



Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 88

April 2023

For Private Circulation Only

The Resurrection of Jesus – Dawn of Hope and Renewal



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: 8433605226)
Mon, Wed, Fri (10 am to 12 Noon)
Tuesday, Thursday (6 pm to 8 pm), Saturday and Sunday-Closed.

Dental Clinic:

(Tel. 9324384676)
Monday to Saturday - 1.00 pm to 4.00 pm

Homoeopathy Clinic:

(Tel. 9930889594)
Monday to Friday - 5.30 pm to 7.00 pm (by appointment only)
Saturday - 5.30 pm to 7.00 pm

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

01 April	Blessing of the Palms 06.45 pm - In front of the grotto, followed by procession and Palm Sunday Mass
02 April	Palm Sunday
03 to 05 April	Confessions : Morning - 7.00 am to 7.30 am & 8.00 am to 9.00 am Evening - 6.00 pm to 7.00 pm & 7.30 pm to 9.00 pm
06 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
07 April	Good Friday 06.00 am - Stations of the Cross by Youth 10.00 am - Stations of the Cross in the Church, by Senior Citizens Cell followed by the Divine Mercy Novena (begins this day and will be after Mass on Weekdays) 11.00 am - Stations of the Cross (Konkani) 06.00 pm - Celebration of the Lord's Passion
08 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
09 April	Easter Sunday Konkani Mass - 07.30 am English Mass - 08.45 am & 10.00 am [Adult Baptisms]. No Evening Mass
12 to 14 April	Triduum in preparation for the Feast of Divine Mercy (During 07.00 pm Mass)
16 April	Divine Mercy Sunday (Feast Mass at 10.00 am)
25 April	Feast of St. Mark, Evangelist
29 April	Memorial of St. Catherine of Siena, Virgin & Doctor
01 May	Memorial of St. Joseph the Worker
02 May	Memorial of St. Athanasius, Bishop & Doctor
03 May	Feast of Sts. Philip and James, Apostles
13 May	Memorial of Our Lady of Fatima
18 May	Solemnity of Ascension of the Lord
24 to 26 May	Triduum in preparation for Pentecost
26 May	Memorial of St. Philip Neri, Priest
28 May	Pentecost Sunday
29 May	Memorial of Mary Mother of the Church
31 May	Feast of the Visitation of the Blessed Virgin Mary
01 June	Feast of Our Lord Jesus Christ, The Eternal High Priest
03 June	Memorial of St. Charles Lwanga and Companions
04 June	Trinity Sunday
05 June	Memorial of St. Boniface, Bishop & Martyr
08 June	Memorial of St. Mariam Theresia, Virgin
11 June	Solemnity of the Most Holy Body & Blood of Christ
13 June	Feast of St. Anthony of Padua, Priest & Doctor
18 June	Celebration of the Feast of the Sacred Heart in our Parish

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



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FROM THE PASTOR'S DESK

Dear Parishioners,

***"This is the day the Lord has made;
Let us rejoice and be glad in it!"***

The Lord is truly Risen! Alleluia!

The glorious feast of the Resurrection of Jesus reflects the highest truth of our faith. The immortal One had taken on mortality when He became man; He reclaimed His immortality and conferred eternal life to human beings when He crushed the powers of sin and death and rose gloriously from the tomb that first Easter Sunday. The Easter Message of the Resurrection is an invitation to each one of us to go out and share the message of Christ with others. As it was true about the first witnesses of the Resurrection, Mary Magdalene, John, Peter, and others, so it is true about us. We are called to learn the meaning of the Risen Lord and to be messengers of the Good News, to proclaim by the way we live, that the Lord is Risen and that we are witnesses to it.

Our lives today are not much different from those of the early disciples. As it happened then, there were many who opposed the truth of the Resurrection and the spread of the message of Jesus altogether, so is our experience today. Many attempt to prevent with whatever is in their limited power, the proclamation of the powerful story of the Resurrection. What are the competing messages we are exhorted to share in our lives? What messages do we choose to share, through both our conversations and through the living of our daily lives? To whom do we share these messages?

Publisher: Fr. Innocent Fernandes SVD

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Jesus Christ on the one hand and the Society we live in, on the other, both make an offer to each one of us. Whereas the Society we live in can give us money, pleasure, self-gratification, and an illusion of freedom to do what we want, Jesus Christ offers His very self to us. In His death and Resurrection, He shares Himself with us, imparting to us the fullness of love, a true and authentic sense of freedom, an opportunity to do what we ought to do and consequently a new and fulfilling life.

So, today with hearts filled and renewed with faith, hope, and peace, we make the message of the Risen One our own! May our encounter with the Risen Lord invite us to trust God more deeply, to submit our lives to His Holy will always, and to be changed into instruments of God so that He may transform the world through us.

I would like to extend a warm and hearty welcome to our brothers and sisters, who through the Rite of Christian Initiation for Adults (RCIA) and the Rite of Christian Initiation for Children (RCIC) have begun their journey of faith with the Catholic Church. I pray that you will forever appreciate the Easter Mystery in a very profound way and together with all the faithful proclaim the truth that **"He is Risen!"**

Together with the Clergy Team, I would like to wish each one of you, dear parishioners, a blessed and holy Easter! May the gift of Easter renew your faith in the Risen Lord. May the Resurrected Jesus fill your hearts with His peace.

Have a Blessed Easter!!

**Fr. Innocent Fernandes SVD
Parish Priest**

The Resurrection of Jesus – Dawn of Hope and Renewal

'Death shall not have the last word,' is the core meaning of the resurrection of Jesus. It inspires an undying hope that becomes the fountainhead of the life of a Christian. The source of the hope, triggered by the resurrection of Jesus is beyond the confines of this world since it points to the ultimate victory of Jesus over death and sin and how faith in Him would lead the believer on the path of eschatological hope. A life thus rooted in the resurrection of Jesus is firmly grounded on a sense of hope that never dies and that prolongs its effect on the world beyond.

Death and the powers of death are all around us. We are witness to the large number of humans devoured into the realm of death due to wars raging in different parts of the world today. It rages on unabated in Ukraine, in Yemen; and internal strife, genocide and killing in almost every region of the world. When confronted with visuals of such human cruelty which does not bat an eyelid in handing out death to hundreds and thousands of people, one begins to wonder about what has happened to all the talk of peace and negotiations to counter violence? What has happened to the basic human sense of preservation of life? What has happened to the institutions that we humans fashioned to prevent such acts of unmitigated cruelty?

The scale and reach of the pandemic exposed another front of uncertainty. We, humans, had a sense of false security in the assurance of our knowledge systems and the robustness of the institutions of medical care that the scale and reach of the pandemic could never be measured or predicted. From the moment of its outbreak till the time it was more or less contained, we were all unsure about how did it all begin, how was it going to spread and when would we humans come out of it all? Even today, the best systems and institutions of investigations have not been able to clearly and without a doubt inform us about the cause of the pandemic. Through the course of the pandemic, the experts and the managers kept changing their assessments, expert opinions, and goal

posts. The devastation caused to lives, livelihoods, systems of governance, practices of democracy and so on is yet to be assessed. We go on as if a catastrophe of the kind that we could not yet fathom seems to have left us for now and we would like to move on.

We got used to feeling a certain amount of trust in the institutions that we created for our survival and well-being. Certain regularities of employment, the integrity of banking systems, provisions for social welfare, programmes and projects that sustained the poor and the deprived to live a rather dignified life and so on constituted the edifice of the minimum expectations that we all got used to. For some of us, these certainties can no more be taken for granted. The logic in which the structures of finance and banking are imagined today has resulted in some of us losing the earnings of our entire lives. Some of us have lost coveted jobs that had provided us not only with the wherewithal to live but also status in the wider social life. Then there are some among us who have fallen prey to ingenious ways of fraud and cheating and have lost our lives savings. And we wonder why is it all happening?

And then, we witness the rising tide of hatred around us. Hate speech, bullying, motivated and biased propaganda which is passed off as factual, motivated campaign against certain sections of people who live among us are all symptoms of the new world that we see around us. The rights of some people and communities are all of a sudden questioned and restricted and some of them are subjected to cruelty and murder. We come across people who are donning the leadership roles of religions talking in terms of violence that needs to be directed against some people and communities. And we begin to wonder, where is all this leading us?

Along with all of these is also the alienation and trauma that some of us experience in our personal lives and our families and communities triggered by the loss of jobs, the uncertainty of regular income, lack of

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Faith in the resurrection of Jesus says that there is a future for every human being; the cry for unending life which is a part of the person is indeed answered. God exists: that is the real message of Easter. Anyone who even begins to grasp what this means also knows what it means to be redeemed.

- Pope Benedict XVI

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social security, heightened mental trauma and increasing suspicion in the sustainability of human relationships. We are also witness to the strange patterns of nature around us which bring to our attention the opinions of the experts who warn of the ominous events that may unfold in the near future if we don't take serious efforts to care for the earth just as we strive to care for other humans.

In the midst of all these, we are still standing! We have not lost hope. We reach out with ever-growing compassion to mitigate the sufferings of others. We reach out with caring hands and reassuring composure to those of us in our communities who need help. In contrast to leaders who spew venom and hatred, we have influencers and organisers who inspire love and camaraderie. We have among us activists and doers who come forward with ideas, dreams, and resources to offer timely help. We have though leaders and activists who have a strong sense of conscience and who courageously call out hate speech and false propaganda. For every group of hate-mongers out there we come across a spirited bunch of peace-makers, who actively seek to douse the fires of hatred and violence and in its place implant the seeds of reconciliation and peace.

