

# *Heart to Heart*

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 89

June 2023

For Private Circulation Only

## Heart of Jesus – An Invitation to Love Like Jesus



# 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

21st June	Memorial of St. Aloysius Gonzaga, Religious
24th June	Nativity of St. John the Baptist.
25th June	Laity Sunday, Commissioning of PYC & PAC Members
28th June	Solemnity of St. Irenaeus, Bishop & Martyr
29th June	Solemnity of Sts. Peter & Paul, Apostles
02nd July	Faith Formation Sunday, Feast of St. Thomas, Apostle & Martyr
11th July	Memorial of St. Benedict, Abbot
15th July	Memorial of St. Bonaventure, Bishop & Doctor
22nd July	Feast of St. Mary Magdalene, Apostle to the Apostles
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 Muttathupadathu, Religious
29th July	Memorial of Sts. Martha, Mary and Lazarus
30th July	Parents/Grand Parents Day Celebration by Sr. Citizen's Cell
31st July	Memorial of St. Ignatius of Loyola, Priest
01st Aug	Memorial of St. Alphonsus Liguori, Bishop & Doctor
04th Aug	Memorial of St. John Vianney, Priest
06th Aug	Vianney Sunday & Feast of Transfiguration of Jesus
08th Aug	Memorial of St. Dominic, Priest
10th Aug	Feast of St. Lawrence, Deacon & Martyr
11th Aug	Memorial of St. Clare, Virgin
13th Aug	Prison Ministry Sunday
14th Aug	Memorial of St. Maximilian Kolbe, Priest & Martyr
15th Aug	Solemnity of Assumption and Independence Day
20th Aug	Justice Sunday & SCC Training Programme
21st Aug	Memorial of St. Pius X, Pope
22nd Aug	Memorial of Queenship of Mary
24th Aug	Feast of St. Bartholomew, Apostle & Martyr
27th Aug	Differently Abled Day (MFC)
28th Aug	Memorial of St. Augustine, Bishop & Doctor
29th Aug	Memorial of Beheading of St. John the Baptist
30th Aug	Memorial of St. Euphrasia Eluvathingal, Religious
30th Aug to 07th Sept	Novena in Preparation for the Nativity of Our Lady
03rd Sept	Mini Bible Quiz
05th Sept	Memorial of St. Teresa of Kolkata, Religious
08th Sept	Feast of Nativity of Blessed Mary

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



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# FROM THE PASTOR'S DESK

My Dearest Parishioners,

As I sit down to pen this parting message from the Pastor's desk, my heart feels a mix of emotions. It is with a heavy heart and yet with a deep sense of gratitude that I bid you all farewell as your Pastor. Over the years, we have shared innumerable moments of Joy, Faith and Growth and it is not easy to say goodbye to such a loving, understanding and supportive Sacred Heart Parish Community.

Christ came into this world with a mission from the Heavenly Father to serve and redeem the people of God. Christ chose His disciples and gave them the same mission of love. So, in this spirit, I took up my assignment as Parish Priest of Sacred Heart Church to serve you in love. Now it's time to say "A BIG Thank You" to one and all for the love and respect I received and shared during my pastoral ministry here in this parish.

I thank God for giving me the opportunity to serve you. My recent term of 12 years, since 2011 here in this Parish, has been a marvellous learning experience and a great and amazing journey; a journey with varied experiences and of course, a journey of growth in my personal life. I take along with me these mixed experiences as integral to my life as a priest.

As I say goodbye to you, I do it with a sense of fulfilment, satisfaction and happiness, knowing that I have done to the best of my abilities and that I have been faithful to the mission entrusted to me.

As I look back, I am grateful to all of you, for without your cooperation and support, it would have been impossible to serve such a large, vibrant and wonderful Parish.

First and foremost, I want to thank God, the Almighty for His constant guidance, unwavering love and abundant blessings throughout my tenure here. It is through His grace that we have grown together as a Parish Family. I sincerely thank all the Bishops of the Archdiocese of Bombay for their support, guidance and encouragement; my honest and sincere gratitude to all my Co-Pastors in the Parish Clergy Team. I appreciate their hard work and dedicated service to the Parish and their wholehearted brotherly support and cooperation offered to me. I also extend my sincere and deep gratitude to all the PPC members, SCC

Co-ordinators and Animators, CCO Team, and Members of all Associations, Cells, Committees, Parish Choirs and Service Groups for their selfless service, dedication and commitment to the spiritual growth and well-being of the Parish. My heartfelt gratitude to all the SVD and SDB fathers for their services, co-operation and support towards the spiritual growth of the Parishioners. I thank all the Religious Sisters who have served and those who are still serving the Parish in different ways for all the help and support given to the Parish in spite of the busy life in their respective Communities.

I want to thank all our dedicated staff and employees who work diligently behind the scenes to ensure the smooth functioning of our Parish.

I am also aware of my own limitations as a human being and a Spiritual Leader. There have been times when I may have fallen short of your expectations or unintentionally hurt someone. For any shortcomings or mistakes, I have made along the way, I sincerely apologize. I have always tried to serve you with utmost devotion and love.

As I bid farewell to Sacred Heart Parish, I hand over the mantle and the Pastor's Desk to Fr. John Mascarenhas SVD, your new Parish Priest. I am sure he will be a great pastor to the Sacred Heart Parishioners. I wish him and the new Clergy Team the very best and God's abundant blessings in all their endeavours.

In Conclusion yes, it has been an honour and a privilege to serve and I am humbled to have been a part of your lives. I will cherish the good memories and experiences. Once again, my heartfelt gratitude to each and every one of you for your love, wholehearted support, prayers and friendship. May God continue to bless you abundantly and guide you in your spiritual journey. Let us continue to pray for one another.

Wishing each one of you a very Happy Feast of the Sacred Heart of Jesus.

Good Bye, Till we meet again!

With Deepest Gratitude and Love.

**Fr. Innocent Fernandes SVD**  
Parish Priest

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# Heart of Jesus - An Invitation to Love Like Jesus

Of the many symbols depicting love, the heart is almost universally accepted and recognized across all cultures and traditions as the ultimate symbol of love. As we celebrate the Feast of our loving and vibrant Parish named, after the Sacred Heart of Jesus, we are invited to love like Jesus.

St. John in Chapter 5: 9-17 elaborates on the theme of unity with God and making our lives fruitful like the vine and the branches. In James 2:26 we read, **"For as the body without the spirit is dead, so faith without works is dead also."** *Inspired by these words and sentiments, the Parish theme for the Year 2023 is "Faith & Works".*

Jesus gives us a commandment of love. He points to Himself as a Role Model of true love. **'Love one another as I have loved you'**. If we say we believe in God but do not have love in our hearts for our brothers and sisters, we are lying and God's love and grace are not in us. Love has to be revealed, seen and felt, and this happens when we let His love transform us and make us more compassionate, kind and loving. Love is seen in our loving actions, the proof of our faith and love of God.

Paulo Coelho, a Brazilian author in his thoughts and reflections, 'Like a Flowing River' tells of a Japanese legend about how a certain monk, filled with enthusiasm for the beauty of the Chinese book, *Tao te*

*Ching*, decided to raise enough money to translate and publish it in his own language. This took him ten years. Meanwhile, the country was devastated by a terrible plague, and the monk decided to use the money he had collected to relieve the suffering of those who were ill. However, as soon as the situation stabilized, he again set about collecting the money he needed to translate and publish the Tao. Another ten years passed, and he was about to publish the book when a tidal wave left hundreds of people homeless. The monk again spent the money he had collected, this time on rebuilding homes. Another ten years passed; he collected more money to publish the book and, finally, the Japanese were able to read *Tao te Ching*.

The wise say that, in fact, this monk published three editions of the Tao: two invisible and one in print. Sometimes the invisible books, born out of our generosity towards other people, are as important as those that fill our libraries.

Charity and generosity are not merely doing good works, but they are primarily an inner expansion of the heart, accepting others, without condemning and judging them, and not even analysing them. We tend to be comfortable and easily get along with persons who act and think like us. The challenge is to exercise charity and generosity towards those who act and think differently from us. Charity and generosity are primarily a struggle to love and accept the other as he or she is. A generous heart, kind speech, a warm smile and a life of service and compassion are what ultimately renew and revitalize humanity.

Forgiveness may not erase the past, but it certainly enlarges the future. To those who have wronged us, we grant forgiveness; to those we have wronged, we ask forgiveness; to those we have helped, we wish we could have done a little more; to those we were unable to help, we ask understanding; to those who helped us, we are eternally grateful.

