

Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 85

June 2022

For Private Circulation Only

*Heart of Jesus - Reflection
of Love Divine*



OUR REGULAR PROGRAMME

SUNDAY MASSES

Morning

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

Evening

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

Weekday Masses:

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

Wednesday

Novena to Our Lady of Perpetual Succour after all Masses

Thursday

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

First Friday:

Holy Hour 6:00 pm to 6:45 pm

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

Pre-nuptial Enquiry: by Appointment

Wedding Mass Timings:

Monday to Saturday

Disparity of Cult and Mixed Marriage: 3:00 pm

Catholic Weddings: 5:00 pm

All Thursdays and First Fridays: 4:30 pm

Sunday: 5:30 pm (Scheduled Mass)

Sick Calls: At any time

Centre for Community Org.: (Tel: 9324384676)

Mon, Wed, Fri (10 am to 12 Noon)

Tuesday, Thursday (6 pm to 8 pm), Saturday and Sunday-Closed.

Parish Office hours

9:00 am to 12:30 pm (Mon to Sat)

4:30 pm to 8:00 pm (Mon to Fri)

4:30 pm to 7:00 pm (Sat)

Tel: 28362110, 28202087

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Website: www.sacredheartandheri.net

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FORTHCOMING EVENTS

28th June	Solemnity of St. Irenaeus, Bishop & Martyr
29th June	Solemnity of Sts. Peter & Paul, Apostles
03rd July	Feast of St. Thomas, Apostle & Martyr; Faith Formation Sunday
11th July	Memorial of St. Benedict, Abbot
15th July	Memorial of St. Bonaventure, Bishop & Doctor
22nd July	Memorial of St. Mary Magdalene
25th July	Feast of St. James, Apostle
26th July	Memorial of Sts. Joachim and Ann, Parents of Blessed Virgin Mary
28th July	Feast of St. Alphonsa Muttathupandathu
29th July	Memorial of St. Martha
31st July	Parents/Grandparents Day celebrations by Senior Citizen's Cell
01st Aug	Memorial of St. Alphonsus Liguori, Bishop & Doctor
04th Aug	Memorial of St. John Vianney, Priest
06th Aug	Feast of Transfiguration of Jesus
07th Aug	Vianney Sunday
08th Aug	Memorial of St. Dominic, Priest
10th Aug	Feast of St. Lawrence, Deacon & Martyr
11th Aug	Memorial of St. Clare, Virgin
14th Aug	Justice Sunday
15th Aug	Solemnity of Assumption and Independence Day
20th Aug	Memorial of St. Bernard, Abbot & Doctor
22nd Aug	Memorial of Queenship of Mary
24th Aug	Feast of St. Bartholomew, Apostle & Martyr
27th Aug	Memorial of St. Monica
29th Aug	Memorial of Beheading of St. John the Baptist
30th Aug to 07th Sept	Novena in Preparation for the Nativity of Our Lady
03rd Sept	Memorial of St. Gregory the Great, Pope & Doctor
08th Sept	Nativity of Our Lady – Girl Child Day & Anniversary of the Dedication of the Church Building

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

FROM THE PASTOR'S DESK

My Dear Parishioners,

Warm and loving greetings to each one of you!

I am sure many of us finally took a summer break from our busy schedules of study, work and especially from Covid-19 which had kept us locked up in our homes for almost two years. We are now refreshed and all set to begin another new academic and pastoral year in our parish, schools and workplaces. God has showered His abundant blessings on us all through the year gone by and we must thank Him in anticipation for the best that He has planned for us and which is yet to come.

And now as we prepare to begin all our activities, events and challenges, we remember that the feast of the Sacred Heart, our Parish feast, will be celebrated on the 26th of June 2022. On this happy occasion, along with my clergy team, I wish each of you and your families a very Happy Feast of the Sacred Heart of Jesus. May the Sacred Heart of Jesus constantly transform our hearts and make them like His.

This time the theme chosen for our parish bulletin is "Heart of Jesus - Reflection of Love Divine". The Sacred Heart of Jesus is a symbol of Divine love. It reminds us that God loves us unconditionally with a love we cannot earn or ever be worthy of. It teaches us that true love is always costly but that it always gives life. The Sacred Heart of Jesus is very dear to us Catholics. However, our devotion to the Sacred Heart does not end in the Church or at the Eucharistic celebration or at home. This devotion becomes meaningful when the heart of Jesus comes alive in our day-to-day life situations when others experience meekness, humanity, mercy, love and compassion from our actions.

The Feast of the Sacred Heart of Jesus, which is a reflection of Love Divine, is a calling to become signs of God's love in the present world. All of us - parishioners, men, women, families and young people troubled by the many afflictions of modern life, may discover the greatest source of spiritual and temporal help, graces and blessings from the Sacred Heart of our Lord - the very fountain of love and life.

The month of June also brings new appointments and transfers of priests and religious. Fr. Magimai Sundar SVD has been transferred from our parish and will be pursuing his higher studies, doing his Masters in Social Work. Being closely associated with Fr. Sundar for the last three years, he came across to me as a multi-talented person, hardworking and possessing great potential. His love for the people, especially for the youth and small children is so visible in everything he opts to do.

I gratefully acknowledge his contribution to the general growth of our parish and wish to thank him for all the pastoral services rendered. I wish him all the best and every success in his studies.

I also warmly welcome Fr. Sandesh Patil SVD who joins our pastoral team and wish him success and joy in his pastoral ministry in our parish. I also take this opportunity to thank all the religious priests and sisters who have been transferred from our parish for their invaluable contribution and services to the parish. With great happiness, I welcome the religious who are newly appointed to our parish.

Along with the parish clergy team, I extend a warm welcome to all our newly registered parishioners. As the new academic year begins, I wish all the students of our parish God's abundant blessings and a successful year ahead.

And finally dear friends, let us usher in the new academic and pastoral year with newfound hope, willing to participate and be part of all the activities lined up in the parish calendar.

With God's help and blessing may everything go well for us. God Bless!

Fr. Innocent Fernandes SVD
Parish Priest

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HEART OF JESUS – REFLECTION OF LOVE DIVINE

For us human beings, the heart is the seat of love and emotions metaphorically. We also refer to the nature of a person after his/her heart saying, “She/He is good at heart”. Our hearts are the reflections of our personalities which enable us to connect with one another. Compassion, Empathy, Love, Forgiveness, and Tolerance are values that can help us become better people and they originate from our hearts. Therefore, a call is given to us by the Lord to believe with all our hearts.

For us believers in Christ, the Heart of Jesus is the epitome of love. Our eyes have seen, and our ears have heard, what Jesus did and what He continues to do for His faithful even today. His personality is the reflection of His Divine Love which is there in our Lord’s heart. The power of Divine Love is that it did not allow His creation to be destroyed by sin. God could have easily reset everything with just one word. But the Love of God so profoundly binds the Holy Trinity, that the Father chose to send His beloved Son into this world so that all who believe in Him may have eternal life (Jn 3:16). This is the power of the Divine Love which is filled to the brim in the heart of Jesus our Lord.

We come to know what a generous, beautiful, compassionate, loving and forgiving heart Jesus had and this was exactly what was needed back during the time Jesus walked on this earth and what is needed even today and now. The human heart is not incorruptible. Though God’s intention for the human heart is Divine Love, because of our sinful nature, sinful tendencies and selfish intentions, our hearts can become the home for jealousy, anger, lust, gluttony, pride, sloth, greed, insensitivity, rigidity, selfishness, etc. These are the anti-elements of Divine Love. Though everyone prays to God to make our hearts like that of Jesus, we fail to allow God to make it happen. Most of the time, our words are empty. Unless we turn our hearts from our evil ways and evil doings, we will never allow God to work His miracles in our lives.

The Divine Love of God can change the hardest of hearts and bring in the choicest of blessings to the whole of humanity. This is possible only when we take a strong decision to make a difference. Our gossiping nature should change into a desire to build genuine relationships, enmity into friendship and loose living into staunch discipleship. Hostility needs to be replaced by hospitality and humility. Lamentation should become fruitful fermentation for fraternal living and a true change of heart. Only and only then we will be able to forgive those who trespass against us. We will be

“ And He [Christ] showed me that it was His great desire of being loved by men and of withdrawing them from the path of ruin that made Him form the design of manifesting His Heart to men, with all the treasures of love, of mercy, of grace, of sanctification and salvation which it contains, in order that those who desire to render Him and procure Him all the honour and love possible, might themselves be abundantly enriched with those divine treasures of which His heart is the source.

- St. Margaret Mary Alacoque

able to break the boundaries of human societies and reach out to those in need. It is at this point that the Word of God will become alive and active by the action of the Holy Spirit in our hearts and enable the Divine Lord to lead and guide our lives.