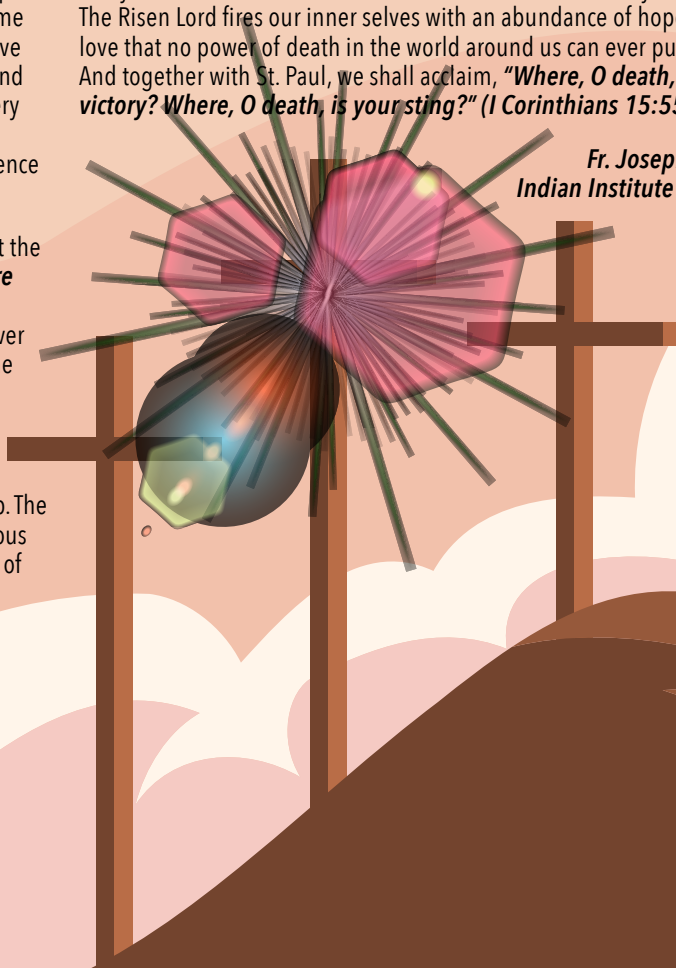
And when we put this all together in our mind and take a hard look at the big picture, we begin to echo the sentiments of St. Paul, "...**but where sin increased, grace abounded all the more**" (Romans 5:20). The resurrection of Jesus is the anchor of such undying grace, that whatever the enormity and range of violence, darkness, death, and misery, none of that will have the last word. The last word shall always be of life, of abundance, of goodwill, of hope, of cooperation, of reaching out, of forgiveness and reconciliation.

The gloom of Calvary gave way to the pleasant shock of the empty tomb. The defeat and powerlessness on the way to Calvary gave way to the victorious appearances of the risen Lord. The utter dismay and eventual desertion of the disciples gave way to new-found courage of conviction and witness which transformed the violent mob and its leaders into repentant followers and eventual martyrs.

The resurrection of Jesus is thus, both an event and an experience. As an event, it transformed the life of the disciples and turned the frightened and dubious characters into decisive witnesses of the power of the Risen Lord. As an experience, it opened the minds of the followers to the power of the Holy Spirit who led them to uncharted ways of life and territories. It made them reach out to every human person in the world to answer the call of Jesus to be a follower - to witness in their very own lives the power of the Risen Lord.

Today the resurrection of Jesus triggers in our own minds and souls the same explosion of hope that transformed the lives of the disciples and every other follower of the Lord from that moment in history till today. The Risen Lord fires our inner selves with an abundance of hope and love that no power of death in the world around us can ever put out. And together with St. Paul, we shall acclaim, "**Where, O death, is your victory? Where, O death, is your sting?**" (1 Corinthians 15:55)

Fr. Joseph M.T. SVD
Indian Institute of Culture



May the Risen Lord bless each one of us with hope,
renewal and a deeper encounter with Himself.
Wishing all Parishioners a blessed Easter !

CCO ON THE MOVE

The essence of the Easter message is that Jesus conquered evil and death, that Love is stronger than hate and generous self-giving is more productive than cowardly concern for self-centered security. Let us in this season of Lent and Easter be more generous towards the needs of our less fortunate brethren by our works of charity and by our generous self-giving.

The Centre for Community Organisation (CCO) networks with different Cells and Associations of our Parish and ensures the proper functioning of all their activities.

On 29th January 2023 **All Association Day** was celebrated as a token of gratitude to all the members of the various Cells and Associations, the PPC and SCC coordinators, and Animators, who render their selfless service to our Parish. The Holy Eucharist was celebrated at 5:30 pm in the Church followed by a get-together on the Parish grounds. The CCO along with the clergy team organized a fun-filled evening. The response was overwhelming. It was indeed a very entertaining and memorable evening.

The Youth Ministry with the help of the **Parish Youth Animation Team (PYAT)** organized **Penalty Liga** for all the Communities and **Tug Of War** among the Areas of our Parish on the 24th, 25th and 26th of January 2023. The event was well organized and there was good participation. There was a lot of enthusiasm among the players and the team spirit was excellent.

The Small Christian Communities (SCC) of our Parish made their own Christmas Stars which were hung as Christmas decorations on the Church grounds.

'**Christmas Extravaganza 2022**' was organized by the SCCs for two consecutive days, the evening of 17th December and the morning and evening of 18th December 2022. There were 11 food stalls and 7 game stalls. Each Area put up a Game stall. It was a great time with the arrival of Santa Claus, Carol singing and a Flash mob performance by the Altar Servers.

The Senior Citizen Cell organized a Christmas party for all senior citizens of our parish on 5th December 2022 at 4:30 pm in the Community Centre.

On the occasion of Republic Day on the 26th of January 2023, the flag hoisting ceremony was organized by the **Inter Religious Dialogue Cell** after the 7:30 am Mass. Parishioners attended in large numbers.

On Sunday, January 22, 2023, 48 confirmands received the Sacrament of Confirmation during a solemn Eucharistic service presided over by Bishop Barthol Barretto. These confirmands had been catechized by the **Confirmation Team**.

Being the Word of God Sunday, the **Bible Cell members** were re-commissioned during this Holy Eucharist.

The Community Welfare Fund (CWF) in co-ordination with the CCO reaches out to the needy and marginalized of our parish who require funds for their educational, medical and housing needs after conducting a thorough verification. For medical assistance, letters are sometimes sent to other parishes.

Details of assistance/aid provided for the period from November 2022 to January 2023 :-

Education	-	05 Cases
Medical	-	36 Cases
Housing	-	31 Cases
Total	-	72 Cases

St. Vincent de Paul Association (SVP) renders help to the needy, not only of our parish but also people belonging to other faiths.

Details of the activities conducted since December 2022 are as follows:

- i. Christmas Hampers - consisting of 12 food items were distributed on 17th December to 26 Catholic families.

- ii. Chicken and cakes were distributed on 24th December to 50 families, both Catholic and Non-Christian families. Cash assistance was given to 23 Catholic families.

- iii. Clothes and stationery were distributed to needy children on **World Day of Poor**.

- iv. Monthly provision of Cash assistance to 7 families, Ration aid to 35 families, Education and Medical Aid to families.

The CCO continues to help the needy and marginalized from our parish by filling out forms for help in collaboration with the Community Welfare Fund.

Parishioners as well as people of other faiths are helped with **employment** opportunities as domestic help, patient attendants, day/night caretakers, office assistant, etc.

Eligible bachelors and spinsters from within and outside our parish, intending to get married in the near future, are registered with the CCO for prospective **matrimonial** alliances.

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

The CCO team takes this opportunity to thank all the leaders of the Cells, Associations, Groups, Small Christian Communities and all their team members for their commendable and selfless service rendered to the parish.

We pray that the Risen Lord continues to shower His blessings on all of us and help us to reach out to the ones in need.

Dear Parishioners, we wish you all the Love and Peace of our Risen Lord. **Happy Easter!**

Ida Quinny
CCO Co-ordinator



HEARTY LAUGHTER

RANDOM INSIGHTFUL LIFE

- Being a mother of a teenager is finally understanding why some animals eat their young.
- Ever heard of a job that requires no experience, gives no training, pays nothing, and you can't quit? That's Parenthood. Oh, and people's lives are on the line.
- Don't be mad at lazy people, they didn't do anything
- A clean desk - it's a sign of a cluttered desk drawer.
- A clean conscience - is usually the sign of a bad memory.
- Parallel lines have so much in common. It's a shame that they'll never meet.
- If you wake up an hour early each morning - you could add up 60 minutes of anxiety to your day
- The fridge is a perfect example of what matters is on the inside.
- Whoever wrote 'Easy like Sunday morning' obviously never had to get kids ready for Church.
- People with siblings have better survival skills because they've had experience in physical combat, psychological warfare, and experiences of sensing suspicious activity.
- Someday when scientists discover the center of the universe, a lot of people are going to be disappointed to find out it isn't them.
- The biggest lie I tell myself: I don't need to write it down, I'll remember it.
- Sometimes to stop eating all the chocolate, one must eat all the chocolate
- Laugh and the world laughs with you, snore and you sleep alone.

PRACTICAL ADVICE

- If all the toilets in your house are occupied and you are waiting for one of them to be free, switch off the wi-fi.
- Don't break anybody's heart; they only have 1. Break their bones; they have 206.
- If you are buying a watch online. Be warned. Some learned it the hard way. If it says you can swim with it. This only applies if you can already swim without it,

IDENTITY CRISIS

"Your mother has been with us for 20 years," said John. "Isn't it time she got a place of her own?" "My mother?" replied Helen. "I thought she was your mother."