And so, in this **Year of Faith & Works - 2023** let us cheerfully respond to the invitation to **love like Jesus!** If we knew that today was our last day, what would we do differently? Often, being kind is more important than being right. Let us live therefore gratefully! Love generously! Care deeply! Speak kindly! Act large-heartedly! ... Leave the rest to God!!!

*Fr. Callisto Gomes SVD*

“  
*Love is shown more in deeds than in words.*  
”  
- St. Ignatius of Loyola





# CCO on the Move

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

## Parish Pastoral Council (PPC)

Elections for the induction of new PPC members for the academic years 2023–2026 were held in January 2023 as the present three-year term of the PPC members concluded on 31st May 2023. The newly elected PPC members, with the assistance of the SCC Coordinators and Animators, will serve their respective Communities to carry out various activities and events.

## Parish Associations and Cells

Elections for Heads of Cells and Associations for the three-year term 2023-2026, were held in January 2023 in the respective Associations/ Cells. In a vote held on March 19, 2023, six candidates from the Parish Association Council (PAC) were elected to the PPC for the years 2023–2026.

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

**The Youth of our parish (PYC)** along with the PYAT members organized a summer camp for all the children from Std. I to Std. VIII from 1st May to 7th May. It was well organized, with good attendance and the children enjoyed it to their heart's content.

**The Divine Mercy Cell** conducted the Station of the Cross at Atma Darshan campus on 26th March 2023. They conducted the Divine Mercy Novenas from Good Friday which culminated on Divine Mercy Sunday with a Feast Mass at 10:00 am. After Mass, a short program was organized.

**The Senior Citizen Cell** organized the Station of the Cross at the Don Bosco property in Karjat on 23rd March 2023. It was well organized and there was a good response. All those who attended had a wonderful experience. They also conducted the Way of the Cross on Good Friday in the Church.

**The Bible Cell**, as part of the 'Year of Faith and Works' observed by our Parish, conducted the following activities:

- I. 3rd March - Stations of the Cross
- II. 11th March - Visit to Shantidaan, an Institution for the differently abled
- III. March 25th-26th - Gethsemane - a Night of Mercy, conducted along with 'Jesus the Real Vine' our parish prayer group. Over 400 people attended this Lenten Night Vigil which included sessions on repentance and forgiveness, inner healing and infilling followed by Eucharist.
- IV. March 25th and April 22nd - Saturday morning Adorations. Nearly 100 individuals attended the time of praise and worship, Word of God and intercessory prayers.

**The Women's Cell** celebrated Women's Day On 5th March with Holy Eucharist at 5.30 pm followed by a short talk on 'Breaking Barriers' and a lucky draw.

## St. Vincent De Paul Association (SVP)

In February and March 2023, the SVP provided ration, medical and cash assistance to the adopted families of our Parish and the needy, belonging to other faiths. During Lent, the Station of the Cross was conducted in Atma Darshan for the SVP. members along with the adopted families.

## Community Welfare Fund (CWF)

Details of Assistance/Aid provided (April 2022 to March 2023)

Education	-	40 cases
Medical Aid	-	35 cases
Housing Assistance	-	17 cases
<b>TOTAL CASES</b>	-	<b>92 cases</b>

**The Centre for Community Organization (CCO)** networks with the Cells and Associations of our parish to ensure the proper functioning of the activities. We help the marginalized of 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 helped to obtain gainful employment as domestic helps, Office Assistants, etc. We register eligible bachelors and spinsters from our parish and outside, for **Matrimonial** alliances.

Our **Dental and Homeopathy clinics** function efficiently.

We extend our heartfelt gratitude to all the members for their selfless and commendable work done this year and look forward to an equally wonderful year ahead.

We thank our Lord for His Grace and Love and for enabling us to be fruitful. We pray that the boundless love which flows continuously from the Sacred Heart of Jesus touches our hearts as we celebrate and share the love with the ones in need.

Wish you all dear parishioners a Happy Feast of the Sacred Heart of Jesus.

**Ida Quinny**  
CCO Co-ordinator



# A Warm Welcome Dear Fathers



## Fr. John Mascarenhas SVD

A Hearty welcome to Fr. John Mascarenhas SVD our new Parish Priest. For the majority of Sacred Heart Parishioners, Fr. John, fondly called 'Masky' is a familiar face. He has served in our Parish as co-pastor on two previous occasions from October 1996 to October 2000 and from June 2015 to June 2016.

Fr. John hails from Vasco da Gama, Goa. He was born on 11th January 1966 to the late Andrew Francis and late Claudina Mascarenhas. He is the sixth among his siblings of six brothers and two sisters. Fr. John joined the SVD Seminary after completing High School in 1982. For his Overseas Training Programme, Fr. John was sent to Brazil for two years and has completed his

diaconate in the Divine Word Seminary, Pune. He was ordained a priest on 14th May 1996. His pastoral motto is 'To gather unto Him'

His first assignment as a priest was as Vocation Promoter at St. Francis Xavier Church, Goa for five months after which he was appointed as co-pastor at our Parish in October 1996. Soon after the inauguration of our Church in October 2000, Fr. John was transferred to St. Francis Xavier Church, Giriz, Vasai in order to learn Marathi.

In June 2001, the local bishop appointed Fr. John as co-pastor at Mother of God Church, Palli, Naigaon West. Here, he assisted the Parish Priest in catering to the needs of the English-

speaking Community. It was during this time that he completed his B.Ed.

In June 2004, he was appointed as co-pastor at St. Theresa's Church, Bandra. Initially, he worked as a teacher in the Secondary Section of the school and was eventually promoted as the Head-Master of the Primary Section and Vice-Principal of the Secondary Section. In June 2009, Fr. John was appointed as the Principal of the School and for the next 11 years Fr. John continued in this capacity and had also been assisting the Parish.

In June 2015, Fr. John SVD joined for a second tenure in our Parish as co-pastor and also as Manager of St. Arnold's School. He left our Parish in 2016 to undertake an important assignment, as Rector of St. Francis Xavier Seminary, the SVD Seminary and as Director of Ashirwad in Raia, Goa. Later, in 2017 he also became Prefect while continuing as Rector.

In 2018, Fr. John was assigned as Assistant Parish Priest at Holy Family Church, Marcela, Goa and he took over as Parish Priest in 2020. Fr. John is appointed as Parish Priest at Sacred Heart Church effective June 2023.

Fr. John is a people's Pastor who is always available for the sheep of his flock. He is well known for his melodious singing and friendly presence. His cheerful disposition always brings a smile to those around him. His work with the Youth of our Parish is well remembered.

Dear Fr. John, we the Parishioners of Sacred Heart Church extend a warm welcome to you as our Pastor and Parish Priest. We assure you of our wholehearted support and co-operation as you lead us; traversing the footsteps of Jesus, our Lord and Only Saviour. We wish God's choicest blessings upon you!!





## Fr. Edwin Vas SVD

Fr. Michael Francis Edwin Vas, SVD was born on 29th September 1955 to Late Ambrose Vas and Carmine Vas of St. Roque's Parish, Neerude, Diocese of Mangalore. He is the 8th among their nine children. He has 3 brothers and 5 sisters, one of whom is a religious nun in the Bethany Congregation.

Fr. Edwin Joined the SVD Seminary on 30th May 1968. He studied at St. Philomena's College, Mysore and graduated in Arts from the University of Mysore. He further did his BA in Philosophy and BA in Theology from Jnana Deepa Vidyapeeth, Pune. His Seminary formation was at Divine Word Seminary, Pune. In 1990, Fr. Edwin pursued his Masters in Mass Communications from Leicester University, UK and also obtained a Post Graduate Diploma in Christian Communication from Cairns, Maynooth, Ireland in 1991.

He was ordained priest on 10th May 1984 by Rt. Rev. Bp. Basil D'Souza, Bishop of Mangalore at Our Lady of Remedies Church, Kirem.

Fr. Edwin served as an assistant at Catholic Centre, Sangareddy, Medak District, Andhra Pradesh from June 1984 - May 1985, and as a co-pastor at Holy Spirit Church, Velvarthy Nalgonda Diocese, Andhra Pradesh from June 1985 - June 1986, He was appointed Procurator at Gyan Ashram, Andheri, Mumbai from June 1986 - May 1988.

Fr. Edwin has a rich experience in the field of Communication having worked as a Sound Engineer for 30 years at Ishvani Kendra, Pune, in three separate tenures: from June 1988 to May 1989, as Assistant Director from June 1991 to May 2009 and from June 2011 to May 2023.

He was the Head of the Communication Department and Asst. Director/Superior in his last assignment prior to his appointment at our Parish.

He has worked as a Camera Person, Editor and Director and has produced 4 Video Music Albums, for Ishvani Kendra. He has also edited and directed 3 Video Albums, for other Christian Religious Centers. He has made more than 25 documentaries and prayer videos.