The unique personality of Jesus is attributed to the Divine Love and action of God. In a period of time when women were considered second-class citizens, Jesus stood tall and showed by His actions, that women are equal to men in the eyes of God and so it should be here on earth. When the sinners and tax collectors were rejected and left to live on their own, despised by all, Jesus spent time with them and changed their lives. When the sick, were cast away from society, Jesus showed them compassion and healed them. He raised even those who were physically dead to show that He has authority even over death.

Imitating this Divine Heart, human hearts are called not for discrimination but determination, dedication and discernment in order that we may have a sacred pilgrimage within ourselves and in our communities. We can have a plan for unity by embracing the path of charity, fraternity, solidarity and integrity which ultimately leads our human hearts towards the Divine Heart. This Divine Heart should have a place in every family because, it has the power to change and transform our brokenness, our disappointments, our frustrations, our doubts, our loneliness, our shamefulness and our sinfulness thereby making us children of God and brothers and sisters.

Jesus our Lord and Master has commanded us to establish the Kingdom of God. That is the mission entrusted to each and every baptized person. Where there is love, understanding, true worship, care and concern for each other, fraternal and mutual love, there is Christ and there is the Kingdom of God. That is exactly what we read about the early Christian communities which were established by the preaching of the Apostles about the Resurrected Lord. Our mission today is also to preach the same Good News of the Apostles and establish Jesus' Kingdom on earth. When every single person is equipped with a heart like that of Jesus (humble, compassionate, loving, serving, understanding, forgiving, caring and selfless to the point of being ready to die for one's neighbours) we can say that heaven has come down to earth. It's a dream that can only be realized if we allow the Divine Love to work in and through us and influence us to the core. May the Heart of Jesus live in our hearts. Amen.

Fr. Ezekiel Rakesh D'souza SVD



CCO ON THE MOVE

"There is in the Sacred Heart the symbol and the express image of the infinite love of Jesus Christ which moves us to love in return." With this motto in mind, the CCO office endeavors to do its best to spread His love to all in need.

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

The Parish Association Council (PAC) meeting was held on 21st April 2022 and was attended by the Heads of all Cells and Associations. The forthcoming activities planned by the various Cells and Associations were announced.

The Parish Youth Council (PYC) organized the Way of the Cross on Good Friday. This was an enactment of the Stations in the Church and around the Gyan Ashram campus with the parishioners in procession along the way.

Taizé prayer service consisting of meditation, reflection and chants, and was organized on 26th March 2022 after the 7:00 pm Mass.

The PYC organized Fun Cricket 2022 from 27th April to 1st May, 2022. Community No. 7 was the winner and Community No.28 was the runner-up. There was a lot of enthusiasm among the players and the team spirit was excellent.

The Divine Mercy Cell conducted the Nine-day Divine Mercy Novena from Good Friday and a Triduum from 20th to 22nd April, 2022. The Divine Mercy Feast was celebrated on the Sunday after Easter with Feast Mass at 10:00 am followed by a get-together and lunch of the Divine Mercy Cell members.

The Celebrating Life Organising Committee (CLOC) in collaboration with **the Family Cell and the Missionary Family of Christ (MFC)** felicitated the employees of the church on 1st May, being the feast of St. Joseph the Worker and International Labor Day. A short video presentation containing clips of each employee was screened after every Mass. After the 10:00 am Mass, there was a short entertainment program for the church staff.

The Senior Citizen's Cell organized the Station of the Cross at the Don Bosco property in Karjat on 2nd April 2022. It was well organized and there was a good response. All those who attended had a wonderful spiritual experience.

The Sunday School Pastoral Team organized a special Eucharistic celebration for teachers, followed by an interactive session and fellowship. The teachers also conducted Holy Hour and the Stations of the Cross during Lent.

The Community Welfare Fund (CWF) helps the needy of the parish with funds after verification.

Details of the Assistance/Aid provided in April 2022

Education	-	14
Medical Aid	-	14
Housing Assistance	-	11
Total cases	-	39

The Dental and Homeopathy Clinics are functioning smoothly.

The St. Vincent De Paul Association (SVP) assisted the adopted families of our parish and the needy belonging to other faiths with ration, medical and cash assistance during February and March 2022.

On Easter Sunday, packets of Briyani, sweets and cash were distributed to our adopted Catholic families.

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

Parishioners, as well as people of other faiths, are assisted with employment as domestic helpers, office assistants, etc.

We register eligible bachelors and spinsters contemplating marriage from within and outside our Parish.

We take this opportunity to wish Fr. Magimai Sundar SVD all the best in his new assignment.

We pray that the boundless love which flows continuously from the Sacred Heart of Jesus touches our hearts as we celebrate and share His love with the ones in need.

We wish you all dear parishioners a Happy feast of the Sacred Heart of Jesus.

*Anita D'souza
CCO Team*



A Christian who lives united to Christ's heart can have no goals but these: peace in society, peace in the Church, peace in his soul, the peace of God which will reach its climax when His kingdom comes.

- St. Josemaria Escriva

WARM WELCOME FR. SANDESH PATIL SVD



Fr. Sandesh Patil SVD, born on 17th March 1984, is the youngest of the five children of Valentine and Javlu Patil. He has three older brothers and an elder sister.

He began his journey to priesthood in the year 2006, after completing his Higher Secondary Education, when he enrolled in the SVD Shishyalaya Minor Seminary at Vasai.

He completed his graduation at St. Loyola College in Chennai, after which he did his philosophical studies at Bhopal, and theological studies at Pune. Fr. Sandesh served at the Holy Magi Church in Gorai for his diaconate ministry.

Fr. Sandesh was ordained by Auxiliary Bishop John Rodrigues on January 24, 2019, at his home parish of St Andrew's Church, Uttan Chowk. His first assignment as a priest was to serve at the Janseva society, Tala. Fr. Sandesh considers his experience at the Tala mission of working with the Catholic tribal people as a deeply enriching one.

Fr. Sandesh Patil SVD's pastoral motto is "To be a channel of His blessing."

We are delighted to welcome Fr. Sandesh Patil as a co-pastor w.e.f. June 2022. We wish him a fruitful ministry.

FAREWELL DEAR FR. SUNDAR SVD



When it's time to bid farewell to a loved one, there is always an obvious feeling of melancholy. So, it is among us, parishioners, as we prepare to say "Au Revoir" (until we see each other again) to our dear Fr. Magimai Sundar SVD who leaves our Parish to pursue his further studies for a master's degree in Social Work.

Fr. Sundar joined as a co-pastor in June 2019 after his previous posting at Sarva Seva Sangh, Pune. He is appreciated for his inspiring homilies. He is also well known for his impeccable timing in dance and is a gifted musician who plays numerous musical instruments including the keyboard for the Eucharistic Celebrations. We remember with joy, his talent at playing the drums for the Parish Day Function. Fr. Sundar has always been approachable and helpful towards the needs of the

parishioners. As Spiritual Director of various Cells, Associations and Communities, he carries out his responsibilities diligently. His contribution, guidance and service in the Youth ministry have been noteworthy. Unfortunately, a major part of his tenure in our parish was shadowed by the ongoing pandemic. Fr. Sundar is considered an all-rounder who rises up to meet the challenges of every occasion. He is a helpful person, keen on learning new things and receptive to new ideas.

Thank you, dear Fr. Sundar. We wish you much happiness, good health and great success in your future endeavours. May you be blessed with God's presence as you selflessly work for His kingdom!



GREAT IS YOUR FAITHFULNESS OH LORD

When we sincerely submit everything, we have to God, He can transform it into something beautiful, meaningful to us and beneficial to others. Fr. Magimai Sundar SVD's life is one such testimony. He hails from a devout Catholic family from Tamil Nadu, now based in Bangalore. Of his five siblings, one is a religious sister.

Loving and serving God is the most important adventure of life: My Vocation Story

The formation of every human person begins in a family, whatever its condition may be – healthy or broken. Like that of many others, my vocation began within my family. I am blessed to be born to parents who loved God, loved each other, and loved me. It was in this setting that I came to know God who loved me and I learned how to love Him. From an early age, my parents taught me that loving and serving God was the most important adventure of life, and this included the possibility of God calling me to the priesthood. Though I cannot say that I always knew I wanted to be a priest, I can certainly look back and see how God was sowing the seed of priesthood in me from a very young age. I remember that as a small child, I would celebrate Mass with my siblings in the living room and imitate the role of a priest. Receiving the first Holy communion was one of the joys of my childhood that I can still remember vividly. I was also very excited when I was finally old enough to serve at Holy Mass. Until the 10th grade, I was an altar server and actively involved in all the church activities and thus I grew in my faith with the support of my parents, teachers and priests.