CAUGHT IN THE WEB

Mike was visiting his son the other night when he asked if he could borrow a newspaper. "Dad, this is the 21st century," his son said. "I don't waste my money on newspapers. But if you like, you can borrow my iPad." A little while later Mike was heard exclaiming, "I can tell you this: That spider never knew what hit him."

RELIEF

Little Johnny was in church with his mom for Sunday Mass when he suddenly felt nauseous. "Mom, I think I'm going to throw up!" She told him, "I want you to run outside as fast as you can. Run across the lawn and go behind the bushes. You can throw up behind the bushes and nobody will see you." So Little Johnny hauled ass for the door. Less than a minute later, he returned to his seat next to his mom. He had a look of obvious relief on his young face. "Did you make it all the way to the bushes, Johnny?" "I didn't have to go that far, mom. Just as I got to the front door, I found a box that had a sign on it: FOR THE SICK."

JUST DESSERTS

At a party, a young wife admonished her husband, "That's the fourth time you've gone back for ice cream and cake. Doesn't it embarrass you?" "Why should it?" answered her spouse. "I keep telling them it's for you."

DENTAL ISSUES

A dentist told a mother, "I'm sorry madam, but I'll have to charge you a \$100 for pulling your boy's tooth." The mother exclaimed, "A \$100! You said it was only \$20!" "Yes," replied the dentist, "but he yelled so loudly that he scared four other patients out of the office!"

LONG CELEBRATION

A married couple is out one night at a dance club. There's a guy on the dance floor giving it large: break dancing, moon walking, back flips, the works. The wife turns to her husband and says, "See that guy? Twenty years ago, he proposed to me and I turned him down." The husband says, "Looks like he's still celebrating!"

DEADLY LUNCH

There was an Englishman, a Scotsman and an Irishman working on the top of a cliff. The Englishman said, "If I have cheese in my sandwich tomorrow, I'll jump off this cliff." The Scotsman said, "If I have jam in my sandwich tomorrow, I'll jump off the cliff." The Irishman said, "If I have ham tomorrow, I'll jump off the cliff." The next day, the Englishman had cheese, the Irishman had ham, and the Scotsman had jam. So they all jumped. At the funerals, the wives of the Scotsman and Englishman said, "Why didn't they just tell us they didn't like their sandwiches?" The Irish lady said, "I don't know why my husband jumped off the cliff. He made his own sandwiches."

Family Bible Quiz - April 2023

I) SELECT THE CORRECT ANSWER:

- Who was the chief priest who had Jesus arrested?
A) Caiaphas B) Ananias
C) Pilate D) Zechariah
- What was the man carrying whom Peter and John followed to prepare the upper room for Passover?
A) Bushel of wheat B) A young lamb
C) A pitcher of water D) A loaf of bread
- What did Jesus give to Judas as a sign that he was to betray Him?
A) Glass of wine B) Bread
C) Jar of honey D) Bag of coins
- On what day of the week was Jesus first seen after His resurrection?
A) Friday B) Saturday
C) Sunday D) Monday
- To whom did Jesus first appear after His resurrection?
A) Mary Magdalene B) His mother Mary
C) Peter D) John

II) MENTION THE SCRIPTURE VERSES DESCRIBING THE FOLLOWING:

- 40-day fast of Jesus where He is tempted by the devil

- Jesus predicts that He would be betrayed


- Charge against Jesus by the Jewish court for which He was sentenced to death






- Blood and water gushed out from the side of Jesus

- Jesus purified the temple on Holy Monday

- Jesus cursed the fig tree

III) GUESS THE EVENT FROM THE PICTURES AND MENTION THE SCRIPTURE REFERENCE:

EG:  **LAST SUPPER**
(Mt 26:17-29; Mk 14:12-25; Lk 22:7-38)

-  _____
(_____)
-  _____
(_____)
-  _____
(_____)
-  _____
(_____)
-  _____
(_____)

IV) STATE THE LAST WORDS OF JESUS FROM THE CROSS WITH THE BIBLE VERSES:

- _____ (_____ : _____)
- _____ (_____ : _____)
- _____ (_____ : _____)
- _____ (_____ : _____)
- _____ (_____ : _____)
- _____ (_____ : _____)
- _____ (_____ : _____)

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 25th April, 2023.
- 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 - DEC 2022

I. a) God b) The Way c) Immanuel d) The Gate e) Advocate f) The Bread of Life g) Good Shepherd h) Alpha and Omega i) Light of the World j) Rock k) True Vine

II. 1. Light, enlightens, world (John 1:9)
 2. fullness, Son, Woman, law (Gal 4:4)
 3. child, son, authority, shoulders, Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace (Isaiah 9:6)
 4. kings, isles, tribute, Sheba, Seba, gifts (Psalm 72:10)
 5. generous, perfect, Father of lights, variation, shadow, change (James 1:17)
 6. hope, joy, peace, believing, abound, Holy Spirit (Romans 15:13)
 7. Peace, peace, troubled, afraid (John 14:27)
 8. exalted, name, above, Jesus, knee, heaven, earth, under (Phillipians 2:9)
 9. King, immortal, invisible, God, honour, glory, forever, ever (1 Timothy 1:17)
 10. Glory, heaven, peace, favours (Luke 2:14)

III. 1-a); 2-c); 3-c); 4-d); 5-a)

IV. 1. The First Noel 2. Twelve Days of Christmas 3. Silent Night 4. Hark the Herald angels sing. 5. Away in a Manger 6. Feliz Navidad 7. Joy to the World.

HEARTY CONGRATULATIONS**TO THE WINNERS OF
FAMILY QUIZ - DECEMBER 2022****1st Prize:**

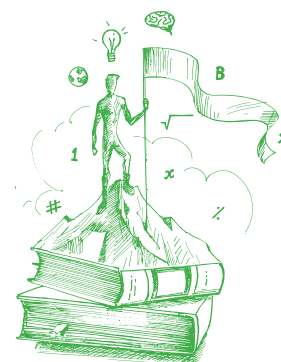
Rickson Fernandes & Nancy Dacruz
 Community No. 15 : Family No 3037

2nd Prize:

Ramesh & Unnati Kotian
 Community No. 17 : Family no: 2024

3rd Prize:

Austin, Vanessa & Aaron Alva
 Community No. 25 : Family No: 2361



Parish Activities

Republic Day Celebrations

January 26, 1950 was the day when the Constitution of India came into force and the country transitioned into a Republic. Every year this day is celebrated as Republic Day. This year, India celebrated her 74th Republic Day. On this auspicious day, the Parishioners assembled on our Church grounds after the 7:30 am mass. The event began with the distribution of miniature Indian Flags to the parishioners. Harbinder Singh Bedi of the Inter-Religious Dialogue (IRD) Cell welcomed the Chief Guest, Advocate Ashish Sigwan, our Parish Priest Fr. Innocent Fernandes SVD, the Clergy team and the parishioners.

The National Flag was unfurled by the Chief Guest and everyone present saluted the flag

and sang the National anthem with pride and honour. It was a heartfelt salute and the spirit of patriotism was in the air. The Chief Guest, Advocate Ashish Sigwan addressed the parishioners and spoke about the Indian Constitution and its provisions. He said that gender equality is enshrined in the Indian Constitution and that each individual must be aware of it. He thanked the Parish Priest and the IRD Cell for having given him this opportunity to address the parishioners on this auspicious day. The Spiritual Director of IRD Cell, Fr. Sandesh Patil SVD also addressed the parishioners about the rights given by the Indian Constitution. He encouraged all to be aware of their duties and

act as responsible citizens who actively contribute to the betterment of society and civic life. Finally, he complimented the members of the IRD Cell for the excellent arrangements. The event concluded with the distribution of sweets to all who had gathered for the event.

Baptist Fernando
Inter Religious Dialogue Cell

Seniors Christmas Bash!

"Ooh! Where am I? Is this really our Community Centre?" A sprightly Senior was heard asking. ***"This sure takes me back to the excitement and energy of my younger days! It's like a wonderland."***

Earlier on, in the month of November 2022, a meeting was held by the Seniors' Core Group. The 5th of December was zeroed in on and plans were made. Our President, Anita D'sa is a powerhouse of ideas, props, know-how and what have you! Her partner in crime is no less! Their combined creativity blossoms into a beehive of activity! With minimum delegation, the wheels are set in motion.

Let's not bore you with details! On the morning of the party, dedicated seniors devoted their time to changing the face of our community center. It was classy, charming and festive with the pièce de résistance being the gorgeously decorated Christmas tree occupying center stage! Chairs were arranged such that people would randomly be in teams.

Our Spiritual Director, Fr. Callisto Gomes SVD set the ball rolling in his friendly and open style. He then handed over the mike to our versatile emcee so that the "ball" would continue with "verve" and not be dropped at all. Our Senior Core Group member, Mabel had beautifully

crafted charts for the occasion. They were a Christmas tree, bells, a snowman and a star... worthy of being in an exhibition!

Each of the guests was handed a Santa cap at the registration desk. The list of names was alphabetically arranged for ease and convenience. Everything went on smoothly. After all the guests were seated and Fr. Callisto had addressed us, delectable cake and spicy ginger tea were served.

Like sprightly youngsters, everyone was then encouraged to walk, dance or toddle around to music. Even the "young" with their knee issues were coaxed into movement. Fr. Rakesh D'souza SVD, our young, energetic DJ kept the mood lively and some people grooved to the music.

