

Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

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**Mary,
Mother of Hope,
Teach us to
trust God!**



FROM THE PASTOR'S DESK

My dear Parishioners,

Loving greetings to you all!

Every mother has a vital role to play in the life of her child. While on this earth, we human beings develop and foster many affectionate relationships. But nothing compares to the relationship between a mother and her child.

St. Augustine says, *"If I am the child of God, it is because of the mother that Thou gave me"*. It is said of Winston Churchill, the prime minister of England that he returned a list, given to him of the people who had been his teachers, with a single comment. *"You have omitted the greatest of my teachers – my mother"*. These statements highlight the fact that mothers play the first, the most vital and best role in our lives.

When we contemplate spiritual or heavenly motherhood, immediately our whole attention turns towards Mary, the Mother of God and mother of us all. Everyone approaches Mary in their own special way. Many devotees flock to the shrines of Mary, on the occasion of her Nativity, to plead her intercession not only for their material and earthly necessities but also for their spiritual needs. Mary is a role model for us, because in the difficult and trying situations of her life, she adhered fully, humbly and responsibly to the will of God; thus, she is the first and most perfect follower of Christ, her Son. She teaches us how to faithfully obey God, how to withhold absolutely nothing from the love of God and how to dispose ourselves to be the recipients of His Grace.

Today, our dignity as sons and daughters of Mary imposes an obligation on us to imitate her in her devotion and complete surrender to God. God calls each of us individually to unique responsibilities. Only through continued openness and fidelity to God in prayer will we be able to do His will. When we are perplexed, confused, reluctant and uncertain, then we must seek God's guidance and place all our trust and hope in God as Mary did.

On the occasion of the birth of our Mother, let us approach her as loving children, seeking her motherly blessing to be able to fulfil God's will always in our lives.

Mama Mary, you are our model, you are our heavenly mother and our refuge and help. **A VERY HAPPY BIRTHDAY TO YOU DEAREST MOTHER!**

Along with my brother priests of the parish clergy team, **I wish you all a Very Happy And Meaningful Feast of the Nativity of Our Lady.**

Praying for you all dear parishioners!

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

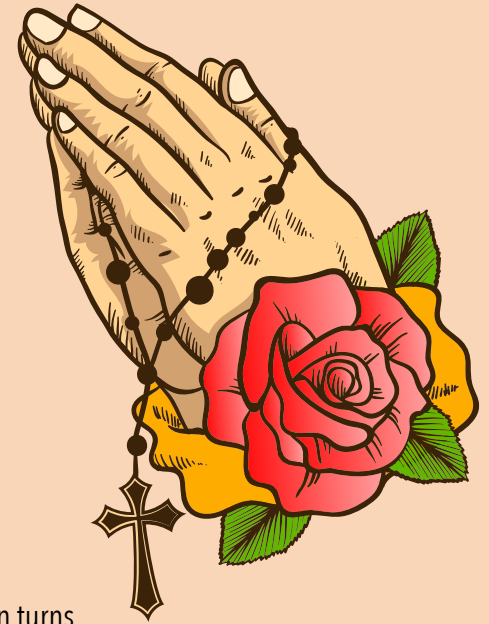
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MARY, MOTHER OF HOPE, TEACH US TO TRUST GOD!

We encounter Mary for the first time in the Gospel of Matthew in the context of the genealogy of Jesus. *“Jacob the father of Joseph, the husband of Mary, and Mary was the mother of Jesus who is called the Messiah.” (Matthew 1:16)*. Here Mary is shown as the wife of Joseph and Mother of Jesus. Hence, she is a wife and Mother of Jesus. She has a double role to play. It is Luke who gives us more details about Mary in his infancy narratives. In Luke chapter 1: 26-38 we shall look at the vocation of Mary in the words of Scripture in the following pattern.

1. God Invites Mary: In the sixth month of Elizabeth’s pregnancy, God sent the angel Gabriel to Nazareth, a town in Galilee, to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin’s name was Mary. The

angel went to her and said, *“Greetings, you who are highly favoured! The Lord is with you.”*

- 2. Mary’s response in fear:** Mary was greatly troubled at his words and wondered what kind of greeting this might be.
- 3. Assurance by Angel Gabriel:** But the angel said to her, *“Do not be afraid, Mary; you have found favour with God. You will conceive and give birth to a son, and you are to call Him Jesus. He will be great and will be called the Son of the Most High. The Lord God will give Him the throne of His father David, and He will reign over Jacob’s descendants forever; His kingdom will never end.”*

4. Clarification by Mary: *“How will this be,”* Mary asked the angel, *“since I am a virgin?”*

5. Second assurance by angel Gabriel: The angel answered, *“The Holy Spirit will come on you, and the power of the Most High will overshadow you. So, the holy one to be born will be called the Son of God.”*

6. A sign given by Angel Gabriel to Mary: *“Even Elizabeth your relative is going to have a child in her old age, and she who was said to be unable to conceive is in her sixth month. For no word from God will ever fail.”*

7. Mary surrenders in faith and trust: *“I am the Lord’s servant,”* Mary answered. *“May your word to me be fulfilled.”* Then the angel left her.



From the careful reflection of the above, the Annunciation story, we know that Mary was just like you and me, not knowing what was happening to her when God sent angel Gabriel announcing the **Mission** to Mary to be the mother of Jesus. Mary trusted in God in faith and surrendered herself to the will of God. You and I always go through these 7 steps in our own lives as followers of the Lord. We fear, we doubt, we question God and even we challenge God, we ask many times "Why is this happening to me at this time of my life, etc.? Our God always assures and accompanies us and gives us signs and testimonies so that our faith is strengthened.

Mary's First Mission Journey.

In the next section of the Lukan infancy narrative, we see that Mary set out for a town in the hills of Judah to visit her cousin Elizabeth who was pregnant. **"At that time Mary got ready and hurried to a town in the hill country of Judea, where she entered Zechariah's home and greeted Elizabeth."** (Luke 1:38). As soon as Mary surrenders herself to the message of God, she begins her Mission by getting ready

to visit her cousin Elizabeth who was almost six months pregnant. Mary's desire was to serve her cousin who was advanced in age, hence **Mary was sensitive to the needs of Elizabeth.**

My soul magnifies the Lord ("Magnificat anima mea Dominum")

The Magnificat is a hymn of Praise to the Lord

Dietrich Bonhoeffer called the Magnificat the "most passionate, wildest, most revolutionary Advent hymn ever sung".

Whom do we normally praise? We praise only those greater than us viz., great dignitaries, people in high positions, holy people and God. In order to praise someone, we must have the capacity and magnanimity to acknowledge them and recognise them as persons greater than us. That is what Mary does in her Magnificat. Mary sees God as someone who is bigger or greater than herself. In practice, Mary acknowledges her cousin Elizabeth as a woman greater than herself even though Mary was chosen by God as the mother of Jesus.

In my own missionary life in Ghana for 18 years, two years as a seminarian and 16 years as a priest, I have realised that I am not superior to the Ghanaian people whom I was sent to serve.

1. First and foremost, I had to humble myself to learn their dialect by staying with a family in a remote village without clean water and electricity. By being with them I learned many positive elements from their culture and society.
2. Secondly, I realised that I am sent to serve them and not be served by them. *"just as the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many"* (Mt 20:28)

3. I am called to care and to **'smell the sheep'** by being immersed in their life and culture (Pope Francis, the leader of the Catholic Church, speaking to priests told them that they needed to be **'shepherds with the smell of the sheep'**. What he meant was for priests to go out and spend time with the people, not closed off in their Churches, to go and listen, and serve and help others.)
4. Like Mary, in faith and trust in God, I must surrender to Him.
5. In our family life too, we are called to trust one another in faith. Like Mary we must be sensitive to the needs of others. I am convinced that sensitivity is at the heart of a relationship.
6. Just as Mary considered Elizabeth as someone greater than herself, we are invited to accept others as greater than ourselves.

Wishing you all a Happy Feast!

Fr. Jolly Mudakkampurathu SVD

INM Mission Secretary

Former Parish Priest of St. Theresa's Church & Manager of St Theresa's School, Bandra

“ Let the storm rage and the sky darken - not for that shall we be dismayed. If we trust as we should in Mary, we shall recognize in her, the Virgin Most Powerful 'who with virginal foot did crush the head of the serpent'.

- Saint Pius X

CCO ON THE MOVE

Jesus has given His mother as the mother of us all. We can be rest assured that if we seek her assistance, she will help us to walk in Jesus's way and reach our heavenly abode.

As the Centre for Community Organization (CCO) celebrates its **17th anniversary** on the Feast of the Nativity of Our Lady, we thank God for His immense blessings extended to the entire parish, through our Centre. We also thank Mother Mary for guiding us in our tasks and endeavours.

We would like to update you on the numerous online activities undertaken by the various Cells and Associations of our parish.

The Parish Association Council (PAC)

A virtual meeting was held on 29th July 2021 via Google Meet which was attended by the heads of the various Cells and Associations. The list of newly appointed Spiritual Directors of Cells/Associations for the current academic year was announced. The members of the Cells/Associations briefed the Meeting on the online activities undertaken by them and how they managed to reach out to others in need, during the ongoing pandemic.

The Youth Ministry: PYC Orientation Program for the newly elected PYC members was held online, on 1st August, 2021. Forty-Eight youth members attended the Orientation Program. It was conducted by Deacon Ivan Fernandes.

The Community Welfare Committee in co-ordination with the **Centre for Community Organization** helps the needy and marginalized of our parish who require funds for their educational, medical and housing needs.

Details of help rendered for the period from April 2021 till the end of July 2021 is as follows:

Education - 31;
Medical - 14;
Housing - 16
Total - 61 cases

The Bible Cell: Regular online Bible Classes commenced from July 2021 and are held every Tuesday at 8:00 pm.

Sunday School Pastoral Team: Online Sunday School classes for children from Standards I to X, commenced from June 2021. Parents and Grandparents Day was celebrated online.

Confirmation: Online Confirmation Classes began on 13th June 2021.

The St. Vincent de Paul Association (SVP) continues to help the adopted families of our parish and also helps poor people belonging to other faiths. The distribution of food ration and other outreach work is carried out regularly.

