



# Heart to Heart

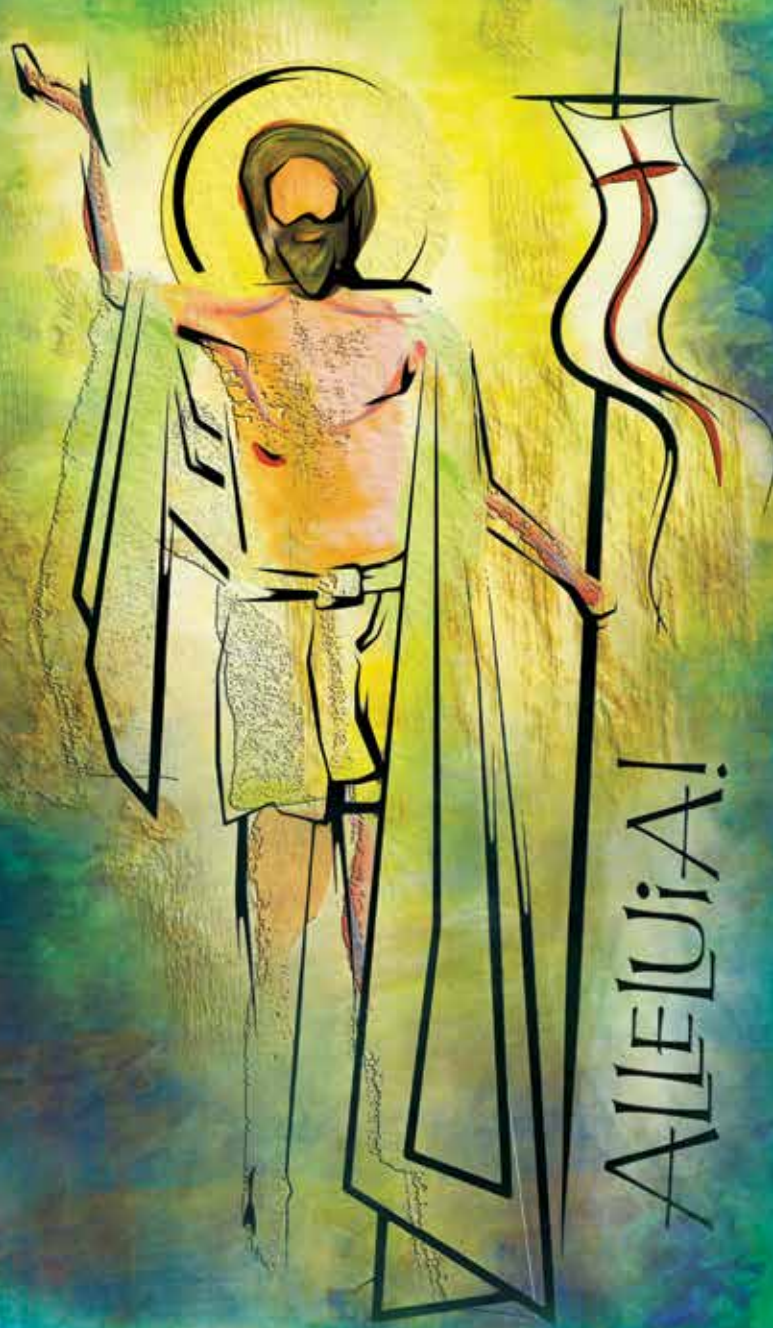
Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 84

April 2022

For Private Circulation Only

## EASTER CELEBRATES LIFE



# OUR REGULAR PROGRAMME

## SUNDAY MASSES

### Morning

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

### Evening

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

### Weekday Masses:

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

### Wednesday

Novena to Our Lady of Perpetual Succour after all Masses

### Thursday

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

### First Friday:

Holy Hour 6:00 pm to 6:45 pm

### Fourth Friday:

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

### Catechism for Children:

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

### Confessions:

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

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

**Pre-nuptial Enquiry:** by Appointment

### Wedding Mass Timings:

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

**Sick Calls:** At any time

**Centre for Community Org.:** (Tel: 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

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# FORTHCOMING EVENTS

9th April	Blessing of the Palms 06.45 pm - In front of the grotto, followed by procession and Palm Sunday Mass
10th April	Palm Sunday
14th 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
15th April	Good Friday 06.00 am - Stations of the Cross by Youth 09.00 am - Stations of the Church by Senior Citizen Cell 10.00 am - Stations of the Cross (Konkani) followed by the Divine Mercy Novena (begins this day and will be after Mass on Weekdays) 06.00 pm - Celebration of the Lord's Passion
16th April	Holy Saturday 07.30 am - Meditation of the seven sorrows of Mother Mary followed by the Divine Mercy Novena 07.30 pm - Easter Vigil and Mass of the Resurrection of our Lord Jesus
17th April	Easter Sunday Konkani Mass - 07.30 am English Mass - 08.45 am & 10.00 am [Adult Baptisms] No Evening Mass
20th to 22nd April	Triduum in preparation for the Feast of Divine Mercy (During 07.00 pm Mass)
24th April	Divine Mercy Sunday (Feast Mass at 10.00 am)
25th April	Feast of St. Mark, Evangelist
29th April	Memorial of St. Catherine of Siena, Virgin & Doctor
1st May	Memorial of St. Joseph the Worker Workers' Day Celebration by Celebrating Life Organising Committee
2nd May	Memorial of St. Athanasius, Bishop & Doctor
3rd May	Feast of Sts. Philip and James, Apostles
13th May	Memorial of Our Lady of Fatima
14th May	Feast of St. Matthias, Apostle
26th May	Memorial of St. Philip Neri, Priest
29th May	Solemnity of Ascension of the Lord
31st May	Feast of the Visitation of the Blessed Virgin Mary
1st June	Memorial of St. Justin, Martyr
3rd June	Memorial of St. Charles Lwanga and Companions
5th June	Pentecost Sunday Tree Plantation on World Environment Day by Celebrating Life Organising Committee
6th June	Memorial of Mary Mother of The Church
11th June	Feast of St. Barnabas, Apostle
12th June	Trinity Sunday
13th June	Feast of St. Anthony of Padua, Priest & Doctor
19th June	Solemnity of the Most Holy Body & Blood of Christ
21st June	Memorial of St. Aloysius Gonzaga, Religious
26th June	Feast of the Sacred Heart of Jesus & Laity Sunday

**For additional details, kindly refer to the Parish Weekly Announcements.**



# FROM THE PASTOR'S DESK

## My Dear Parishioners,

We have just spent 40 days in prayer, fasting, abstinence and charity. We also had our English and Konkani Lenten Missions to help us make the season of Lent meaningful and fruitful. It was a time for introspection – to look into our own lives, discard things and habits that kept us away from God and from one another and reconnect ourselves with God and our fellow brothers and sisters. We have spent the season of Lent looking inwards and reflecting deep within ourselves and now we are on the threshold of Easter, the most important and significant feast for us Christians, as on this day we celebrate the **Resurrection of our Lord and Saviour Jesus Christ**.

Our Parish has chosen '**Celebrating Life**', as its theme this year. By this, we reinforce the point that the strength, the beauty, and the joy of the Parish lies in celebrating the failures and successes of its parishioners living their Christian lives joyously. Keeping the theme of the year in mind and the upcoming celebration of Easter, we have rightly chosen, Easter – Celebrate Life as the theme for this issue of the Parish Bulletin.

One may ask, what is the connection between Easter and Celebrating Life. How does Easter celebrate life? The answer is simple. In Easter, we celebrate and partake in the resurrected life of JESUS. Easter is a celebration of New Life. The significance of Easter is beautifully illustrated at the beginning of the Easter Vigil service. All the lights are switched off and only the Easter Candle is lit from the blessed fire. The lighted Easter Candle is carried to the Altar in a procession. On the way, members of the congregation light the candles they are holding from the Easter Candle thereby signifying, **Christ as our Life and Light** and that without Him, we will be lifeless and in darkness.

During Lent, we make resolutions to change ourselves, seek mercy and forgiveness; and embrace positive ways to be better Christians. Easter and the season thereafter, will be more meaningful and joyful to us, if we continue in this manner, denouncing sin and

embracing and celebrating life. The life of the apostles and disciples of Jesus changed completely after JESUS' resurrection and the descent of the Holy Spirit upon them. They became very courageous and proclaimed the message of the Risen Lord. They lived as one large community of believers, treating each other as brothers and sisters and sharing what they had with others. In the same manner, having experienced the Resurrected life of JESUS, we are called to live in peace and harmony in our families, communities and in the parish. We are called to be concerned for people especially, those who are in need – spiritually, emotionally, and economically.

Yes, my dear parishioners, let us take this opportunity and Celebrate Easter - celebrate life with joy and renewed vigour. This celebration, of being part of the Resurrected Life of JESUS, continues all through the year – Celebrating Life. Let it bring joy among us as a parish community.

May the light of the Easter Candle drive away all that is evil and fill you with a life in abundance, in the Risen Lord.

Along with my Clergy team, I wish each one of you a very happy easter. May the Risen Lord live in your hearts and in your homes. God Bless!

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



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# EASTER CELEBRATES LIFE

When you are on the verge of accomplishing a long-awaited objective, how do you feel? Are you relieved, joyful or sad that the journey is nearly over? Are you frightened of the challenges and trials that still lie ahead, or do you face your future with courage, with confidence and faith in God? When the Israelites began their journey, they assumed that they could easily reach the Promised land; but it took them forty long years to get there. At one point after wandering through the wilderness they stood upon a mountaintop that overlooked the Promised land. During their forty years of desert wandering, the children of Israel alternately blessed and despised the name of God. When He showed them miracles they humbled themselves. When the tests and rigours of desert life became arduous, they hardened their hearts in anger and resentment. But God, on the other hand, liberated them and brought them to the Promised land, inviting them to celebrate their life.