After finishing 10th grade, I expressed my desire to become a priest to my parents. In 2002, I joined the Society of the Divine Word with the support of my uncle, Fr. Anbu, an SVD priest. I was not an intelligent student, so I struggled to get through the exams and this became the biggest hurdle for me, I even decided to discontinue the priesthood. At this crucial juncture I was advised to attend a retreat, after that there was no turning back and on 15th May 2017, I was ordained to the priesthood.

Family Values: Sharing is caring

The family bond is something that I cherish the most. I have some amazing memories and most of them are with my family, my parents, my siblings, and eight first cousins with whom I spent my entire childhood. Be it going to school, to church, praying or playing, we all celebrated our life together. So much so that I didn't have to look for friends outside my family. It's here that I learned that sharing is caring.

Sacred Heart: Truly Sacred experience

Honestly speaking, I never wanted to serve in a city parish. As I previously stated this was largely owing to my not so good academic record and of course my phobia of city people. But God had a plan otherwise. I was fleeing in the opposite direction as Jonah, but God placed me here exactly where I was afraid to go. It's said our disappointments are HIS appointments. And this is so true in my life. My one 'yes' to this parish and life has been a blessing. Initially, it was tough being timid, fearful and struggling with homilies but now I go out full of confidence, fearless and enriched. Above all, this parish has helped me to be a good human being and a good priest.

Youth: My Challenge and Motivation

Working with the youth has been a unique experience, both challenging as well as motivating. It's like the Emmaus journey, full of questions, emotions, uncertainty and deep hunger for meaning and purpose in life. I have seen among the youth a deep longing to encounter Christ, to have someone walk with them, to have a first-hand experience of God, and to be connected to their everyday life. Accompanying them in their spiritual journey I have walked my Emmaus journey for which I am blessed and enlightened.

Working for the Marginalized: My inner calling

I first felt called to the priesthood while being in primary school. From then on, I have been asking myself "What does God want me to do?" It's hard to rationalise, but it's something I can't deny. Where did it come from? Besides parents and priests in my family who are my inspiration, I recall, when I was 10 years old, Fr. Anand, our parish priest, who dedicated a great deal of time to serving the needy, particularly in the substations. He is my inspiration to go to the periphery, seek the lost and love the least.

When I was in the novitiate, I used to get weird dreams. The dream is that I was walking on the road and on both sides of the road I used to see poor people begging and children crying. And all of them stared at me looking for help. This was frightening and I would wake up suddenly from my sleep. This dream persisted for a few days. When I spoke to my novice master regarding this dream, he said it might be that God is calling me to work for the poor and the marginalised. So, the dream is alive in me. My passion, mission and aspiration are to work for the poor. And now I am heading towards fulfilling this dream and the call that I received from the Lord. I am going to do my MSW to equip myself with the necessary skills for this ministry.

Life turning or defining moments in life:

Many turning points have occurred in my life, some within my control and some not, but all of them have been stepping stones to becoming a better version of myself. The decision to become a priest was the biggest turning point in my life. The next was when I decided to discontinue and go out and enjoy. But it was that moment again that the Lord revealed and assured me of His call and life was never the same again. Another turning point of my life was, as a new priest, working with the street children and children who were infected and affected by HIV in Pune. These children helped me to face my day-to-day problems boldly and joyfully. Yet another turning point of life was working in this parish. This was truly a blessing.

I can do all things through Christ who strengthens me.

As a priest one thing, I realised is that Intelligence alone doesn't guarantee that I am making the right choices in life. Over the years I have realized that divine guidance alone can lead me safely through life's gnarly jungles. If today I can boldly face the trials, problems and difficulties, it is all because of my personal faith and trust in the divine assistance. Truly speaking when I try to resolve life's challenges by myself, I have rarely succeeded; in fact, sometimes I landed into problems and difficulties. Clearly, the Lord's role and my role in receiving divine help come into clear perspective in these inspired words: "I can do all things through Christ who strengthens me." (Philippians 4:13)

Cling to Christ: Message for the Youth

You are good enough, you have worth, you are loved and you have a purpose! You are not defined by the nature of things that have been spoken over you by teachers, parents, priests, and friends. You are so much more. You are gifted, skilled, and unique in your own way! Respect your parents and their decisions for your life. When you're young, it's very easy to be overwhelmed by the details of every circumstance immediately in front of you – every opportunity lost, every breakup, every failure, and every sin. As you must have noticed, the older you get, the more your union with Christ becomes a discernibly meaningful and stabilizing reality. Cling to Christ, and as you mature as a human, He will make clear to you the beauty and relevance of your union with Him. He promises, "Keep your lives free from the love of money, and be content with what you have, for He himself has said, "I will never leave you or forsake you." (Hebrews 13:5) Trust Him.

Work together, walk together and glorify God together: Message to the parishioners

After three very joyous and rewarding years serving this community, I want to thank all of you for the kindness and love you have bestowed on me. I have learnt a lot from you and it has been a great pleasure serving you in the best way that I possibly could. Yours is a very special community that strives to always be united under the loving care of our Lord, Jesus Christ. You love your priests, no matter how imperfect we may be. You loved me, and that is worth more to me than gold.

Our parish is known as a vibrant and active parish. It is all because of your active participation and sharing of your talents, gifts and knowledge. We, priests, come and go but it is you who make this parish vibrant and active. So, keep up the spirit. Work together, walk together and glorify God together. Together we can make a difference in the lives of our own members and in the lives of those we have yet to meet. Together we are one in the Body of Christ.

*Fr. Magimai Sundar SVD
Interviewed by Sr. Nathalia D'souza SSPS*

HEARTY LAUGHTER

WELL-NOTED

Mrs. Dave locked the house and tacked a note on the door, for the milk man; 'Nobody home, don't leave anything'. On returning, she found her house ransacked. On the note she had left she found another message: 'Thanks! We haven't left anything.'

MEETING NEEDS

A politician visited a village and asked the villagers what their needs were. "We have 2 basic needs, sir," replied one of the villagers. "Firstly, we have a hospital, but there's no doctor."

On hearing this, the politician whipped out his cellphone, and after speaking for a while he reassured the village leader that the doctor would be there the next day. He then asked about the second problem.

"Secondly sir, there is no cellphone coverage anywhere in the village."

THANKSGIVING PRAYER

Having lost his donkey, a man got down on his knees and started thanking God. A passerby saw him and asked, 'Your donkey, is missing, what are you thanking God for?' The man replied, "I am thanking Him for seeing to it that I wasn't riding the donkey at that time, otherwise I would have been missing too."

PARENTING IDEAS

The quickest way for a parent to get a child's attention is to sit down and look comfortable.

Do you really need those extra few hours on a Saturday morning? But the kids are being noisy? Just tell them, "OK kiddos, wake me up in half an hour so we can finally get cracking on cleaning the house from top to bottom."

You're welcome.

BILL

Dr. Tim and Solicitor Kim were talking at a party. However, their conversation was constantly interrupted by people describing their ailments and asking Dr. Tim for free medical advice.

After an hour of this, the exasperated Dr. Tim asked Solicitor Kim, "What do you do to stop people from asking you for legal advice when you're out of the office?"

"I give it to them," replied Kim, "and then I send them a bill."

Dr. Tim was shocked but agreed to give it a try. The next day, still feeling slightly guilty, he prepared the bills.

When he went to place them in his mailbox, he found a bill from Solicitor Kim.

OVERHEARD

Phoning a patient, the doctor said, "I have some bad news and some worse news. The bad news is that you have only 24 hours left to live."

"That is bad news," the patient replied. "What could be worse?"

"I've been trying to reach you since yesterday."

Paul: Mom can I give five Rupees to the man crying outside.

Mom: Sure, my boy, what is the man crying about.

Paul: He is crying, "salty peanuts for five rupees".

Little Johnny came in from the backyard sobbing. His mother asked, "What's the matter?" "Dad was fixing the fence and hit his thumb with the hammer," he said through his tears. "That's not so serious," his mother said, "and a big boy like you shouldn't cry about that. Why didn't you just laugh?" "I did!" cried Johnny.

Police officer: "Your car is too heavily overloaded. I simply cannot let you continue like that. I'm going to have to take away your driver's license."

Driver: "You're kidding me, right? The license can only weigh one-ounce tops!"

I saw a poster today, somebody was asking "Have you seen my cat?" So, I called the number and said that I didn't. - I like to help where I can.

A man asks a librarian, "Do you have any books about turtles?"

The librarian says, "Hardback?"

The man says, "Yeah, with the little heads."

I can totally keep secrets. It's the people I tell them to who can't.

FAMILY BIBLE QUIZ - JUNE 2022

I) NAME THE EVENT FROM THE PICTURES AND MENTION THE SCRIPTURE REFERENCE:

E.g: 

Event: **JESUS TURNS WATER TO WINE AT CANA**

Scripture Ch **John 2**: Verses **1 - 11**

1. 

Event: _____

Scripture Ch _____: Verses _____

2. 