He had been conducting regular classes on Media Education, Sound Recording and Film Making (Video production) at Ishvani Kendra and other Communication Centers in India.

Fr. Edwin has also served on the Communications team at the Divine Call Centre, Mulki from June 2009 to May 2010 and as a Spiritual Director at Vidya Niketan - SVD Seminary, Mysore from June 2010 to May 2011.

His Pastoral motto is "By this everyone will know that you are My disciples if you love one another" (John 13:35).

Fr. Edwin joins our Parish as a Co-pastor in June 2023.

Dear Fr. Edwin, We the parishioners of Sacred Heart Church extend a hearty welcome to you and wish you a blessed and fruitful ministry in our parish.



## Fr. Christi Selvaraj SVD

Fr. Christi Selvaraj SVD, born on 17 May 1990 is the son of Arokianathan Selvaraj and Amal Selvaraj of St. Joseph's Church, Bolarum, Telangana. He is the second of their three sons. His parents were instrumental in fostering his Catholic faith which made a deep impact on him. The atmosphere at home and the teachings of the religious Sisters at school greatly impressed Fr. Christi in choosing his vocation from a very young age.

Fr. Christi Selvaraj completed his schooling at Valerian Grammar School, Bolarum.

The missionary zeal of the Divine Word Missionaries, their prayer life and the manner in which they proclaimed the Word of God were the inspiration and encouragement that led Fr. Christi to join the Society of Divine Word in the year 2008, after completing his S.S.C. He

completed his graduation from Loyola College, Chennai, Philosophy from Vidya Bhavan, Bhopal and Theology from Divine Word Seminary Pune.

Fr. Christi completed his diaconate ministry at Divine Word Centre, Muthangi. He was ordained a priest on 28th December 2022 at his home parish by His Eminence, Cardinal Poola Anthony, Archbishop of Hyderabad. He has been helping out at the Divine Word Retreat Centre, Muthangi since then. Fr. Christi enjoys reading books and likes to proclaim the Word of God. He is an integrated person with a jovial character. His Pastoral motto is 'The One who sent me is with me.'

As his maiden appointment, Fr. Christi joins Sacred Heart Parish as co-pastor from June 2023.

Dear Fr. Christi SVD, we the parishioners of Sacred Heart Parish extend a warm welcome and wish you a pleasant and fruitful stay with us.





## Fr. Innocent Fernandes SVD

***It takes a minute to say hello and forever to say goodbye.***

We bid farewell to Fr. Innocent Fernandes SVD, who has now been appointed as Rector at SVD Mission Seminary, Goa. Our Parish has been blessed to have Fr. Innocent for three tenures. viz. 1993 -1997, 2002-2005 and 2011- 2023.

Priests accompany people in very important moments of their lives: He administers to them the Sacraments - Baptism, First Holy Communion, Matrimony, Confession and Anointing of the Sick. Fr. Innocent fondly called 'Innu' has also walked this journey with numerous parishioners of Sacred Heart Parish, Andheri. Recently on 12th May, 2023, Father celebrated 35 years of his sacerdotal life of which 19 years, he has served at our Parish. He has been with some of our parishioners officiating with them the major milestones in their lives like their own baptism and also the baptism of their offspring.

What really sets Fr. Innocent apart is his simplicity and his down-to-earth personality. He is the epitome of the gentle, kind, loving and caring shepherd who nurtures his flock spiritually and challenges them to be good Catholics. Both the young as well as the elderly find Fr. Innocent to be an approachable and easy-to-relate-with Pastor. After the celebration of the Holy Eucharist, one can be sure to catch this smiling priest waiting to greet the people as they leave with a warm handshake and that warm, familiar smile.

His uncanny strong memory like that of an elephant continues to bring joy to our parishioners and even ex-parishioners on their birthdays who receive that special birthday call from Fr. Innocent. His sensitivity to the spiritual needs of the Parishioners is commendable. He is known for his approachable nature and always takes time out of his busy schedule to talk to parishioners without making them feel rushed.

We have all witnessed the accomplishments of the various endeavours undertaken while he was serving at the Parish. Fr. Innocent has made significant contributions to the development of the many Cells, Associations and Communities in our Parish. He served as a mentor and motivator for us parishioners as Parish priest and we appreciate his tireless efforts. His contribution to the building of Small Christian Communities is noteworthy.

Appreciation is a small word.....Thank you, dear Fr. Innocent for your untiring service and the love that you shared with us. God bless you with good health and success in your new assignment!

## Fr. Ciril D'souza SVD

It is with deep gratitude and appreciation that we bid farewell to Fr. Ciril D'souza SVD as he takes up his new assignment as Rector and Head of the Department of Music and Dance Academy at the Shishalaya, SVD Seminary in Giriz, Vasai.

Fr. Ciril's association with our Sacred Heart parish dates back well before his present appointment in June 2020. Father had been assisting at the Gyan Ashram Campus since 2013 and is fairly well known to the parishioners, having assisted the Parish on various occasions, especially by celebrating the Konkani Holy Eucharists.

Fr. Ciril is renowned for his unique musical charisma and has contributed his voice to a number of musical compositions. His ability is evident in his YouTube popularity.

His recently completed tenure at Sacred Heart was his first experience at a Parish as a Co-pastor. Incidentally, the first two years of his ministry coincided with the onset of the pandemic. During his tenure in our Parish, the musically talented Fr. Ciril was also known as an understanding and approachable pastor. He is prompt and systematic in his work and has ably handled all his diverse responsibilities. Fr. Ciril enlivened meetings with his prompt yet witty one-liners.

As part of the Clergy team, Fr. Ciril has played a hugely proactive and effective role as Spiritual Director of various SCC Communities, Associations, and Cells under his supervision- the Parish Website and Bulletin Teams, English and Konkani Charismatic Groups, Liturgy Cell, Eucharistic Ministers Cell, Inter Religious Dialogue cell, Hope and Life Movement and the Parish Choirs.

Thank you, Dear Fr. Ciril. We appreciate your dedicated commitment! We take this opportunity to wish you all the best in all your future endeavours as you flourish in the Lord's vineyard. Your melodious singing and thought-provoking homilies will be surely missed.

## Fr. Ezekiel Rakesh D'souza SVD

It is with much appreciation and heartfelt thanks, we bid goodbye to Fr. Ezekiel Rakesh D'souza SVD, the youngest member of the Parish team as he moves on to assume his new role and responsibilities as Treasurer and Moderator to the Mission in Bailhongal, Belgaum.

In July 2021, not long after his Ordination, Fr. Rakesh was appointed a co-pastor at our Church. Following the initial year of ministry during the pandemic, Fr. Rakesh promptly matched his pace with the vibrancy of Sacred Heart Parish, as soon as the Church was open to parishioners for Sacraments and other events.

We have seen him throughout his time here, as a kind, helpful, soft-spoken person with a perpetual smile. Fr. Rakesh is a nature lover and enjoys Gardening. Fr. Rakesh has made remarkable contributions to the many SCC communities, Associations, and Cells under his supervision, namely Sunday School, Legion of Mary, Divine Mercy Cell, Bible Cell and Altar Servers. His assistance in bringing the St. Paul's Guild and Women's Cell back to life after a hiatus of several years, as well as their subsequent successes, will always be remembered. Several of our Parish Communities recognize and acknowledge

the efforts and accomplishments of Fr. Rakesh in visiting the Communities and scouting out new Animators. The friendly Fr. Rakesh will sorely be missed by both children and senior parishioners alike.

Thank you, Dear Fr. Rakesh for your dedicated service! We wish you much happiness, good health and great success in your new assignment.

*Thank You Dear Fathers*





# Precious Is The Life Given For Mission

Our outgoing Pastors, Fr. Innocent Fernandes SVD, Fr. Ciril D'souza SVD and Fr. Ezekiel Rakesh D'souza SVD walk down memory lane

## To Serve With Love



Fr. Innocent Fernandes SVD

'*Pastores Dabo Vobis*', an apostolic exhortation by Pope John Paul says "The priest is a living and transparent image of Christ the Priest". A priest, therefore bears the responsibility to become like Christ. To do so, he must learn to love as He loves and render Christ-like service out of pure love for our Heavenly Father and His children.

The Priestly Motto of **Fr. Innocent Fernandes SVD, "To serve with Love"**, embodies the core principles of Jesus. It captures the essence of Fr. Innocent's vocation and his mission as a priest to love and serve others with compassion and to be available to them.