Missionary Family of Christ: Chapter Assembly Meeting is conducted on the 3rd Sunday of the month. Weekly household meetings are held. Also, the **Kids for Christ (KFC)** meetings are held on the 4th Saturday of the month.

The CCO continues to help those who are seeking jobs as house-helpers and patient attendants. Many who needed jobs as housemaids were successfully placed in employment.

The **Dental Clinic** is functioning well. The working hours of the clinic are from 01:00 pm to 04:00 pm.

Matrimonial: Many eligible girls and boys who wish to get married in the near future, from our parish as well as from other parishes are registering with us with the prospect of meeting their future life partner.

The CCO team takes this opportunity to wish each one of you a very blessed and happy feast of the Nativity of the Virgin Mother Mary. May she continue to bless your family and our parish and keep us all united in the Lord.

Ida Quinny
CCO Co-ordinator



“

In danger, in anguish, in uncertainty, think of Mary, call on

Mary. May she never be far from your lips, from your heart; and thus you will be able to obtain the help of her prayer, never forget the example of her life. If you follow Mary, you cannot go astray; if you pray to her, you cannot despair; if you think of her, you cannot be mistaken. If she sustains you, you cannot fall; if she protects you, you have nothing to fear; if she guides you, do not tire; if she is propitious to you, you will reach the goal.

- Saint Bernard of Clairvaux



WELCOME FR. EZEKIEL RAKESH D'SOUZA TO OUR PARISH

Fr. Ezekiel Rakesh D'souza SVD, born on 10th April 1989 is the son of Celine and Late Stany D'Souza of Our Lady of Loretto Parish, Bantwal, Mangalore. He is the sixth of eight siblings in the D'Souza family. One of his elder brothers is a secular priest and one sister is a nun belonging to the Bethany congregation. His parents were instrumental in fostering his Christian faith, maintaining a deeply spiritual atmosphere at home and teaching him from a very young age to pray. Prayers have always been the hallmark of his family, who begin their day with prayer and worship and end it likewise.

Fr. Rakesh completed his schooling at Narravi High School and thereafter studied at Pompei College, Mangalore and St. Philomena's College, Mysore.

The missionary zeal and life of prayer, especially the proclamation of the Word of God was the inspiration, motivation and encouragement that led Fr. Rakesh

to follow Christ in the Society of the Divine Word (SVD) congregation, after completing his SSC.

Fr. Rakesh completed his Deaconate at St. Teresa of Kolkata parish, Mysore. He was ordained a priest on the 14th July 2021, at his home parish by the Bishop of Mangalore, Most Rev. Peter Paul Saldanha.

Fr. Rakesh believes that God moulds a person into a unique individual, sets the plan and sends him out to shape the world. His Pastoral Motto is 'Anointed to Serve'.

We, the parishioners of the Sacred Heart Church, Andheri East, extend a warm and hearty welcome to Fr. Ezekiel Rakesh D'Souza SVD as a co-pastor of our parish, effective July 2021. This is his maiden assignment since ordained a priest and we wish him nothing but happy memories in our parish. Our good wishes and prayers are with Fr. Rakesh.

FAREWELL FR. SUNIL SORENG SVD

As we bid farewell to Fr. Sunil Soreng SVD, we would like to go down memory lane to the time when he joined our parish in June 2018.

His first assignment after being ordained a priest was to join our parish as a co-pastor. Three years have gone by and we have experienced Fr. Sunil as a very talented priest. He involved himself in every parish related activity. He was the Spiritual Director of many associations and cells of our parish viz., The Sunday School and Confirmation classes, Legion of Mary (Jr and Sr), Parish Bulletin, Divine Mercy Cell, Bible Cell, Altar Servers, St. Paul's Guild and the Parish website.

Fr. Sunil was also the Spiritual Director of several communities of our parish whom he served with sincere dedication, passion and wholehearted commitment.

Though we are saddened that he is leaving our parish, we are happy for him as he goes to pursue further his education to serve the Lord and make His kingdom known to the world!

We wish him good health and success in all that he undertakes. May he march ahead from strength to strength in fulfilling the tasks that God has willed for him.

God bless you Fr. Sunil Soreng SVD, we will miss you.



THE HANDS OF A PRIEST

What a marvel of creation and salvation. What a wonderful gift of Jesus who won for 'Priests' all these graces and blessings, through His passion, death and resurrection. The Priests' Hands bring down God to earth at the Eucharistic celebration.

His Hands nourish man with divine food and drink. Even the angels do not have this prerogative. His Hands bring to man's soul God's pardon and forgiveness and wipes away our sins and transgressions. His Hands bring healing and strength to the sick and suffering. His Hands anoint the dying and the dead so that heaven may open its portals to receive them.

What an amount of tremendous comfort

and consolation His Hands emit and his words procure for the baptized. His Hands transfer us from the kingdom of satan to the kingdom of God in the sacrament of reconciliation/confession.

Through His Hands, the newborn child is freed from original sin and brought into the kingdom of God. Through His Hands, the Divine Trinity, Father, Son and the Holy Spirit make their home in our being. We become children of God.

Our minds cannot fathom, our lips cannot utter the marvelous, fantastic, unbelievable spiritual graces and blessings and gifts that the Priests' Hands are endowed with at the moment of his ordination when the

Bishop anoints his Hands with holy oil and recite powerful prayers. All heaven shouts and sings for joy, the angels and the saints join humanity in the most extraordinary celebration the earth can ever know or envisage - the Priestly Ordination! Nothing and no other event ever attracts and absorbs such divine, heavenly graces and blessings as the most powerful, most enriching ceremony of Ordination of the Priesthood.

When we reflect deeply on this reality, can we ever have anything more marvelous, more fantastic than this: THE HANDS OF A PRIEST!

*Sr. Mary Joseph OCD
Carmel Monastery*

AUTISM AND BEYOND

This narration revolves around the Rodrigues family; Janice and Bryne the parents and their kids Joanne and Brydan. Way back in 2007, Janice and Bryne were successful professionals in the UAE, with all the trappings of a good life. To complete their circle of happiness, Janice discovered she was pregnant. And then little Joanne was born. They were ecstatic.

It was when little Joanne was a year and a half that life took on a different hue. She was unlike kids of her age - reticent, avoided eye contact and had peculiar behavioural mannerisms. The prognosis was devastating - little Joanne was detected with developmental delay or **Autism Spectrum Disorder (ASD)** - a special child with special needs. However, not ones to waste time on futile "**whys**", Janice and Bryne set about trying to remedy the situation. The first step was to enrol little Joanne for therapy. But destiny had its own plans. Janice discovered she was pregnant again. A few months later, in 2009, little Brydan was born and much to their dismay, he too was detected to be on the spectrum.

They were still in the UAE and had managed to find a therapist for little

Joanne. However, the therapy proved to be inadequate. The progress was slow and conducted behind closed doors. Time was of essence - they needed to immediately find an alternative. In the year 2013, Janice and Bryne made a life-changing decision - to move back to India, Mumbai, permanently.

Thus began a new journey for the Rodrigues family, from scratch. For many of us, Autism is a new challenge. Autistic kids have extremely high energy levels which must be channelized productively. Besides therapy, Joanne and Brydan attended a school for special kids. Janice and Bryne have never just left it to "therapy" for the progress of their kids, but are hands-on role models themselves encouraging them in various sportive activities and today the kids can be credited with some incredible accomplishments namely;

- The Guinness Book of World Records and the Asia Pacific Book of Records for Skating;
- Open Deep Sea Swimming titles at State level
- Joanne secured 2nd place in the Fitness Competition at an All-India level

and 1st position in the Unified Dance Competition, both organised by Special Olympics Bharat - to name a few!

It's not as though life today is hunky-dory for the Rodrigues' - no their tryst with destiny continues dotted with struggles and challenges, but their inherent positivity, helps them tide over every situation.

Janice and Bryne are keen to share their phenomenal journey with other parents and have created various Episodes on their YouTube Channel "**Autism and Beyond - A Positive Journey of J & B**" <https://youtube.com/channel/UCVBs2GDz5hJFa19KdlbWuAQ>." It's via their Episodes, Webinars and Instagram (Instagram@joannebrydan) that they are trying to spread the message that "nothing is impossible".

"See The Able - Not The Label", is their go to mantra.

*Candida Mendoza
Parish SCC Coordinator*

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INSPIRATION FROM SAINTS

St. Alphonsa of the Immaculate Conception

Patron Saint: Intercessor for prayers regarding sickness, disease of the feet, deformity and death of parents.

Feast Day: July 28th

St. Alphonsa was born on 19th August 1910, in Kudamalur of Kottayam district in Kerala. She was baptised eight days later and named 'Annakutty'. Three months later her mother Maria died.

Annakutty's early infancy was spent happily with her grandparents. Her grandmother, a pious and charitable woman instilled in her the joy of the faith, love for prayer and charity towards the poor. By the age of five, she already knew how to lead the family evening prayer with childish enthusiasm.

At the age of seven, she received First Holy Communion and told her friends, "I am so happy today because I have Jesus in my heart!"

When she was ten years of age, she was sent to live with the family of her maternal aunt, Anna Murickal - a strict disciplinarian. Here she became even more dedicated to her faith and began to spend time with the Carmelite nuns.

Impressed by the life story of St. Therese of Liseux, who also lost her mother at a young age, Annakutty resolved to model herself after her. Meanwhile, her aunt worked relentlessly to find a suitable marriage proposal for her niece but Annakutty showed no interest. Against her wishes, when her uncle and aunt fixed her marriage, she thought of ways of disfiguring herself. While sitting on the edge of a fire pit where chaff and husks are burned, thinking and praying, she accidentally slipped in, burning her feet and legs. It was several months later that she regained her ability to walk.

Annakutty entered the college of the Congregation of the Franciscan Clarists in Bharananganam in the diocese of Palai in 1927 and began her postulancy, taking the name Alphonsa of Immaculate Conception in honour of St. Alphonsus Ligouri. She was clothed in the religious habit on 19th May 1930.



Here she worked as a temporary school teacher and developed a deep relationship of love and care with her students. She was often sick and unable to teach. Alphonsa suffered grave physical illness and moral suffering during the period 1930-1935.