God commanded the Israelites to commemorate His great deliverance of them continually through the Passover meal. The festival commemorates the liberation of the people of Israel from slavery in Egypt. Passover is a big celebration of freedom and life; Passover celebrates the life-giving event of the exodus in the community life of the Israelites. God intervenes and liberates them from this unjust slavery and through this liberation, they receive new life, a new identity and a new covenant. "The days are coming," declares the Lord, "when I will make a new covenant with the people of Israel and with the people of Judah. It will not be like the covenant I made with their ancestors when I took them by the hand to lead them out of Egypt, because they broke My covenant, though I was a husband to them, declares the Lord. "This is the covenant I will make with the people of Israel after that time," declares the Lord. "I will put My law in their minds and write it on their hearts. I will be their God, and they will be My people. (Jeremiah 31:31-33)

Sacrificial animals were slaughtered in the temple in Jerusalem during the Passover festival, and the lamb was offered as a sacrifice to save the people from plagues. The origins of the Easter celebration can be traced back to the Passover feast. Easter is the liberation from the darkness of the tomb to the bright glory of the Resurrection, the journey from slavery to liberation, from darkness to light and from death to new life. Now Jesus is the fulfilment of the Passover. He is the Lamb of God who was sacrificed to set us free from bondage to sin (John 1:29; Psalm 22; Isaiah 53). The blood of Jesus covers and protects us, and His body was broken to free us from eternal death (1 Corinthians 5:7).

The God who liberated the Israelites from slavery is the same God of life who took the sting out of Jesus' death and replaced it with the stunning liberation of Easter morning, making freedom possible for those enslaved by sin and offering hope of eternal life. Easter celebrates the victory of life over death with the resurrection of Jesus.







The significance of Easter is Jesus Christ's triumph over death. His resurrection signifies the eternal life that is granted to all who believe in Him. No powers of death could hold Jesus, captive in the tomb, thus His resurrection is a celebration of life.

For the disciples, the resurrection was a brand-new experience. It was a completely unexpected turn of events and a fantastic new beginning. It provided them with a new perspective of life. Easter celebrates the life of disciples as they receive the Holy Spirit. The Risen Jesus breathed on them, and said to them, "Receive the Holy Spirit." (John 20:22). This occurred after the death and resurrection of Jesus after the New Covenant was put into effect. Just a few days before, in the upper room at what we call the 'Last Supper', Jesus promised that the New Covenant would be put into effect by His blood - what He accomplished for us on the cross. This is a connection with the creation of Adam because this is a re-creation. It uses the same vocabulary as in Genesis 2:7 when the Lord breathed the breath of life into Adam, making Adam a living being. The breathing is described in the same way as in Ezekiel 37: Valley of Dry bones - when breath came into the restored bodies. The giving of the Holy Spirit is a unique feature of the New Covenant: I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, (Ezekiel 36:26-27.) Jesus gave His disciples the Holy Spirit, bringing new life, joy, strength and the ability to carry out their mission. As they receive the life-giving Spirit, the disciples of the risen Christ celebrate life. They celebrate new life, a new Identity.

Today we celebrate our life because the risen Christ dwells among us. The Gospel of John 20:19 says, "the doors being locked where the disciples were for fear of the Jews, Jesus came and stood among them." Jesus did not have to knock. He did not even have to open the door. He simply was present. This means that today in our life, Jesus can go where no one else can go. He can go where no counsellor can go. He can go where no doctor can go. He can go where no lover can go. He can reach us, and reach into us, anywhere and anytime. There is no place where we are, and no depths of personhood that we are which Jesus can't penetrate and He promised to be with us always.

In this world of pain, sorrows and tears, Easter reminds us that life is worth living. Easter, the feast of the Resurrection, gives us the joyful message that we are a "Resurrection People." This means that we are not supposed to lie buried in the tomb of our sins, evil habits and dangerous addictions. A single phrase astounds the woman and changes history: "Why do you seek the living among the dead?" (Lk 24:5). Easter is the feast of tombstones being removed; and, rocks being rolled aside. God takes away even the hardest stones against which our hopes and expectations collide: death, sin, fear, worldliness. It gives us the Good News that no tomb can hold us down anymore - the tomb of despair, discouragement or doubt, nor that of death. Through His resurrection, all things are made new—including our life, our hope, and our future! Therefore, we are expected to live a joyful and peaceful life, constantly experiencing the real presence of the Risen Lord in all the events of our lives that God has prepared especially for us. "This is the day the Lord has made; let us rejoice and be glad" (Psalm 118:24). Let us celebrate our life because the risen Christ dwells among us. EASTER CELEBRATES LIFE.

**- Fr. Magimai Sundar SVD**

# CCO ON THE MOVE

*Just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. - Romans 6:4*

The Risen Lord brings us joy, hope, and a reason to celebrate. Hope, according to the Centre for Community Organization (CCO) offers joy, expectation, excitement and celebration. This hope gives the energy and zeal to work and puts a smile on the faces of the ones who need help to overcome their struggles in life's journey.

Enumerated here below are the activities carried out in the last reporting period:

**The Inter Religious Dialogue Cell (IRDC)** along with the Clergy team organized the 73<sup>rd</sup> Republic Day Celebrations on January 26, 2022. Following the 7:30 am Mass, the flag hoisting ceremony took place on the Church grounds. Fr. Magimai Sundar SVD hoisted the flag and delivered a meaningful speech to the gathering.

**The Missionary Families of Christ (MFC)** had their scheduled household meetings, Chapter meetings and MFC-Kids meetings. Apart from these regular meetings, MFC also collaborated with the Family Cell and the Celebrating Life Organizing Committee in organizing the World Marriage Day Celebration on February 20, 2022.

**The Sunday School Pastoral Team** conducted online Catechism classes. This academic year has been particularly memorable for the First Holy Communion team, as two batches of students (56 children in 2020-21 and 26 children in 2021-22) received the Sacrament of Holy Communion within a span of four months.

*The Sacrament of Confirmation* was administered on Sunday 30th January 2022 to 51 Confirmands by Bishop Dominic Savio during the 10:00 am Mass. Online preparatory sessions were conducted from June 2021 till January 2022. There were also two offline evaluations and a two-day retreat in December with Confessions and Counselling.

**The Bible Cell** conducted Online sessions every Tuesday at 7:30 pm on the topic 'Parables of Jesus' from June 2021 to December 2021. Sessions on the topic 'Miracles of Jesus' have begun since January 2022. The Great Bible Challenge was held on 21st November 2021.

**The Divine Mercy Cell** held their scheduled monthly meetings and monthly intercessory prayers in the Church. On the 16th of December 2021, the cell members also led the Eucharistic Adoration in the Church.

**The Family Cell** organized a special Eucharist celebrated by Bishop Barthol Barretto at 10:00 am on 26th December, on the occasion of the feast of the Holy Family. The theme of the Mass was "Families bonding in love and prayer".

**The Community Welfare Fund (CWF)**, 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 after a thorough verification is conducted.

**Details of the Assistance/Aid provided for the year from April 2021 - February 2022: -**

Education	-	46
Medical Aid	-	25
Housing Assistance	-	18
<b>Total Cases</b>	-	<b>89</b>

**The St. Vincent de Paul Association (SVP)** regularly assists the adopted families of our parish and the needy people belonging to other faiths through the regular distribution of food rations and old clothes collected from the parishioners.

World Day of the Poor and Children's Day was celebrated by distributing hampers consisting of eatables, groceries, toiletries, stationery items etc. to the adopted families and other needy families.

In December, Christmas hampers (consisting of chicken and cake) were distributed to all the adopted families and cash was given to Catholic households.

Every month Medical Aid is provided to some families, cash assistance is given to 10 families and Ration is provided to 50 families.

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

**The Centre for Community Organization (CCO)** helps to fill out application forms for needy parishioners seeking educational, medical, and housing assistance. For medical assistance, letters are sometimes sent to other parishes.

Many of our parishioners, as well as members of other faiths, have benefited from the CCO's assistance in finding employment, particularly as patient attendants, day/night caregivers, domestic and housekeeping workers, among others.

We also register eligible girls and boys from our parish and other parishes intending to get married in the near future.

This Easter, may we be filled with hope, renewal, and new life. All of our parishioners are wished a Blessed and Joyful Easter.

**Ida Quinny**  
CCO Co-ordinator



# HEARTY LAUGHTER

## The Coin Toss

By the time Bobby arrived, the football game had already started. "Why are you so late?" asked his friend. "I couldn't decide between going to Church and going to the football game. So, I tossed a coin," said Bobby. "But that shouldn't have taken too long," said the friend.

"Well, I had to toss it 35 times."

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## Late For Class

A little girl, dressed in her "Sunday best" was late and running to her Sunday school class. As she ran, she prayed, "Dear God, please don't let me be late. Dear God, please don't let me be late." Then she fell.

She got up, dusted herself off and saw that her dress was now dirty and had a little tear. She started running again, still praying, "Dear God, please don't let me be late." But this time she added, "But please don't push me, either!"

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## No News

A man in a bar sees a friend at a table, drinking by himself. Approaching the friend, he comments, "You look terrible. What's the problem?" "My mother died in August," he said, "and left me Rs. 25,00,000." "Gee, that's tough," he replied. "Then in September," the friend continued, "my father died, leaving me Rs. 90,00,000." "Wow. Two parents, gone in two months. No wonder you're depressed." "Then last month, my aunt died and left me Rs. 15,00,000." "Three close family members lost in three months? How sad." "Then this month," continued the friend, "absolutely nothing!"

## Relief

A completely inebriated man was stumbling down the street with one foot on the curb and one foot in the gutter. A cop pulled up and said, "I've got to take you in pal. You're obviously drunk." The wasted man asked, "Officer, are ya absolutely sure I'm drunk?" "Yeah buddy, I'm sure," said the cop, "Let's go." Breathing a sigh of relief, the wino said, "Thank goodness. I thought I was crippled."