Event: _____

Scripture Ch _____: Verses _____

3. 

Event: _____

Scripture Ch _____: Verses _____

4. 

Event: _____

Scripture Ch _____: Verses _____

5. 

Event: _____

Scripture Ch _____: Verses _____

6. 

Event: _____

Scripture Ch _____: Verses _____

II) MATCH THE PARTS OF THE IMAGE OF THE SACRED HEART OF JESUS WITH THEIR SYMBOLISM:



- | | |
|--------------------------------|--|
| 1. The Crown of Thorns | a) The Piercing of the side by the Soldier |
| 2. The Cross | b) Jesus' offering of His blood for us |
| 3. Drops of Blood | c) Warmth of Jesus' fervent love for mankind |
| 4. The rays of light | d) Pain caused by our Sins |
| 5. The Flame | e) The Passion which Jesus underwent |
| 6. Gash on the lower left side | f) Love of Jesus which enlightens the world |

III) FILL IN THE BLANKS AND COMPLETE THE SCRIPTURE VERSE:

- _____ in the Lord with all your _____ and do not rely on your own _____. (Proverbs 3:___)
- My _____ and my _____ may fail, but God is the _____ of my heart and my _____ forever. (Psalm 73:___)
- Blessed are the _____ in heart for they will _____ God. (Matthew ___:___)
- You shall love the _____ your God with all your _____, and with your _____ and with your _____. (Matthew 22:___)
- A _____ heart I will give you, and a new _____ I will put within you and I will _____ from your body your _____ heart and give you a heart of _____. (Ezekiel 36:___)
- But the Lord is _____, He will _____ you and _____ you from the _____ one. (2 Thessalonians 3:___)
- If I speak in the _____ of mortals and of _____ but do not have _____, I am a noisy _____ or a clanging _____. (1 Cor 13:___)
- Faith is the _____ of things hoped for, the _____ of things not _____. (Hebrews 11:___)

IV) SELECT THE CORRECT ANSWER

- Which saint is recognized for her devotion to the Sacred Heart of Jesus?
 - St. Gemma Galgani
 - St. Euphrasia.
 - St. Faustina
 - St. Margaret Mary Alacoque.
- When is the feast of the Sacred Heart of Jesus celebrated?
 - Friday of 3rd week after Pentecost
 - Sunday after Pentecost.
 - Friday of 2nd week after Easter
 - Friday of 1st week after Easter
- This Pope instituted the feast of the Immaculate Heart of Mary for the whole Church, so as to obtain by her intercession "peace among nations, freedom for the Church, the conversion of sinners, the love of purity and the practice of virtue"
 - Pope Leo XIII
 - Pope Pius XII
 - Pope John Paul II
 - Pope Paul VI

Full Name (Head of Family) _____

Names of Participants _____

Telephone/Mobile No _____

Community No _____ Family No. _____

Address: _____

- Email the answers to h2h.bulletin@gmail.com OR Drop the responses in the LETTER BOX in front of the sacristy, latest by 17th July 2022.
- Three prizes will be awarded by drawing lots from the correct entries.
- The decision of the Editorial board will be final and binding.

ANSWERS OF FAMILY QUIZ - APR 2022

- I. 1-b) 2-d) 3-c) 4-c) 5-a)
- II. 1-i, 2-h, 3-e, 4-a, 5-g, 6-d, 7-f, 8-b, 9-j, 10-c
- III. 1. Last Supper (Lk Chp. 22), Passover Lamb (Exodus 12:21), Narrow Gate (Matthew 7:13), Daily Bread (Luke 11:3), Lost Sheep (Matthew Chap 18), Forever & Ever (Rev 22:5)
- IV. 1. Transgressions, iniquities, whole, stripes (Isaiah 53:5)
2. Resurrection, Life, die, live (John 11:25)
3. Christ, new, everything (2 Cor 5:17)
4. Author, Perfecter, Cross, shame, right, throne (Heb 12:2)
5. First, last, living, dead, alive, Death, Hades (Rev 1:17,18)



to the winners of
Family Quiz
April 2022

1st Prize:

Stasia, Sharon, Vernon Rosario
*Family No: 2778,
Community No. 24*

2nd Prize:

Ranjeet, Akash, Namrata Patwa
*Family No: 2817,
Community No. 35*

3rd Prize:

**Terence, Susan, Tahirah
Fernandes**
*Family No: 2197,
Community No. 15*

PARISH ACTIVITIES

IN HIS FOOTSTEPS... WE HAVE FOUND CALVARY!!!

Dear Jesus,

I am sure that many of us have heard the "story" of Your crucifixion from the time we were young children.

Through the years as toddlers and then through our teenage years we probably just went through the motions because of our parents or elders.

As young adults and even older ones many a time during the season of Lent, we participated in the story of Your condemnation, passion and death. Sometimes we parroted the words with our minds elsewhere. At others, we were only present physically.

On Saturday 2nd April 2022, seventy of us were STRUCK JESUS! AS BY A BOLT!! For the very first time, many of us actually felt to some degree or the other some of the emotions, feelings and thoughts that YOU went through on our behalf. Today if someone merely scolds us or misunderstands us, we feel hurt, dejected, get angry and sometimes even quit. The Stations of the Cross at DON Bosco Yuva Sanstha, Karjat helped us to walk in Your footsteps to a very small extent. Why small? Well, because we had only to contend with the heat. NO SOLDIERS were striking us, NO ONE DELIBERATELY pushing us, or TAUNTING us. BUT YOUR BODY was bleeding, YOUR MUSCLES ached, YOU were TREATED like a criminal. EVEN THOUGH ALL YOUR LIFE, YOU had only done good. YOU showed MERCY, KINDNESS and LOVE. And yet!!

As we trudged slowly uphill carrying NOTHING, except maybe water we still felt our energy flagging. What must YOU have gone through? Tired, beaten with metal implements, shoved and pushed to reach the place chosen. In our mind's eye, we could picture the sad and pitiable state YOU were in.

The commentary at each Station JESUS surely must have made YOU feel a little better. We could sense the deep emotion of our narrator as he tried his best to empathize with YOU. The moments of emotion were so strong at some points, like when YOU met YOUR BLESSED MOTHER! Even now I am strongly moved by the feelings that must've passed between YOU TWO! Mother Mary forgive us and show us your Mercy. Draw us close to YOUR SON.

The experience will stay with us for many years and those of us who went surely feel blessed that we were able to make it. JESUS, we saw the splendour of the life-sized statues and the entire setting which made us feel that we were actually walking beside YOU. I pray and hope that this letter will entice more people to go to Karjat to experience firsthand YOUR entire journey!

JESUS, we cannot Thank You enough for having inspired our Leaders, to take the trouble to organize the entire expedition. Having experienced the atmosphere, the heat, the dust and the emotions of YOUR path to Calvary they decided to take us seniors to have the experience for ourselves.

Kay Lobo
Senior Citizens Cell

THE DIVINE MERCY FEAST - A REVELATION OF THE DEPTHS OF GOD'S TENDER MERCY

The Divine Mercy Feast was celebrated on 24th April 2022, the Sunday after Easter. According to Saint Faustina, Jesus revealed His desire that the feast of Divine Mercy be a refuge and shelter for all souls, especially sinners. Jesus declared that the whole ocean of graces would be poured on those who approached His fount of mercy.

Our parish Divine Mercy cell which propagates this devotion, assisted the parishioners to prepare for this feast with the nine-day Divine Mercy novena. A triduum in preparation was also held from 20th to 22nd April after the evening Mass.

On 20th May, Fr. Kiran SDB spoke about journeying with Jesus with a joyful heart and to rejoice always just as Saint Faustina did when she was alone with the Lord. When Jesus was with her, joy was indescribable. God was also telling her to pray for priests, religious and people for their sins and conversion, to recite the Divine Mercy chaplet, and to intercede for the gift of the Holy Spirit to bring about a spirit of joy in us.

On 21st May, Fr. David SVD spoke about Saint Faustina's close encounter with Jesus. He suggested four ways we can have a similar encounter:

1. In the Eucharist.
2. In our prayer or dialogue with God.
3. Through our service to others.
4. By being life giving to the marginalized and everyone we meet.