Her religious superiors delayed Alphonsa's entrance into the novitiate because of her frequent illnesses. When she finally began her novitiate in 1935, she wrote in her spiritual diary, "... No matter what my sufferings maybe, I will never complain and if I have to undergo any humiliation, I will seek refuge in the Sacred Heart of Jesus".

She made her perpetual profession on the 12th of August 1936. It was a day of inexpressible spiritual joy as she had realised her cherished desire: "Jesus is my only Spouse, and none other".

Jesus, however, wished to lead His spouse to perfection through a life of suffering. Painful illnesses followed each other: typhoid fever, double pneumonia, and, the most serious of all, a dramatic nervous shock, the result of a fright on seeing a thief during the night of the 18th of October 1940. Her state of psychic incapacity lasted for about a year, during which she was unable to read or write.

Again in 1945, she had a violent outbreak of illness. A tumour, which had spread throughout her organs, transformed her final year of life into a continuous agony. Gastroenteritis and liver problems caused violent convulsions and vomiting up to forty times a day. She wrote, "I feel that the Lord has destined me to be an oblation, a sacrifice of suffering... I consider a day in which I have not suffered as a day lost to me".

With this attitude of a victim for the love of the Lord, happy until the final moment and with a smile of innocence always on her lips, Sister Alphonsa completed her earthly journey at the young age of 36, in Bharananganam on 28th July 1946.

Alphonsa's funeral was very simple. The coffin was carried in procession to the parish church by the sisters of the convent.

The fifty-five-year process of her canonization was completed on October 12, 2008, when she was officially named as a saint.

St. Alphonsa is the second person of Indian origin and the first Indian woman to be canonized a saint.

HEARTY LAUGHTER

Did You Know?

- At every party, there are two kinds of people: those who want to go home and those who don't. The trouble is, they are usually married to each other.
- Worrying works! More than 90 percent of the things you worry about never happen.
- Light travels faster than sound. This is why some people appear bright until they open their mouths.
- It's not the fall that kills you. It's the sudden stop at the end.
- Failure is always temporary, only giving up makes it permanent.
- People will accept your ideas much more readily if you tell them Benjamin Franklin said it first.

Fearless One

During an impassioned sermon about death and final judgement, the pastor said forcefully, "Each member of this church is going to die and face judgement." Glancing down at the front pew, he noticed a man with a big smile on his face. The minister repeated his point louder. "Each member of this church is going to die and face judgement!" The man nodded and smiled even more. This really got the preacher all wound up. He pounded the pulpit emphatically when he came to the ultimatum: "Each member of this church is going to die and face judgement!!!"

Though everyone else in the congregation was looking somber, the man in front continued to smile. Finally, the preacher stepped off the platform, stood in front of the man and shouted, "I said each member of this church is going to die!" The man

grinned from ear to ear. After the service was over, the preacher made a beeline for the man. "I don't get it," the preacher said in frustration. "Whenever I said, 'Each member of this church is going to die,' your smile got bigger. Why?" "I'm not a member of this church," the man replied.

Concerned Parent

Father: Congratulations on this very special day son. Believe me, you will never forget this day in your whole life.

Son: But I am getting married tomorrow, not today.

Father: Believe me son, I know exactly, what I am saying.

Children & You

One day Jimmy got home early from school and his mom asked, "Why are you home so early?" He answered, "Because I was the only one that answered a question in my class." She said, "Wow, my son is a genius. What was the question?" Jimmy replied, "The question was 'Who threw the trash can at the principal's head?'"

A boy asks his father, "Dad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the dad replies. After dinner the father asks, "Now, son, what did you want to ask me?" "Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

A mom texts, "Hi Son! what does IDK, LY, & TTYL mean?"

He texts back, "I Don't Know, Love You, & Talk To You Later."

The mom texts him back. "It's okay, don't worry about it. I'll ask your sister. Love you too."

A science teacher tells his class, "Oxygen is a must for breathing and life. It was discovered in 1773." A student responds, "Thank God I was born after 1773! Otherwise, I would have died without it."

An eight-year-old girl went to the office with her father on 'Take Your kid To Work Day'.

As they were walking around the office, the young girl started crying and getting very cranky. Her father asked what was wrong with her.

As the staff gathered around, she sobbed loudly; "Daddy, where are all the clowns that you said you worked with?"

A.K.A.

Tom : My boss calls me the computer.

Jack : That's because you're smart?

Tom : Nah, Because I go to sleep, if I'm left unattended for 15 minutes

All Is Well

William : Buddy, today my wife left a note on the fridge saying "this isn't working. Gone to Mum's."

Jake : I'm sorry to hear that.

William: Well, the light came on and my beer was cold! Not sure what she means.

Jake : Oh dear!

FAMILY BIBLE QUIZ-SEPTEMBER 2021

I) IDENTIFY THE PERSONS FROM THE BIBLE TO WHOM GOD SPOKE THUS:

1. "I give you also what you have not asked, both riches and honor all your life...." _____
2. "...Yet I will leave seven thousand in Israel, -all the knees that have not bowed to Baal, and every mouth that has not kissed him." _____
3. "What God has made clean, you must not call profane." _____
4. "Name him Lo-ammi, for you are not my people and I am not your God." _____
5. "Do not be afraid, but speak and do not be silent, for I am with you." _____
6. "Proclaim further: ..the Lord will again comfort Zion and again choose Jerusalem." _____
7. "Is it right for you to be angry about the bush?" _____
8. "Get up and go to the street called Straight, and at the house of Judas look for a man of Tarsus." _____
9. "I will give them one heart and put a new spirit within them." _____
10. "Write in a book what you see and send it to the seven churches." _____

II) UNSCRAMBLE THE ANAGRAMS USING THE CLUES:

1. Nailed _____ (Escaped from the lion)
2. Serial _____ (A new name for the son of Isaac)
3. Evil is cut _____ (One of the Pentateuch)
4. Wander _____ (One of the 12 Apostles)
5. As Martian _____ (Nationality of the 'good neighbour')

III) ANSWER THE FOLLOWING

1. What were the 3 things that were placed in the Ark of the Covenant which was placed in the Holy of Holies? _____
2. In whose house did The Ark of the Covenant remain for three months and the Lord blessed him and his whole house. _____
3. Around which city was the Ark of the Covenant carried once a day for six days? _____
4. Which idol fell on its face before the Ark of the Covenant? _____
5. What is the name of the golden cover, ornamented with two golden cherubim, placed above the Ark of the Covenant? _____

6. Who captured the Ark and took it to their country? _____
7. Which place became the abode of the Ark of the Covenant for 20 years after it was returned by the enemy? _____
8. Who was struck dead for putting out his hand to steady the Ark? _____
9. This person scornfully rebuked the king for dancing with all his might before the Ark? _____

IV) UNSCRAMBLE THE BIBLE VERSE & MENTION THE CHAPTER & VERSE

1. Tenderhearted has another God kind forgiven one forgiving you be in one to as Christ another _____ (Ephesians __: __)
2. alone Hear our O is Lord Lord Israel The God the _____ (Deuteronomy __: __)
3. radiant faces be ashamed look so never to and Him be your shall _____ (Psalm __: __)
4. righteous the tower is name the safe and a run The Lord of strong it into are _____ (Proverbs __: __)
5. glory whether eat of everything drink do So or you whatever for God do you or the _____ (1Cor __: __)
6. every eyes He their wipe will tear from _____ (Rev __: __)
7. He anxiety cares all because you Cast Him on your for _____ (1Peter __: __)
8. away pass earth will words but Heaven pass not away and My will _____ (Luke __: __)
9. God people I and shall My be voice my Obey and you your be will _____ (Jeremiah __: __)
10. According If anything His to will ask hears us He we _____ (1John __: __)

V) UNTANGLE WELL KNOWN BIBLE PAIRS OF PEOPLE

- e.g. A D E A V E M - A D A M & E V E
1. A B S R A A H R A H A M - _____ & _____
 2. R A L C E H E A L H - _____ & _____
 3. M A M A R R T Y H A - _____ & _____
 4. B R O U T A H Z - _____ & _____
 5. I S I S H A M A A E C L - _____ & _____
 6. A N A B I B A G A L I L - _____ & _____
 7. P A S I U L L A S - _____ & _____
 8. A P E N D R T E R E W - _____ & _____
 9. E J A S A C O U B - _____ & _____
 10. J O M A S E R P H Y - _____ & _____

Full Name (Head of Family) _____

Names of Participants _____

Telephone / Mobile No _____

Community No _____ Family No. _____

Address: _____

- Email the answers to h2h.bulletin@gmail.com latest by 08th October 2021
- 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.

ANSWERS OF FAMILY QUIZ – MARCH 2021

- I. 1. Moses 2. Noah 3. Abraham 4. John 5. Gideon 6. Mary 7. Paul
8. Serpent 9. Joseph 10. eleven disciples
- II. 1) a 2) a 3) a 4) b 5) a
- III. 1) Patron of the Universal Church
2) 150th anniversary of the declaration of Saint Joseph as Patron of the Universal Church. 3) Solemnity of the Immaculate Conception
- IV. 1. husband, Redeemer (Isaiah 54:5)
2. wisdom, strength, understanding, days, life, eyes, peace (Baruch 3:14)
3. sanctify, profaned, nations, Lord (Ezekiel 36:23)
4. deer, flowing, streams, God (Psalm 42:1)
5. Lord, help, triumph, hate (Psalm 118:7)
6. Mary Magdalene, James, Salome (Mark 16:1)
7. stone, rejected, cornerstone (Psalm 118:22)
- V. 1) Esau & Jacob 2) Manna & Quail 3) Raven & Dove 4) Joshua & Caleb
5) James and John 6) Samson & Delilah 7) Joseph & Benjamin
8) Aaron & Moses 9) Sodom & Gomorrah 10) King Ahab & Jezebel

Winners

OF FAMILY QUIZ MARCH 2021

1st prize: Saniya, Sherwin & Sylvia Saldanha, Community No 30, Family No: 2816

2nd Prize: Udelia Carneiro & Effie Carneiro, Community No 19, Family No: 1317

MARY, MOST HOLY

O Mary! Our loving Mother
From all eternity you were
A special and chosen child of God
From all of humanity.
In the temple you stayed and prayed
Listening and discerning the Father's call
Who chose you to be the Mother
Of His only begotten Son.