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## The Irishman's parking space

An Irishman is trying to find a parking space outside his local pub on a busy evening, but cannot find a single one. He looks skyward and says, "Lord, if You grant me this space, I'll come to Church every Sunday as a good Catholic should." Low and behold, a space opens up right in front of him at which time, he looks skyward again and says, "Never mind, I found one."

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## The Worst

A man went to the hospital to visit his mother-in-law, who was in a serious condition. On the way back the wife, very worried, asks: "So, honey? How's my mom doing?"

He replies: "She looks great! She is in good health! She will still live for many years! Next week she will be discharged from the hospital and will come and live with us, forever!"

"Wow that's amazing!" - says the wife - "But this is very strange, dear. Yesterday she seemed to be on her deathbed, the doctors said she should have a few days to live!"

"Well, I don't know how she was yesterday" - he replied - "But today when I arrived at the hospital, the doctor told me that we should prepare for the worst"

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## Spelling Error

One dark night, two men are walking home after a party and decide to take a shortcut through the cemetery.

Right in the middle of the cemetery, they are startled by a tap-tap-tapping noise coming from the misty shadows. Trembling with fear, they find an old man with a hammer and chisel, chipping away at one of the headstones.

"Holy cow, dude," one says after catching his breath. "You scared us half to death. We thought you were a ghost! What are you doing, working here so late at night?"

"Those fools!" the old man grumbles. "They misspelled my name!"

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## Letter Writing

Dave, a man committed to an asylum, was writing a letter. The doctor asks "Hi there Dave, whatcha' doing there?" Dave answers, "I'm writing a letter to myself."

"Really? What does it say?" The doctor asks. And Dave answers, "I don't know, I haven't received it yet."

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## Over Smartness

My friend thinks he is smart. He told me an onion is the only food that makes you cry, so I threw a coconut at his face.

# FAMILY BIBLE QUIZ – APRIL 2022

## I) SELECT THE CORRECT ANSWER:

- How did the Centurion demonstrate faith in Jesus?
  - He trusted his friends to convince Jesus.
  - He trusted in the authority of Jesus' words
  - He knew his worth as an army commander
  - He had helped build the synagogue
- Who does Jesus call His family?
  - those from Nazareth, His hometown
  - those who present burnt offerings to the Lord.
  - those of Abraham's descent.
  - Those who hear the Word of God and do it.
- What actions mentioned in Acts (Chap 4) showed that the believers 'were of one heart and mind'?
  - They rallied together to fight the oppressors
  - They all spoke at the same time.
  - They shared everything they had.
  - They gathered together to build a new temple.
- What according to St. James (Chapter 4) is the root cause of fights and quarrels?
  - the devil
  - Miscommunication.
  - Selfish desires
  - boredom
- What did the apostles consider to be their highest priority?
  - Prayer and ministry of the Word
  - Prayer and fasting.
  - Organization and church growth
  - Discipleship and teaching

## II) MATCH THE SCRIPTURE VERSE WITH THE EVENT:

- |                   |                                                                                    |
|-------------------|------------------------------------------------------------------------------------|
| 1. Acts 13:21     | a. Lie down on your right side for 40 days and bear the sins of the house of Judah |
| 2. 1 Kings 11:42  | b. Jesus appeared to the apostles during 40 days                                   |
| 3. Numbers 32:13  | c. Elijah walked 40 days and nights to Horeb                                       |
| 4. Ezekiel 4:6    | d. Moses stayed with the Lord on Mount Sinai for 40 days                           |
| 5. 1 Samuel 17:16 | e. Israelites wandered in the desert for 40 years                                  |
| 6. Exodus 34:28   | f. Jesus fasted for 40 days and 40 nights                                          |
| 7. Matthew 4:2    | g. Goliath, the Philistine taunted Saul's army for 40 days                         |
| 8. Acts 1:3       | h. Solomon reigned over Israel for 40 years                                        |
| 9. Jonah 3:4      | i. God gave the Israelites Saul as King for 40 years                               |
| 10. 1 Kings 19:8  | j. 40 days more and Nineveh shall be destroyed                                     |

## III) SOLVE THE WORD PICTURES:

e.g. **High Priest**  
Heb 5:1

- \_\_\_\_\_ Luke: Chap \_\_\_\_\_
- \_\_\_\_\_ Exodus 12: \_\_\_\_\_
- \_\_\_\_\_ Matthew 7: \_\_\_\_\_
- \_\_\_\_\_ Luke 11: \_\_\_\_\_
- \_\_\_\_\_ Matthew : Chap \_\_\_\_\_
- \_\_\_\_\_ Rev:22: \_\_\_\_\_

<b>PRIEST</b>
SUPPER SUPPER SUPPER ←
<b>PASS LAMB</b>
→ GATE <b>GATE</b>
SMTWTF <b>BREAD</b>
SHEEP SHEEP SHEEP SHEEP SHEEP SHEEP SHEEP SHEEP SHEEP
EVER EVER EVER EVER <b>EVER</b>

## IV) Fill in the blanks and complete the scripture verse:

- But He was wounded for our \_\_\_\_\_, crushed for our \_\_\_\_\_; upon Him was the punishment that made us \_\_\_\_\_, and by His \_\_\_\_\_ we are healed (Isaiah 53:\_\_\_)
- Jesus said to her, "I am the \_\_\_\_\_ and the \_\_\_\_\_. Those who believe in Me, even though they \_\_\_\_\_, will \_\_\_\_\_. (John 11:\_\_\_)
- So if anyone is in \_\_\_\_\_, there is a \_\_\_\_\_ creation: everything old has passed away; see, \_\_\_\_\_ has become new!(2 Cor 5:\_\_\_)
- looking to Jesus the \_\_\_\_\_ and \_\_\_\_\_ of our faith, who for the sake of the joy that was set before Him endured the \_\_\_\_\_, disregarding its \_\_\_\_\_, and has taken his seat at the \_\_\_\_\_ hand of the \_\_\_\_\_ of God (Heb 12: \_\_\_)
- I am the \_\_\_\_\_ and the \_\_\_\_\_ and the \_\_\_\_\_ one. I was \_\_\_\_\_, and see, I am \_\_\_\_\_ forever and ever; and I have the keys of \_\_\_\_\_ and of \_\_\_\_\_.(Rev 1 : \_\_, \_\_)

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

- Email the answers to [h2h.bulletin@gmail.com](mailto:h2h.bulletin@gmail.com) latest by 17<sup>th</sup> May 2022.
- 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 - DEC 2021

- I. SHEPHERD, EMMANUEL, WORD, DOOR, CHRIST, MESSIAH, CARPENTER, VINE, MASTER, ADVOCATE, LORD, RABBI
- II. 1. RUTH 2. ELI 3. LEAH 4. LEVI 5. ABEL 6. SAMARIA 7. SAMSON 8. MARY 9. EVE 10. JERICHO 11. CAPERNAUM 12. DAMASCUS
- III. 1. Thorns (Mt 7:16) 2. slow (Ps 103:8) 3. taxes (Rom 13:7) 4. sowed, wheat (Mt 13:25) 5. slack, kin (Pr 18:9) 6. price (1Cor 6:20) 7. marrow (Heb 4:12) 8. branches, bear apart (John 15:5) 9. snow, flame (Rev 1:14) 10. stones (1Pet 2:5)
- IV. The fear of the Lord is the beginning of knowledge (Proverbs 1:7)

*Hearty Congratulations*  
to winners of Family Quiz December 2021



**1<sup>st</sup> Prize:** Robert Pinto, Community No. 12

**2<sup>nd</sup> Prize:** Emmanuel Xavier Gauri, Community No. 27

# CONGRATULATIONS FR. MELROY MASCARENHAS SVD ON YOUR PRIESTLY ORDINATION



Amid the gloom of the Pandemic, our parish witnessed a joyful moment as our very own parishioner, Melroy Mascarenhas, son of Late Walter and Mabel Mascarenhas of St. Dominic Savio, Community No. 17 was ordained by Auxillary Bishop John Rodrigues on 12th January 2022. Among those present at the Ordination Ceremony at the 4 pm Eucharist were Fr. Melroy's mother, siblings and loved ones, besides parishioners who came in large numbers, despite the COVID-19 protocol, to share in the joy and witness this proud and sacred event. The event was also live-streamed to enable others to participate online. The Provincial Superior of the INM Province, Fr. Richard Mathias SVD presented Deacon Melroy to the Bishop.

In his homily, the bishop likened Fr. Melroy's call to the priesthood, to that of Samuel in the Old Testament who discerned that it was the Lord who was calling him and he willingly responded saying, **"Here I am Lord, Your servant listens"**. The Wedding feast at Cana chosen for the Gospel reading was symbolic of God's desire to give in abundance and to complete what is frail and weak in human beings. Jesus comes as Saviour to transform and renew us to be a worthy instrument.

Fr. Melroy Mascarenhas, born in Doha, Qatar on 1st November 1981 is a graduate in Sociology. He has one older sister and a younger brother and sister. After a long process of discernment, Melroy, who was an active member in the Working Youth Group of our parish and the youth choir, joined the Divine Word Missionaries congregation in the year 2011. He took his first vows in 2015 and completed his Exposure Immersion Programme at Khandwa, MP during 2017-2018. In 2020, he took his final vows and then completed his diaconate ministry at the St. Stephens Church, Cumballa Hills from September to December 2021.

Fr. Melroy celebrated his first Mass on 14th January at 7.00 pm. His Pastoral motto is **"Do Whatever He Tells You"**, the response of Mary at the wedding feast at Cana.