We had a game of 'Four Corners', using the attractively crafted charts of the four symbols. These were also used as the names for the teams. The way the game was conducted was very different from the usual run-of-the-mill way it's usually done. Sorry folks, not wanting to give out all our secrets! We then had a quiz- with a bit of a twist! Each team was given a list of English words related to Christmas. At the word "GO" they had to put their heads together to quickly jot down the equivalent in Konkani! That generated a lot of fun. Which Konkani? Bardez, Salsette or

Mangalore? After that hilarity there was dancing. All the teams got chocolates! Winners, prizes! Our festivities wound down, considering the timing of the Rosary and evening Mass.

Each guest received a snack package and a gift as they left. This was a fancy plate shaped like an Autumn leaf. This Seniors Party will be the talk of the Parish for months.

Kay A. Lobo
Senior Citizens' Cell

“
Yes, Christ is truly risen, and we are witnesses of this. We proclaim this witness to the world, so that the joy which is ours will reach countless other hearts, kindling in them the light of the hope which does not disappoint.

- St. John Paul II

”



Taal se Taal mila

Music is considered to be one of the best ways to pray to God. The choir members of our Parish use their melodious voices to make the Eucharistic celebration more meaningful. Thus, to celebrate the commitment and diligence of the choir groups, the clergy team organised a get-together for them on 11th December 2022.

The event began with the Eucharistic celebration at 5:30 pm. The choir members occupied the front pews and joined in harmony to sing praises to God. The choirs then assembled in the Community Centre where they were welcomed with some mouth-watering refreshments. The evening witnessed the presence of members from six choir groups. One member from each choir was asked to elucidate on their journey in the choir through the years. Each one of them felt nostalgic as they brought to mind some wonderful memories of singing in the choir.

The element of fun was added to the event when the participants were put into groups. They had to use their social skills to interact and get to know members of the other choir groups. As the

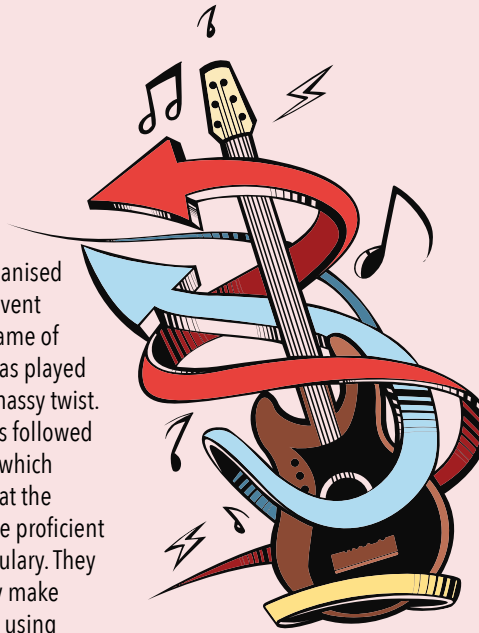
event was organised during the Advent season, the game of 'antakshari' was played with a Christmassy twist. This game was followed by an activity which demanded that the participants be proficient in their vocabulary. They had to quickly make 3 letter words using toothpicks on a table in such a way that as many words as possible could be accommodated on the table. The choir members who have mastered the art of hitting a certain pitch had to master the art of hitting a target in the next game. They had to use a rubber band to hit a paper cup placed on the table. The games brought everyone together whilst also keeping the spirit of healthy competition alive.

The event wouldn't have been complete without a game of Housie that was played by everyone with much enthusiasm. The feeling of thrill and

excitement heightened with each number called. Everyone was on the edge of their seat to see who would win the full house. When all the games planned for the evening ended, the vote of thanks was addressed. This was followed by the grace before meals and the buffet was declared open. The choir members enjoyed a sumptuous dinner as they partook in the fellowship meal. While some had dinner, others showcased their dancing skills as they grooved to some foot-tapping music.

The get-together for the choirs was well-planned and beautifully executed. Everyone went home with wonderful memories and of course with the lingering taste of kesar kulfi tickling their taste buds. The event was indeed a huge success because of the efforts put in by the clergy team as well as the choir leads.

Janice Lobo
Morning Star, Community No. 6



MFC Family Day

"How good and pleasant it is when God's people live together in unity!" - Psalm 133:1

It's that time of the year, when the entire Missionary Families of Christ (MFC) Family, chapters from all over Mumbai, come together to celebrate our LOVE for the Lord and each other. Over 500 people gathered together as one family from MFC. There was excitement in preparing for and attending the program. Considering that after 2 years of having the Family Day online, we were able finally to meet OFFLINE on 3rd December 2022 at one of our members' Resort in Manori. Some travelled all the way from Nerul and Virar and about forty people joined from Sacred Heart Parish.

Our people gathered in great spirits at 6:00 am to board a bus from Mahakali to Manori. By 8:00 am we reached a picturesque garden venue, where a sumptuous breakfast awaited

us, providing an opportunity to bond with those in the family whom we had not met since a long time. The Youth led us in praise and worship thereby setting a prayerful mood for a beautiful and meaningful Eucharistic celebration in the open-air lawns, nestled by trees. Fr Vincy SJ, Parish Priest from Manori Church con-celebrated with Fr Nibert Dsouza, Spiritual Director of MFC, from Holy Cross Church, Kurla. In his inspiring homily, Fr Nibert suggested ways to celebrate family life at the Altar - through family prayer, at the food table - by dining together and at the worktable - through our work.

The comperes Vincent and Francis got the entire crowd moving to entertainment, singing, dancing and lots of fun with interactive group games and a host of prizes. A few groups came all set with costumes and paraphernalia to enthral the audience with cultural dance performances

and lead the jamboree to join in. The Family Day was packed to the hilt and everyone was looking forward to a fresh home-cooked meal prepared by the locals. These authentic delicacies meant sizzles over a lazy lunch spread over the lush lawns with enough time to interact and catch up over fellowship. With ice creams, golas and tadgolas, the day seemed to be a dream, soaked in this year's theme to ***"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus"***

All in all, this proved to be a memorable Family Day, away from the concrete jungle, to be with nature, next to the beach, with friends and family bonding over fun and laughter to have a great time together.

Astrida D'souza
Shalom, Community No 30

Singing Our Way To Christmas

“Christmas isn’t Christmas till it happens in your heart ...” the words of this song so aptly put forth the sentiment felt and shared by the children of **Sacred Heart Junior Choral Ensemble (“SHJCE”)**, who made it their mission to spread the good news and joy on the birth of our Lord, Jesus Christ

The SHJCE was established in 2017 by **The Singing Trio** of Adv. Sharon Pinto, Marian Dsouza and Jayesh George with 10 children and the intent to promote the following 3 “Es”:

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

35 children from our Parish, between the ages of 5-16 years, commenced their practices in earnest under the guidance of the Singing Trio. The children were not only coached on the techniques of singing clearly and together as a group but also on how to express their feelings through song thereby touching the very heart of their listeners.

The children started their mission with a visit to **L & T Emerald Complex, Powai** on December 17, 2022, where they sang numerous carols to the residents who belonged to various ethnic diversities, religions, ages etc. Their angelic and earnest voices were so filled with the Christmas spirit, that everyone present was infused with the love and joy of Christmas, culminating in all, celebrating the birth of our Lord, as one big family. The children who participated were not only provided with a sumptuous meal but also presented with a personalised Christmas bauble.

The children continued their mission with a visit to **Chhatrapati Shivaji International Airport (T1 & T2)** on December 22nd and 23rd, 2022. This experience was anticipated and awaited not

only by the children who experienced it for the first time but also by those who have previously performed there with the SHJCE. This exposure enabled the children to regale the passengers, whether celebrities or others, from the entrance of the airport right up to the boarding gates. It was indeed heartening to watch passengers come to a complete stop whilst dashing for their flight when they heard our children sing. Some passengers enthusiastically joined in the singing of the carols. All of them, for sure, left with a big smile on their faces and the warm and happy feeling of Christmas.

The children concluded their mission, by singing carols for the parishioners of our Parish just before the Christmas Mass.

Our children, through this experience with their peers, not only learned how they can use their voices to spread the good news of the Lord but also valuable lessons on teamwork, camaraderie and respect.

*Adv. Sharon Pinto
Emmanuel, Community No 24*

Annual Day of Community No.17

The members of St. Dominic Savio Community No. 17 - celebrated their Annual Day on 26th November 2022. There was much enthusiasm as the celebration was possible after a period of over two years due to the pandemic restrictions. The response was so overwhelming to note that this year the celebration had the largest turnout compared to that in all the years gone by.

The celebrations commenced with the Holy Eucharist celebrated by Fr. Rakesh D'souza SVD who gave a very thought-provoking homily and encouraged the participants to share their testimonies on the grace and providence of the Lord Jesus Christ, they experienced in their lives. Encouraged by the sharing of Fr. Rakesh of his own testimony, one of the community members shared his testimony as well. This gesture of faith building was well received by all the community members.

Fr. Rakesh highlighted the need for acknowledging the providence of God in our lives and for being filled with the Holy Spirit. The get-together that followed after Mass brought to light the efforts taken by the PPC member and the Animators.

The Animators gave a presentation on the activities conducted by the Community, the highlight being the cluster formation and involvement in providing aid to the needy in the Community and in the parish during the pandemic. The accounts were also read and displayed on the screen.

The Community of St. Dominic Savio is blessed with a friend in Fr. Rakesh – the Spiritual Director, a vibrant Spiritual guide in Sr. Bibiana, a cheerful and always on-the-go PPC member in Mercelino Periera and his team of hardworking and cheerful animators and the generosity of the Community members is worthy of appreciation.

