ganesh	To	Liberina Rodrigues	23-Feb-20

UNITED
IN CHRIST



Saint Oscar Romero (Bishop & Martyr)

Feast Day: March 24

Patron Saint: Christian Communicators & Persecuted Christians

Saint Oscar Arnulfo Romero was born in El Salvador on 15th August 1917 into a family of eight children. His father wanted him to become a carpenter, but Oscar was determined to become a priest. He entered the seminary when he was fourteen and was ordained a priest when he was 25.

In 1970, he became Auxiliary Bishop and in 1974 the Bishop of Santiago de Maria. He recognized the power of radio to reach people and his Sunday sermons were broadcast to peasant farmers who believed they were unwelcome in the Churches because of the then prevailing socio-economic inequality. Learning that children were dying because their parents could not pay for simple medicines, he began using the resources of the Diocese and his own personal resources to help them.

In 1977, Romero became Archbishop of San Salvador, the capital city. He was then described as a conservative. He was uncomfortable with social action that challenged political leaders. Just three weeks later, his friend, Fr. Rutilio Grande, a Jesuit priest was murdered while speaking out for the poor. This deeply affected Romero, because it opened his eyes to the desperate measures the government was taking to ensure its total control.

He felt called by God to continue his friend's mission and defend the poor. He gave a heartfelt sermon praising Grande's life and mission and demanded justice for all people. As Romero continued his campaign, more and more priests and lay people were murdered for this cause, and with each additional death, Romero's protest grew louder. He refused to let the deaths of these people be in vain. Thousands of people began to go missing. Romero demanded that the President of El Salvador thoroughly investigate the killings, but he failed to do so.

His weekly radio sermons, broadcast throughout the country, were regarded by many as the most trustworthy source of news

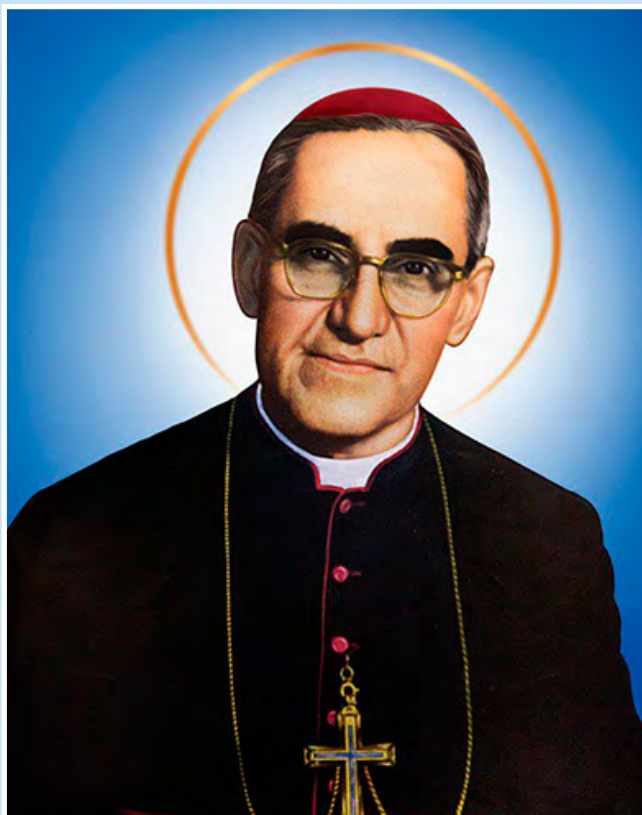
available. In his actions and words, Oscar demanded a peace that could only be found by ensuring people had access to basic needs and their rights upheld. He raised awareness globally about the people in his country who had been killed or having just "disappeared". In 1979, the number of people being killed rose to more than 3000 per month.

Oscar Romero had nothing left to offer his people except faith and hope. He continued to use the radio broadcast of his Sunday sermons to tell people what was happening throughout the country, to talk about the role of the Church and to offer his listeners hope that they would not suffer and die in vain. As the government continued its slaughters, Romero took measures to help the poor in any way possible. The seminary in San Salvador was opened to the public on Easter Monday 1978 as a refuge from the violence in the city. Romero also stopped construction of the cathedral, saying, "When the war is over and the hungry are fed then we can resume building our cathedral." These acts were unprecedented and directly defied the government, showing that Romero would not yield to their demands over the will of God.

In his radio broadcast of March 23 1982, after reporting the previous week's deaths and disappearances, Romero began to speak directly to soldiers and policemen: "I beg you, I implore you, I order you... in the name of God, stop the repression!" The next day while celebrating Mass, he was shot in the heart by a paid assassin.

Only moments before his death, Romero spoke these prophetic words: "Those who surrender to the service of the poor through love of Christ will live like the grain of wheat that dies... The harvest comes because of the grain that dies." His funeral was the largest in the history of El Salvador.

Through his noble actions, Oscar Romero inspired the world to do better, to help those who need it, and to stand up for their beliefs in what they know is right, no matter what the cost. Pope Francis canonized him on 14th October 2018.



PARISH VISION MISSION STATEMENT

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

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Silver Jubilee of Senior Citizen Cell



Silver Jubilee of Senior Citizen Cell



Public Speaking Workshop



Community Social Responsibility



Animators Training Workshop



Talk Show conducted by Fr. Felix D'souza - SCC Rally



Sacred Heart Junior Choral Ensemble at the Phoenix Mall



Confirmands Renewing The Baptismal Promises