As Fr. Melroy awaits his appointment in the Mumbai Province for his future apostolate as a priest, we wish him the very best in his future endeavors in the Lord's vineyard. We assure him of our prayers to be a Holy and zealous priest.

# PARISH ACTIVITIES

## SENIORS IN ACTION

On Monday, 6th December 2021, the seniors of our Parish were all excited as it had been announced earlier, that there would be a Christmas Party for all of us. The announcement requested that we give our names quickly because of limited numbers.

It is well known by now in our Parish, that any activity undertaken by the Senior Citizen's Cell will be fun, and interesting enough to keep everyone on their toes. This Party was no exception.

Once most of the attendees were present, our Spiritual Director, Fr. Callisto Gomes SVD, welcomed us all with a well delivered speech. Delectable snacks and tea were served. It seemed as though all the animators have done a short-term course in waitressing. They were quick, efficient and all smiles - the hallmarks of the service industry! Under the tutelage of the Senior Citizen's Cell leadership and with their sense of humour, there is always an atmosphere of liveliness and amusement at all the senior functions. Those who stay away do not know what they are missing!

Everyone exercised their vocal cords singing Karaoke Christmas songs! I am sure it reminded us all of the enjoyable parties of yesteryear. Next, we were all encouraged to participate in some acupuncture exercises. Exercises which help keep our joints and

muscles fluid and strong. This led us naturally to the next activity - a Grand March with our dynamic priests leading us. Our priests were sporting and picked up their partners from those with the most experience of life! It was heartwarming to see almost everyone move to the music, take part and enjoy the proceedings.

Would you believe it? The hall resounded while all the "young at heart" participated in the "Jerusalem"! No Jokes! Yes, the Jerusalem dance, No exaggeration. Maybe it was a tutorial, but we danced!! This grooving continued for a bit. After that strenuous activity, everyone looked forward to the game of "Housie" and attentively poked out their numbers, with the toothpicks that were thoughtfully provided. Some were thrilled when they won. Others just enjoyed the game. Like life itself, you win some, and you lose some!

This celebration may have been low key (because of the Pandemic) but as usual, the ones in charge and the animators succeeded in making a little stretch a long way.

Fr. Innocent Fernandes SVD concluded the festivities with a few words of appreciation and commendation and then, like a magician,

Anita D'sa proceeded to "Gift" each and every guest present, with a beautifully patterned "Glass, Leaf Serving Dish," which I am sure some of us will use when we entertain. A gift that will remind us of the season of Love, Hope, Joy, Cheer, Giving and laughter!

A request was made for more people to volunteer as animators and there were some who generously raised their hands. We look forward to having more functions and more guest participants in the future.

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

“ Be merry, really merry. The life of a true Christian should be a perpetual jubilee, a prelude to the festivals of eternity.

*- St. Theophane Venard*





# USHERING IN THE JOY OF CHRISTMAS

Christmas is a joyful season, a time to rejoice. It serves as a beautiful reminder of God's love. At Christmas time, we sing carols because they are a means of telling the narrative of Christ's birth. Carols spread joy and warmth in the festive season. These songs remind us and the people who hear them, of God's promise of a Saviour to be born - a King who would redeem the world of sin. Hence, we continue this custom of glorifying God by singing Carols.

During the pandemic, we could neither have the Parish Christmas Float nor Carol singing in our community, which is our yearly tradition. However, many restrictions were eased this year and hence we had the opportunity to hold and present live Cribs. On 19th December 2021, we conducted a carol singing drive in our community and societies. Our community group went singing through the lanes and homes of the homebound.

Despite the not so normal circumstances, we tried to spread joy around, in preparation to welcome the Babe in the manger, who is the Hope of the World. We dressed up and wore caps to suit the occasion and carried stars, cribs along with musical instruments. We went from lane to lane, covering almost the whole area.

It was a great event in which many participated. To our surprise, some of the non-Catholics too joined us in carolling around. Santa distributed sweets to all and it was a great pleasure to see families coming down in their societies and distributing sweets. This gesture was appreciated by everyone.

On Christmas Eve we visited the bereaved families of our community and distributed Christmas sweets.



On 2nd January 2022, a get-together was held for the Carollers, who had wholeheartedly participated in carolling helping us make the event a great success. Games were conducted, refreshments were served and dinner followed. Fr. Ciril D'Souza SVD our Spiritual Director graced the meal.

The New Year has arrived, but the festivities are far from over. "You are the light of the world," Jesus stated (Matthew 5: 14). This is the message for us, this year. As Jesus did, we have the obligation of spreading light in the darkness. It is our job to support those around us during difficult times and pray that the pandemic will cease.

**Rita Fernando**  
*St. Dominic Savio, Community No. 17*

# CELEBRATION OF INDIA'S 73<sup>RD</sup> REPUBLIC DAY

This year the Republic Day celebrations began post the 7:30 am Mass on January 26, 2022. A huge celebration was out of the question due to the ongoing Covid related protocols and restrictions, however, this did not in any way dampen our patriotic spirit.

The event began with the distribution of miniature Indian flags to the parishioners as they assembled. Harbinder Singh of the Inter Religious Dialogue Cell compered the event.

The national flag was hoisted by Fr. Magimai Sundar SVD, and everyone saluted and

sang the National Anthem with pride and honour. It was a heartfelt salute to the spirit of patriotism. The Parish Priest, Fr. Innocent Fernandes SVD, complimented the Inter Religious Dialogue Cell for the lovely arrangements and thanked everyone who stayed back to celebrate our patriotism. The event concluded with the distribution of sweets to the gathering.

**Baptist Fernando**  
*Inter Religious Dialogue Cell*



# WORLD MARRIAGE DAY - CELEBRATING LIFE

The purpose of celebrating 'World Marriage Day' is to honour husbands and wives as the foundation of the family, which is the basic unit of the Church. It salutes the beauty of their faithfulness, sacrifice, and joy in daily married life. On 20th February 2022, 'Celebrating Life Organising Committee' (CLOC) along with the Family Cell and Missionary Families of Christ (MFC) celebrated this event with vigour and enthusiasm.

The celebrations began with Holy Mass celebrated by our Spiritual Director, Fr. Callisto Gomes SVD and Parish Priest, Fr. Innocent Fernandes SVD at 5:30 pm. It was marvellous to see all the couples, exquisitely dressed, entering the Church in procession while the choir melodiously sang "My Beloved is mine". It was nothing short of a nuptial Mass with couples holding hands and facing each other at the Penitential Rite and the renewal of marriage vows.

The homily was humorous, edifying and heartening with the right mix of advice to the couples gathered. "Husband is Honey

when he has money; Wife is cute when she is mute!" brought a smile to my face. Fr. Callisto drew parallels to Bill and Melinda Gates' sad and unfortunate separation after 27 years despite having all the luxuries and pleasures of life. Most marriages break up because couples stop communicating and are unwilling to forgive. Communication does not imply constant speech. We must listen to each other and our spouse's point of view. The foundation of every marriage is honesty and trust. Every day and often, couples must profess their love for each other. Always wear your Wedding ring, share your dreams, find humour and laugh together, once a week go on a date with your spouse, even if it is just for a cup of coffee and pray together, were some of the suggestions given for marital bliss. The Mass ended with the beautiful hymn "Give Thanks".

We had an entertaining evening in the Community Centre. Fr. Callisto welcomed all the couples. Five couples boldly and enthusiastically showcased their dancing skills, did the rock and roll, twist and jived to

melodic Hindi, English and Konkani music. The audience clapped, sang and tapped their feet while they watched. Snack Boxes were passed around. The evening ended with a game of Housie - the most loved game which was all the more entertaining with Ozzie calling out the numbers. Zelda Fernandes, our anchor for the evening did a fabulous job compering the event.

Thank you - The CLOC team, your inputs and encouragement made it feasible.

Thank you - The World Marriage Day Committee your meticulous coordination for both the Mass and the get together made this event a grand success. Dear Parish Clergy Team, your support made this event a success. Ozzie and the choir, your melodious singing made the Mass more meaningful.

We were truly celebrating Life, marriage, family and creating joyful memories. Life is beautiful.

**Lucy Rocha**  
Co-ordinator - Family Cell



“ To celebrate Easter is to believe once more that God constantly breaks into our personal histories, challenging our "conventions", those fixed ways of thinking and acting that end up paralyzing us. To celebrate Easter is to allow Jesus to triumph over the craven fear that so often assails us and tries to bury every kind of hope.

- Pope Francis



# WORLD DAY OF THE SICK

The World Day of the Sick is a day of awareness, or observance, in the Catholic Church intended for "prayer and sharing, of offering one's suffering for the good of the Church and of reminding everyone to see in his sick brother or sister the face of Christ". Pope John Paul II instituted the day on May 13, 1992, and it is commemorated on February 11, the feast day of Our Lady of Lourdes.

The 'Health Cell' in collaboration with the 'Celebrating Life Organizing Committee' animated 'The World Day of the Sick' in our parish with a solemn Mass at 4:30 pm on 11th February 2022 which was celebrated by Fr. Callisto Gomes SVD. The Mass was also live streamed through the Sacred Heart Parish YouTube channel for the ones who were unable to make it to Church. About 150 people were present for the Mass in Church. It was heartwarming to see our entire clergy team present for this Mass and participate in different ways. Fr. Innocent Fernandes SVD welcomed the sick as they entered the Church, Fr. Ciril D'souza SVD led the choir, Fr. Magimai Sundar SVD and Fr. Rakesh D'souza SVD ensured that the livestreaming of the Mass went smoothly, and our spiritual director Fr. Callisto oversaw and ensured that all of our sick brethren were well cared for.

After Mass, snacks were served and it was wonderful to see the sick and elderly stay back and have a small 'chai pe charcha' with each other. After two years of being locked in, this was much needed.