You nurtured and taught Jesus
The Mosaic laws and prayers.
He grew in wisdom and stature,
Under Joseph and your loving care.
Mother Mary, you accompanied Jesus
When He carried the cross to Calvary
And as Simeon had prophesied
A sword did pierce your heart.

You come to us in our need,
As you did at Cana in Galilee.
You are our support and strength,
Like you were for the apostles at Pentecost.
Throughout Jesus' life you walked alongside
Be with us Mother on our journey too.

You are our dearest Mother,
Given to us by Jesus Himself.
Teach us obedience and humility,
And to follow in your holiness.
On this your special day,
We, your children of the world
Join together in chorus, singing
Ave Maria! Happy Birthday!

Franzina Gomes
Our Lady of Nazareth, Community No. 16

PARISH ACTIVITIES

HEALTH DESK TO REACH OUT TO THE VULNERABLE

"Dada, (meaning brother in Marathi) mere pass sirf 400/- rupya hai, aur test ke liye 580/- rupya chahiye. Kya karoon?" when Lalita cried, I felt her pain and anguish too. Will she undergo the test or postpone it for another day? Will she spend on healthcare or on affording daily essentials? Tough times call for tough decisions. These are some of the calls our vulnerable brethren have to take every single time when it concerns health issues. Thankfully, at Sacred Heart Parish, we have initiated some steps in this direction. We have joined hands with the Archdiocesan Health Outreach Program to provide affordable health care services to vulnerable people in our neighbourhoods.

Who is a 'vulnerable'?

DEFINITION OF VULNERABLE GROUPS

1. The economically weak.
2. Homebound senior citizens.
3. People with life-limiting diseases e.g. paralysis, cancer, dementia etc.
4. Women who are being abused at home.
5. People suffering from mental disease.
6. Other 'needy' persons like widows/ widowers, un-supported elderly etc.

BENEFITS OFFERED TO THE TARGET GROUP - Health Card Beneficiaries

- Discounted Services/Medicines with the network of collaborating vendors
- FREE Tele-Guidance with doctors
- Service/Assistance till the needs are met
- Monetary help is not included but is limited to connecting patients with potential donors, if possible.

A HEALTH DESK is set up in our Parish, open once a week on Wednesdays, from 4 to 6 pm.

To start with, volunteers at the Health Desk will attend to queries and assist in verifying and validating the Health Outreach Cards of about 170 of our parishioners from 22 Communities who are enrolled under the Program.

For more information, please contact the PPC member / SCC Animators of your Community.

Vincent D'Souza
PVC - Parish Volunteer Coordinator



“ Mary stands out among the poor and humble of the Lord, who confidently hope for and receive salvation from Him. With her the exalted Daughter of Zion, and after a long expectation of the promise, the times are fulfilled and the new Economy established, when the Son of God took a human nature from her, that He might in the mysteries of His flesh free man from sin.

- *Lumen Gentium 55*

Kaun Banega 'Fastest Finger First?'

We celebrated the feast of the Sacred Heart of Jesus, our Parish Feast, a little differently this year. With the ongoing pandemic and ensuing Covid-19 restrictions, the PPC Executive Committee did their best to make the celebration a happy and memorable one, for all.

Our church has just completed a much-needed facelift and co-incidentally was ready in time for this big day! In the morning, our Parish Priest, Fr. Innocent Fernandes SVD announced the completion of the project just before the online Eucharistic Celebration, after which the doors of the renovated church were opened. The sight filled us with awe, excitement and nostalgia. Sitting in the confines of our homes, we could actually smell the fresh paint!

Parish Day celebrations in pre-pandemic times, meant coming together in large numbers, participating in loads of events in the true spirit of community, camaraderie and partaking of the family meal - the grand finale to the evening.

Our celebration this year was an Online, Area-wise Quiz, aptly titled '**Fastest Finger First**', the first of its kind but definitely not the last.

'Communities' were represented by the Area they belonged to. Each Area was represented by 8 participants of different age groups – seniors, middle-aged and a teenager. The teams thus formed were to play our very own version of '**Kaun Banega Fastest Finger First**', via Google Meet.

Welcoming the participants warmly, Fr. Innocent declared the contest open and the excitement began! Our hosts literally kept us at the edge of our seats, very much in a competitive spirit, as they picked our brains and steered us through four categories: from General Knowledge to Sports, to popular Jingles and the New Testament! Our co-pastors Fr. Magimai Sundar SVD and Fr. Sunil Soreng SVD kept a watchful eye on the responses and scores. Our non-participating parishioners watched the entire event live on YouTube.

Every team vied for the coveted first place and runners-up position, as they raced through a maze of multiple-choice answers. The rules were simple; participants had to mute their mics and simply type out

their responses in the chat box denoting their Area no. and the option they thought was correct. The correct answer given by a participant whose response appeared first in the chat box scored points for their Area.

Some were envied for their "**fastest finger**", while others were envied because of their high-speed internet connection that helps in an online quiz such as this! After a gruelling hour and a half, the game was over. Area 2 (consisting of communities 13,14,15,16,27) was the unbeaten winner followed by Area 5 (consisting of communities 10,11,12,29,33,34) in second place.

While we continue to miss seeing our fellow parishioners face to face, one can only look forward to such digital platforms being leveraged to instill a sense of community bonding and invoke the old familiar feeling of togetherness.

**Carina Claudia Fernandes
Emmanuel, Community No. 24**

“ It seems unbelievable that a man should perish in whose favor Christ said to His Mother: 'Behold thy son', provided that he has not turned a deaf ear to the words, which Christ addressed to him: 'Behold thy Mother.

- Saint Robert Bellarmine



The Sacred Heart Family Drawing Contest

The Sacred Heart of Jesus has one of the deepest meanings in Roman Catholic practice. The symbol represents Jesus Christ's actual heart, as His love for all of humanity. The most common depiction of the Sacred Heart is the heart with a circle of thorns that represent the crown of thorns that was placed on Jesus' head.

The month of June is special for us – dedicated to the Most Sacred Heart of Jesus and our Parish Feast. To commemorate and honour the Sacred Heart, the PPC Executive Committee invited the families of the parish to participate in a unique drawing contest, titled **"The Sacred Heart Family Drawing Contest – June 2021"**. What made this contest so unique? Read on.....

Most of us, at some point in time, have experienced the compassion, blessings and graces of the **Sacred Heart of Jesus** not just for ourselves but for our families, our friends, our neighbours etc. The experiences and situations are numerous and varied – ranging from joyous to sudden setbacks to unexpected miracles. The kind and merciful heart of Jesus has never let us down. The contest offered the parishioners an opportunity to pictorially depict how the Sacred Heart of Jesus has touched their lives in any one particular situation.

The flexibility of using A3 size white/yellow chart paper with no restrictions on colour or output (sketch/painting) made this event more interesting. The drawing had to have a picture of the Sacred Heart of Jesus, a brief description of the situation, in not more than 5 lines, a short video of the family involved in the discussion and a close-up of the final picture from 3 different angles. The results of the contest would be announced from the pulpit, a few Sundays later.

On the chosen Sunday, I was both delighted and humbled to hear my name being announced as the winner in 2nd position, especially since the contest was judged by experienced artists from Singapore. This recognition of our efforts, packed with so much fun, surprises and family interaction was a rewarding and morale-boosting experience. It felt so surreal.

I am a Creative Artist by profession but this contest was different – it allowed me to pour out my inner feelings and gratitude on paper and in the video, for the graces and blessings that my family and I have received from the Most Sacred Heart of Jesus. It was a feeling I had not experienced before and I am sure my co-contestants would testify to the same. We hope that many such meaningful contests are organised and conducted in the future too, especially during this pandemic with numerous restrictions in place.

In conclusion, I would like to share my motto with one and all: **"Don't worry about the outcome - just draw it the way you see and feel it"**

Deborah Rodrigues
Holy Family, Community No. 13

“

To give worthy praise to the Lord's mercy, we unite ourselves

with Your Immaculate Mother, for then our hymn will be more pleasing to You, because She is chosen from among men and angels. Through Her, as through a pure crystal, Your mercy was passed on to us. Through Her, man became pleasing to God; Through Her, streams of grace flowed down upon us.

– Saint Faustina



Senior Citizens Coping During Pandemic Times

Senior Citizens are one of the most vulnerable groups of people facing the effects of the pandemic. With the current state of affairs, the whole world is on "Pause" so also the Senior Citizen Cell of our parish. With home quarantine being the norm rather than the exception, social distancing and the lockdown, the seniors have been most affected.

The Senior Citizen Core group would organize activities every month, be it at the Community Centre or elsewhere and we would get a very good response to these activity related get-togethers. All this socializing has now come to a grinding halt. All religious places including our churches being closed till further notice. Our seniors find themselves cooped up at home and their spirits dampened. For those senior citizens who live alone without family support, the effects of this pandemic have been devastating. Many of these seniors who live alone are not tech-savvy and sometimes even calling them up, makes them anxious. Our core team members in their own ways have reached out to those living alone and have ably assisted them to cope beautifully within the confines of their homes and families

by making minor adjustments to get things done in a loving and peaceful atmosphere.

Core group members have been regularly calling up senior citizens and checking on their health and welfare. There have been instances when a core group member rushed to the aid of a senior citizen who was unwell in the middle of the night and helped her with medication. Others kept in touch with seniors living alone, calling often, wishing them on their birthdays, to keep their spirits up and going! Another core team member made cards for Christmas and Parents' Day and distributed the same to the seniors in her community.

Being senior citizens ourselves most of us have avoided going out unless it was absolutely necessary. Many societies have helped senior citizens in their buildings by doing their grocery shopping and making sure that they are keeping good health.

Senior citizens have found various new ways to keep themselves occupied by learning new hobbies like cooking, baking, crochet, bonding with family in India and abroad through zoom calls, but most importantly connecting personally with Jesus through meditation, prayer and daily Mass on YouTube.