### EARLY DAYS & VOCATION TO PRIESTHOOD

Fr. Innocent was born on 28th December, the feast of 'The Holy Innocents'. He is a native of Goa, belonging to St. Ann's Parish in Agonda, Cancona where his family owned paddy fields and engaged in farming.

Fr. Innocent began his schooling in a Portuguese school but in 1961 he had to move to 'shala'- a Marathi school when the Portuguese retreated from Goa. Later he was admitted to the English medium St. Anne's Parish School which involved a daily 45-minute walk and crossing a river by boat to get to school.

When he was in the seventh grade, Fr. Innocent, who cherished the desire to be a priest, was

directed to the SVD Minor Seminary by his cousin Fr. Diago Fernandes, a diocesan priest. Here he trained for the priestly ministry and also enjoyed farm work and playing sports, especially football. He also had a wonderful ear for music and sought to pick up some music-oriented hobbies, which he pursued during his time in the seminary.

Today, reflecting on his many years of varied pastoral experiences in mission stations, Parishes and also at the SVD Seminaries, Fr. Innocent acknowledges that a number of circumstances had an impact on his becoming a priest and his vocation as an SVD. First and foremost, his family, especially his mother played a significant role in nurturing his faith and instilling in him the values of service, compassion and devotion. She was a diligent worker by nature and an example for all of her children.

His interactions with priests during his formative years, as well as their guidance, and encouragement enabled him to move forward with his choice, and of becoming a priest.

### ON HIS APPOINTMENT TO THE SACRED HEART PARISH FOR A THIRD TIME

Fr. Innocent was ordained on May 12, 1988, and has been a priest for 35 years. A major portion of his priesthood – about 19 years – he has served at Sacred Heart Parish over three different tenures: 1993-1997, 2002-2005, and the most recent one, from 2011-2023.

Fr. Innocent states that the experience during each of his terms in Sacred Heart Parish has been unique. He summarizes each term in a word:

The first term here in our parish was about learning; the second term was about practising; and the third term was about delivering.

Having been in this parish on two prior



occasions, he was surprised on being appointed for the third time. However, he had no reservations absolutely. For him, it was simply a homecoming with an open heart and a willingness to serve.

### **EXPERIENCES IN OUR PARISH**

Fr. Innocent affirms having had the opportunity and good fortune of meeting, encountering and interacting with diverse people in this Parish. Some very pleasant, some helpful, some very supportive, some very committed and dedicated, some friendly, some very caring and loving and generous, some indifferent, some very critical and judgmental, some very understanding. On the whole, Sacred Heart Parish has been very supportive, loving, and caring. His experience at Sacred Heart was truly wonderful and very enriching. He felt like a shepherd surrounded by all his sheep around him. He says 'It is a wonderful feeling to see the collaboration between the clergy and the laity, the people's dedication and their selfless service'.

Highlighting his unique experience during the pandemic, when the physical gathering was restricted, like every head of the family, Fr. Innocent too experienced fear and anxiety for his Parishioners. Not able to do much, he along with the clergy team interceded and prayed for the good health and safety of parishioners.

Very quickly they adapted to the digital media platform to continue providing spiritual nourishment to the faithful and this fostered a sense of unity and allowed them to remain connected as a Community. 'My joys knew no bounds.' - Fr. Innocent states reminiscing of the time when restrictions were eased and all were able once again to gather for the Holy Sacraments.

He admits that all of his experiences here and especially during the pandemic have enabled him to understand life better, respond to situations appropriately and grow

as a person and most importantly made him humble and available.

### **OVERCOMING CHALLENGES MAKES LIFE MEANINGFUL**

Fr. Innocent considers the COVID-19 Pandemic a great challenge during his recent tenure in the Parish which brought in its wake many difficulties, restrictions and economic constraints to many families.

The second challenge Fr. Innocent considers, 'was of not being a good preacher'. However, he cheerfully continues, 'But what made me happy was the people's understanding and acceptance of my language of love.'

Sacred Heart has been a tremendous blessing, the vibrant and active Community has provided a fertile ground for spiritual growth and meaningful interaction; especially at the time of the pandemic. The support and co-operation of the Parishioners and the staff and the employees have helped him face the challenges successfully and serve the Community with love and dedication. Fr. Innocent expresses his gratitude and sincere appreciation to all the parishioners who give of their time, talents, and resources to the development and well-being of the Sacred Heart Parish.

### **MEMORABLE INCIDENT DURING THE PASTORAL MINISTRY**

Carrying a load of fond memories to cherish, Fr. Innocent was reluctant to single out any specific memorable event. He acknowledges that his interactions with his Parishioners on various occasions always made him feel blessed.

### **DAILY MOTIVATION TO KEEP UP WITH THE ASSIGNMENT AT THE VIBRANT SACRED HEART PARISH**

Fr. Innocent admits, firstly, being faithful to God in prayer helped him to keep up with the

day-to-day challenges of serving this fast-paced Parish.

'The wholehearted co-operation and support of each and every Parishioner, those who worked actively and those who worked silently behind the scenes, supporting and contributing their time, talents and resources to the various ministries and initiatives of the Parish'. is what kept Fr. Innocent working and motivated. The generosity and willingness of the Parishioners to share their blessings with others has been instrumental in nurturing the spirit of the Community and has touched many lives, including mine" says Fr. Innocent

Besides that, being a witness to the Parishioner's commitment to their faith also became a source of motivation for him.

### **SUMMING UP SACRED HEART PARISH IN THREE WORDS**

'Vibrant', 'Welcoming - Loving' and 'Faith - filled' are the three words to sum up Sacred Heart Parish says Fr. Innocent, who served our parish for almost two decades.

### **MESSAGE TO THE PARISHIONERS**

*"Deepen your faith and strengthen the Community by living out the Gospel values. Live united with one another as one Parish Community reaching out in love and service and continue to be a beacon of light and hope to the people around. Support and pray for the clergy team who serve you continuously. Pray for me as I too keep you in my prayers.*

*May we continue to journey together growing in faith love and unity".*

Fr. Innocent concludes, *"It was a privilege to serve this community."*

# The Lord is My Shepherd



Fr. Cyril D'souza SVD

The theme of Fr. Cyril Dsouza SVD's priestly motto, 'The Lord is my Shepherd' is the opening verse of Psalm 23. It is a reminder of all his profound life experiences of Jesus as our Divine Shepherd not only leading us to verdant pastures but also guarding and protecting us. Our Shepherd walks ahead of the sheep, ready to confront the dangers ahead. He loves His sheep and is willing to lay down His life for them and leads them by example.

This image was formed and developed from Fr. Cyril's personal experiences of God protecting him when as a young boy from a peasant family, he would accompany cows and buffalos to the hillside for grazing and bring them back home safely.

Fr. Cyril responded to the Divine Shepherd's irresistible call to join the priesthood and right from the time he joined the Seminary, he experienced God's love, care and protection more tangibly and mightily; even amidst the pangs of death.

As Fr. Cyril leaves our Parish to take up his new assignment, he shares with us the significant events in his life and priestly vocation. He says that he has given his best to God and the people and in turn, God has blessed him with beautiful experiences of His love and care through the people of Sacred Heart Parish.

## EARLY DAYS & VOCATION TO PRIESTHOOD

Fr. Cyril hails from St. John Bosco Parish of the Udupi Diocese, Mangalore, which is known for the many vocations that have emerged there. He is the youngest of seven siblings.

Living in a joint agricultural family, every member was expected to work in the fields. Fr. Cyril too had to labour hard in the fields, and his studies were consequently neglected. At the time of his SSC examinations, Fr. Cyril, who was an average student struggled with his studies and pledged to God that if he passed Std. X, he would join the seminary.

He was also inspired by the priests of his Parish who came home during the vacation. Young Cyril was mesmerized at the sight of them concelebrating the Eucharist; they appeared splendid and graceful and he unconsciously began to harbour a strong desire to follow in their paths.

And yes, He passed the SSC exams and honoured his promise. In 1996, on expressing his desire to join the priesthood, his Parish Priest guided him to enroll in the nearby SVD Seminary.

## APPOINTMENT TO THE SACRED HEART PARISH

Fr. Cyril has served mainly in administrative roles since his ordination. At the Divine Call Centre in Mulki, he served in the music ministry and at Gyan Ashram, while himself learning, he also trained students in the field of Music and Dance.

Recognizing the need and his desire for a pastoral experience, he was appointed to Sacred Heart Parish in 2020. He joyfully accepted his appointment to Sacred Heart as an opportunity for his growth and maturity, having known the parish as a dynamic parish throughout the Archdiocese of Bombay.