The highlight of the evening was the 'medicine' given by our former parish priest Fr. Cyprian Lewis SVD in his homily as he broke 'The Word'. He stressed on the fact that wholeness and brokenness flowed from our relationship with God and the purpose of Jesus coming into the world was precisely to bring this 'wholeness' into our lives. He shared his own personal testimony to drive home

the point that amidst the million things happening in the world, God is fully aware of what is happening to each one of us, even the smallest problem that we endure and all that is required is 'surrender'. He concluded his reflection by reminding everyone from 1 Corinthians 10:13 that "God is Faithful and will not let you be tested beyond your strength but with the testing He will also provide the way out so that you may be able to endure it."

The Eucharist concluded with the administration of the Sacrament of the Anointing of the Sick by our Clergy Team.

We would like to extend our gratitude to the Parish Clergy Team along with members of the Health Cell, Celebrating Life Organizing Committee, Altar Servers, Ushers and all you dear Parishioners for your support in making this celebration a success!

**Jesse Monteiro**  
*Celebrating Life Organizing Committee*



# MINISTRY OF WORD

Ministry Of Word (MOW) was started in the year 1990 under the aegis of Archdiocese of Mumbai and is a two-year full-time course. It is a well-planned and structured programme that comprehensively covers both the Old Testament and the New Testament.

After completing the 2-year course the candidate is placed on a six-month probation period. Post successful completion of probation, the candidate is commissioned to preach the Word of God in his/her Parish. Normally the MOW academic year starts from June to April. However due to the pandemic the academic year has been changed to January - December.

At present, the MOW course is being conducted in our Parish campus.

The MOW students are indebted to our Parish Priest, Fr. Innocent Fernandes SVD and the other members of the Parish Clergy Team for their generosity in allowing the classes to be held in our Parish and for their unwavering support.

The course can accommodate 75-80 students and would be on first-come-first basis. In case of any further query, you may reach out to Fr. Jude, Director of MOW at [mow.archbom@gmail.com](mailto:mow.archbom@gmail.com)

**Maria Coutinho**  
*Class Representative and  
Co-ordinator - Ministry Of Word*

# OUR VERY SPECIAL GUEST - BISHOP ANTHONY PASCAL REBELLO SVD



On Sunday 27th February 2022, we were privileged to have a special guest, **his Excellency Bishop Anthony Rebello SVD** to celebrate the 8:45 am Eucharist. He is the first Goan SVD Bishop and a zealous missionary. His homily during the Eucharist left us spellbound.

Bishop Anthony a man of remarkable spirituality, faith, courage and simplicity was born on 18th March 1950, in Nairobi, Kenya and spent his childhood there. At the age of fourteen, his family moved to Goa, their native land. After his education in Margao - Goa, he joined the SVD seminary. His pious parents were his source of inspiration that led him to choose the priestly vocation. They prayed the Rosary daily, on their knees, and young Anthony imitated them. His mother encouraged him to go daily for the Holy Eucharist and also visit the Blessed Sacrament Chapel for silent adoration. She displayed her spirituality in action by giving alms to the poor and visiting the sick, these virtues were instilled in Bishop Anthony from his childhood. He was also deeply inspired by Fr. Peter Verhaelen SVD.

Bishop Anthony has a long list of missionary activities which adds a flair to his profile. After his ordination in May 1977, his first appointment was at the mission station in Nagaland. Following this, he has served in Botswana and Nairobi, Kenya. Later he moved on to a mission in Antigua in the West Indies, where he drew people to God through their rich culture of music and dance. His next assignment was in Angola during the war, where he worked for a decade. This according to him was his most challenging mission. Here He was met with threats from the rebels to shoot him as he defended the people. He even walked through the river to visit the people.

In 2021, Bishop Anthony was appointed Bishop of Francistown, Botswana. He learnt Setswana, the native language of Botswana in order to connect well with the people and draw them to Christ. He strived to build a hospice for those suffering and dying of AIDS. He encouraged every parish to have its own Blessed Sacrament chapel. He draws the youth to Christ through the Rosary Rally, during which 400 - 500 youth walk about 30 - 40 km praying the Rosary. The youth in Botswana have experienced God through the power of the Holy Rosary.

## **Bishop Anthony's advice on how to deepen our faith:**

- Celebrate the Holy Eucharist, which is the source and summit of our Christian faith, through which we receive every blessing and healing.
- Read the Bible and understand the significance of God's Word.
- Devote yourself to the Divine Mercy. Bishop has personally experienced many miracles through this.
- Pray the Holy Rosary daily.
- Spend quality time with Jesus in the Blessed Sacrament. Trust in God's promises!

Bishop Anthony who also celebrated the 7:30 am on Ash Wednesday in our parish said this Ash Wednesday will be memorable to him as this was his first as a Bishop.

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



# SACRED HEART VOLUNTEERS AT HOLY SPIRIT HOSPITAL VACCINATION DRIVE

Every life is precious and safeguarding it is one's duty as well as a huge responsibility. During this pandemic, everyone has learnt to appreciate the value of life. The personnel working in the health care sector were close witnesses to the magnitude of this catastrophe. The pain and anxiety of the people during this pandemic will remain etched in our minds forever

Holy Spirit Hospital welcomed the opportunity to provide vaccination to the local citizens. During the period from **March 2021 to Feb 2022, 69809 citizens** have been vaccinated (general public, handicapped, transgenders, pregnant women, lactating mothers, men and youth between the ages of 18 to 97 years). **4655 poor people were vaccinated free of cost.** This also provided them ample opportunities to educate and bring about awareness on COVID and its related issues.

“

Why should we today sing Alleluia, Praise the

Lord? Because this day we are fed, freed, assured of the truth, and given promises of being endowed, in our resurrection, with the gifts of clarity, agility, brightness and impassibility, which Christ showed in His resurrection.

– St. Vincent Ferrer

Everyone from the Directors to the Security guards pitched in to assist and render their services to the needy. **Sacred Heart Parish** has been generous in providing their parking lot for the vehicles of our recipients. We are also grateful to the **Sacred Heart Volunteers** for helping us with crowd control and management. The time we spent with them during the vaccination drive will definitely encourage us to continue rendering selfless service at Holy Spirit Hospital.

Holy Spirit Hospital also undertook the following activities to assist the sick and needy during this pandemic:

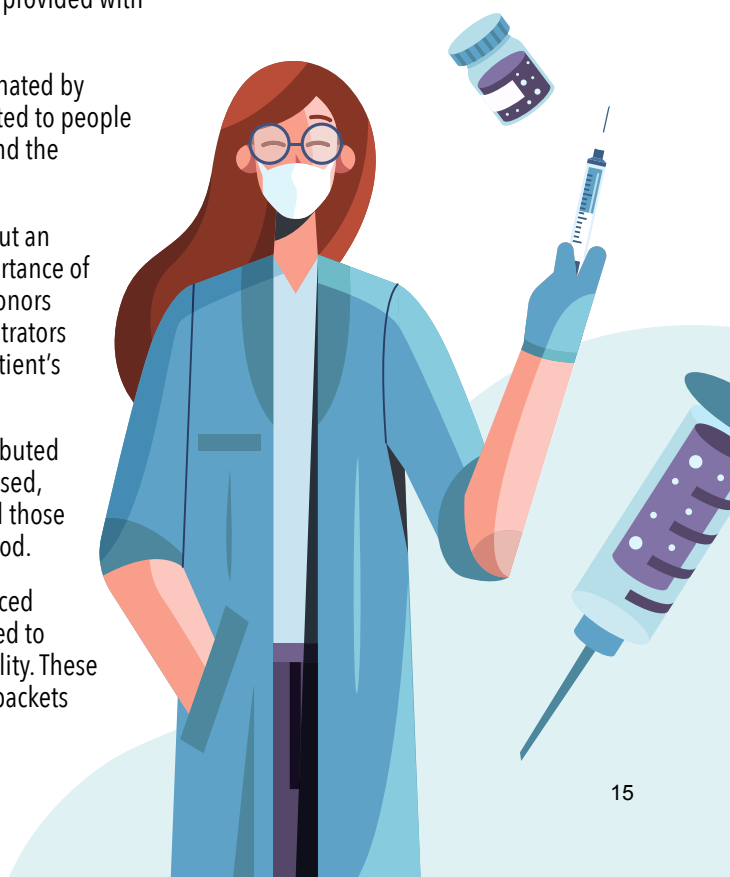
- 11 TB patients are treated with medicines and medical checkups daily in our clinic;
- 35 children and women are being trained in yoga and dance by Yoga teacher - Abhaya;
- 352 students who are children of slum dwellers, transgender families, migrants, domestic workers, construction workers, sweepers, rag pickers were provided with notebooks and stationery;
- Around 600 bed sheets donated by well-wishers, were distributed to people on the streets of Andheri and the surrounding areas.
- COVID-19 has brought about an understanding of the importance of each BREATH. A group of donors donated six oxygen concentrators which were given to the patient's home free of cost.
- Monthly rations were distributed to the needy, the marginalised, the bedridden, the sick and those who have lost their livelihood.
- Fresh, nutritious and balanced diet packets were distributed to the poor people of the locality. These 'Poshak Ahar and Kichadi' packets

reached the people who did not have anything left to survive and their lives seemed bleak and blank.

- 35 poor, slum-dwelling, girl children were provided with a delicious meal on 8th September.
- In the month of September, 50 young adolescent children participated in a Seminar on the importance of Nutrition and its implication on one's health.
- People who could not afford to buy a wheelchair for their ailing parents or siblings were provided with donated wheelchairs.

COVID can cause life-threatening diseases. One should protect oneself from it. Wear masks and get vaccinated. The sooner the people of the entire country get vaccinated, the safer the entire country will be.