On 22nd May, Fr. Sunil Soreng SVD spoke of the mercy of God to all those who call on Him. He told the story of Maureen Digan, an Englishwoman, suffering from

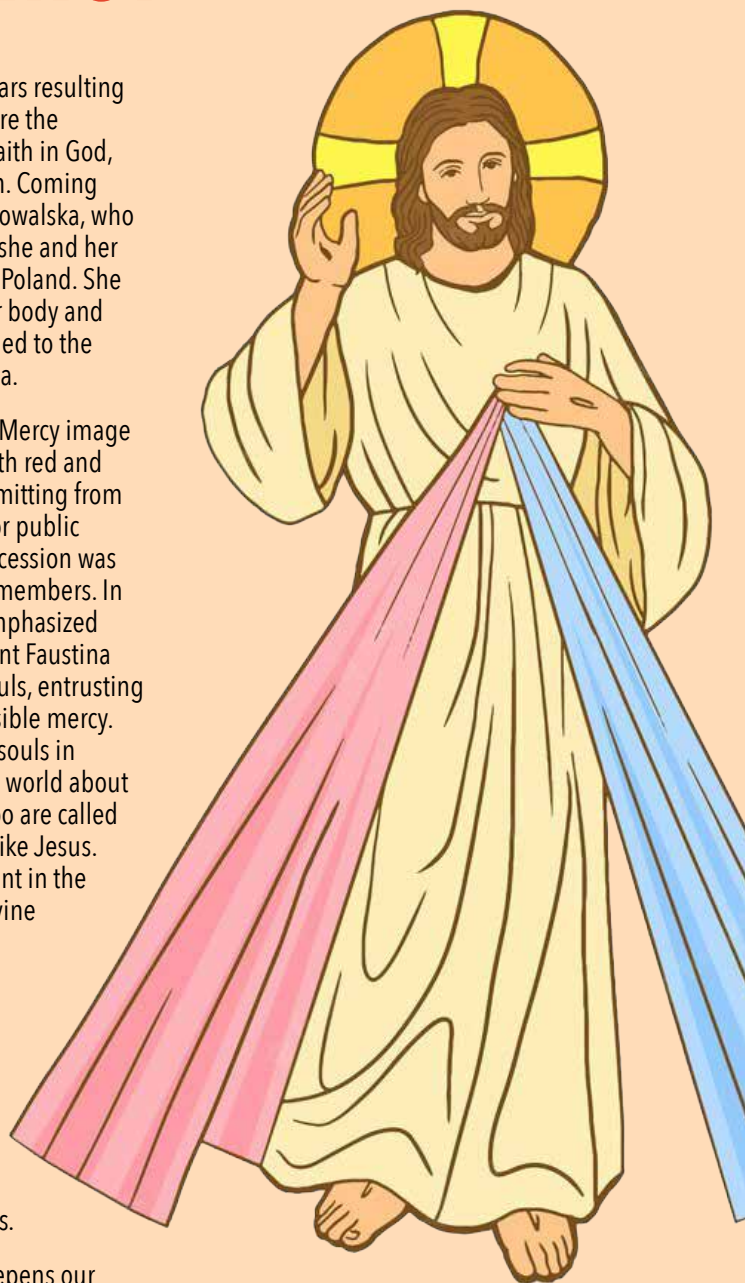
terminal illness for fifteen years resulting in an amputated leg. The more the people advised her to have faith in God, the more she was losing faith. Coming across the story of Faustina Kowalska, who was not yet declared a saint, she and her husband visited her tomb in Poland. She experienced a renewal in her body and was completely healed. This led to the canonization of Saint Faustina.

On the Feast Day, the Divine Mercy image decorated with flowers, lit with red and white lights depicting rays emitting from Jesus' heart was displayed for public veneration. The entrance procession was led by the Divine Mercy cell members. In his homily Fr. Rakesh SVD emphasized three basic tasks given to Saint Faustina Kowalska. First, to pray for souls, entrusting them to God's incomprehensible mercy. We are called to pray for the souls in purgatory. Second, to tell the world about God's generous mercy. We too are called to be merciful to others just like Jesus. Third, to start a new movement in the Church focusing on God's divine mercy.

Our parish Divine Mercy cell proclaims the mercy of God through their various activities viz. visiting the sick and praying for them, conducting prayer services in the cemetery and conducting the way of the cross.

The feast of Divine Mercy deepens our faith, and when we encounter Jesus with child-like faith and trust, everything transforms.

Vanessa Quinny
Divine Mercy Cell



CLOC "CELEBRATES LIFE" WITH OUR CHURCH EMPLOYEES ON LABOUR DAY

"The root of joy is gratefulness." – David Steindl-Rast

For the first time ever, our Church Employees had an exclusive celebration, organised by **CLOC*** on 1st May 2022, observed as International Labour Day. The event commenced with Holy Mass at 10:00 am celebrated by Fr. Callisto Gomes SVD, Spiritual Director of CLOC, who concluded the Eucharist with a message delivered in flawless Marathi, appreciating and thanking the sixteen Church employees for their services to our Church and Parish. This was followed by a short video containing a clip of each of the sixteen members on their roles and responsibilities. Before the final blessing, each employee was invited, by name, to receive a rose from our dear Parish Priest, Fr. Innocent Fernandes SVD.

What followed was a morning of fun and merriment in the Mini Hall of the Community Centre, with anchor Rosita Fernandes in absolute form! Fr. Innocent's welcome address was followed by expressions of love and gratitude by two senior employees, Francis Antao our Accountant and Alwyn Goveas our Sacristan. The jokes by the anchor and the two games; Musical Chairs and Passing the Parcel, kept us all in high spirits and on our toes. The morning concluded with Fr. Callisto once again

thanking and appreciating each employee and the CLOC team for organising and conducting the celebration. A Gift Voucher, a take-away box of delicious munchies and the warm vote of thanks, brought the morning to a happy ending. Jesse Monteiro and Justin Abreo, the photographers for the morning, did a splendid job of successfully capturing every beautiful moment.

On behalf of the sixteen Church employees, we would like to place on record our sincere thanks to the Clergy team for their constant support to the CLOC which facilitated the seamless planning and execution. We also wish to thank our Celebration Partner CitizenCredit Co-operative Bank Limited for their generous sponsoring of the event. The Church Staff is ever-so-grateful for the recognition received - of loyalty and commitment to duties.

In the words of Amy Collette: "Gratitude is a powerful Catalyst for happiness. It's the spark that lights a fire of joy in your soul" this is so true - it was indeed a morning well spent!

CLOC*: Celebrating Life Organising Committee

*Ida Quinny – CCO Co-ordinator
Candida Mendoza – Convenor CLOC*

“ This divine heart is an abyss filled with all blessings, and into it the poor should submerge all their needs. It is an abyss of joy in which all of us can immerse our sorrows. It is an abyss of lowliness to counteract our foolishness, an abyss of mercy for the wretched, an abyss of love to meet our every need.

– St. Margaret Mary Alacoque





Seek your place of refuge in the Divine Heart, the haven of tranquility. Within that furnace of saintly love, become ever more inflamed with love for God.

– St. Gaspar del Bufalo



BLOOD SUGAR AND BLOOD PRESSURE CAMP

You can't enjoy wealth if you're not in good health. In today's time with our hectic lifestyle and stressful lifestyle, diseases like diabetes and blood pressure have become a common occurrence.

On 27th March 2022, the Health Cell organized a blood pressure and blood sugar checkup camp in Room no.1 of our Community Centre from 8.00 am to 12.00 pm About 45 people availed of the benefit of this camp. A special word of thanks to Dr. Lala who was available for consultation after the checkup and to all the members of the Health Cell, which includes a team of doctors, nurses, and lay members who worked tirelessly to design and organize the check-up camp.

We also thank our Spiritual Director, Fr. Callisto Gomes SVD, for his guidance and for helping us plan the camp.

In a special way, we thank Fr Innocent Fernandes SVD our Parish Priest and the parish clergy team, for their support and prayers always.

So, it's up to us to choose between an unhealthy or a healthy lifestyle!

Dr Tanya Quinny Viegas
Health Cell



IMITATING MARY - IN LOVING JESUS

The MFC (Missionary families of Christ) – formerly CFC (Couples for Christ), is an evangelistic and missionary community which endeavors to build strong families rooted in Christ. MFC being a “womb to tomb” ministry has established various ministries for family members other than married couples.

MFC - Handmaids focuses on the evangelization of women and also provides a support environment for them.

My journey in MFC began along with my spouse Gracious Aranha in 2010. We responded to the Church announcements to attend and enrich our married life. Despite several obstacles, we participated in the teaching talks which were held on Sunday evenings. This helped our bond grow stronger each day, which was witnessed by our children who were in their youth. Even when our daughter took very ill in 2011, we grew stronger in our faith. I was a working mother, managing home and office in spite of many financial difficulties and the health issues of my daughter. When my husband got a massive attack on 24th August, 2011, I was able to revive him at home. He was operated at Holy Spirit Hospital and bounced back to health. That same year, on 25th November, 2011, I lost my 19-year-old daughter. Being our only

daughter (we have two older sons), we were shattered by her untimely demise. At this time, our family received love and support from the elders and members of the MFC family who supported us by prayer. In 2015, on 8th June, I lost my husband, Gracious to cancer. I was shattered again, losing two of the closest people in my life! Life was not easy. When I was put in charge of the MFC-Handmaids group, I learnt that God has a plan and His purpose is for our good. The Bible verse which I picked up to walk through this journey was- “Seek ye first the Kingdom of God and His Righteousness and all other things will be added unto thee.” Since then, there was no looking back. God is always faithful when I put my trust in Him.