No celebration is complete without food, music, dance and games. Sumptuous starters and dinner, foot-tapping music, dance performance by our excited young children, our youth and a community couple were the highlights of the evening. The flawless dance performances indicated the dedication and wholehearted efforts of the performers for the entertainment of their community members. Then there was the felicitation of the Community members who have zealously worked for the Community for more than fifteen years – not for name or fame, yet for God's greater glory.

One could see the bonding among all the members as they chatted with one and other, ate together, laughed together and acknowledged the presence of each other. Each one took back memories with them of a well-planned, much deserved and thoroughly enjoyable evening.

*Schlainne Patel
St. Dominic Savio, Community No. 17*

World Marriage Day – A time for renewal

'A perfect marriage is just two imperfect people who refuse to give up on each other.'

The second Sunday of February is observed annually in dioceses and parishes throughout the world as World Marriage Day. It serves as an opportunity to focus on building a culture of life and love that begins with supporting and promoting marriage and the family.

As an annual Parish Event, the eagerly awaited Couples' Mass, organized by the Missionary Families of Christ (MFC) and the Family Cell, was held on the evening of Sunday, 12th February 2023 at 5:30 pm. The theme for the day was 'Love Works' to remind us that marital love, by its very nature, is one of self-giving, mirroring the self-giving love of Jesus. The Eucharist was celebrated by Fr. Brian Moras SDB along with Fr. Callisto Gomes SVD as concelebrant. It was a picturesque view to see the couples together, all in a line entering the church with the Celebrants. It seemed like they were getting married all over again.

The Liturgy of the Mass was touching as the couples were led into a meaningful penitential rite followed by an inspiring and lively homily by Fr. Brian.

He emphasized the importance of having a **G.L.O.V.E** in one's married relationship; which stood for:

- **L** – Love for each other;
- **O** – Other - Importance should be given to the other in married life;
- **V** – Vices - They should be avoided and reduced at all costs;
- **E** – Enjoy your married life each and every day of your life.

However, the most important and above them all is:

G – God - The importance of the presence of GOD in our daily life for without GOD we cannot achieve **LOVE**.

The offerings at the Eucharistic celebration included a special souvenir, 'A love story by Luke', Bible, fruits and bread and wine. The couples present were then led to the renewal of their marriage covenant – holding each other's hands and meaningfully renewing the marriage vows.

The Celebrants then blessed the couples with a sprinkling of holy water while the congregation prayed for them. We too, along with the other couples, were taken back in time, to remember our own wedding day celebrations. A special prayer 'Marriage for Life' was prayed for the couples. After the final hymn, the couples were blessed individually by the priests and the souvenirs were distributed.

Although we have previously attended and sung in the choir for couples Masses, this celebration - our first one as spouses - will always remain special for both of us.

We hope and pray that each of you married couples too carry a G.L.O.V.E. in your married relationship.

*Sylvester and Ciana D'silva
Our Lady of Fatima, Community No. 2*

“
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



All Association Day 2023

'Joy is the simplest form of Gratitude' It is with this spirit of gratitude that our Sacred Heart Parish celebrated 'All Association Day' on the 29th of January 2023. The Centre for Community Organisation (CCO) and the Parish Clergy Team organized an evening of prayer, fun, games, snacks, and dinner.

The celebration began at 5:30 pm with a very meaningful Eucharistic celebration in the Church concelebrated by the Clergy team with our Parish priest Fr. Innocent Fernandes SVD as the main celebrant. Fr. Innocent expressed his heartfelt appreciation and gratitude to all the PPC and SCC Co-ordinators, Animators, Heads of Cells, Associations and Service groups that contribute their selfless service without any expectations making our Parish vibrant. The homily was very inspiring and touched the core of our hearts.

After the Holy Eucharist, the focus moved to the Church grounds where lively music and loads of fun awaited the gathering along with tasty, delicious snacks and juice.

Our most lovable Parish priest Fr. Innocent, gave a laudable welcome speech.

The Emcee for the evening Osmond Pereira was the day's hero portraying his marvellous skills and talent of entertaining with humour and capturing everyone's heart and mind.

The entertainment began with the 'March' which made everyone move swaying to the music. That was followed by the dance 'Follow the Leader'. It was clearly evident that the Clergy team and everyone gathered there enjoyed each and every moment of the evening.

Then there were games full of fun and zest. The excitement was heightened with the announcement of spot prizes.

The vote of thanks was rendered by our adorable Ida Quinny (CCO coordinator). While thanking her team, she expressed gratitude and appreciation for the support she enjoys from the Parish Clergy Team. She thanked all the members who helped her in preparing the Liturgy viz. the Choir, the Support staff and a large band of volunteers who helped without hesitation and all the others who helped silently in some way or the other.

Our Parish Priest then thanked Ida Quinny and her team for the efforts taken to make the evening an enjoyable and memorable one.

Fr. Ciril D'souza SVD prayed the grace before meals, after which the buffet was declared open. While some proceeded towards the buffet to enjoy the yummy delicacies prepared by Galaxy caterers, the rest continued dancing to the music.

It was a day of great rejoicing and enjoyment. Everyone danced to their heart's content, rejuvenated by the joyful splendid melodious music by Daniel and team. Sheldon Quinny captured on camera all the beautiful, joyful and memorable moments.

It was indeed a very entertaining and memorable evening celebrating the spirit of gratitude. We thank Ida Quinny and the CCO team, who worked to ensure everything was in place as planned. Kudos to them for making this event enjoyable for all those who attended.

Tereza Fernandes
*Animator- St. Joseph the worker,
Community No. 28*

“

The great gift of Easter is hope - Christian hope which makes us have that confidence in God, in His ultimate triumph, and in His goodness and love, which nothing can shake.

- Cardinal Basil C. Hume

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Celebrating our ONENESS: Parish SCC Rally 2023

The Lay Faithful came together in prayer and festivity at the Parish SCC Rally celebrated on 5th February 2023 on the Parish grounds. The Dictionary defines a **"Rally"** as a mass meeting of people showing support for a cause. In this instance, we came together as one FAMILY in support of the Parish SCC Ministry.

Rally highlights

The Rally commenced with the solemn Eucharistic Procession led by the Cross Bearers, followed by the Torch Bearers, the Flag bearers consisting of the Area Coordinators, PPC members and Community Coordinators, the Altar Servers, the Lectors and the Celebrants. The Holy Mass at 5:30 pm was celebrated by our Chief Guest and main Celebrant Fr. Richard Mathias SVD - Provincial Superior INM and concelebrated by our Parish Fathers.

The homily by Fr. Richard dwelt on the theme of the day: **YEAR OF FAITH AND WORKS [James 2: 14-26]**, citing many examples of the Corporal and Spiritual Works of Mercy, one could engage in, during the course of the year.

And then it was Celebration Time!

Marjorie Carvalho, the Anchor for the evening, ably coordinated the programme which began with the lighting of the ceremonial lamp, followed by the dignitaries and the entire assembly together intoning the Parish Anthem. The Prayer Dance choreographed and performed by the Canossian Novices, invoking the blessings of the Almighty, set the tone for the evening.

Moving on...

Our young parish choir led by Choir Master Osmond Pereira got everyone on their feet, clapping and dancing to the peppy music. This was followed by a sharing of the highlights of the exemplary work done by our SCCs, in the last three years, by Candida Mendoza, the Parish SCC Coordinator.

A refreshing skit performed by the newly confirmed young adults portrayed the challenges people in general express, in taking those first steps to reach out to the less fortunate to fulfilling their calling.

Our Chief Guest, Fr. Richard Mathias SVD's address was a powerful message of encouragement, appreciating the good work done and to carry on the SCC mission of reaching out, without discrimination.

Later, the members of Area 5 enthralled the audience with a musical **"GREEN MESSAGE"** prompting all to work towards making our Parish a **"Green Parish"**.

Fr. Innocent Fernandes SVD in his inimitable style outlined our task for 2023 to religiously ensure that the tenets of the Archdiocesan Vision **"NO ONE IN WANT"** namely; Food, Education, Shelter and Medical Assistance become part and parcel of our lives. He urged all to form Clusters and support the SCC ministry in becoming Basic Human Communities. His Vote of Thanks included all.

The beautiful evening of togetherness concluded with the Parish Konkani Choir singing a medley of **"Praise and Thanksgiving"** hymns. A meaningful Eucharistic Celebration, motivating messages, musically engaging performances and a box of delicious snacks, all contributed to the success of the Parish SCC Rally.

Vincent D'Souza
Shalom, Community No. 30



Why do you think that everything is hopeless, that no one can take away your own tombstones? Why do you give in to resignation and failure? Easter is the feast of tombstones taken away, rocks rolled aside. God takes away even the hardest stones against which our hopes and expectations crash: death, sin, fear, worldliness.

- Pope Francis



Sacred Heart hosts Andheri Deanery Training Programme

There is no end to education. It is not that you read a book, pass an examination and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning. – Jiddu Krishnamurti

The above aphorism is absolutely true, especially for the 210 animators of the 10 parishes of the Andheri Deanery, who congregated for a Training Programme on 19th February 2023.

Session 1 was conducted by Neil D'Souza, ICT and Multimedia Specialist and Sound Recording Engineer working across all forms of Mass Media and Communication for over 28 years. He is also associated with the Examiner as a consultant and digital media person.

Neil introduced us to a whole gamut of invigorating topics that piqued our interest like: Internet and Internet Connectivity; Broadband Internet; Social Media Networking and types of Social Media; YouTube; the features of a Parish Website; Kevin Stratvert's YouTube Channel; Artificial Intelligence (AI) its features and application; Canva; Microsoft Clip Champ; Descript; ChatGPT etc. He also demonstrated how AI websites can do Vocal Removal in a music track and create background music to our liking.