## EXPERIENCES IN OUR PARISH

Fr. Ciril remarks "An enriching one". His early period as Co-pastor here was marred by his inability to do much pastoral work due to the pandemic when there were many constraints. Yet, reaching out to our parishioners both here and abroad through online Eucharistic Celebrations and Adorations was a wonderful experience. Meetings on online platforms helped to identify and attend to the spiritual needs of the people.

Once the Churches opened up fully for worship, the exposure to the parishioners increased. Administering Sacraments and celebrating Masses aided his own spiritual, emotional, and personal development. It was a valuable learning experience listening to the joys and sorrows of the parishioners which he says transformed him to be more humane, social and practical.

## CHALLENGES ARE A WAY OF LIFE

Working in a parish was different from his previous administrative experiences where the set-up was formal and firm. It necessitates being more people-friendly and sociable and this took time. Fr. Ciril feels that he has now developed these skills here. He has learned from the committed parishioners who love the clergy and devote their time and energy to the Church and its well-being to be more compassionate, caring, generous, and to devote his time to them.

He adds, "No one, however, is flawless. We will undoubtedly experience challenges since we cannot satisfy everyone. Sometimes goodwill towards someone can be misinterpreted as favouritism, and fraternal corrections can be misread. However, I always attempted to do what I felt was right in God's eyes."

## MEMORABLE INCIDENT DURING THE PASTORAL MINISTRY

Fr. Ciril recounts one of the many heartwarming experiences: He was called to the Holy Spirit Hospital to anoint two patients since their Chaplain was out of the station. He anointed the first patient and prayed for her and she experienced healing. Waiting for the second patient he was told to come later as she was taken for an MRI. Meanwhile, he was called to bless one of the new wards. But by the time he returned to anoint the second patient, he was told that she had passed away. He was deeply moved. Deep in his heart, he felt that he should have anointed her before she could be taken for the test. He felt he had failed in his duty as a pastor. He prayed for her soul and accepted it as God's will.

## DAILY MOTIVATION TO KEEP UP WITH THE ASSIGNMENT AT THE VIBRANT SACRED HEART PARISH

Fr. Ciril finds strength and motivation firstly in the meaningful daily celebration of the Holy Eucharist and in praying for the parishioners. This he admits has helped him both consciously and unconsciously to be a better person each day.

Secondly, he expresses, "Sacred Heart Parish can be compared to the heart which pumps blood 24 X 7 and keeps us alive and active. The Parish keeps us spiritually alive and active by engaging the parishioners in various activities, helping people to grow spiritually, emotionally and socially through better bonding with one another."

## SUPPORT OF CLERGY TEAM MEMBERS

Fr. Ciril acknowledges the support of his Community members during the three years of pastoral ministry at Sacred Heart. He considers Fr. Innocent, Fr. Callisto, Fr. Sandesh and Fr. Rakesh as his pillars of support and growth, encouraging him to being a better pastor. Together they celebrated moments of joy and happiness and held on to each other

during moments of challenge. Together they formed a great team and in their company he learnt to be more pastoral, people-oriented and sociable. Fr. Ciril is also grateful to Fr. Sunil Soreng SVD and Fr. Magimai Sundar SVD for their support and encouragement in their common endeavours.

## SUMMING UP SACRED HEART PARISH IN THREE WORDS

Used to deliver elaborate homilies, Fr. Ciril struggled to summarise in three words. He says "GOD, ME and PEOPLE." He continues, "As a priest, I consider it my utmost priority to pray to God for the people He has entrusted to my care. Doing so, I too have experienced innumerable blessings. Just like Moses interceded for the people, Jesus intercedes for us, Mother Mary intercedes for us and the multitude of Saints intercede for us."

## MESSAGE TO THE PARISHIONERS

Each Parish contributes significantly to the advancement of God's kingdom. Strong Churches are built on strong families. Fr. Ciril exhorts parents to find at least some time every day to pray together as a family. Our future very much depends on how we are able to inspire our children. We must pay attention to the younger generation and guide them promptly and properly right from their childhood. Always live as loving, responsible and compassionate Christians, taking care of the Church and the Shepherds who have sacrificed their all for God and the people. Remember that all of us are humans and no one is flawless. March ahead in life trusting in the providence of God. Don't be put down by the challenges you encounter. Remember, the tree that bears the sweetest fruits is stoned. Just like Jesus, forgive, even those who harm you or malign your name. Encourage one another, support one another and pray for one another. Let us continue to work together for the building up of the kingdom of God.



# Anointed to Serve



**Fr. Ezekiel Rakesh D'souza SVD**

Many are called but a few are chosen. Whom God chooses He anoints and equips.

This is true of Fr. Ezekiel Rakesh D'souza SVD for God chose him to serve as His minister and he responded sincerely with a clear conscience. Fr. Rakesh whose priestly motto is 'Anointed to serve' joyfully engages and celebrates his everyday life as a priest. He cherishes his priestly life and finds fulfilment in his simple and humble way of serving others.

## **EARLY DAYS & VOCATION TO PRIESTHOOD**

Fr. Rakesh hails from Our Lady of Loretto Parish, Bantwal, Mangalore and is the sixth among eight children in his family. He comes from an agricultural background.

While in Grade VIII, Fr. Rakesh experienced a burning desire to join the priesthood and be of service to God and His people. Incidentally, it was at the same time that some priests of the Society of the Divine Word (SVD) congregation from Kirem Seminary came to his school to conduct a retreat. Young Rakesh who had already sensed God's call was taken up by their missionary zeal, life of prayer and dedication to preaching the Word of God. He found in Jesus the 'Precious Pearl' for whom he was now willing to leave everything behind. There were already two members of his immediate family who had joined the consecrated life; his elder brother Fr. Prakash D'souza, a priest in the Agra Diocese and his sister, Sr. Prescilla Prema, a religious nun in the Bethany Congregation. His maternal

aunt is also a religious Sister belonging to the Bethany congregation. Having witnessed firsthand, their selfless love for the Lord and their service to humanity further inspired Fr. Rakesh to join the Seminary. When he expressed this desire to his parents they were happy and supportive of his decision. With their blessings, he joined the SVD Seminary after completing High School to pursue a training period of 14 years for his priestly ministry.

## **APPOINTMENT TO THE SACRED HEART PARISH**

Early on Fr. Rakesh was keen to serve the Lord in the poor especially those in rural and underprivileged areas. God, however, had other plans. Father was hesitant to accept his appointment at an urban Parish, viz. Sacred Heart Parish, Andheri East. He had his inhibitions as he believed that the parishioners in an urban area being advanced in their mindset may require a well-experienced priest. Yet, he accepted this appointment as God's will. Fr. Rakesh's ordination was delayed by over two months due to the constraints posed by the pandemic. Soon after his ordination on 14th July 2021, Fr. Rakesh joined our parish as a co-pastor.

## **EXPERIENCES IN OUR PARISH**

Fr. Rakesh took up his appointment at our Parish on 19th July 2021 when there were restrictions to public movement due to the COVID-19 lockdown. Very soon, just after a week, he was asked to celebrate the Holy Eucharist online. He admits that he was very nervous initially however, he later overcame this phase by practice and also by accepting corrections from the members of the clergy team.

Fr. Rakesh has been involved as Spiritual Director in the various Cells and Associations of the Church, viz. Sunday school, Legion of Mary, Divine Mercy Cell, Altar Servers Group, Bible Cell, St. Paul's Guild and Women's Cell. Since all of this was a totally new experience for him,

there were challenging times in the beginning. The Church activities however kept him busy and he was provided ample opportunity to learn new things such as the functioning of Cells, Associations and Communities. The personal interactions with families helped him to build confidence and face challenges boldly.

### **CHALLENGES WERE OPPORTUNITIES IN DISGUISE**

The appointment at Sacred Heart Church was Fr. Rakesh's very first assignment after his ordination as a priest. His very first struggle was to celebrate Mass Online. The other challenges Fr. Rakesh faced initially were addressing large crowds and conducting meetings. The biggest challenge for him was to deal with the different temperaments of the people. There were times when it was difficult to cope due to the many activities in the Parish with so many Communities, Cells and Associations. Now Fr. Rakesh is confident in the midst of a large congregation and can freely interact with people. He can deal with the problems of the people. He has learnt how to conduct meetings and to understand both youth and children. Every Church activity has proved to be a great blessing for him.

### **MEMORABLE INCIDENT DURING THE PASTORAL MINISTRY**

As part of his pastoral visits, Fr. Rakesh visited the sick, homebound and the elderly. About one such visit, Fr. Rakesh remarks that the caregiver son later mentioned to him that he observed positive changes in his nonagenarian mother and that she was calm after his visit. The idea that he could be a source of blessing to the elderly has deeply touched Fr. Rakesh.