The bonding we have in the Handmaids group is so good that we are able to share and care for our sisters and all our couples in the MFC. Even during the pandemic, we were all in touch with each other and also with each other's families. Apart from our weekly household meetings, our Handmaids group connect daily at 9:30 pm on WhatsApp to pray and intercede. Our bond has grown stronger. We also try to visit and reach out to those in need, in whatever way possible.

Leena Aranha
Yahweh's Clan, Community No. 33



YOUTH FULLY
ALIVE

TAIZÉ - PRAYER AND MEDITATION

After two years of being cooped up inside our homes, we, the Youth of Sacred Heart, conducted Taizé prayers in the Church on the 26th of March.

Taizé Prayer is filled with song, scripture, and silent meditation. This ecumenical form of prayer is modeled on the style practiced in the Taizé Community in France. It is a form of meditation, where one feels spiritually connected to God and the chants sung by the choir create an ideal meditative atmosphere.

We began the practices a month ahead of time, because we were organizing Taizé after a gap of two years. The PYAT members also assisted us by working on the script, the various portions to be read, and how we should read them. Special **"Taizé chants"** were taught to us by Tony Dias and Jesse Monteiro. Since we had only weekends to practice, as the youth members are either working or attending college lectures, every person who participated in this, made an effort and gave their 100% to bring the Life of Jesus to the people in a new way. We had a wonderful time preparing for it and since it was during the Season of Lent, we felt even more spiritually connected to God.

On 26th March, the Taizé prayer service began right after the 7:00 pm Mass. We began the service with a chant, which slowly transitioned to the readings.

After each reading, we had a moment of reflection followed by a prayer and then the following chant. That was the flow of the service. The readings were based on the highlights of Jesus' life. As we progressed with the meditative prayers and chants, the participation grew. Our Spiritual Director, Fr. Magimai Sundar SVD, stepped forward at the conclusion and prayed a thanksgiving prayer, followed by a vote of thanks and the final blessings.

Personally, I had an enriching spiritual experience. As one of the members of the choir, I felt the presence of God and peace that the chants brought to me as I participated. I look forward to many more such experiences and I hope that everyone has the opportunity to experience the "Power" of the Taizé prayer, at least once.

Thank you to all of our team members for devoting their efforts and time and making this year's Taizé a very meaningful and prayerful experience.

And a huge thank you to all the parishioners for participating and making our efforts a huge success.

Gwyneth Jane Pinto
Community No. 4, Divya Jyoti



“

The Divine Heart is an ocean full of all good

things, wherein poor souls can cast all their needs; it is an ocean full of joy to drown all our sadness, an ocean of humility to drown our folly, an ocean of mercy to those in distress, an ocean of love in which to submerge our poverty.

- St. Margaret Mary Alcoque

TRUTH UNVEILED DISCOVERING GOD'S PLAN FOR OUR SEXUALITY

A two-day Lenten program was held on the 2nd and 3rd of April 2022 for the youth of our parish which was jointly conducted by the Youth Ministry of Sacred Heart Church and the Missionary Families of Christ - Youth. We were about 33 youth present for this program.

After the introductory prayer and ice-breaker, we had our first session, where we learnt about how God created us in His image and likeness with love, to love and by love, male and female, equal but not the same. We also got to hear personal testimonies from the youth which helped us relate on a much deeper level. Another important session was on "Love and Lust", where we learnt that lust is the disordered desire for or inordinate enjoyment of sexual pleasure (CCC 2351) and that it is self-seeking, whereas love is self-giving and involves a mutual relationship. After each session, we would go to our respective groups allotted to us to have our group discussions (GD). In between sessions we had fun games, Praise and Worship sessions and a recitation of the Chaplet of Divine Mercy at 3:00 pm.

The next day we learnt how to Grow in Love and Purity. We understood that if we are faced with temptation we should turn to prayer and scripture verses. We further spent time in our groups discussing and learning about the plans for our sexuality leading us into deeper and meaningful conversations. This was followed by Adoration which was an "Inner Healing" experience for all of us. We also had the opportunity for confession and counselling.

Our last and final session was on "Christian Dating", where we learnt about the different types of friends we make namely - useful, pleasant and most importantly virtuous and how we should strive on making more virtuous friendships. We discovered ways to deal with attractions and that "Sexual

desire is God given, what we do with it makes it a virtue or a vice". We were also reminded how Marriage is not only a union between man and woman but a union of man and woman with God at its center. The animators cleared all our doubts and confusion very well leaving us content. The retreat ended with the celebration of the Holy Eucharist by our youth director, Fr Sundar and during the Mass, we also made a commitment to "Live Pure".

We had an amazing time singing, dancing, praying, playing games during the breaks, discussing and eating to our heart's content (thanks to the delicious food organized for us on both days).

The retreat was truly a beautiful spiritual experience for all of us. We are extremely thankful to Fr Innocent SVD, Fr Magimai Sundar SVD, the Youth Animators, the Missionary Families of Christ-Youth and the resource persons from the MFC-Youth, Goa who travelled all the way from Goa and led us through this wonderful life changing experience!

Zenta Maria Santosh
Genesis, Community No. 35



“

Do not be afraid to present to Him (Jesus)

all the intentions of our suffering humanity, its fears, its miseries. May this Heart, full of love for men, give everyone hope and trust... I invite you to discover the riches that are hidden in the Heart of Jesus.

- Pope Francis

PLAYING JESUS

Back when I was a kid, I always looked up to a frame that hung on our living room wall. It read:

I asked Jesus: 'How much do you love me? And Jesus said: 'This much.' He stretched out His arms and died.

I never really could decode what He meant by that. Yet I pondered over it daily. Cut to the present; After having played Jesus for the 'Good Friday - Way of the Cross' enactment, I can say that I have the answer now.

Honestly, when I agreed to play Jesus, it came off as a challenge for me to internally adopt the traits of Jesus, so as to grasp the ideologies of the character. Under the guidance of Jesse Monteiro, the Script Writer and Director (the man with a plan), we had one of the best times rehearsing the Stations, staying in characters (especially the soldiers), projecting emotions and designing the falls. The one thing we had to ensure was sticking to the timing of the music and the dialogues.

The hardest part for me was of course the

final act. I was worried about how I was going to act out the stripping, the nailing and the crucifixion scenes. But, as I was personally going through some internal issues of my own, I somehow tapped into those emotions and channeled them out during the final act. It was worth it coz I didn't have to act, thereafter. The emotions flowed.

Playing Jesus was an experience of a lifetime! Projecting hope, strength, pain, care, lifelessness, etc - was a roller coaster ride full of emotions for me. I was really overwhelmed when people reached out to me, full of compliments, emotionally stirred, just because I played Jesus. But let me tell you - 'A diamond is a chunk of coal that did well under pressure!'

Allow me to explain the metaphor!

So, for me, one of the reasons Jesus stands for is - Selflessness. The entire crew stayed true to their character and the soldiers ensured the pressure was high for Jesus to shine out. This is nothing but selflessness, isn't it? So,

the whole crew played the role of Jesus to uplift my version of Jesus. They pressured me constantly and I just had to respond to it, emotionally. So, if finest-example-of-teamwork was a person, it surely must be the 'Way of the Cross 2022 Team'. And as the name suggests, there's no 'I' or 'ME' but only 'US' in Jesus!

Now coming back to the start - what is 'This much?'

It is just the tip of the iceberg, but those who crack the underlying meaning will unfold the bottom portion of the iceberg. Jesus said the most encouraging words even after He was drowned in the sea of pessimism and pain! And yet, in the end, He gloriously arose.

Now I realise, why I felt so good and hopeful, every time I looked up to that frame.

*Joyal Lobo
Divine Mercy, Community No. 9*

“

The Sacred Heart of Christ is an inexhaustible

fountain and its sole desire is to pour itself out into the hearts of the humble so as to free them and prepare them to lead lives according to his good pleasure.

- St. Margaret Mary Alacoque



FUN KRICKET 2022

Fun Cricket 2022 was organised by the Parish Youth Council (PYC) in collaboration with the Parish Youth Animators Team (PYAT) over a period of 5 days from the 27th April to 1st May.

There was a different sense of excitement this year as it was organised after a gap of two years and the team was eager to deliver. The theme for this year was centred around, 'The Looney Tunes', which was depicted with cartoon character graphics on the boards, banners, bats and stickers.

On the Sunday before the week of the event, the Captain's meet was held which was a gathering of all the Captains/Vice-Captains of the participating teams for a briefing on the rules of the event.