This pandemic has caused so much pain and strife

But it has brought us in a way back to the meaning of life

Reaching out to all those who need our support and care

Learning to give till it hurts, everything we own we now share

So, God is teaching us through these troubled times we are in

That we need to put Him first, stay away from hurting others and sin

Loving one another and helping out our neighbours in need

Lifting up those who are down, comforting the grief-stricken doing our good deeds

Praying and staying together has taught us real abiding love

May God continue to pour out abundant blessings to all Senior Citizens from above.

*Janice Braganza
Senior Citizen Cell*

“

May the Most Holy Virgin, who was the first to

practice the gospel perfectly and in all its severity, even before it was proclaimed, spur us on to follow closely in her footsteps.

– *Saint Padre Pio of Pietrelcina*



Prayer Service for the PYC Elect of Community No.17

It has always been a talking point at various PPC, SCC meetings and get-togethers that we should do something more, something different, go that extra mile in our efforts to attract our youth to Church-related activities. Animators often play a vital role in helping, planning and organizing the Youth Ministry. Conducting timely elections for Parish Youth Council (PYC) in their respective communities is an important step. Teenagers on the PYC get to learn/hone valuable interpersonal skills and get ample opportunities to grow and enhance their personalities by turning into strong and committed Christian leaders and thus contributing to the success of the Youth Ministry.

The PYC Elections which were due in 2020 could not be held because of the Corona Pandemic. However, in 2021, the PPC Member and SCC Animators contacted the youth in our community and encouraged them to become members of the PYC. As a result, two of our youth namely; Sarah and Ronan volunteered to join the PYC.

On Sunday, 18th July around 7:00 pm with the weather just perfect after the incessant rains of the past few days, the Animators of Dominic Savio Community planned a get-together to welcome the newly elected PYC members and honour the outgoing PYC member, at the residence of one of our youth Animator.

Our Coordinator conducted the short prayer service which began with the recitation of the Angelus prayer. The new

PYC elect Sarah D'Silva read from the Gospel of St. John 15:11-17. It carried the beautiful message of loving each other unconditionally, which is the need of the hour, especially in today's difficult times. Fr. Ciril D'Souza SVD, our spiritual director did the honours of conducting the induction prayers and blessings, while the Animators raised their right hands in prayer, over the new PYC Elect.

The outgoing PYC member Andrea Quinny then shared some of the experiences during her tenure and some great memories that she will always cherish. The community presented Andrea with a beautiful memento in appreciation for her selfless service and hard work.

The new PYC members were presented with token gifts, in appreciation as they embark on a new journey. Fr. Ciril then gave a beautiful talk which was very apt for the occasion, followed by a round of relevant discussions. Refreshments and dinner were thereafter served. The meeting concluded with Fr. Ciril's blessings.

We wish to thank Fr. Ciril for encouraging and guiding us. We are most grateful to all the animators for accommodating and arranging the event and more so for being a part of this beautiful evening. It was indeed a matter of great joy to all of us to have come together after a long hiatus, for a meaningful celebration.

**Marcelino Pereira, PPC Member,
St. Dominic Savio - Community No. 17**

“ Every time we experience our frailty and the promptings of evil, we may turn to Mary and our hearts receive light and comfort. Even in the trials of life, in the storms that cause faith and hope to vacillate, let us recall that we are her children and that our existence is deeply rooted in the infinite grace of God. Although the Church is exposed to the negative influences of the world, she always finds in Mary the star to guide her so that she may follow the route pointed out to her by Christ.

- Emeritus Pope Benedict XVI



World Day of Grandparents' and The Elderly

On 25th July 2021, our community organised an online program to commemorate the newly introduced 'World Day of Grandparents' and the Elderly'. The program commenced with a short prayer service. Our community which is known for its zeal, enthusiasm and co-operation, once again, rose to the occasion. Everyone present, witnessed these hallmarks of a vibrant community first-hand, as the evening program unfolded.

People of all ages from the very young to the senior citizens contributed either as participants or as the audience. The whole program was well planned and executed, right from the printing of beautiful Grandparents' Day cards, personally given to each grandparent in the community, wishing them on their special day and inviting them for the evening's online program, organized by the youth.

Children along with their parents were encouraged to come up with creative videos wishing their grandparents/elders. These homemade videos were aired during the program which surprised the grandparents and brought about unbridled pride and joy, that only grandkids can give.

The quiz program was a great hit with everyone scrambling around to be the first ones to answer. Singing talents were showcased by the youth, with the strong support of their proud parents. Our Parish Priest Fr. Innocent Fernandes SVD and our Community's Spiritual Director Fr. Ciril D'Souza SVD blessed us with their presence.

The melodious rendition of the classic 'May the good Lord bless and keep you' by our parish clergy team, came as a pleasant surprise! It was a kind and thoughtful gesture appreciated by one and all.

The program was well attended and appreciated by grandparents, elders, parents and children and I was happy to be a part of this exuberant and dynamic team. Looking back, it was a Sunday well spent.

I look forward to many such get-togethers and programs that bring entire families in the community together.

*Sarah D'Silva
St. Dominic Savio,
Community No. 17*

Celebrating Grandparents' Day

25th July 2021, will be a day etched in my memory! Our SCC animators made us, 'grandparents' feel so special that it left us all overwhelmed. I have just become a newly minted grandmother last year. I have been a part of many Parents' Day celebrations. This year though, the occasion felt very different and special for a whole lot of reasons. I received a lovely card along with a box of exotic sugar-free sweets in the morning. There couldn't have been a better start to the day. The taste of the sweets was just awesome.

That was not all. There was more to come. We (my hubby & I), were given two gratis housie tickets, for an online Google Meet game, which raised our excitement to quite another level!

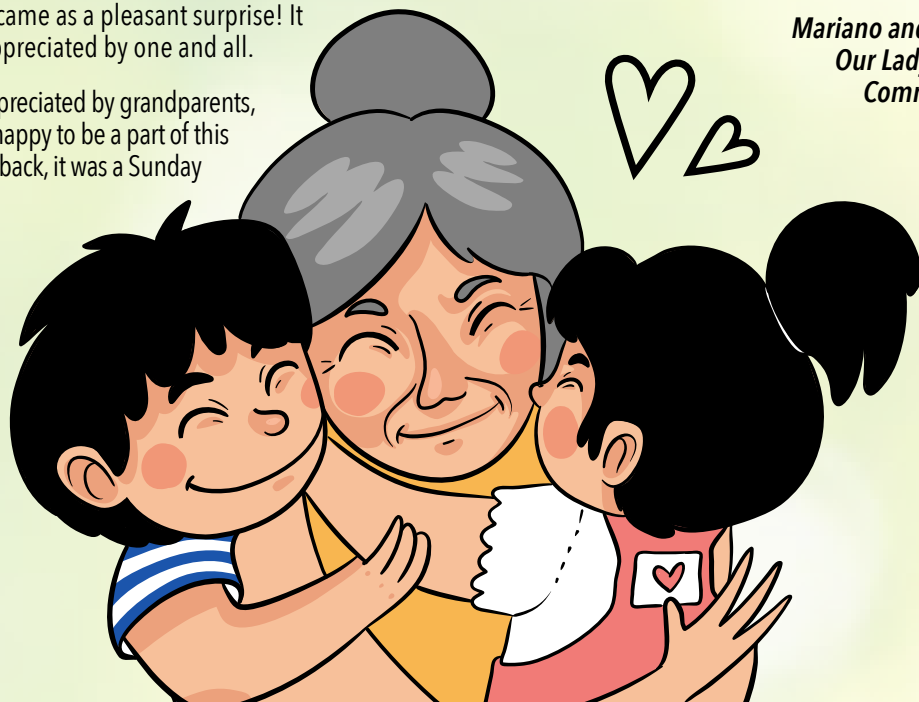
The meet was well planned. The program was well executed. It started with a prayer service, followed by a lovely song and the much-awaited game of housie. There were some lovely spot prizes.

Even in these difficult times with all of us locked up in our homes due to the Covid pandemic, we, grandparents had a wonderful evening. I was lucky to have won a prize in the game of housie! For me, it was the icing on the cake!

Heartfelt thanks to all who were involved in this wonderful initiative. May God bless all our animators and their families for taking time out from their busy lives, for organising and commemorating this celebration! 25th July was indeed Grandparents' Day all the way!

Grateful hearts always.....

*Mariano and Pamela Dias
Our Lady of Nazareth,
Community No. 16*



Become Friends With Jesus

Jesus said, "Let the little children come to Me, and do not stop them; for it is to such as these that the kingdom of heaven belongs." Matthew 19:14

The **MFC (Missionary Families of Christ)** – formerly CFC (Couples for Christ), is an evangelistic and missionary community that endeavors to build strong families rooted in Christ. We have been a part of this community for more than seven years. MFC has changed us and we have grown from being mere members to being leaders of the MFC-Kids in our Sacred Heart Parish. Our mission is to touch the lives of as many children as we possibly can, by helping them to make JESUS their best FRIEND. Though the pandemic has led to several challenges in conducting the monthly sessions, the Lord has opened new avenues in the form of online meetings. Our online interactions with the kids also give us an opportunity to learn and completely depend on Jesus for everything.

We at MFC-Kids believe that **"No one is too young to know CHRIST"** and kids being very innocent are very open in accepting and sharing the good news and values to all.

Our monthly sessions have 'Praise and Worship' with action songs. Kids are encouraged to pray spontaneously through thanksgiving and raising petitions to God our Father. In this manner, they also learn to pray for themselves, their families and others too.

The teachings are planned and prepared in a simple way enabling them to have a personal and deeper relationship with Jesus. To build an attractive environment for the children, the MFC-Kids Program is based on the Four 'Fs' principle:

Fun: Fun activities are enjoyable as they stimulate the child's creativity, perception, and sensitivity.

Friendship: Friendship related activities encourage children to build bonds of strong friendship.

Faith: Faith enhancing activities are geared towards strengthening their relationship with God and understanding the elements of our Catholic faith.

Freedom: Freedom allows the kids to express themselves but with responsibility and respect for God and for others.

So come and join us on Google-Meet at 5:00 pm, every 4th Saturday of the month. [Meeting Code – gps-nrof-xnb]

Alex & Lolita D'Souza
Missionary Families of Christ



A Humble Tribute To Our Parish Clergy Team On Vianney Sunday

The feast of St John Marie Vianney, the patron saint of all priests, is on 4th August and is celebrated in the Archdiocese of Bombay, on the following Sunday. This year we celebrated the occasion on Sunday 8th August 2021.