### **DAILY MOTIVATION TO KEEP UP WITH THE ASSIGNMENT AT THE VIBRANT SACRED HEART PARISH**

Fr. Rakesh begins his day by surrendering all the upcoming tasks of the day in prayer and the celebration of the Holy Eucharist which energises him.

The Clergy team, the PPC, the SCC and the Parishioners have been a pillar of support. He did not feel any burden as there were many individuals, who like angels, helped him to be strong and focused.

### **SUMMING UP SACRED HEART PARISH IN THREE WORDS**

After almost one year of Pastoral ministry here, Fr. Rakesh sums up Sacred Heart Parish as Generous, Vibrant and Progressive.

### **SUPPORT OF CLERGY TEAM MEMBERS**

The Clergy Team comprising Fr. Innocent, Fr. Cyril, Fr. Callisto, and Fr. Sandesh, were in Fr. Rakesh's opinion, his greatest blessing. They were understanding and supportive towards one another and functioned together as one unit. There was great teamwork as they prayed together, ate meals together, discussed individual programs and planned them all out together.

### **MESSAGE TO THE PARISHIONERS**

Fr. Rakesh claims that his maiden appointment at Sacred Heart Parish was truly a blessing and a fruitful one because of the tremendous support and affection of the parishioners. It is heartening to see the many who are involved in Church work and activities. Every member of the parish in some way or the other contributes to the enhancement of the Parish. This is a great Parish and all must continue to work together to maintain its excellence.



*Man cannot live without love. He remains a being that is incomprehensible for himself, his life is senseless, if love is not revealed to him, if he does not encounter love, if he does not experience it and make it his own, if he does not participate intimately in it. This is why Christ the Redeemer 'fully reveals man to Himself.'*

*- Pope John Paul II*



# HEARTY LAUGHTER

## RANDOM INSIGHTS

**I don't get why people are bothered by the sun while driving.**

I just close my eyes and it's not a problem.

**What's more useful, the sun or the moon?**

The moon. Because the sun only shines during the daytime, when it's bright anyway, whereas the moon shines at night.

**The guy who invented auto-correct for smartphones passed away today.**

Restaurant in peace.

**I'll believe it is a 'Smart phone', the day I can yell, "Where is my stupid phone?"...**

...and it answers, "Here in the couch cushions".

**What if...**

...there were no hypothetical questions?

**Some say that the English language is hard to learn.**

But you can do it through tough, thorough thought though.

**What is the least spoken language in the world?**

sign language.

**What do you call the situation when you speak two languages and start losing vocabulary in both of them?**

Byelngual.

**Why couldn't Cinderella be a good soccer player?**

She lost her shoe, she ran away from the ball, and her coach was a pumpkin.

**What are the unspoken rules of sign language?**

All of them.

## STUDYING FROGS

Two scientists are studying how far frogs can jump. Their first step was to teach a frog to jump on command. This completed, they yelled Jump, and the frog jumped 8 meters. Considering what effect each leg had, they then amputated one leg and yelled jump again. The frog jumped 6 meters. After noting this, they amputated a second leg. After yelling jump, the frog jumps 4 meters. This was such an interesting result that they went on to amputate a third leg. This time, the frog was only able to leap 2 meters. Feeling a breakthrough was coming, they amputated the last leg. Despite yelling Jump repeatedly, the frog wouldn't move. Their conclusions were that amputation of more than 3 legs causes deafness in frogs.

\*\*\*\*\*

## UNBELIEVABLE

For the past 20 years, Mike's wife has been complaining about him not putting the cap back on the toothpaste. Last anniversary, He decided to change this bad habit and make his wife happy.

For a week, He was diligent, always capping the toothpaste. He was expecting his wife to thank him, but she never did it. Finally last night, she turned and looked at him and said - "why have you stopped brushing your teeth?"

"Marriage is a difficult relationship I tell you." sighed Mike.

\*\*\*\*\*

"Am I the first man you have ever loved?" he said.

"Of course," she answered "Why do men always ask the same question?"

\*\*\*\*\*

An elementary school teacher sends this note to all parents on the first day of school. "If you promise not to believe everything your child says happens at school, I will promise not to believe everything your child says happens at home.

## UNDERSTANDING THE WORD OF GOD?

A man was really struggling so he decides to open a Bible to a random page and drop his finger on a verse and do whatever it says.

The verse his finger landed on was Matthew 27:5 "Then Judas hanged himself"

The man thought "That's not right, let me try again" and does the same thing, this time landing on Luke 10:37 "Jesus told him 'Go and do likewise'"

Again, the man thought it wasn't right and so he did it one last time and landed on John 13:27 "Whatever you are about to do, do it quickly"

\*\*\*\*\*

## DILEMMA

A young man was in love with two women and could not decide which of them to marry. Finally, he went to a marriage counsellor. When asked to describe his two loves, he noted that one was a great singer, and the other had a delicious bakery.

"Oh." said the counsellor. "I see what the problem is. You can't decide whether to marry for batter or verse."

\*\*\*\*\*

## ACHIEVEMENTS

I hit a huge milestone!!

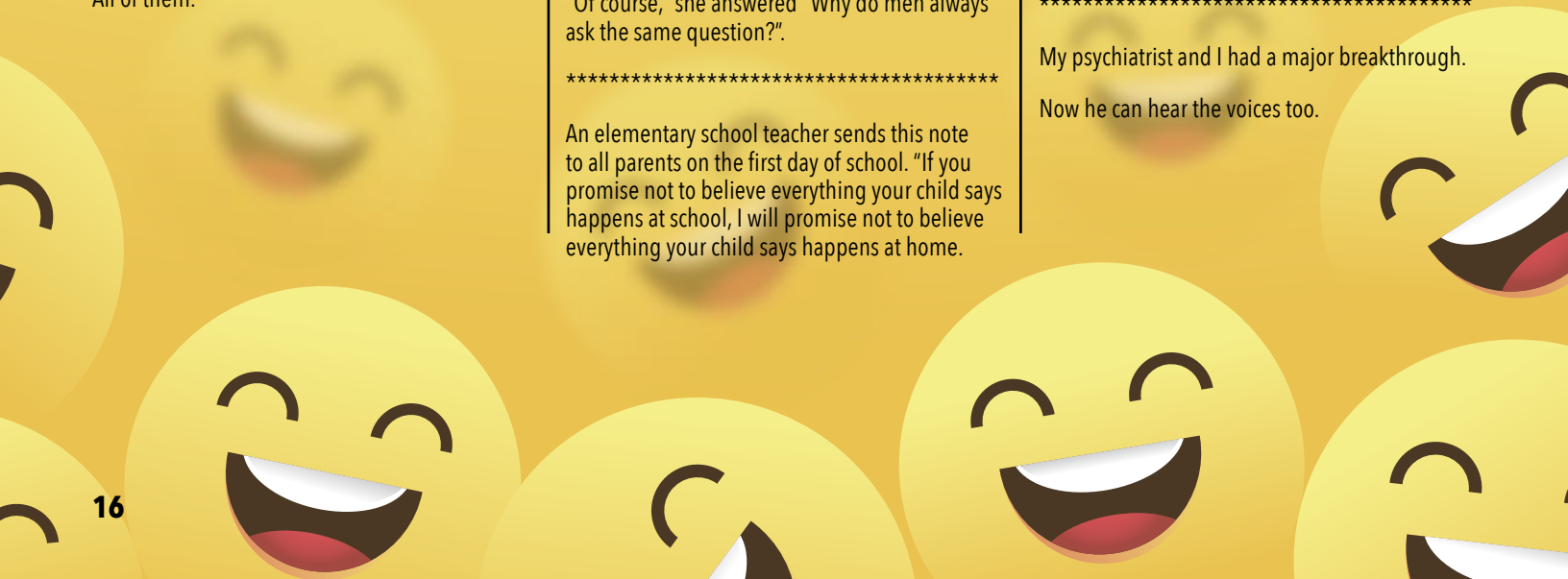
I finally bought a car!

Then I drove about 1.6 km and collided into a huge boulder.

\*\*\*\*\*

My psychiatrist and I had a major breakthrough.

Now he can hear the voices too.





# Family Bible Quiz - June 2023

## I) SELECT THE CORRECT ANSWER:

1. What does the crown of thorns on the Sacred Heart of Jesus Symbolize?
 

A) The Passion of Christ	B) The love of Christ
C) The Holy hour of Devotion	D) The lack of gratitude
2. What does the flame on the heart of Jesus symbolize?
 