*Sr. Vasanthi Varghese SSpS  
Holy Spirit Hospital*





# THROUGH THE LITURGICAL BIBLE STUDY

Liturgical Bible Study (LBS) is a Catholic Bible study method developed by Fr. Arlo Yap of the Divine Word Society (SVD), Manila, Philippines that **uses the readings of the Sunday Mass**. It is in a **question-and-answer format** that studies the text as it stands, verse by verse.

## THE LBS METHODOLOGY

### ▪ USES THE SUNDAY READINGS

As the person participates in LBS, he/she is also being prepared for the Holy Eucharist of the coming Sunday. This supports a more meaningful experience in the Mass.

### ▪ GOES DEEP INTO THE READINGS

Questions are formulated verse by verse. It is like a camel chewing grass for the extraction of vitamins and nutrients.

### ▪ STUDIES TEXT AS IT IS AND AS IT STANDS

Questions and answers are drawn from the Biblical text of the Sunday Readings. Basic questions are who, when, where, what and how.

### ▪ GROUP CENTERED NOT LEADER CENTRED

In LBS, learning is evoked. The method recognizes that each member is a resource. It is participatory and experiential. The role of a leader is just to facilitate and not to teach. He is there to draw out the answers and enable the participants.

## THE LBS STRUCTURE

### OPENING PRAYER

#### 1. STUDY OF THE GOSPEL

- Reading of the text
- Exploration/Study with questions
- Summary of the text
- Identify key-words

#### 2. STUDY OF THE 1st READING

- Reading of the text
- Exploration/ Study with questions
- Summary of the text
- Identify key-words in each verse

#### 3. STUDY OF THE 2<sup>nd</sup> READING

- Reading of the text
- Exploration/ Study with questions
- Summary of the text
- Identify key-words in each verse
- Connection of the Gospel and 1st Reading key-words
- Connection of the 2nd Reading key-words with the Gospel and 1st reading key-words

#### 4. ONE THREAD MESSAGE (OTM)

- Create a one-line take-home message

#### 5. APPLICATION and ACTUALIZATION IN LIFE

### CLOSING PRAYER

We have the Online Liturgical Bible Study every week on Thursday at 7:30 pm. Please join @ Google Meet Link: <https://meet.google.com/frb-imam-crt>

www.liturgicalbiblestudy.com  
Facebook: /liturgicalbiblestudy

*Joseph Chettiar*  
*Immaculate Conception, Community No. 1*  
*LBS Co-ordinator*



But the greatest of all feast days is Easter

Day, the day of the Lord's Resurrection, because today assurance was given to us to obtain eternal and immortal life in soul and body. Christ gave it to us through His resurrection, which is the cause and the assurance of our resurrection.

- St. Vincent Ferrer







# CELEBRATION OF INTERNATIONAL WOMEN'S DAY



As the Archdiocese of Mumbai declared Sunday, 13th March 2022 as International Women's Day, our Parish decided to felicitate the women achievers in our communities on that day, in accordance with our Parish theme of the year "Celebrating life".

The evening began with the Eucharistic Celebration. The Celebrant, Fr. Innocent Fernandes SVD thanked the women of our parish for their selfless service in the Parish.

Bookmarks were distributed at the end of the service to commemorate International Women's Day. This, however was only the prelude to what then followed - an evening of grit and glory, felicitations and appreciations, thoroughly enjoyed by a very attentive and appreciative audience.

The programme began, with the arrival of the Chief Guest - Priscilla Buthelo and the Guest of Honour - Sr. Ida Lobo SspS.

Fr. Innocent declared the celebrations open after which the events unfolded with a beautiful and meaningful prayer dance by the Canossian novices, thus setting the mood perfectly.

The eight women who were to be felicitated were then invited to share their journeys and success stories, what a touching and

emotional ride it was! Each one of them overcame numerous hurdles and setbacks to stand at the podium with happiness and joy thanking and appreciating everyone who contributed to their success narrative.

The lovely and beautiful eight women achievers were:-

- **Cynthia Rubeque**, a Flight Attendant.
- **Mitali D'Souza**, a professional Odissi Dancer
- **Lucy Rocha** from the aviation industry
- **Valerie Mascarenhas**, the first Lady Principal of St. Dominic Savio High School.
- **Sharon Pinto**, a trained Lawyer and Company Secretary
- **Anella Quadros**, a Beautician and Image Consultant
- **Olivia Moraes**, Principal of The Stephen High School for the Deaf and Aphasic at Prabhadevi
- **Carolline David**, Head of the Department of Economics and Foundation Course, of Sanskar College of Commerce, Malad East and a registered PhD in Economics

Priscilla Buthelo, the Chief Guest, too shared her experience and success story.

***"If you can imagine it, you can achieve it. If you can dream it, you can become it."***

This was the message in a nutshell, conveyed to the audience.

The women achievers were presented with a trophy and a sash while everyone was served refreshments. The evening would not have been a success without the efforts of the Organising Committee and the anchors - Rosita Fernandes and Dr. Roshni Crasta. However, all this was possible only due to the blessings and cooperation of our supportive Parish Clergy team.

The evening's celebration was captured through the lens of Fr. Ronnie D'silva SVD and his team, while a vote of thanks by Valerie Mascarenhas rounded off the evening.

***"Happiness is a mental attitude, a grateful spirit, a clear conscience and a heart full of love"*** - this quote summarises a wonderful, emotional and awe-inspiring evening.

**Sheena Pereira**  
**Apostles of Christ, Community No. 12**



**SUNday  
CATechism**

## "THE BODY AND BLOOD OF CHRIST" AMEN

12th February 2022 was a special day in the lives of 26 children of our Parish, who received the most precious gift of love, their First Holy communion.

These children had been preparing themselves to receive Jesus, being trained by the catechists under the guidance of our Spiritual Director, Fr. Ezekiel Rakesh D'souza SVD. This year, through the online classes the teachers prepared the children for their First Holy Communion Day. Throughout the year Masses and prayer services were conducted for the Rite of Acceptance, Presentation of the Our Father and Presentation of the Creed. During Advent, a special Mass was celebrated in a most unique manner by Fr. Donald D'souza SVD for our children along with their parents.

After many sessions of preparation, practice and Intensive training, these children received the Sacrament of Reconciliation on 11th February 2022. The following day was their big day. The children resembling little angels assembled in the Church for their First Holy Communion Mass scheduled at 4:30 pm.

Fr. Magimai Sundar SVD was the main Celebrant. The homily preached by Fr. Sundar gave the children a beautiful and impactful message to carry throughout their lives. The melodious singing by Choirmaster Osmond Periera and his choir made it a joyful celebration.

The children sang the hymn of surrender and with open hearts welcomed Jesus into their hearts, lives, and homes to be with them perpetually. Their smiling faces endorsed the joy that had filled their hearts on receiving Jesus and the same was expressed by them as they sang the Action song with the flag of joy in their hands.

Thereafter the children were given Certificates, Rosaries and Scapulars. They returned home with joyful hearts and beautiful memories to cherish forever.

A get together was organised at the Community Centre for two of our children along with their families. Cake cutting, gifts, meal boxes and games were organized to help make this a memorable day for them. We extend a big thank you to the donors who helped us in organizing this celebration for our children.

We are grateful to Fr Innocent Fernandes SVD our Parish Priest, Fr Ezekiel Rakesh D'souza SVD our Spiritual Director; and the entire Clergy team for helping in the Faith formation of our children.

We thank the Parents, Teachers, Prayer Guardians, Community members and Co-ordinators, Ushers, Altar services, C R Studioz for the videography and photography, the choir and each and every one who made this a remarkable day for all our children.

All praise and thanks to God Almighty for blessing all our Communicants on this great day in their lives. May they continue to grow in faith and may Jesus be their Good Shepherd always!!

***Nirmala Almeida  
Catechist, First Holy Communion***



Christianity is not that complex of oppressive factors ... but it is peace, it is joy, it is love, it is life that is always renewed, like the secret pulsing of nature at the beginning of spring. The source of this joy is in the Risen Christ, who frees men from the slavery of sin, and invites them to be with Him a new creature, waiting for blessed eternity.

***- St. John XXIII***



# OUR EXPERIENCES AS WE GOT CONFIRMED IN FAITH



Our online Confirmation sessions were a lot more fun than anticipated. From reflections to assignments, it was a wonderful blend of fun and learning. The two-day retreat was rejuvenating, to say the least. It was a time of inner-healing and coming closer to the Lord.

Special thanks to our animators who despite the circumstances made this entire experience truly joyful and memorable. Our journey to receiving Confirmation was far from normal with many hurdles and challenges; but at the end of it all, we know that 'God works in mysterious ways'!

**Evanna Rebello**  
*Christ the King, Community No. 19*

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I always thought that Confirmation classes would be tedious, but they were not. Having the sessions online wasn't a drawback at all. It was a beautiful journey that led me closer to God. The sessions helped me to understand Scriptures and inculcate gospel values in my daily life. It helped me develop the habit of reading the Bible and praying daily.

The two-day retreat was something that I really gained from. The inner-healing session touched me personally. Our animators put tremendous effort to prepare us for our 'Big Day'. To sum it all, it was just extraordinary! Thanks to our Clergy and Confirmation team for helping us experience the goodness and greatness of our God.

**Riann D'souza**  
*Sacred Heart, Community No. 32*

The Confirmation journey has truly been an enriching one. We received many insights about our faith. As a youth, I failed to understand the importance of the Holy Spirit in my life but now I received a deeper knowledge and understanding of Him. We were taught how to call upon Him in every situation. We were truly blessed to have animators who worked dedicatedly to prepare us to be sealed with the Gifts of the Holy Spirit.

The two-day retreat was a great experience; various issues were dealt with, which we as youth encounter today. I am proud to be confirmed in the faith and be guided by the Holy Spirit.