“ The Heart of Christ, His “Sacred Heart” has given men everything - redemption, salvation, sanctification... Here alone can those who long for true lasting happiness find its secret.

- St. John Paul II

Fun Cricket began on Wednesday, the 27th with six matches taking place that day. The atmosphere was electric as players and audience alike geared themselves for some excitement and competition. However, to start us off on the right foot, we had our Parish Priest Fr. Innocent Fernandes SVD formally declare the event open, followed by a fun back and forth between the priests, with one taking up strike while another bowled.

The audience looked on as the 22 Communities battled it out with each team playing 2 matches each, over 3 days with those on the top of the leader board heading to the quarter-finals on day 4. The team worked tirelessly to ensure the proceedings were fair and meticulously recorded. Every match had a visible intensity to it, with the unpredictable nature of the fun-over, having the points doubled and the out-boards activated only adding to this. The teams, therefore, played with strategy, power and grace in truly captivating matches.

The semi-finals and finals were held on the Final Day. The Parish Anthem and the National Anthem, started the event as everyone stood in respectful silence. The two semi-final matches were nail-biting

as the audience reached a fever pitch, with the victors from these matches set to face off. We had two exhibition games pitting the PYC against the Parish Clergy team and the PYAT to provide the finalists with some much-needed rest before their match. The finals were played between Communities 28 and 7, with the latter coming out as victors in a very close contest that had everyone at the edge of their seats. This was followed by a YMCA dance performance by the Youth and then the Closing Ceremony wherein Fr. Innocent led the vote of thanks and felicitated the two finalist teams who also shed light on their experiences.

Adrian Pinto (207 runs), Community 19 - Best Batsman (Male), Berchman Dsouza (7 wickets), Community 9 - Best Bowler (Male), Kimberly Nazareth (126 runs) Community 24 - Best Batsman (female), Gracy Matthew (4 wickets) of Community 3 - Best Bowler (Female) were the individuals felicitated.

The event was an absolute success and a much-needed welcome back to parish events after the two-year hiatus. The Organising Team thanks the Clergy team, Parish Communities and participants who made this event possible and lively.

*Justin Abreo
Hosanna, Community No. 31*



HEALTH SPACE

HELPING ONESELF TO STAY HEALTHY

Ever so often I hear the announcement of a 'Code Blue' to the emergency room and after that, the frenzied activity follows. Doctors, nurses and intensivists rush to the ER for the emergency and most often the scene is of a person getting a cardiac massage and a shock to get a heartbeat back. Not infrequently, the person is a young man and one can see the disbelief and despair on the faces of their family members and friends. Some are lucky to survive and others don't make it. All too often the history suggests that the patient was unwell, had chest discomfort or an upper abdominal pain, or pain in the arm that is mistaken for muscular pain. These symptoms or complaints are dealt with by a variety of home remedies like antacids, lotions and pain medication. Angina or a shortage of blood supply to the heart causes symptoms which mimic a strain in the chest muscles, arm, neck and upper abdomen. Most people feel uncomfortable and are in denial because it does not occur to them, that heart disease can affect them. It is only when they are severely breathless or collapse that the family brings them to the hospital. Reviving a cardiac arrest or arrhythmia is difficult and resuscitation is the only way.

Far too many people dislike the thought of going to hospitals and that causes the delay. Being underprivileged, elderly or living alone are also reasons why the hospital visits are generally delayed. This delay is often deadly and it is heartbreaking to see a young man, who may be the sole breadwinner for a family succumbing to a heart attack so suddenly. Heart disease is not the only medical emergency that devastates, even a stroke can paralyse and kill. The symptoms of an impending stroke are weakness, trouble walking, slurred speech, speech loss, difficulty understanding, numbness of the face arms, legs or even numbness of one side of the body. Visual difficulties such as blurred vision, double vision and sudden vision loss can be some of the first symptoms. Swallowing may be difficult in some patients developing a stroke. FAST is the acronym that suggests that face, arm and speech are to be examined.

- F: Face** = ask the person to smile
- A: Arm** = ask the person to raise both arms
- S: Speech** = ask the person to repeat a simple phrase
- T: Time** = if the person has failed any part of the test note the time and get help

There will be a significant reduction in the number of strokes and deaths if timely medical aid is given, what is described as "door to needle time". By giving the appropriate medication, in time [usually four hours] blood supply to the brain can be restored and a major stroke is prevented. To that person, it is the difference between becoming an invalid/bedbound and the exact opposite, that is being completely normal and functional.

The same goes for illnesses such as cancer, diabetes and hypertension. Early detection, lifestyle modifications, discipline with diet and following the treatment prescribed can change the outcome significantly. To date, I still see women who come in with a large fungating breast mass, which is likely very advanced breast cancer. Women delay the visit to the doctor mostly because of reasons such as fear of cancer, shyness about the examination and denial of symptoms like lump felt in the breast for months and years. If a breast cancer is picked up early in a mammography at the most initial stage, the surgery is just a small local removal of that area of the breast tissue. Detecting cancer at the earliest stage allows for a good quality of life after treatment and longevity as well.

India is called the diabetic capital of the world. More and more people are diagnosed with diabetes at a young age. Diabetes is a silent killer. It wreaks havoc with your blood vessels and can cause end stage failure of organs such as your eyes, heart, kidneys and blood supply to the legs. During the Covid-19 pandemic, diabetic patients who suffered from Covid, had the worst outcomes when compared to other patients of the same sex and age group.

A strict diabetic diet, regular exercise, medication and sometimes insulin injection can halt the diabetic disease progression for years. Heart attacks [that may be silent that is without usual symptoms] and strokes are more common in diabetic patients.

When dealing with infants and children it is wise to remember that this is an age group that is very vulnerable to illness and infectious disease, diarrhoea and vomiting are among the highest killers. Children need timely and sometimes aggressive therapy, that reduces the burden of prolonged and fatal illness.



Today it is necessary that one has a good medical insurance policy. Given the type of medical equipment, doctors, paramedics and infrastructure, medical expenses have increased exponentially. If one is travelling overseas, you will not be issued a visa if you do not have health insurance. Insurance may not cover every bit of your medical expenses but it buffers the bill to a large extent. Today several health insurance policies are available online. A detailed study and comprehensive coverage are a good investment in one's own health and that of your family. Expenditure on health insurance also gives one a tax benefit, if you are paying a substantial tax.

When medical illness is diagnosed and addressed at the earliest stages, it is most often treatable and curable. Tardiness in seeking medical help allows the progression of the disease to an untreatable and fatal stage.

Having a support system in place, such as friends and family is important. Bequeathing your assets to a generation that may not respect or value your hard-earned money and to passing away being the richest person in the cemetery, is not the brightest of life choices.

"Health is wealth" and using your wealth to maintain your health at the appropriate time is the best gift to yourself. Monetary wealth has limited capabilities as compared to health. Also, having Faith for the healing and seeking divine grace is the pathway to miracles.

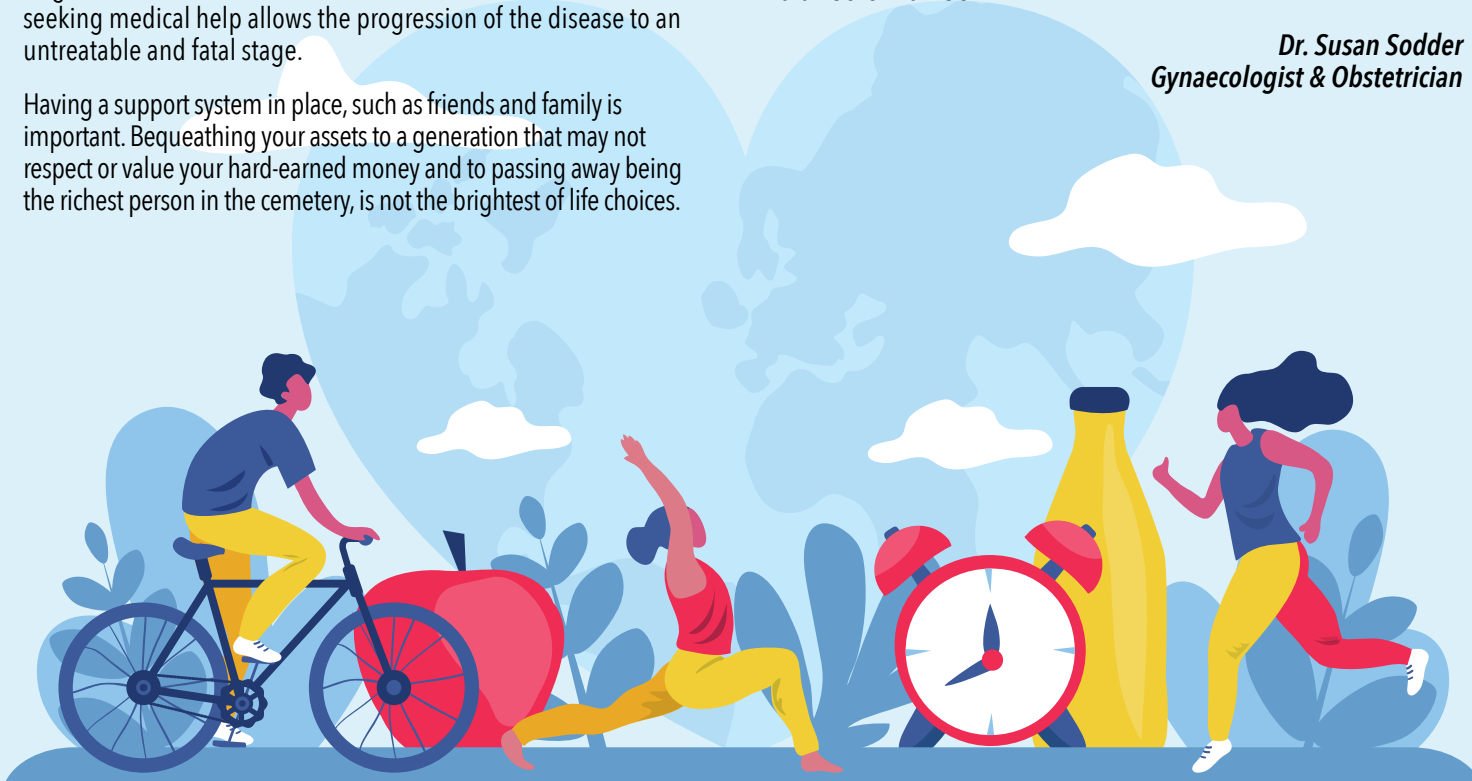
A few Biblical Verses on Divine Healing to ponder on:

*"Heal me, Lord, and I will be healed; save me and I will be saved, for You are the one I praise." **Jeremiah 17:14***

*"And the people all tried to touch Him, because power was coming from Him and healing them all." **Luke 6:19***

*"But I will restore you to health and heal your wounds," declares the Lord." **Jeremiah 30:17***

Dr. Susan Sodder
Gynaecologist & Obstetrician



Disclaimer: All information contained in the Health Page is of a general nature and the opinion of the authour 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.



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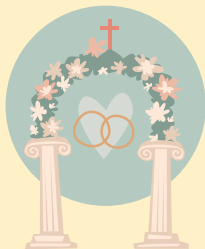
FROM THE PARISH REGISTER

Baptized in Christ



Zayne Dias Dickson	S/o	Geoffrey Dias Dickson & Renuka Salian	3-Apr-22
Desiree Miranda	D/o	Warren & Cheryl Miranda	10-Apr-22
Lalitha Wortha	D/o	Durga & Laxmi Malya	17-Apr-22
Taniya Gyanee Tamang	D/o	Gyanee & Jyoti Tamang	17-Apr-22
Mangal Mahesh Naik	D/o	Mahesh & Seema Naik	17-Apr-22
Kamla Devi Sharma	D/o	Ramlal Sharma	17-Apr-22
Rajeshree D`Costa	D/o	Rupsing & Nanda Waghela	17-Apr-22
Melroy Michael D`Souza	S/o	Michael & Reema D`Souza	24-Apr-22
Travis Jeremy Paul	S/o	Christopher & Lovey Paul	1-May-22
Ethan Nathan D`souza	S/o	Christopher D`souza & Carisa Cardoz	3-May-22
Sera Mendonca	D/o	Lozil Denzil Mendonca & Patricia Lewis	8-May-22

United in Christ



Thahakutty Abdul Vahid	To	Sheeba Mathew	8-Apr-22
Leroy D`Souza	To	Harlon Neeta D`Souza	23-Apr-22
Sylvester D`silva	To	Amelia Ciana D`Souza	23-Apr-22
Agnel Vadaar	To	Winniefred Komal Soreng	24-Apr-22

Resting in Christ



Sr. Cecilia D`souza	75 years	Canossa Convent	4-Mar-22
Paul Alfred Masarenhas	72 years	C 1 / 503, Bindra Rose	10-Mar-22
Josephine Coelho	95 years	10/A-26 Takshila CHS	16-Mar-22
John Sequiera	74 years	148 / 8, Ajeet CHS, Sher-E-Punjab	15-Mar-22
Mary Mickie Fernandes	91 years	A / 202, Nirman Palace, Pump House	16-Mar-22
Alleluia Masarenhas	76 years	B 14 / 62, Sidhhi Vinayak CHS, JVLR	17-Mar-22
Darren Miranda	29 years	Plot No 135, 301, Jyoti Meadows, Sher E Punjab	19-Mar-22
Jaya Mary Chettiar	80 years	31B / 25, Takshila CHS	4-Apr-22
Joseph Frank D`lima	70 years	B-4/41 Greenfields, JVLR	10-May-22

INSPIRATION FROM SAINTS

SAINT JOHN HENRY NEWMAN

Feast day: October 9

Saint John Henry Newman, a poet and theologian who wrote the renowned hymn "Lead, Kindly Light, Amid the encircling gloom," was first an Anglican clergyman who later converted to become a Catholic priest and Cardinal. He was a significant and controversial figure in the religious history of England during the 19th century.

Born on 21st February 1801 to John, a banker from London and Jemima Newman, he was the eldest of six children. Newman grew up in a household of ordinary Church of England members, where he was exposed to the Bible at a young age and became an avid reader of it. Newman turned to Evangelicalism in his senior year of high school.

In 1833 on a trip to Sicily, Newman became seriously ill, possibly from typhoid fever, and was close to death. In his delirium he kept repeating among other things, 'I have a work to do in England.' When he recovered, it led him to surrender himself even more to God. It awoke even more deeply his desire to bring renewal to the Church that he loved.

To bring about this renewal Newman and several of his associates embarked upon what would become known as the 'Oxford Movement', expressing their views through tracts and pamphlets besides Newman's best method of reaching the people through his sermons and public lectures. As he continued to study and teach Christian history and especially apostolic succession, Newman began to reconsider his own hostility towards Catholicism. Soon, Newman moved to Littlemore, a village three miles outside Oxford to live a quasi-monastic life with friends. Here, he continued to devote himself to ever deeper study, fasting and prayer. It was here that Newman became increasingly convinced that the Church of Rome, the Catholic Church, was the church closest to the spirit of early Christianity.

In 1845 Newman, joined by some but not all of his followers officially left the Church of England and his teaching post at Oxford University and was received into the Catholic Church.

By converting Newman lost most of his friends from the Church of England, his family rejected him and he could no longer be a fellow at Oxford. He would later describe how the trials of this period moved him to more completely surrender his life to God. However, his conversion was accompanied by a great sense of interior peace.

Newman was sent to Rome in 1846 to further his study and on May 30th 1847 he was ordained a Catholic priest and continued as an influential religious leader, based in Birmingham. In 1879, when he was made Cardinal by Pope Leo XIII in recognition of his services to the cause of the Catholic Church in England, he chose as his cardinal's motto the words 'Cor ad cor loquitur', meaning 'heart speaks to heart'.

He was instrumental in the founding of the Catholic University of Ireland which evolved into University College Dublin, Ireland's largest university.



One trait that marked him from his youth was a passionate search for truth. From conversion to evangelical Protestantism as an adolescent to his early adulthood as an Anglican clergyman and Oxford don to his maturity as a Catholic, Oratorian, and priest, he never stopped searching for truth, and shaping his life around it.

Newman is the author of 'Loss and Gain', an autobiographically-inspired story of a young man at Oxford becoming convinced of the truth of Catholicism, and the historical novel 'Callista', set during the persecutions of early Christianity by the Roman Empire. He eventually wrote 40 books and 21,000 letters that survive.

In his final years, Newman continued to correspond with and give spiritual guidance to many. He died at the age of 89 on 11th August 1890. Tens of thousands lined the streets of Birmingham for the passing of his funeral cortege. He was buried in the Oratory's cemetery. An inscription on a plaque in the Oratory reads 'out of shadows and symbols unto the truth.'

In 2010, Pope Benedict XVI beatified Newman in London, noting his emphasis on the vital place of revealed religion in civilized society, but also praised his pastoral zeal for the sick, the poor, the bereaved, and those in prison. Pope Francis canonized Newman in October 2019.

Cardinal John Henry Newman's feast day is observed on the day he converted to Catholicism, rather than his death date, as is customary.

PARISH VISION MISSION STATEMENT

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



Stations of The Cross - Senior Citizens at Karjat



Divine Mercy Sunday



Truth Unveiled - Youth Retreat



Enactment of Stations of The Cross By The Youth



Winners of Fun Cricket 2022



Workers Day Celebration By CLOC