A) A flame that destroys everything	B) A symbol of the Divine love
C) The light of the world	D) The zeal to do good
3. The Sacred heart of Jesus represents the
 







A) Souls saved by Christ	B) Jesus's love for humanity
C) Feelings of our divine Lord	D) Options A and C

## II) FILL IN THE BLANKS WITH THE CORRECT OPTION GIVEN IN THE BRACKET

Hint: refer to the 12 promises made by Jesus to St. Margaret Mary Alacoque

1. Jesus made 12 promises to St. Margaret Mary Alacoque for those who would honour the \_\_\_\_\_. (Immaculate heart of Mary, Divine mercy, Sacred heart of Jesus, Risen lord)
2. I will be their \_\_\_\_\_ (secure refuge, peace, joy, light) during their life and above all in their death.
3. \_\_\_\_\_ souls will become fervent. (Pure, prayerful, Lukewarm, devoted)
4. I will give to \_\_\_\_\_ the gift of touching the most hardened hearts. (the pope, priests, the baptized, the lay people)
5. The names of those who promote this devotion will be written \_\_\_\_\_ never to be blotted out. (in gold, firmly, on the palm of my hand, in my heart)
6. \_\_\_\_\_ will find in My Heart an infinite ocean of Mercy. (Sinners, Followers, Catholics, Religious)

## III) NAME THE EVENT FROM THE PICTURES AND MENTION THE SCRIPTURE REFERENCE:

- EG:  Event: WOMAN CAUGHT IN ADULTERY  
Scripture: Ch John 7 : Verses 53 - 8:11
1.  Event: \_\_\_\_\_  
Scripture: \_\_\_\_\_
  2.  Event: \_\_\_\_\_  
Scripture: \_\_\_\_\_
  3.  Event: \_\_\_\_\_  
Scripture: \_\_\_\_\_
  4.  Event: \_\_\_\_\_  
Scripture: \_\_\_\_\_
  5.  Event: \_\_\_\_\_  
Scripture: \_\_\_\_\_

## IV) READ THE PSALMS GIVEN IN THE BRACKET AND COMPLETE THE VERSE. (Ps 9, Ps 19, Ps 20, Ps 34, Ps 37, Ps 51, and Ps 73)

1. Create in me a clean heart and \_\_\_\_\_
2. My flesh and my heart may fail but \_\_\_\_\_
3. Take delight in the Lord and \_\_\_\_\_
4. I will give thanks to the Lord with my whole \_\_\_\_\_
5. The Lord is near to the brokenhearted and saves \_\_\_\_\_
6. May He grant you your heart's \_\_\_\_\_
7. Let the words of my mouth and the meditation of my \_\_\_\_\_

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

- Email the answers to [h2h.bulletin@gmail.com](mailto:h2h.bulletin@gmail.com) OR Drop the responses in the LETTER BOX in front of the sacristy, latest by 5th July 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 – March 2023**

- I. a) Caiphas 2) A pitcher of water 3) Bread 4) Sunday 5) Mary Magdalene
- II. 1. Mt 4:1-11, Mk 1:12-13, Lk 4:1-3,  
2. Mt 26:23,24, Mk14:18-21, Lk 22:21-23, Jn 13:21-30, Jn 6:70  
3. Jn 19:7      4.Jn 19:34      5.Mt 21:12-13, Mk 11: 15-17,  
Jn 2:13-16,      6.Mt: 21:18-19, Mk 11:12-14
- III. 1.Peter cuts off the ear of Malchus (Mk 14:47, Jn 18:10, Mt 26:51, Lk 22:51)  
2. Anointing of Jesus (Mt 26:6-13, Mk 14:3-9, Lk 7:36-50, Jn12:1-8)  
3. Jesus Triumphant entry into Jerusalem (Mk 11:1-11, Mt 21:1-11, Lk 19:28-44, Jn 12:12-19)  
4. Jesus Predicts Peter's denial (Mt 26:33-35, Mk 14:29-31, Lk 22:33-34, Jn 18:15-27)  
5.Jesus washes the feet of his disciples (Mt 26:14-39, Lk 22:24-27, Jn 13:1-17)
- IV. 1."Father, forgive them for they do not know not what they are doing." (Lk 23:34)  
2. "My God, my God, why have you deserted me?" (Mt 27:46, Mk 15:34)      3. "Woman, here is your son." "Here is your mother." (Jn 19:26,27)      4."Truly I tell you, today you will be with me in Paradise." (Lk 23:43)  
5. "I am thirsty." (Jn 19:28) 6. "It is finished." (Jn 19:30)      7. "Father, into your hands I commend my spirit." (Lk 23:46)

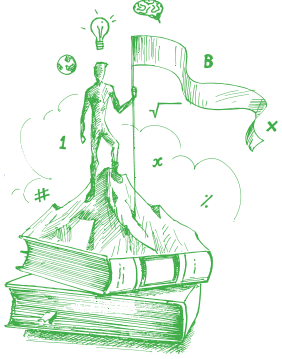
**HEARTY CONGRATULATIONS**

**TO THE WINNERS OF  
FAMILY QUIZ – March 2023**

**1st Prize:**  
**Aden, Deepika, Anil Dsouza**  
Family No :2118, Community No. 28

**2nd Prize:**  
**Kevin, Jennifer, Kenneth, Abigail**  
Family No : 2999, Community No. 13

**3rd Prize:**  
**Veronica, Ronald, Rohit, Jacintha,  
Rhea Ferreira**  
Family No: 1756, Community No. 25



# PARISH ACTIVITIES

## *Evening of Fellowship*

The St. Paul's Guild members organized an evening of fellowship for the Adult Baptised of our Parish. It was held on Sunday, 23rd April 2023.

The celebrations commenced with the Holy Eucharist at 4:15 pm celebrated by Fr. Sunil Soreng SVD. Thereafter all gathered at the Community Centre Hall. The comperes for the evening, did an amazing job. First, each of the persons gathered introduced themselves briefly. Then there was a talk by Titus Menezes who highlighted the fact that it was not easy to lead a Christian life and the importance of remaining connected with the Church.

The occasion was a nice opportunity to meet other parishioners and renew relationships with them.

This was followed by a small entertainment programme comprising Quiz, games and dance and then a delicious meal.

Fr. Rakesh D'souza SVD, our Spiritual Director proposed a vote of thanks. He requested for more of us to volunteer and to help in the activities of the Church, especially during the Hindi Eucharist.



Our mission is to participate in and provide spiritual support to activities that strengthen the bonds of fellowship within the Church. St Paul's Guild thanks the participants for making time to join the celebrations and as a testimony of praise to the Lord for blessing their lives day in and day out.

**Anita Sharma**  
**St. Paul's Guild**

## Faith Aglow

On March 18, the Faith and Works team organised a visit to **Shanti Daan**, Borivali, an organization run by the Missionaries of Charity. Shanti Daan shelters homeless differently abled boys and men.

A busload of parishioners, with Fr. Ciril D'souza SVD, reached a beautiful, serene environment surrounded by gardens with rabbits. The place is well maintained by the Brothers and volunteers.

The visit was both an emotional and touching experience to see the different reactions of the inmates. Some were sad and overwhelmed, while others displayed playful laughter and helped the volunteers. We interacted with the inmates, who shared their experiences. Parishioners who could not join along supported generously with their contributions such as cheques, groceries, etc. The visit was humbling, giving a new perspective on life and reminding us to appreciate the blessings we have.

On March 25th, the Faith and Works team held a **Night Vigil** led by Jesus the Real Vine (JTRV) prayer group from 10 pm – 5 am. It was well attended, with around 400 people praying as one faith Community.

The night began with an uplifting time of praise and worship, led by the JTRV team. The atmosphere was electric as the congregation joined in action songs, followed by worship and silent adoration. Titus Menezes and Elenor Faria shared the Word of God powerfully on Repentance and Forgiveness, respectively. The messages were thought-provoking and challenging. Derick Fernandes led the time of Inner healing and Intercession. The vigil concluded with the Holy Eucharist by Fr. Ciril D'souza SVD.

The Bible Cell (Faith and Works Team) has been conducting **Adoration on the 4th Saturday of every month** after the 7:30 am Mass since Jan'23. These have been special times of prayer to deepen our relationship with God. The praise and worship time with Sylvester's choir is elevating. Scripture reading and reflections bring renewed faith and hope. Intercessions for healing, other challenges and needs of the community, clergy and the nation are petitioned. The devotion to the Sacred Heart of Jesus has been a special moment. The adorations have helped focus on the love and mercy of Christ.

The Faith and Works team invites you to join the upcoming 4th Saturday adorations to experience the power and healing of the Eucharistic Lord.