The Holy Mass was celebrated by our Parish priest Fr. Innocent and concelebrated by the clergy team. Fr. Callisto's homily was inspirational, giving meaningful insights into the faith, life and challenging experiences of their patron St. John Marie Vianney.

On behalf of the parishioners and all the parish Cells and Associations and Communities, Josephine expressed heartfelt gratitude to our priests for all their sacrifices, support, dedication and guidance in all our endeavors. Flower bouquets too were presented to our dear priests as a sign of our love and appreciation. On behalf of the clergy team, Fr. Innocent thanked all the parishioners for this kind and thoughtful gesture, thanking God for the gift of their vocation to serve God and His people. Our priests had a pleasant surprise for us at the end of the Eucharistic celebration. They sang a special "Thank You" song composed by Fr. Sundar, expressing their love and gratitude for all of us parishioners.



Let us learn from the Virgin Mary how to be bolder in obeying the Word of God.

- Pope Francis



**YOUTH FULLY
ALIVE**

Keeping in mind the pandemic restrictions and Covid guidelines we could not have a celebration for our clergy team in person, hence an online celebration via Google Meet was planned by the Executive Committee of the Parish Pastoral Council. Invitations were extended to our beloved priests, PPC members and Coordinators.

The evening began with lovely foot-tapping Konkani music, chosen by Titus which set the tone for the evening's celebrations! How we wished we could have been on the dance floor, physically present.

Josephine extended a warm welcome to our priests and all the members present. It was overwhelming to see a gathering of around 65 people. Our PPC members felicitated our priests, honoring them with glimpses of their priestly ministry, their selfless service, going beyond the call of duty many a time, shepherding the flock of Sacred Heart Parish and being a 'blessing' to each one of us. Our priests too were gracious in their thanks to each one present.

Can there ever be a get-together without the proverbial game of 'Housie'? By popular demand, a game of Housie was organised. The meticulous planning by Titus made sure the game was played with no impediments and plenty of fun moments. Many prizes were up for grabs. There were also quite a few heart-stopping moments at what were deemed false alarms! While quite a few had luck on their side, winning prizes, there were also a few who won more than once. The number calling by Titus with funny and witty rhymes kept everyone entertained and glued to the screen throughout.

Despite the gloom of the pandemic, it was an enjoyable evening for everyone. An evening well spent with our loving and caring parish clergy team. Titus and Josephine were excellent hosts!

May Almighty God bless, protect and guide all our priests always!

Theresa D'Silva
PPC Member
Holy Family - Community No. 13

PYC – The Beginning Of A New Journey Towards Faith

To mark the beginning of our journey as Parish Youth Council (PYC) members, an Orientation Session was conducted on 1st August 2021, by Deacon Ivan Fernandes. The Session began with a prayer. A short insight regarding the current status of the youth, in general, was given to us by Fr. Magimai Sundar SVD.

Deacon Ivan then took over the Session. He explained to us the various problems and issues faced by the youth, like anxiety and depression in the present pandemic situation. The need to have a vision mission was instilled in us, for it guides and gives us a direction towards our goal. Our ideas and actions need to reflect Christ. We have to walk the talk and accompany our team and not just command. We were taught to think about qualities that we could inculcate within ourselves, qualities like humility, integrity, encouragement, a listening ear and the ability to recognise and bring to the fore and hone the latent talent in our youth.

The various real-life examples given were so touching and inspirational that they opened our eyes and enlightened us to connect not only to ourselves but to others too. Expressing ourselves by overcoming our fear, anxiety, and the hesitancy of 'What will others think?', will allow us to flourish in the world and make us true disciples of Christ.

It has been often said that the courage to take the initiative against something that is not right has to be instilled within us. Only then can we be torchbearers and set an example for others, to always do what is right.

All that was taught during the Orientation program was very meaningful and encouraging. It helped lay a strong foundation for us, new inductees, as PYC members, as we begin our journey representing the youth, towards our faith.

Saniya Saldanha
PYC member
Shalom - Community No. 30

“

In trial or difficulty I have recourse to Mother Mary, whose glance alone is enough to dissipate every fear.

– Saint Therese of Lisieux

HEALTH SPACE

An Inexpensive HEALTH TONIC



What Is It That Begins With 'H' And Ends With It Too? - HEALTH

The first H of Health stands for Happiness.

Ask anyone anywhere in the world, "what is the one thing you ultimately want in life?" After a few hesitant responses, the one-word conclusive answer would be *happiness*. Did Jesus know that secret, when He said, "I have come that My joy may be in you and your joy complete?" "I think I am fine and happy" would be a common response to a "how-are-you cliché-enquiry". Our bodies never lie; so, they cringe if what is said is untrue. The mind often does not know to read the alphabets of the body language. Reasoning is the mind's way to speak the truth. When we are genuinely happy even our skin and the saliva know it and also the specialists. Genuine happiness somehow mysteriously awakens happiness hormones - *serotonin, dopamine, endorphins and oxytocin* residing in the brain. It is biological and the body tunes in to celebrate its health and wellness. Even if 50% of those enzymes flow through us physically, we will be happy humans. True joy is an all-encompassing experience of the soul, mind, heart and body. You want to be healthy; seek and find the inner road leading you to happiness. Take a daily dose of happiness and see what happens to your health!

E for Emotions

Every emotion, we know, affects every cell in our bodies. We do not have to be a cardiologist or go in for an X-ray of the heart to know what is going on in our hearts. If we ask our hearts, it will only tell us its truth. In fact, the heart is eagerly waiting for us to hear its confessions and not a doctor's stethoscope. If we do not listen to its

unhappy whisperings, it will give out signals that we may become attentive to them. If we still ignore its indicators, the cardiologist will show their symptoms on the ECG printout. If we are on fire with anger, don't think the heart and the body will be kind to us. No hatred, rage, anger, bitterness, fury, irritation or annoyance, externally expressed or suppressed, will be recorded in the best of scans from the most expensive hospitals. Cultivating a 70 times 7 attitude of forgiveness is probably one of the best of health tonics for the heart. We got to include ourselves and make self-forgiveness a daily habit. Our hearts are unhappy also when we accumulate and hoard sadness, guilt, inferiority complex, fear, anxiety or any negative shades of unhappiness. Positive emotional quotients almost guarantee our hearts and bodies decent health. All the negative emotions are health hazards and risks. They have no medication or drugs available in the best of medical shops. Go for a daily personal scan of your emotions. Once a day take a dose of forgiveness before you go to bed and see what happens to your health.

A for Acceptance

One of the health secrets is to happily, knowingly, willingly and freely say 'yes' to who you are. Getting ourselves compared with others is almost an inevitable parody of early childhood that we got accustomed to hear. Being better or worse, takes away the truth and the reality of who we are. Our life is often spent to meet the expectations of others. God does only originals. Tagore speaks about the penury in our hearts, the abject poverty of our uniqueness and the truth that there is no other person in the whole world exactly like us. Even if we know that truth, we keep competing with many around us in so many different ways. Wanting to be better than others has to be replaced by choosing to be a better version of myself. That approach would mean a



In every danger call upon Mary
and I assure you, your prayer will be heard.

- Saint John Bosco

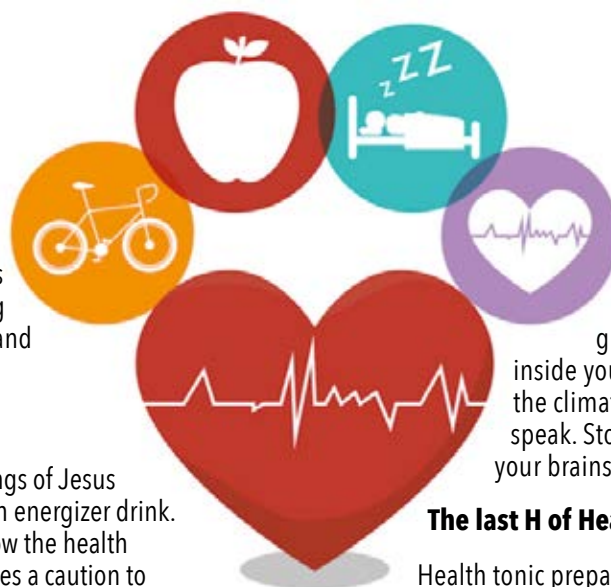
lot to my physicality, emotionality, mentality and also spirituality. In simple terms, we choose to feel good about ourselves, being who we are as unique children of God. Keep sipping self-acceptance thoughts frequently and see what happens to your health.

L for Love

A one word summary of all the teachings of Jesus is love. He did not say that it is a health energizer drink. Scientific studies are beginning to show the health benefits of love-enzymes. St. Paul places a caution to those who think love is easy. *"If I gave everything I had to the poor and even gave up my body to be burned, but if I am without love, it would be of no value to me"* (I Cor. 13. 3). Not charity and martyrdom, but love stands supreme also for the 'prisoner of Jesus', Paul. Jesus considers love above all the laws, even the law of Sabbath. Keeping all of the laws won't improve your health. Love in fact does. Research has shown that the heart creates the largest electromagnetic field in the body than even what the brain does. When love quotient is of fine quality there will be a perfect harmony between the brain and the heart, mental aspirations and heart-warming feelings. If we follow the invitation of Jesus, 'to love as I (Jesus) love'; we will be walking on the holistic path of health. With genuine love, our entire body remains warm, fresh, supple and lovable and it simply is good for our health. Love could be the best health concoction. Take it on an empty stomach as you wake up and the wellness-brew to have before going to bed at night, and see what happens to your health.

T for Thoughts

We, humans are binge thinkers. The mind is turned on as soon as we open our eyes in the morning and it moves on in different gears till sleep turns off the engine. Negative thoughts quickly and easily accelerate the velocity of the brain. Our dogs and cats too have brains, but they do not think. They have heads but they have no migraines. And they are free from most of the chronic diseases humans suffer from. You hardly hear them coughing. Barely any of them experience blood pressure, asthma, diabetes, cancer or migraine headaches. They walk freely amidst Covid-19 infected humans without wearing any masks or maintaining distance. The main constituent element of the brain is water. A wisdom line from Jesus says that the kingdom of heaven is like leaven in flour. After a while it is hard to distinguish the dough



from the leaven. A thought thrown in the water of the brain, makes everything watery. It quickly spreads all over the body, faster than that of the leaven in the dough. Sow some seeds of unkind, greedy, harmful, revengeful thoughts inside your brain, soon you will experience what the climate of hell is, about which Jesus did not speak. Store up droplets of life-giving thoughts in your brains; and see what happens to your health.