Here it is important to note that we are entering into a new IT era powered by Artificial Intelligence, and we need to utilise this technology to enhance our creativity and productivity in the communication efforts of the Church and its various organizations and communities.

Session 2 was conducted by Fr. Gerard Rodricks SJ on the topic **"SCC with SHC" (Small Human Communities)**. Fr. Gerard is the SCC Priest Coordinator of the Andheri Deanery.

Fr. Gerard explained that the key understanding of the "Trinity" is that it is a community of persons and since we are created in the image and likeness of God, therefore we too are called to live in community. Scripture scholars tell us that in the early church, with all the diversity, one thing was essential: Community. SCC is a move to keep our community spirit alive.

In India with just 3% of the population being Christian, we need to ask ourselves where our other 97% brothers and sisters are. Here is where Small Human Communities (SHC) come in. **"True openness involves remaining steadfast in one's deepest convictions, clear and joyful in one's own identity, while at the same time being open to the understanding of those of the other party"** - Pope Francis, Fratelli Tutti

Fr. Gerard clarified that SHC does not replace SCC. For while SCC meetings will carry on, we must also have occasional SHC meetings and gatherings, to share our religious values or just pray together. "SHC" is a move in that direction.

Bonding over a hot meal later, the Training Programme concluded with positive feedback from the attendees who thoroughly enjoyed both sessions and confessed that the next time we schedule a training programme, we must have it for a whole day.

Candida Mendoza
Parish SCC Coordinator
Lay Representative – Andheri Deanery

“ 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

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Celebration of Children's Day with a difference

To mark the occasion of Children's Day, the Health Cell and Sunday School catechists along with the Doctors, Pediatricians, Nurses, Staff and the Holy Spirit Sisters, organized a free Health Checkup in our Parish Community Center on 27th November 2022 for the Students from Class I to Class IX.

It was heartening to see that approximately 175 students benefited from the checkup. The children were screened, offered a consultation with the doctors and advised medication and treatment.

The day began with the arrival and registration of the children firstly of the higher classes followed by the younger ones who came in accompanied by their parents.

The health check-up included the recording of their height and weight, followed by dental, eye, and basic ENT screening. The aim of this structured health checkup was to examine the physical health of the students.

We are grateful to Fr. Callisto Gomes SVD - Spiritual Director of the Health Cell, Fr. Rakesh D'souza SVD - Spiritual Director of the Sunday School Pastoral Team, the Staff and Sisters of the Holy Spirit Hospital, the members of the Health Cell, and the Sunday School catechists who were involved in organizing and conducting this event and for generously giving of their valuable time in the interests of the children's health and happiness.

Truly the most precious thing in this world is the smile on the face of a child, along with good health.

Let's join hands to make this world a safer place for the little ones. They are so special to us!



***Olinda Fredie Fernandes
Catechist - Std. IX***

Our Journey Towards Our Confirmation Day

Our Confirmation sessions began in June '22 and since then, we all have grown much in our faith. We were split into groups with our Animators. They cleared our doubts and made sure we understood every topic. Every session was unique and we always learnt something new. We attended a 2-day retreat which had sessions on Forgiveness, The person of the Holy Spirit, etc. As Confirmed Catholics, we will keep the fire of our faith burning and make it known to others through our actions.

***Rianne Fernandes
Our Lady of Rosary, Community No. 29***

Confirmation is a time when we, as young adults, reaffirm our faith and enter into a renewed relationship with God. The Confirmation classes prepared us to receive the Sacrament worthily and also to live as true Christ-followers. We were exposed to skills necessary in present times, like public-speaking and teamwork. The lessons taught portrayed a detailed image of Biblical events. My journey was interesting, fulfilling and I learnt so much more through Scripture-reading. I discovered true life in Christ and the knowledge that Jesus loves me.

***Andre Alphonso
Good Samaritan, Community No 18***

The wisest choice I made was to join the Confirmation program. God blessed me abundantly and I wish to express my love for Him. We learnt about the importance of each Sacrament. Each line of the 'Our Father' prayer was meaningfully explained. We inculcated the habit of Bible-reading and reflecting; a gift most amazing! The strong faith of our Animators inspired me to build a relationship with Jesus. We Confirmands bonded so well. I am so grateful for this program as it has helped me grow spiritually.

***Risa D'Souza
Our Lady of Rosary, Community No. 29***

“

The death of the Lord our God should not be a cause of shame for us; rather, it should be our greatest hope, our greatest glory. In taking upon Himself the death that He found in us, He has most faithfully promised to give us life in Him, such as we cannot have of ourselves.

- St. Augustine of Hippo

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Sunday School Events

At Sunday School, there is never a dull moment. The following are activities in which the catechists and pupils actively took part outside the regular Sunday classes:

28th November 2022 - Deanery Catechists' Recollection held at St Vincent Pallotti Church, Marol was attended by majority of teachers from our parish. Topics covered during the recollection were 'Guidelines for planning children's liturgy' and 'Forgiveness', followed by a prayerful adoration before the blessed Sacrament.

18th December 2022 - Sunday School Christmas Party held at Canossa auditorium began with a short play depicting Jesus' birth in the Manger. The surprise dance put up by the teachers raised the fun quotient and Santa dancing and distributing sweets added to the Christmas cheer! The quiz and housie thereafter were thoroughly enjoyed by the children. The event ended with each child receiving a Christmas gift and yummy snacks.

26th December 2022 - Deanery Choir Festival was held in our Parish Community Centre. It was a colorful affair where the different parishes put up an audio-visual extravaganza of carols and dance. Our Parish, guided by our very own catechist Jacinta D'mello put up a Christmas Tableau, with children dressed as angels, shepherds, Mary and Joseph depicted the nativity scene using well-coordinated gestures and melodious singing of carols. All the participants and audience thoroughly enjoyed the choral presentations.

Faith Celebration Days:

29th January 2023 - Std VII, VIII & IX - was held at different parishes. After extensive research in class, the children of Std VII and VIII presented their insights on the topic 'Saving the Ecosystem' through charts, skit and a song. The topic for Std IX was 'Vocations'. The fellowship and interaction with students of other parishes added to the learning experience and celebration of faith!

*Lolita D'Souza
Catechist - First Holy Communion*

'COME INTO OUR HEARTS, LORD JESUS' - First Holy Communion (FHC) Day 2023

The Sacrament of Communion was administered to 17 boys and 18 girls from our parish on February 18, 2023, a memorable day for each of them. Our little ones prayerfully received Jesus for the first time after months of preparation, ably guided by their parents, family members, God-parents and SCC Community members. The entire program was spearheaded by our Spiritual Director Fr Rakesh D'souza SVD and FHC coordinator Nirmala Almeida.

Three special prayer services were conducted during the year by the SCC Animators in the Communities where members prayed for the children and encouraged them to be more and more like JESUS. Three special Masses were also celebrated to conduct the Rites of Acceptance, the Presentation of 'The Lord's prayer' and 'The Creed'.

During the Special Eucharist celebrated by Fr. Donald D'Souza SVD, parents and children were led to reconciliation and experienced the Holy Spirit powerfully as they embraced each other.

During the Sunday classes, the children learnt more about the life of Jesus, the attitudes of reverence and humility needed to grow in the friendship of Jesus and the significance of the moment of Consecration at the Holy Mass. Tests and revisions helped retain and imbibe what was learnt. Four weeks before the 'Big day' commenced an intensive training to polish the mastery of the liturgical responses, practice gracefully the action songs, conduct a vigorous examination of Conscience and make their very first Confession to purify their hearts to receive Jesus.

Finally, the day arrived and excitedly our little 'Soldiers of God' walked in procession into the Church, wearing white capes, looking angelic in their white dresses and suits. The parents and relatives too looked their best, eagerness evident on their faces to see their children achieve this huge milestone of their Catholic faith.

The mass began at 4:30 pm and was concelebrated by Fr Innocent Fernandes SVD along with the clergy team and priests from the children's families. The Introduction, Readings, Prayer of the faithful, Presentation of the offertory gifts and Thanksgiving prayer was all done by the children themselves. The homily by Fr. Innocent emphasized the importance of the family in building the faith experience of the child and urged the parents to encourage their children to continue attending Holy Mass and Catechism classes regularly.

The pledge taken by each child of making Jesus their best friend and following Him closely was indeed heartwarming.

The children then sang "Into my heart, Come into my heart, Lord Jesus!" as they prayerfully received Jesus' body for the first time.

This was followed by a beautiful expression of gladness through an action song. The children were all smiles as they were presented with a Certificate, a blessed Scapular and Rosary. It was a day etched into their minds forever!

Lord Jesus, As You entered their hearts, we ask You to continually guide and help our little ones grow in Your love always. Amen.

*Candida Saldanha
Catechist - First Holy Communion*



Penalty Liga and Tug of War - 2023

Our Parish indeed had an exciting start to the New Year with the Youth Ministry organizing two events: Penalty Liga and Tug of War on the 24th, 25th and 26th of January 2023.

Penalty Liga required that players kick a football from a distance into the goal. It was great to see 21 Communities participating in this event. Tug of war was an Area-wise Competition, with all seven areas of our Parish participating. It involved two teams pulling on opposite ends of a rope with the objective of forcing the other team across a designated line. These events were indeed a fun way to bring together members of the Communities and build camaraderie among different groups.

Our Parish Priest Fr. Innocent Fernandes SVD Inaugurated the event with a speech and by kicking off the football which signaled the official start of the event. This was followed by Group A and Group B matches culminating in a total of 20 matches on Day 1. Day 2 witnessed 22 matches. Enthusiasm and sportsmanship being essential qualities for any athlete, the players at the event displayed both of these qualities in abundance.