**Samantha Fernandes**  
*Apostles of Christ, Community No. 12*

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Due to the pandemic, we had the Confirmation program online right from June. In a session on the 'Sacrament of Reconciliation' Fr. Callisto Gomes SVD, explained in a very simple way how to make a good confession. This was followed by the two-day retreat conducted by Jesus the Real Vine team. It was a wonderful experience, especially the 2nd day because of the adoration and inner-healing.

To sum up my whole experience, the confirmation program will surely help me throughout my life.

**Steve D'souza**  
*Morning Star, Community No. 6*

“ Dear Lord Jesus Christ, by Your radiant and magnificent resurrection, You broke the bonds of death and rose from the grave as a conqueror. You reconciled Heaven and earth. Our life had no hope of eternal happiness before You redeemed us. Your resurrection has washed away our sins, restored our innocence, and brought us joy. How inestimable is the tenderness of Your love.

- St. Gregory the Great







**YOUTH FULLY  
ALIVE**



# MY EXPERIENCE AT THE 'FEED THE HUNGRY' PROGRAMME

I am part of the Parish Youth Council since the beginning of 2020; however, I was only able to attend one meeting, due to the pandemic which began in March. Fortunately, by mid-2021, we were able to resume our monthly meetings again as the COVID cases decreased.

In one of these meetings, we discussed the "Feed the Hungry" programme with the support of St. Vincent de Paul Society (SVP) which was to be held on 28th November, 2021. We would be distributing food packets to the less privileged at the Community Centre. This day also coincided with the Eucharist for the youth, the first one in 2021.

“ Here is the good news! Risen Jesus is the authentic 'Gospel of life.' He communicates divine life to man, the dignity of a child of God. From the apostles we have received this good news, which we must bring 'to the heart of every man and woman' by placing it 'in the innermost folds of the whole society.

- St. John Paul II

Following the Mass, we gathered at the Community Centre for the 'Feed the Hungry' event. I've been a part of many social service activities as a part of my school's curriculum and with other voluntary organisations, however this was my first time as a Parish Youth Council member.

Our group arrived to find the beneficiaries already seated. We urged them to line up in an organised manner with the help of the SVP in order to minimise overcrowding at the food station. Each beneficiary had a chit indicating the number of food packets that they needed for their family members who could not be present. Our group then took turns passing out the meal packets to the crowd. At that time, since I was partially vaccinated, I was a bit concerned about the gathering, but we successfully managed

to distribute the food while maintaining safe social distance. The PYAT members were also present and assisted in giving out the packets. Towards the end, we still had food packets remaining so we decided to distribute it to our respective building guards and house helps.

I would like to express my gratitude to our Youth director, Fr. Magimai Sundar SVD, as well as the PYAT and SVP members for providing our parish youth this opportunity of service and for guiding us well. Overall, this has been a very pleasant experience, where we got together to do something beneficial for our community and it has undoubtedly helped us with our team building skills and spiritual growth. I look forward to other events at the PYC.

*Pragati Toppo  
Our Lady of Rosary, Community No. 29*



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# HEALTH PAGE - LOOSING A TOOTH

Loosing a tooth, can be traumatic both physically and emotionally; especially when it's a front tooth and more so if you loose a tooth in your youth.

A missing tooth can change the appearance of your smile. Let us look at, "Why do we need to replace teeth?"

1. For aesthetics because it's embarrassing to smile with a missing tooth. So, we need to replace it as soon as possible.
2. So that our speech is not affected. An open space in the front changes the sound of some words.
3. To be able to chew well and digest food properly especially when one loses the molar teeth or the teeth at the back of one's mouth.
4. Not replacing missing teeth negatively impacts the alignment of other teeth over time. Teeth migrate into the empty space which in turn leads to gaps between teeth. Upper teeth migrate downwards and lower teeth move upwards making it difficult to replace them in the future.
5. Losing teeth have a negative impact on oral health and confidence.

Thanks to the latest research and technology, mainly digital technology, today there are many options available to remedy missing teeth.

Let's start with the simple and most cost-effective options.

## I. REMOVABLE DENTURES



These can be removed easily by the patient and need to be cleaned after

every meal and kept out of the mouth at night preferably. They can be made to replace single teeth, multiple teeth or even ALL the teeth.

### Advantages:

- They can be made easily and quickly.
- They can be easily repaired and replaced.
- Teeth can be added to an old denture, in case of loss of another tooth.
- Cheap option.
- Simple to use and wear.

### Disadvantages:

- Causes Discomfort.
- Takes time to get used to them.
- Takes some time to learn to speak with them, especially with dentures that cover the palate as some words sound different but with practice, one learns to speak well.
- Needs regular cleaning.
- Metal clasps used are unsightly.

## II. BRIDGES



The second-best option for FIXED TEETH is BRIDGES. A bridge is made using

the teeth adjoining the empty space as support. The teeth which support the bridge need to be ground down to receive the crowns as part of the bridge. Various materials are used to make the bridge like Chrome cobalt, metal bridges, porcelain or ceramic fused to metal Zirconia (not recommended for long term bridges).

### Advantages:

- They are simple and quick options to replace teeth.
- Not as expensive as implants.
- No surgery involved.

### Disadvantages:

- Need to grind good virgin teeth adjoining the open space.
- Leakage or cavities form under the bridge if oral hygiene is poor or due to an ill-fitting bridge.
- Food impaction below the bridge.
- Costlier than dentures.

## III. IMPLANTS



The third option which is now becoming the more preferred

option is IMPLANTS. It is the most common and the best option provided the patient can afford the cost and there is sufficient bone to place the implant. It is a fixed option and support is taken from the bone. The implant is placed in the bone where the missing tooth's root was initially located. Implants are made of titanium which completely integrates with the bone.

### Advantages:

- Fixed and comfortable.
- Does not affect speech.
- No learning curve. One can get adjusted to them quickly.
- Easy to clean.
- No need to touch the adjacent teeth.
- Natural feel.

### Disadvantages:

- Expensive.
- The waiting period - the time taken for the bone to integrate with titanium is around 3 months. Interim options are available but add to the cost.

To conclude, there are many options available and many types of material available to replace missing teeth, no matter whether you loose them due to injury, gum disease or decay. The dentist will be able to help you make the right decision depending on the firmness and position of the remaining teeth and after considering your needs and budget.

Look after your teeth, Natural is always the best!!

All that is required is timely intervention and treatment and regular visits to your dentist to catch a cavity as it begins and get a cleanup done to keep your gums healthy.

**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.*

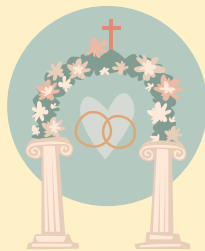
# FROM THE PARISH REGISTER

## Baptized in Christ



Diandra Plakal	D/o	Benny & Vaishali Plakal	15-Nov-21
Daniel Plakal	S/o	Benny & Vaishali Plakal	15-Nov-21
Anaiah Fernandes	D/o	Thomas C. Fernandes & Linnet Thomas	21-Nov-21
Siva Das	S/o	Late Raman & Late Janaki	29-Dec-21
Ethan Jules Aranha	S/o	Karan Savio & Udit Aranha	09-Jan-22
Shanaya Baria	D/o	Harsh & Jennifer Baria	16-Jan-22
Jaden Dsouza	S/o	Colin & Monica Dsouza	23-Jan-22
Kaira Gonsalves	D/o	Orville & Veera Gonsalves	23-Jan-22
Kasey Gonsalves	D/o	Orville & Veera Gonsalves	23-Jan-22
Zed Michael Guilmon Rasquinha	S/o	Craig Rasquinha & Zytla Da Costa Correia	30-Jan-22
Anna Fonseca	D/o	Steven & Bharti Fonseca	30-Jan-22
Divine Choudhary	D/o	Nayan Prakash & Sunita Choudhary	30-Jan-22
Ariah Jade Cardoz	S/o	Clyde & Delishea Cardoz	27-Feb-22

## United in Christ



Benny Clement Plakal	To	Vashali Sitaram Kharat	15-Nov-21
Stephason Benjamin	To	Vannessa Fernandes	20-Nov-21
Joel Even Dsouza	To	Lenita Mascarenhas	20-Nov-21
Ryan Joseph	To	Abigail Velentina Mukerjee	21-Nov-21
Meeth Shah	To	Alexis Dsouza	21-Nov-21
Arnold Jones	To	Janesha Parswani	26-Nov-21
Chris Jude D`Mello	To	Bianca Fernandes	27-Nov-21
Arnols Xavier Pinto	To	Shagun Sharma	02-Dec-21
Michael Saldanha	To	Sneha Gilbertina Aka Prabhakar Hengade	04-Dec-21
Austin I. X. Fernandes	To	Mabel Fernandes	08-Dec-21
Ashwil Deen Sequeira	To	Trecy D`Souza	12-Dec-21
Surein Ralph D`Cruz	To	Carol Noronha	12-Dec-21
Pratish Jonathan Kale	To	Vanessa Henry Rodrigues	17-Dec-21
Royston Jason D`Souza	To	Alisha Veronica D`Mello	18-Dec-21
Karthik Ayyar	To	Jasmine D'souza	19-Dec-21
Mario Antony Joseph	To	Nadia Priscilla Moraes	19-Dec-21
George Monterio	To	Glades Machado	22-Dec-21
Stevon Dsouza	To	Joydin Barboza	26-Dec-21
Thomas Fernandes	To	Tina Rosario	26-Dec-21
Santhosh Subhash Kargutkar	To	Steffi Anne Rodrigues	26-Dec-21
Melwin Lawrence Pinto	To	Daisy Sophia	27-Dec-21
Dominic Joseph Fernandes	To	Henrieta Annie Aranha	29-Dec-21
Jardin Rhys Braganza	To	Yashashwini Poojari	29-Dec-21
Wilfred William	To	Mary Shiji Karipuzha	30-Dec-21
Royston Adrian D`Souza	To	Jovita Blessy Pais	30-Dec-21
Anthony Johnson Eluvanthikal	To	Teresa Bhaskar	01-Jan-22
Ashley Winston D`Souza	To	Lolita Anisha Lobo	02-Jan-22
Drayton Joseph	To	Prescilla Golda Pinto	05-Jan-22
Roger D`Silva	To	Ancita D`Souza	08-Jan-22
Richard Fernandes	To	Caroline Pereira	08-Jan-22
Allan Mendonsa	To	Samantha D`Souza	08-Jan-22
Vivian D`Souza	To	Ilin Lydia D`Mello	08-Jan-22
Savio Fernandes	To	Stella Rajendra Pandit	09-Jan-22
Rohan Seetharam Salian	To	Lavina Jasmine Correa	09-Jan-22
Terry Christopher Wilson	To	Sharmaine Carroll	22-Jan-22
Paras Bambahadur Thapa	To	Rosita Christopher Noronha	29-Jan-22
Franklin Dsouza	To	Rinolle Christle DSouza	29-Jan-22
Roshan Noronha	To	Julienna Rasquinha	06-Feb-22
Amogh Ranadive	To	Nicole Desiree Fernandes	18-Feb-22
Hansel Marcel D`Souza	To	Audrey Rodrigues	20-Feb-22
Nathan Anthony Salve	To	Eliza Ramdas Mahanti	26-Feb-22