The last H of Health

Health tonic preparation is thorough. Now follow the direction given below:

"Engrave on your heart 'what those five letters mean to you'. Repeat them over and over to your friends, speak of them when you are at home and when you travel, when you lie down and when you rise. Brand them on your hand as a sign, and keep them always before your eyes. Engrave them on your doorposts."
(Deuteronomy 6: 6-9)

Fr. Ittoop Panikulam SVD
Dhyani Kutir

“

This woman of faith, Mary of Nazareth, the Mother of God, has been given to us a model of our pilgrimage of faith.

From Mary we learn to surrender to God's will in all things. From Mary we learn to trust even when all hope seems gone. From Mary we learn to love Christ, her Son, and the Son of God. For Mary is not only the Mother of God, she is the Mother of the Church as well.

- Saint John Paul II

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.

FROM THE PARISH REGISTER

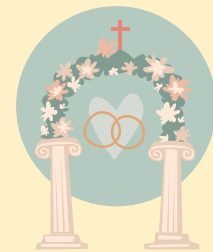
Baptized in Christ



Myra Francis	D/o	Patrick Xavier Francis & Reshma Mehta	14-Mar-21
Benison Fernandes	S/o	Bennett Fernandes & Valerie Fernandes	17-Mar-21
Binaisha Solanki	D/o	Pankaj Solanki & Jessica Pankaj Solanki	4-Apr-21
Asher Owen Mathias	S/o	Langton Kevin Mathias & Andrea Elaine Rebeiro	4-Apr-21
Jenelia Shah	D/o	Drupad M Shah & Regina Maniyan	30-May-21
Jordyn Coutinho	S/o	Savio Coutinho & Pauline Coutinho	4-Jul-21
Zayne Rodrigues	S/o	Richard Rodrigues & Vallankanni Rodrigues	11-Jul-21
Braxton Gabriel Dias	S/o	Daniel Anthony Dias & Anisha	11-Jul-21
Shevonne Zev Tellis	S/o	Sheldon Bruce Tellis & Risa Aviva Tellis	18-Jul-21
Skye Noronha	S/o	Melroy Noronha & Samantha Mascarenhas	18-Jul-21
Faye Alexander D'souza	D/o	Alexander James D'souza & Nastasia Esther Pereira	1-Aug-21
Zoe Miranda	D/o	Paul Miranda & Valerie Miranda	8-Aug-21
Zach Miranda	S/o	Paul Miranda & Valerie Miranda	8-Aug-21

United in Christ

Michael John D'souza	To	Reema Pacheco	24-Apr-21
Purvang Salian	To	Karen Manuella Collaco	25-Apr-21
Dushyanth Mallanna Prema	To	Manisha Thapa	22-May-21
Vishal S. Sawant	To	Myrtle Cardoz	13-Jun-21
Philip Justus Noronha	To	Komal Pravin Trikute	20-Jun-21
Jason Candido Fernandes	To	Jyothisa Mary Mathew	12-Aug-21
Remeth Ruzario Fernandes	To	Anna Severina Dias D'cruz	17-Aug-21



In spite of all her wisdom, she (Our Lady) asked the angel; how can this be? But after he answered, 'The Holy Spirit will come upon you; the power of the Most High will overshadow you', she engaged in no further discussion... she understood at once if these two intervened, there was nothing more to know or doubt.

- *Saint Teresa of Jesus*

Resting in Christ



Sr.Mary Joseph Montant	85 Years	Little Sisters Of The Poor	25-Mar-21
Vandana Nikalje	57 Years	Room No3, Samuel Nikalje Chawl, Malpa Dongri No.3	26-Mar-21
Paul Menezes	79 Years	4/106, Shanti Nagar, M.C.Road	30-Mar-21
Babiana Rodrigues	85 Years	Sai Ashish, A/1 2nd Floor, M.C.Road	31-Mar-21
Christopher Mathews	72 Years	49 Noor Khanchawl, Prashanthi Nagar Society	9-Apr-21
Lucas Menezes	87 Years	A-1003, Ambika Towers, R.J.Rd.	11-Apr-21
Harry Cyril D'silva	61 Years	6 Batna Deep Niwas, M.C.Road	12-Apr-21
Christine D'souza	92 Years	A 202, Hawa Apts, M.C.Road	13-Apr-21
Agnes Aranha	86 Years	Shinde Chawl, Near Baptista Wadi	14-Apr-21
Adrian Anslem Placid Andrades	70 Years	C-3, 1st Floor, Sai Ashish Chs, M.C. Road	16-Apr-21
Angelina Siero	67 Years	D/3 - 31, Green Field Apt, JVLR	16-Apr-21
Denis Louis D'souza	73 Years	57, Prashanthi Nagar, M.C.Road	18-Apr-21
Victor Nicholas Sequeira	66 Years	B/205, Sai Elegance, M.C.Road	20-Apr-21
Selestin Santan Gonsalves	66 Years	B-101, Vastu Shanti, Opp.Vaastu Labh	24-Apr-21
Delphina Jacob Fernandes	63 Years	A/9, Kanthi Welfare, M.C.Road	27-Apr-21
Ruby Coelho	86 Years	1 B/305 Brindaban, Poonam Nagar	29-Apr-21
Stephan Fernandes	53 Years	A 304 Trans Apartments, M.C.Road	1-May-21
Sr. Pauline Colaco	70 Years	Canossa Convent, Nirmala Ashram	4-May-21
Lucy Christ Mendes	64 Years	Room No3, Santhoshi Mata Chawl	8-May-21
Albert Anton D'souza	71 Years	702/B, Tambodar Park, Kharegaon, Kalva, Thane West	9-May-21
Magdeline Fernandes	90 Years	Mineendia Chs Ltd, Allam Nagar, M.C.Road	13-May-21
Cynthia Mukerjee	63 Years	201, Jyoti sparkle CHS, Prem Lane, Sher E Punjab	13-May-21
Celestine Danti	96 Years	1A/101, Brindaban CHS, Poonam Nagar	15-May-21
Paul Bastiao Tellis	68 Years	Flat No 22, Bldg No, 29b, Takshila	16-May-21
George Alphonso Mascarenhas	74 Years	C/4, Gracious Society, M.C.Road	18-May-21
Lawrence Monteiro	76 Years	C1, wing 1, Flat no. 104, Bindra Rose, Bindra complex	16-May-21
Martha Katara	70 Years	1 Shankar Newas, Subhash Nagar, M.C.Road	28-May-21
Simplicius Faustine Pereira	57 Years	A/6-30, Guru Govind Singh Chs, Bindra Complex	3-Jun-21
Ivan Rosario	49 Years	A5, 47, Bindra Complex, M.C.Road	8-Jun-21
Veronica Albuquerque	78 Years	St. Joseph convent, Assisi Bhavan, Home For the Aged	15-Jun-21
Sr. Crystal Domic Lopes	37 Years	Fathima Mata Sadan	23-Jun-21
Fr. John Chrysostom Serrao SVD	70 Years	Soverdia House	25-Jun-21
Anil Bhaskar Nirmal	62 Years	99/10, Munshi Colony, M.C.Road	1-Jul-21
Mary Carvalho	75 Years	Room No.4, Misal Chawl, Jawle Compound	3-Jul-21
Sr. Berta Cotta	87 Years	Canossa Convent, Nirmala Ashram	4-Jul-21
Sushila M. Brown	67 Years	503, Kulshri Sra Co-Op Society, Jijamata Road	12-Jul-21
Sumit Suresh Gurav	26 Years	B.M.Atara Chawl, R.No.3, Malpa Dongri no 3	15-Jul-21
John Anthony Fernandes	67 Years	Arun Vasanth Yadav Chawl, Pumphouse	21-Jul-21
Lucy Lawrence Fernandes	90 Years	Pragathi Nagar, Collectors Colony, M.C.Road	31-Jul-21
Julius Thomas Joseph Freitas	97 Years	B2-57/58 Green Field, JVLR	3-Aug-21

“ While all were at prayer in choir after Compline (night prayer). I saw Our Lady in the greatest glory clothed in a white mantle; it seems she was sheltering us all under it. I understood how high a degree of glory the Lord would give to those living in this house.

- Saint Teresa of Jesus

PARISH PASTORAL COUNCIL (PPC) 2019-2022

I Executive Committee		
No.	Name	Designation
1	Fr. Innocent Fernandes SVD	President
2	Vincent D'souza	Vice President
3	Josephine Fernandes	Secretary
4	Titus Menezes	Jt. Secretary
5	Ida Quinny	CCO Coordinator
6	Candida Mendoza	Parish Coordinator of SCCs
II Ex-Officio Members		
No.	Name	Designation
1	Fr. Innocent Fernandes SVD	President
2	Fr. Ciril D'souza SVD	Co-Pastor
3	Fr. Magimai Sundar SVD	Co-Pastor
4	Fr. Ezekiel Rakesh D'souza	Co-Pastor
5	Fr. Callisto Gomes SVD	Co-Pastor
6	Sr. Neeta Lopes FDCC	Canossa Convent
7	Sr. Arokia FS	Fatima Convent
9	Sr. Nathalia Dsouza SSpS	Holy Spirit Convent
8	Fr. Brian Moras SDB	SDB
10	Fr. Moncy Xavier SVD	SVD Unit Leader
III Lay Office Bearers		
No.	Name	Designation
1	Ida Quinny	CCO Coordinator
2	Candida Mendoza	Parish Coordinator of SCCs
IV Elected Lay Representatives		
No.	Name	Designation
1	Francis Castelino	Lay Representative
2	Lucy Rocha	Lay Representative
3	Rohit Almeida	Lay Representative
4	Jayesh George	Lay Representative
5	Titus Menezes	Lay Representative
6	Anita D'sa	Lay Representative
V Nominated		
No.	Name	Designation
1	Vitus Dias	Youth Representative