On the final day, the excitement was at an all-time high as there were the quarterfinals and semifinals of Penalty Liga. The players' excitement and sportsmanship had been on display the previous two days, but on this day, it was obvious that they were here to give it their all to win. In addition to these matches, there was the Tug Of War competition, which drew the crowd's attention as they cheered on the competitors as they pulled with all their might, displaying strength and teamwork. It was surely a great sight to see the Community members supporting their fellow members and enjoying the friendly competition.

As the day drew to a close, the winners were announced. The winner of the Penalty Liga was Apostles of Christ, Community No 12, with Christ the King, Community No 19 being the runners-up.

In the tug of war competition, AREA 2 emerged Winners, with AREA 7 being the runners-up. Overall, the final day of the event was an exciting and action-packed day, full of athletic competition and community spirit.



The encouragement by the clergy team, especially Fr. Sandesh Patil SVD, the PYAT members, and the PYC members played a big role in creating a positive and supportive atmosphere that helped to make the event a successful one. It was heartening to see the participation and strong support from the parishioners which is often a key factor in the success of community events.

The prize distribution ceremony is always a special moment at events like these, as it provides an opportunity to recognize the hard work and dedication of the community members who participated. The players were rewarded for their efforts, and the audiences were inspired to get involved in similar events in the future. We are certain that everyone involved in this event had a wonderful time and it was a successful event overall!

Shania Rosario
Emmanuel, Community No. 24



Easter is the event that brought radical news for every human being, for history and for the world: the triumph of life over death; it is the feast of reawakening and of rebirth. Let us allow our lives to be conquered and transformed by the Resurrection!

- Pope Francis



Health Page

Diet in Hypothyroidism

The thyroid is a tiny, butterfly-shaped gland that lies in the front of the neck, just below the voice box. It is one of the body's principal powerhouses, supplying all the organs with energy. The thyroid is a component of the endocrine system which is a network of many glands that produce and release hormones. The thyroid regulates a number of crucial body processes by creating and releasing or secreting specific hormones. The primary function of the thyroid is to regulate the metabolic rate - the rate at which the body converts the food we eat into energy. Thus, the thyroid also regulates our heartbeat and digestive functions.

When the thyroid does not function properly, it can impact our entire body.

The four main disorders of the thyroid include:

- 1) Hypothyroidism (Underactive Thyroid)
- 2) Hyperthyroidism (Overactive thyroid)
- 3) Goiter (enlarged thyroid)
- 4) Thyroid Cancer

Hypothyroidism is a common condition of underactive thyroid when the thyroid does not produce and release enough thyroid hormones. This causes a slowing down of one's metabolism. The symptoms include fatigue, joint pain, heat intolerance, sleep disorders, irregular heartbeat, frequent bowel movements or diarrhoea or constipation, hair fall, husky voice, dehydrated skin and weight gain.

Iodine is a mineral that the thyroid uses to make hormones and a lack of iodine can lead to hypothyroidism.

EAT HEALTHY TO BEAT THYROID PROBLEMS

A diet which is low in carbohydrates and a low-fat diet without gluten will be beneficial for people suffering from hypothyroidism.

Foods to include in the diet are :-

1. Edible Seaweed (only if you are on a low-salt diet)
2. Yoghurt (plain or Greek or low-fat) and milk are beneficial not only for the bones but also for the thyroid.
3. Chicken and Beef provide zinc which is required for thyroid hormone production and function.
4. Brazil nuts (overdose will cause selenium poisoning)
5. Olive oil
6. Dals and pulses
7. Whole grains like Brown rice, quinoa, oats
8. Millets with the exception of bajra.
9. Antioxidant-rich raspberries, blackberries, fibre-rich apples, avocado, cherries, grapefruit, kiwi, papaya and prunes.
10. Vegetables like carrots, tomatoes, cucumber, capsicum, mushrooms, beetroot, ladies' finger, pumpkin, zucchini and onions.
11. Herbs like chillies, garlic, ginger, cinnamon, turmeric and parsley.

Foods to avoid are:-

1. Processed foods.
2. Fast food.
3. Soy food (in excess it causes iodine deficiency)
4. Gluten-containing foods like wheat, semolina, barley and rye
5. Pasta, bread, burgers etc.
6. Cruciferous vegetables like broccoli, cabbage, Brussels sprouts, cauliflower, kale, turnips and Pak Choi prevent absorption of iodine. These may be eaten in cooked form occasionally.
7. Vegetables like corn, asparagus, radish, spinach, sweet potato and mustard greens.
8. Almonds, cashew, peanuts, flaxseeds, walnuts and pine nuts.
9. High-fat dairy products should be restricted.
10. Canned juices and sodas.
11. Fruits like pears, peaches and strawberries.

If you are on medication, keep fasting for 30-45 minutes, after you take the tablet in the morning at a certain time.

Ann Dsouza (Dietician)
Our Lady of Nazareth, Community No. 16

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



*United
in Christ*

Ravi Shekhar Rai	To	Joyce Rodrigues	18-Nov-22
Rohan More	To	Crisanta Constantine Mascarenhas	19-Nov-22
Greg Dominic Misquith	To	Iona D`Almeida	20-Nov-22
Dwayne Manuel Troy Barretto	To	Alin Anna Yohannan	26-Nov-22
Justin Rodrigues	To	Shamima Pereira	27-Nov-22
Manmeet Singh Grover	To	Melba Melanie Mascarenhas	29-Nov-22
Anson Hugh Noronha	To	Fiona Dsouza	3-Dec-22
Shubhdeep Majumdar	To	Marushka Dsouza	4-Dec-22
Kaushik Suryanarayanan	To	Natasha Nicole Moraes	7-Dec-22
Richard Aditya Xalxo	To	Kimberly Ann Alphonso	10-Dec-22
Renaldo D`Souza	To	Rowena Dsouza	10-Dec-22
Fabian Avil Fredric Mascarenhas	To	Melanie Valankie Martha. Fernandes	11-Dec-22
Nishal Sequeira	To	Devina Fernandes	17-Dec-22
Sherwin George Mascarenhas	To	Michelle Fernandes	17-Dec-22
Melanius Caetano D`Souza	To	Rachel Susan Quadros	18-Dec-22
Nigel D`cruz	To	Sharon Monis	21-Dec-22
Nishant Joshua Fernandez	To	Mrunali Dedhia	28-Dec-22
Jonathan Goveas	To	Shradha Wanjari	29-Dec-22
Clouston Savio Ludy Almeida	To	Sarah Saldanha	29-Dec-22
Gracian James Jathanna	To	Petrina Canday	30-Dec-22
Mario Fernandes	To	Clarissa Lopes	30-Dec-22
Helston Lobo	To	Merlyn D`Silva	1-Jan-23
Daniel Ferrao	To	Delcy Mendonca	6-Jan-23
Sashidharan Sundhararajan	To	Blaisi Roshel Fernandes	14-Jan-23
Aria D`Souza	To	Kashmira Chhatpar	15-Jan-23
Glen Gregory	To	Eleanor Miranda	18-Jan-23
Kevin Saldanha	To	Leona Sutari	20-Jan-23
Harsh Pandya	To	Cheryl Fernandes	21-Jan-23
Riyan Amolik	To	Anushka Aranha	21-Jan-23
Cruz Gonsalves	To	Myra D`Souza	21-Jan-23
Nikki Dcosta	To	Rajeshree Dcosta	22-Jan-23
Stanley Menezes	To	Aakriti Jaiswal	22-Jan-23
Jarvis Chettiar	To	Deepa Rana	27-Jan-23
Ronald Fernandes	To	Suellen Deanna Murzello	28-Jan-23
Denzil Joel D`Souza	To	Simi Vijayakumar	28-Jan-23
Keegan Jude D`Souza	To	Valerie D`Souza	1-Feb-23
Brandon D`souza	To	Ashita Tukadiya	11-Feb-23
Shawn Pereira	To	Jyoeta D`souza	11-Feb-23
Austin Rebeiro	To	Lavita Gleny Cuthinha	11-Feb-23
Nicholas Dcunha	To	Arina Cardoz	11-Feb-23
Allwyn D`Souza	To	Tresa Noronha	17-Feb-23
Daryl D`souza	To	Hazel Perpetual D`Souza	19-Feb-23

For the 8.45 am Mass Schedule, Youth Mass Schedule and the Holy Hour Schedule kindly look up the Parish Website: www.sacredheartandheri.net



*Baptized
in Christ*

Aizza Fernandes	D/o	Alister Fernandes & Anne Fernandes	19-Nov-22
Connie Fernandes	D/o	Darrell Fernandes & Manita Fernandes	11-Dec-22
Kevyn Dsa	S/o	Newton Dsa & Joyce Dsa	11-Dec-22
Leroy Barnes	S/o	Kenet Barnes & Chrisella Barnes	22-Jan-23
Zenita Fernandes	D/o	Rohan Fernandes & Vaishali Fernandes	22-Jan-23
Caleb Anoop	S/o	Anoop Toby & Aparna Thomas	12-Feb-23
Elvira Murgesh	D/o	Joaquina Murgesh	26-Feb-23
Sia Dabare	D/o	Silviya Dabare	26-Feb-23