## Resting in Christ



Joyce John Rodrigues	53 years	703, Trimurti Towers	13-Nov-21
Anselm Prakash Alphonso	65 years	D-4, Nav Neelima CHS	22-Nov-21
Maria Caitan Clara Carrasco	89 years	A/17 Swagat, JVLR Green Fields	12-Dec-21
John Marshall Fernandes	65 years	A/10, Gr Floor, Sai-Ashish CHS	19-Dec-21
Gilbert Dias	71 years	28A/21, Takshila	20-Dec-21
Benvenuto D'souza	73 years	14B/33, Takshila	3-Jan-22
Irene Menezes	65 years	C-102/103, Hawa Apts	3-Jan-22
Andrew Fernandes	53 years	D/1, Nirman Park	7-Jan-22
Felix Marcelo DeSouza	62 years	Lodha Eternis, Bldg 10 Flat 101	9-Jan-22
Joseph Pereira	78 years	Room No.7, Shabbir Niwas	12-Jan-22
Hary Boy Raji	56 years	Room No.3, Noble Colony	13-Jan-22
James Philip Thomas	68 years	R.N.4 Usha Kunj	13-Jan-22
Mary Gomes	78 years	1/B 21 Takshila	14-Jan-22
Ignatius D'Souza	55 years	14/B/306 Mandar CHSL, New Mhada Colony	16-Jan-22
Siva Das	67 years	D1/17 Greenfields, JVLR	20-Jan-22
Peter Machado	76 years	B-35 Pragati Nagar, Collector Compound	27-Jan-22
Sanjay Clement Carvalho	45 years	4 Jawle Compound	1-Feb-22
Ida Abreo	52 years	103/B Wing Bldg 1 Shantinagar CHS	2-Feb-22
Loretta Colaso	72 years	B / 1, Sai-Ashish CHS	5-Feb-22
Royston Rodrigues	50 years	B / 204, Trans Residency III	11-Feb-22
Pauline D'Souza	85 years	B / 206, Trans Residency I	14-Feb-22
Eddie Fernandes	78 years	Home for the aged	16-Feb-22
Sr. Cecilia D'Souza	75 years	Canossa Convent	3-Mar-22
Paul Alfred Mascarenhas	72 years	C 1 / 503, Bindra Rose	10-Mar-22
Josephine Coelho	95 years	10/A-26, Takshila CHS	15-Mar-22
John Michael Sequira	73 years	148/8, Ajeet Building, Sher-E-Punjab	15-Mar-22
Mary Mickie sequeira	90 years	A-202, Nirman Palace, Pump House	15-Mar-22
Alelluia Mascarenhas	75 years	14/B-62, Shree Siddhi Vinayak Soc, JVLR	17-Mar-22
Darren Miranda	28 years	Plot No 135 , 301, Jyoti Meadows , Sher E Punjab.	17-Mar-22

**MAY THE  
RESURRECTION OF  
OUR SAVIOUR BE  
TO US A CONSTANT  
REMINDER OF HIS  
LOVE AND PROMISE  
OF ETERNAL LIFE.  
HAPPY EASTER!**



# INSPIRATION FROM SAINTS

## St. Gonsalo Garcia

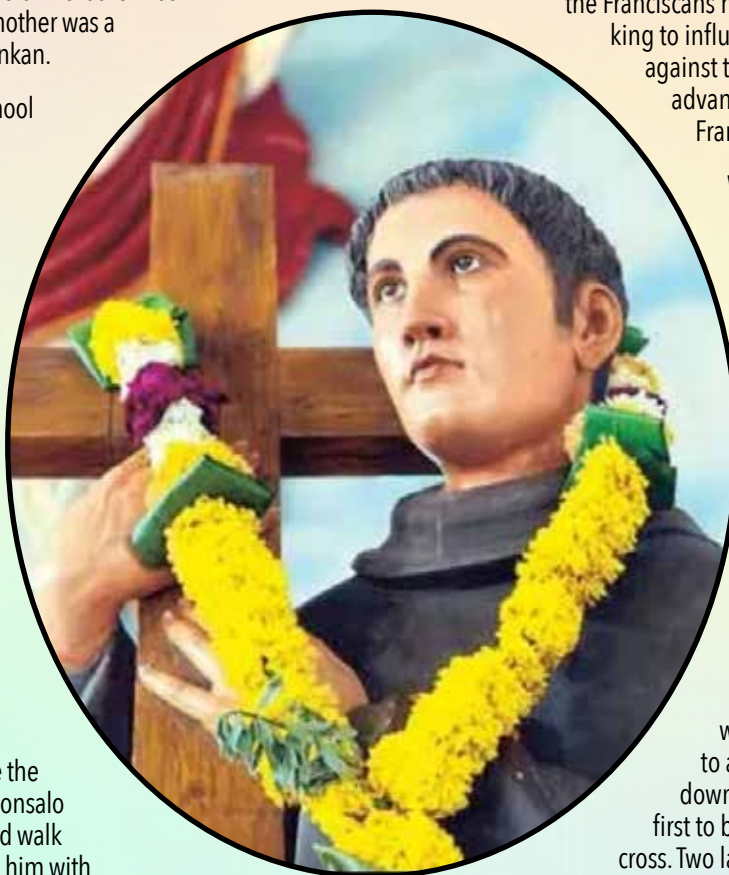
**Feast day:** February 6

St. Gonsalo Garcia is the first canonized saint from India. Born around 1556, he is said to have been a resident of Agashi village in the then fortified city of Bassein (now known as Vasai) in the Portuguese quarter of India. His father was a Portuguese soldier and his mother was a native, an inhabitant of the Konkan.

Garcia studied at the Jesuit school in Fort Bassein. As he grew up, Gonsalo stayed with the local Jesuits and helped in their Church, now known as St. Gonsalo Garcia Church in Vasai. While there, he became friends with Fr. Sebastian Gonsalves, who became a friend and guide throughout his life. He studied grammar, philosophy and Roman history with the Jesuits.

When he was 13, Gonsalo asked Fr. Sebastian for permission to join the missionaries to Japan. His request was denied because he was too young, but was approved two years later. Once the missionaries reached Japan, Gonsalo worked as a catechist. He would walk the streets drawing children to him with his kindness and a fluent understanding of Japanese. He worked for eight years in the Japanese missionary fields with the Jesuits. He tried to join the Jesuit order, but he was turned down for reasons unknown.

Losing hope, Gonsalo left the Jesuits. He moved to Japan and started work as a merchant. His work flourished and through his business contacts he met with many high-ranking members of Japanese society, including the Emperor. Even though he was successful in business, Gonsalo still yearned to become a member of a religious order.



He joined the Franciscans as a lay brother and worked for several years with leprosy patients. Eventually he was admitted to the Order of the Franciscans at Manila, where he worked as a catechist.

In 1593, he joined a Spanish delegation to Japan as a translator. Despite some initial problems, the local king, Taikosama, was friendly towards them, and the Franciscans became quite successful in their missionary efforts. The success of the Franciscans angered the Buddhist priests. They tried to get the king to expel the Franciscans, but he refused. However, that was about to change. A Spanish treasure ship named 'San Felipe' was forced to land in Japan because of a storm. The captain erroneously told the local Japanese custom agent that the Franciscans had been sent by the Spanish king to influence the people to rebel against their ruler. This lie was taken advantage of by the enemies of the Franciscans.

When Taikosama heard the story, he was enraged and ordered that all missionaries in Japan be arrested and executed. The Franciscans were arrested on December 8, 1596 and sentenced to death. In the month of February, 26 Christians were taken to a hill outside of Nagasaki to be crucified. Gonsalo, the first to arrive, went straight to one of the crosses which had all been made to measure for the prisoners and asked "Is this mine?" The reply was "It is not". Then he was taken to another cross, where he knelt down and embraced it. He was the first to be extended on and nailed to his cross. Two lances through the heart was the fate of each of the prisoners. While they waited for the fatal blows, Garcia and his 25 companions sang psalms and praises of God till the moment of their deaths.

He was beatified by Pope Urban VIII on September 14, 1627 and declared Saint by Pope Pius IX on June 08, 1862.

He is the patron saint of the Vasai diocese. The Gonsalo Garcia Church in Vasai was built in 1942 and renovated in 1957.



# PARISH VISION MISSION STATEMENT

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



World Day of The Poor



India's 73<sup>rd</sup> Republic Day Celebration



Confirmation 2022



First Holy Communion 2022