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

PARISH ASSOCIATION COUNCIL (PAC)

1	Clergy Team	Fr. Innocent Fernandes SVD	Parish Priest
2		Fr. Ciril D'Souza SVD	Co-Pastor
3		Fr. Sundar Magimai SVD	Co-Pastor
4		Fr. Callisto Gomes SVD	Co-Pastor
5		Fr. Ezekiel Rakesh D'souza SVD	Co-Pastor

Sr.	Cells/Associations	Name of Head	Name of Asst. Head	Spiritual Director
1	Parish Pastoral Council	Vincent D'Souza	Josephine Fernandes	Fr. Innocent Fernandes SVD
2	Center for Community Organization (CCO)	Ida Quinny	Anita D'souza	Fr. Innocent Fernandes SVD
3	Small Christian Community (SCC)	Candida Mendoza	Jessie Serrao	Fr. Innocent Fernandes SVD
4	Finance Committee	Ryan D'Souza		Fr. Innocent Fernandes SVD
5	Community Welfare Fund	Necessidade Fernandes	Edward Fernandes	Fr. Innocent Fernandes SVD
6	St Vincent de Paul (SVP)	Rose Almeida	Cynthia Pinto	Fr. Callisto Gomes SVD
7	Sunday School Pastoral Team	Rosita Fernandes	Philomena George	Fr. Ezekiel Rakesh D'souza SVD
8	Confirmation	Titus Menezes	Prakash Nazareth	Fr. Magimai Sundar SVD
9	Parish Youth Animation Team (PYAT)	Rosita Dias	Andrew D'souza	Fr. Magimai Sundar SVD
10	Charismatic Renewal (English)	Derick Fernandes	Veronica Fernandes	Fr. Ciril D'souza SVD
11	Charismatic Renewal (Konkani)	Cecilia Nazareth	Angeline Fernandes	Fr. Ciril D'souza SVD
12	Missionary Families of Christ (English)	Stephen & Maria Couthino	Alex & Lolita D'souza	Fr. Callisto Gomes SVD
13	Missionary Families of Christ (Konkani)	Peter Rodrigues	Emelia D'Souza	Fr. Ciril D'souza SVD
14	Eucharistic Ministers	Juliana D'souza	Jacintha Menezes	Fr. Ciril D'souza SVD
15	Usher's Group	Francis Castelino	Vanessa D'souza	Fr. Magimai Sundar SVD
16	Liturgy Team	Susan Noronha	Annupama Subodhan	Fr. Ciril D'souza SVD
17	Lectors Cell	Rohit D'Almeida	George Kidangan	Fr. Magimai Sundar SVD
18	Legion of Mary (Senior)	Trisha Fernandes		Fr. Ezekiel Rakesh D'souza SVD
19	Legion of Mary (Junior)	Peter D'souza	Shaun Dias	Fr. Ezekiel Rakesh D'souza SVD

Sr.	Cells/Associations	Name of Head	Name of Asst. Head	Spiritual Director
20	Parish Bulletin	Antonette D'Sa	Savio Rebello	Fr. Callisto / Clergy Team
21	Pre-Baptism Team	Jayesh George	Helen Veera Serrao	Fr. Innocent Fernandes SVD
22	Women's Cell	To be elected	To be elected	Fr. Magimai Sundar SVD
23	Health Cell	Dr. Roshni Crasta	Dr. John Rodrigues	Fr. Callisto Gomes SVD
24	Bombay Catholic Sabha	Bryan Dias	Osmond Pereira	Fr. Magimai Sundar SVD
25	Inter-Religious Dialogue Cell	Baptist Fernando	Ponamma Antony	Fr. Ciril D'souza SVD
26	Senior Citizen	Anita D'Sa	Janice Braganza	Fr. Callisto Gomes SVD
27	Divine Mercy	Navidade D'costa	Rosy Pereira	Fr. Ezekiel Rakesh D'souza SVD
28	Bible Cell	Titus Menezes	Prakash Nazareth	Fr. Ezekiel Rakesh D'souza SVD
29	Parish Youth Council (PYC)	Vitus Dias	Leon Travesso	Fr. Magimai Sundar SVD
30	Altar Servers	Nandita Fernandes	Tressy Peris	Fr. Ezekiel Rakesh D'souza SVD
31	Hope & Life Movement	Bridget Noronha	Mary Coutinho	Fr. Ciril D'souza SVD
32	Parish Cultural Committee	Rohit Almeida		Fr. Magimai Sundar SVD
33	St Paul's Guild	Babu Durairaj		Fr. Ezekiel Rakesh D'souza SVD
34	Parish Website	Rosita Dias	Rohit D'Almeida	Fr. Callisto / Clergy Team
35	Family Cell	Lucy Rocha	Joseph Mendonsa	Fr. Callisto Gomes SVD
36	Parish Choirs - English	Conrad D'Sa		Fr. Ciril D'souza SVD
		Sylvester D'Silva		
		Osmond Pereira		
		Marian D'souza / Jayesh George		
	Parish Choir - Konkani	Tressy Peris		
Parish Choir - Hindi	Vinod Waghmare / Barthol Palande			
Parish Choir - Children	Jacintha D'mello			

PARISH YOUTH COUNCIL (PYC)

Executive Committee Members			
Designation	Name	Community Name	
Vice-president	Vitus Dias	8. Infant Jesus	
Secretary	Leon Travesso	27. Holy Trinity	

No.	Community Name	PYC Member	Area
1	Immaculate Conception	Jaison D'Mello	1
		Royson D'Mello	
2	Our Lady of Fatima	Ciana D'Souza	3
3	Holy Cross	Joseph Aldrich Fernandes	3
4	Divya Jyoti	Gwyneth Pinto	3
		Terence Marcus Fernandes	
5	St. Anthony's	To Be Elected	1
6	Morning Star	Steffiny D'Souza	1
		Janice Lobo	
7	Good Shepherd	Alan Leo Nazareth	1
		Samitha Karnekar	
8	Infant Jesus	Vitus Dias	1
		Rochelle Felix Pereira	
9	Divine Mercy	Anoushka D'Souza	3
		Kenan D'Souza	
10	St. Theresa of Child Jesus	To Be Elected	5
11	Jeevan Jyoti	Grace Fernandes	5
		Danica D'Costa	
12	Apostles of Christ	Lazarus Fernandes	5
		Rhys Pereira	
13	Holy Family	Raizel Muntode	2
		Sasha D'Gama	
14	Helpers of Jesus	Delaina Fernandes	2
15	Akashdeep	Riveria Noronha	2
16	Our Lady of Nazareth	Jeson D'Souza	2
		Andriana Viegas	
17	St. Dominic Savio	Sarah D'Silva	4
		Ronan Noronha	
18	Good Samaritan	Kaylynn Rodrigues	4

No.	Community Name	PYC Member	Area
19	Christ the King	Glevita D'Souza	4
		Christin Rodrigues	
20	Dayasagar	Valencia D'Silva	6
		Sharon D'Souza	
21	St. Paul's	Joshua Fernandes	6
22	Premsagar	Gloria Nikalje	6
		Danica Fernandes	
23	Shantidhaan	Valentina Pinto	7
		Elvina Mascarenhas	
24	Emmanuel	Marshlin Nair	7
25	Pavan Atma	To Be Elected	6
26	St. Ann's	Reni Xavier	7
		Jason Menezes	
27	Holy Trinity	Vallen D'Souza	2
		Sarah Stephen Rodrigues	
28	St. Joseph the worker	Sharon Salvador D'Silva	4
		Daniel John D'Souza	
29	Our Lady of Rosary	Pragati Toppo	5
30	Shalom	Franko Fernando	7
		Saniya Saldanha	
31	Hosanna	Justin Abreo	6
		Sara Fernandes	
32	Sacred Heart	Alston Quadros	3
		Carmelina D'Souza	
33	Yahweh's Clan	Roshan Fernandes	5
		Sian D'Souza	
34	Mystical Rose	To Be Elected	5
35	Genesis	Arnold Kiro	7
		Ansyll Barboza	

GUIDELINES FOR SUBMISSION OF ARTICLES TO BE PUBLISHED IN THE BULLETIN

1. Articles should be sent strictly by e-mail only to h2h.bulletin@gmail.com to reach the Editorial Board, within the stipulated deadline, as announced at the Parish Weekly Announcements. Handwritten articles will not be accepted.
2. Articles written by Individuals or on behalf of Cells/Associations/Communities should compulsorily be got approved by both, the Spiritual Director & the Head of the respective Cell/ Association/ Community. It will be their sole responsibility and discretion to ensure that the Article is factually and morally correct.
3. Articles must have an appropriate title, the full name of the author and the name and number of their Community. A contact telephone number should also be mentioned so that clarification(s), if any, can be easily obtained.
4. Please ensure Articles are submitted by the prescribed date to avoid disappointment as those received after the announced deadline, would be published in the current issue, subject to availability of space. The same will not be carried forward to the next issue.
5. Articles on the activities of the parish should not exceed a maximum of 500 words.
6. As much as it is important for Cells/Associations/Communities to report their activities - Heads and Spiritual Directors of Communities/Cells /Associations should encourage their members to contribute articles to the Bulletin. A maximum of one article per person will be considered per issue.
7. Please note that it will not be possible to entertain any request for change(s) in the Article, once submitted for publication.
8. The 'Photograph Page' is to give a visual representation of events and aims to display the variety of activities taking place in the parish, organized by the parishioners of different age groups, Cells, Associations, Communities etc. Photographs of the parish activities sent for publication should be of High-Definition quality. The discretion to publish the photographs will be the prerogative of the Editorial Team. Please do not send Collages but only individual horizontal photographs.
9. Internet forwards or anonymous articles will not be published.
10. The Editorial Team reserves the right to edit or reject Articles, as it deems appropriate.



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PARISH VISION MISSION STATEMENT

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



Health Outreach Team



Orientation by Dn. Ivan Fernandes for the PYC



Prayer Service for the PYC Elect - Community No. 17



'World Day of Grand Parents and The Elderly' Celebrations - Community No. 17



Vianney Sunday



Vianney Sunday