*Resting
in Christ*

Marcus Simon Kerketta	88 Years	277 / 4, Fifth Season, Sher-E-Punjab .	22-Nov-22
Angela Rasquinha	87 Years	B / 1, Baptistawadi, Sher-E-Punjab.	01-Dec-22
Joseph D'Souza	66 Years	A / 801, Ambika Towers, Pump House.	03-Dec-22
Maria Filomena D'Souza	70 Years	169 / 5, Samruddhi Apts, Sher-E-Punjab.	06-Dec-22
Angeline Abreo	78 Years	1 B / 103, Shanti Nagar Rah. Society.	10-Dec-22
Remedian Gomes	91 Years	02, Bosteau Chawl, Shanti Nagar	15-Dec-22
Alfred D'Lomen	68 Years	A-1 Chandraudaya Chawl, Near BMC Qrts	22-Dec-22
Agnelo Alex Fernandes	62 Years	Goni Nagar, New Azad Nagar.	26-Dec-22
Sr. Pushpa Chacko SSPs	73 Years	Holy spirit Hospital Anugraha	04-Jan-23
Leonora Afonso	76 Years	292 / 11, Prabhu Sandesh CHS, Sher-E-Punjab.	15-Jan-23
Angeline Rodrigues	85 Years	11, Shabbir Nivas, M.C.Road.	21-Jan-23
Eliza Pinto	86 Years	6B / 22, Takshila CHS	22-Jan-23
Lily Mendonca	79 Years	B / 102, Trans Residency III CHS	22-Jan-23
Cletus J Paul	64 Years	Hanuman Nagar, Pump House	02-Feb-23
Vimal Mabel Barretto	80 Years	B / 3, Kanti Welfare, M.C.Road.	15-Feb-23
Philip Vaz	71 Years	21 B / 34, Takshila CHS	20-Feb-23
Cynthia Rubeque	78 Years	2 A / 502, Brindaban, Poonam Nagar	27-Feb-23



*Confirmed
in Christ*

Aaron D'Souza	Jasmine D'Souza	Merilla D'Souza	Sebastian Palande
Anaida D'mello	Joel Vaz	Nikita Jojo	Shanu Dhani
Andre Alphonso	Joy Fernandes	Nysha Fernandez	Sharlene Mathias
Ansico Gomes	Katrina Rodrigues	Philomina Nair	Shaurya Kantela
Ashley Fernandes	Kiara Monteiro	Rachael Rodrigues	Shawn D'Souza
Axyl Barretto	Kimberly Monteiro	Rianne Fernandes	Sherwin Saldanha
Caleb Fernandes	Lavina Rathod	Risa D'Souza	Smith Mascarenhas
Curtis Fernandes	Lerissa D'Almeida	Roni Xavier	Soniya Noronha
Daniel Josephs	Livieta D'Souza	Ryan Fernandes	Sophiasharish Lazarus
Dejore Fernandes	Lloyd Anthony	Ryan Lobo	Suzan Cardoz
Erica D'Souza	Luke Rodrigues	Sasha D'Souza	Venecia D'Souza
Gloricia Fernandes	Mary Gomes	Seanna Fernandes	Wilson Goes



*First Holy
Communion
in Christ*

Aaden Felix Chettiar	Dave Rego	Kenneth D'Mello	Riva Pednekar
Alric D'Souza	Dean D'Souza	Livia Monteiro	Ryan Fernandes
Anayah D'Souza	Ethan Pacifico Miranda	Megan D'costa	Sancia (Ann) Mathew
Andreia D'Souza	Florencia Rodrigues	Noel Sutari	Steve Pathare
Ashley D'Penha	Jaden D'Costa	Pearl D'Souza	Victor Galiand
Azriel Dias	Janice Menezes	Princeton D'Souza	Xan Braganza
Brendon Fernandes	Jenelia Richard Lazarus	Princia Abreo	Xavier D'souza
Chelsea Ann Rodrigues	Jiann Fernandes	Raphael Marshall D'Souza	Zephan Paes
Clarissa Maria Gomes	Joanne Micaela D'Mello	Revti Salvi	

CONGRATULATIONS



First Holy Communion Day



Confirmation Day

PARISH VISION MISSION STATEMENT

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



Children's Day - Health Check Up



Winners of Family Quiz - June 2022



Get Together of Parish Choirs



Missionary Families of Christ - Family Day



Senior Citizens Christmas Party



World Marriage Day



St. Dominic Savio, Community No 17 - Annual Day



Sacred Heart Junior Choral Ensemble

Inspiration from Saints

St. Arnold Janssen

Feast Day: January 15

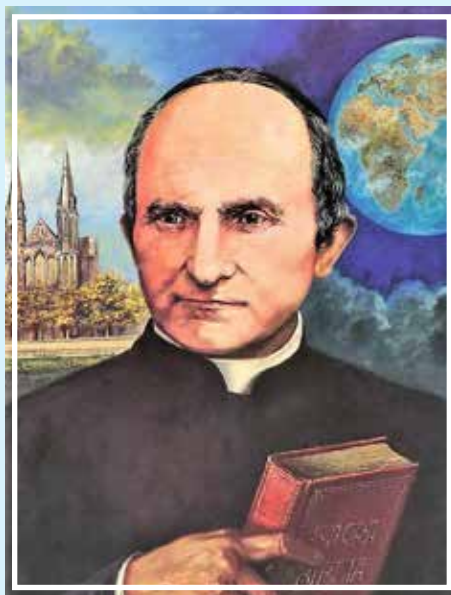
Patron: Missionaries, Educators, Scientists and Print Media.

Arnold Janssen was born on November 5, 1837, in Goch, a small city in Germany. The second of eleven children, Arnold had a great devotion to the Eucharist, a legacy he inherited from his parents Gerhard and Anna Katharina Janssen. A deeply prayerful faith and fidelity to the Catholic Church characterized and sustained the life of the Janssen family. During his school days, Mathematics and natural sciences were his favorite subjects; at the end of which he decided to become a priest and high school teacher.

On August 15, 1861, he was ordained a priest for the Diocese of Muenster and was assigned to teach natural sciences and mathematics in a secondary school where he discovered God in all things and beings; and all beings in God. Due to his profound devotion to the Sacred Heart of Jesus, he was named Diocesan Director for the Apostleship of Prayer. He became known as a **"travelling apostle"** due to his efforts to spread the spirit of praying that he so tenaciously practiced. As soon as the school holidays began, he was continually travelling, frequently on foot. By 1873, he had visited more than 300 of the 350 parishes in the Diocese of Muenster. This apostolate encouraged Arnold to open himself to Christians of other denominations.

Gradually he became more aware of the spiritual needs of people beyond the limits of his own diocese, developing a deep concern for the universal mission of the church. He decided to dedicate his life to awaken in the German church, its missionary responsibility. With this in mind, in 1873 he resigned from his teaching post and soon after founded 'The Little Messenger of the Sacred Heart', a monthly magazine presenting news of missionary activities which became popular and encouraged German-speaking Catholics to do more to help the missions.

The period from 1871 to 1879 was a challenging time for the German Catholic Church when the Chancellor, Otto von Bismark unleashed the 'Kulturkampf', to subject the Roman Catholic Church to state controls and governance. In this chaotic situation with church leaders imprisoned, parishes without pastors, and religious orders being outlawed, Arnold Janssen proposed that some of the expelled priests could join overseas missions or at least help in the preparation of missionaries. Slowly, with a little encouragement from the Apostolic Vicar of Hong Kong, Arnold discovered that God was calling him to undertake this difficult



task. Arnold said, ***"The Lord challenges our faith to do something new, precisely when so many things are collapsing in the Church."***

Arnold, many thought was the wrong person at the wrong time, in the wrong place, since he lacked the personal traits, one would typically look for in the founder of a worldwide enterprise.

With the support of a number of bishops, Arnold inaugurated the mission house on September 8, 1875, in Steyl, Holland, and thus began the Divine Word Missionaries. On March 2, 1879, the first two missionaries, one being Joseph Freinademetz set out for China. The new group evolved into a community of priests and Brothers.

Only four months after the house was inaugurated, Arnold set up a printing press because he understood the value of publications for attracting vocation and funding.

A group of women, including Blessed Maria Helena Stollenwerk, volunteered to serve the community almost from the outset. Their steadfast, selfless service and recognizing the significant role women could play in missionary outreach, Arnold established the mission congregation of the **"Servants of the Holy Spirit" (SSpS)** on December 8, 1889.

Fr. Arnold chose some of the Sisters and founded the cloistered branch of the **"Servants of the Holy Spirit of Perpetual Adoration" (SSpSAP)** on December 8, 1896. Their service to the mission would be to maintain an uninterrupted adoration of the Blessed Sacrament. The two Sisters' Congregations in Steyl developed as quickly as the Society of the Divine Word.

Within thirty years the "tiny seed" of the materially poor beginnings about which Arnold Janssen preached at the inauguration of the Mission House in Steyl in 1875 had become a "mighty tree". His boundless and deep confidence, "that God will give us all that is needed" was fulfilled beyond his greatest expectations.

During the last years of his life, Saint Arnold suffered from severe diabetes. Consequently, he withdrew from administrative matters step by step. ***"Worthwhile indeed is the life of one who gives his all"*** wrote Saint Arnold who lived that himself. ***"It was not me, it was the Lord"*** was the foundation on which he stood.

Saint Arnold Janssen died on January 15, 1909, in Steyl, Holland. His life was one of constant seeking after God's will, firm faith in God's providence, and toil. Pope Paul VI beatified him on October 19, 1975, and Pope John Paul II canonized him on October 5, 2003.

Our Parish Fathers are **'Divine Word Missionaries'**, an order Founded by St. Arnold Janssen. If you feel God calling you to serve as a Divine Word Missionary, Feel free to contact Vocation Promoter Fr. Nickson Gabru SVD on +91 983 358 1359.