*Prakash Nazareth  
Bible Cell (Faith and Works Team)*

## Women Alive

**On May 13th, the feast of Our Lady of Fatima**, the Faith and Works team organised a **SPECIAL RETREAT FOR WOMEN**. It was conducted by the 'Women Alive' team led by Anastasia Rebello. This retreat was unique - for the spiritual upliftment and encouragement of women through the teachings based on the Word of God and powerful testimonies shared by the team members. Each testimony was truly edifying.

The team had a special resource person, Maria Sangeetha, from Divine Retreat Centre, Potta, who shared the Word of God in real-life situations, touching the hearts and lives of those present.

The retreat was a real treat not only for the women of our parish but also for those from other parishes as well. It was attended by nearly 150 wonderful girls and women. Almost every woman expressed their one desire, to have another 'Women Alive' program sooner or later. It was an amazing Spirit-filled day for all. Kudos to the men from Faith and Works team who helped us in the background!

*Josephine Fernandes  
Bible Cell (Faith and Works Team)*



Visit to Shanti Daan



Night Vigil



Women Alive



## Celebrating Womanhood

Women's Day was celebrated on 5th March in our Parish with great pomp. It is a day to appreciate women and also acknowledge their successes, contributions and achievements. It is a day of hope and reflection; and a celebration of gender parity in all walks of life. The theme of our Parish for the celebration was 'Breaking Barriers'.

There are many enabling laws to protect the special interests of women and rule out discrimination against them e.g., ban on sex determination tests, stringent anti-rape laws and provisions against sexual harassment in the workplace. All this may deceive us into believing that everything is hunky-dory on the women's front. However, women still do not enjoy a level playing field and face innumerable challenges. A successful woman has to prove herself as a daughter, wife, mother and grandmother while charting her career path in her chosen field of work.

The procession for the Holy Eucharist was led by the girls who had recently received their First Holy Communion, in their angelic attire, holding placards, exalting the virtues and ideal qualities of a woman - Generous, Graceful, Professional, Educated, Efficient, Charming, Ambitious, Focused, Competent, Elegant.

The statue of Mother Mary, the Patroness of the Women's Cell was decorated for the occasion. The mass was concelebrated by Fr. Innocent Fernandes SVD our Parish priest, Fr. Rakesh SVD our Spiritual Director, Fr. Ciril D'souza SVD and Fr. Sandesh Patil SVD

After Mass, there was a talk by Sharon D'souza, who compared women to Salt or a leavening agent, both of which even though added sparingly, transform the end product marvelously. She highlighted the difference a women's innate insight and gentle, yet firm approach could make in the workplace, in society and in the family. The importance of communication within the family, working towards being an ideal role model for one's children, and developing unconditional faith in God were also addressed. Women usually neglect themselves and focus their entire attention on the family, instead, they should follow their passions and utilize their skills in making a positive impact both personally and within the family.

A piece of cake awaited the parishioners on their way out of the Church.

Two selfie stands with a backdrop of "Happy Women's Day" set up on the Church grounds had many women -young and old posing with the placards of their choice.

Everyone went home with a contented frame of mind.

Although it is claimed that women enjoy equality, the reality is that they continue to be underpaid and neglected and often have to fight for their rights. Women get stuck at entry or mid-level positions while fewer women become managers or reach top corporate levels. Women need to work twice as hard at a task to prove themselves capable enough to hold a corporate position. It is important to break these barriers in our perception of women's abilities. Women's Day is an occasion to remind the world that women have "miles to go before they can sleep".

**Aileen Sequeira**  
**Women's Cell**

“

***Nothing is sweeter than love, nothing stronger or higher or wider; nothing is more pleasant, nothing fuller, and nothing better in heaven or on earth, for love is born of God and cannot rest except in God, Who is above all created things.***

***- Thomas A Kempis***

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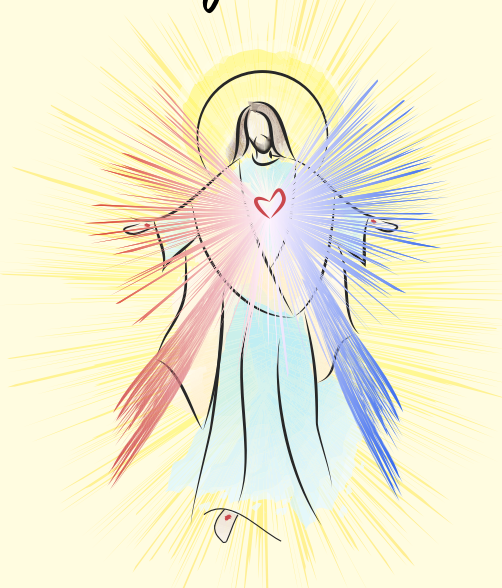


The month of June brings with it transfers and new appointments. We bid FAREWELL to the priests and nuns from the various congregations our parish community is blessed with, who leave us to take up new assignments.

Dear Rev. Fathers and Sisters, we appreciate your dedicated and whole-hearted service to our parish.

We also extend a WARM WELCOME to the Rev. Fathers and Sisters who take up their new assignments in our parish. We wish you a joyful and fruitful stay here!

## Feast of the Divine Mercy



On April 30, 2000, before a gathering of over two hundred and fifty thousand pilgrims and a host of television cameras, Pope John Paul II canonized Saint Faustina Kowalska, **'the great Apostle of Divine Mercy'**. In doing so, he also approved the Divine Mercy message and devotion by declaring the second Sunday of Easter as **"Divine Mercy Sunday"**.

This year, the Universal Church celebrated Divine Mercy Sunday on April 16th. We in our Parish heralded the Feast with a 9-day Novena

beginning on Good Friday and a Triduum preached from April 12th to 14th during the 7:00 pm Mass. Day 1 of the Triduum, preached by Fr. John Singarayar SVD, concentrated on **Divine Mercy Sunday: What is this Feast all about**; on day 2, Fr. Scaria Pannackal SVD spoke on the **Role and Life of St. Faustina – Apostle of Divine Mercy** and on day 3, Fr. Cranston Vaz SVD focussed on the **ABC of Divine Mercy**.

The Feast Mass was celebrated at 10:00 am with a solemn Eucharistic procession of the Divine Mercy Cell members, the Lectors, the Cross Bearers, the Altar Servers and the Clergy. The main celebrant Fr. Innocent Fernandes SVD, in his inspiring homily, shared the story of a little boy who came home very happy from his Catechism class and told his mother that he was happy because God shares in his weakness. "God is also poor in Mathematics, just like me. The teacher taught us the story of God who left 99 sheep in the wilderness and went in search of the one sheep that was lost". Hearing this, his mother explained, that it is this weakness of the Lord that is our greatest refuge and hope and it is called **Mercy**. Continuing his homily, Fr. Innocent brought to focus, that today as we celebrate the Feast of the Divine Mercy of Jesus, we are reminded of His deep love for us

through His Passion, Death and Resurrection, celebrating His immense compassion and unconditional love for humankind. Jesus came into the world to **"save and seek the lost"**. He invited the lay faithful to:

- Re-consecrate to the Mercy of the Lord.
- Re-commit to showing mercy and compassion to all.

In conclusion, Fr. Innocent reiterated that the Mercy of God is indeed the story of willingness, devoid of mathematical calculations – extending, without discrimination, His love to all. The weakness of our Lord is His Mercy and His Mercy is our greatest refuge and hope.

The frame with the picture of the Divine Mercy set against a backdrop of red and white - the colours of the Divine Mercy, within an arch of fresh red and white flowers lent solemnity to the occasion. Later, the members of the Divine Mercy Cell gathered in the Community hall for an afternoon of fun and fellowship.

**"Jesus, we trust in you"**

**Candida Mendoza  
Divine Mercy Cell**

## An Awesome Spiritual Experience!

On March 23rd the Senior Citizens of our parish were in for an amazing and delightful experience. From my perspective, I feel that many of us felt the Hand of God that day! Why? Well because the entire experience from start to finish was Quiet, Prayerful, and Spirit-Filled.

Fr. Innocent Fernandes SVD led us in a prayer and blessed us as we left our Church compound at about 6.10 am for the Don Bosco's Yuva Sanstha at Karjat. The AC buses were superb, quite comfortable and the drivers good. They got us there bright and early. We prayed the Rosary and then gave out delicious breakfast sandwiches. When we got there. Oh! What joy! Ours were the only two buses. After a short break to attend to our needs, a quick "Chai" and biscuits refreshed us and we were ready for our Spiritual Journey in the footsteps of Our

Lord. At the outset, we sorely missed Conrad and some others who couldn't make it. We remembered them in prayer.

It was a prayerful, reflective and, "Soul-searching" winding walk from one Station to the next. It was interspersed with the Divine Mercy Chaplet and appropriate hymns. Keeping in mind that we are Seniors, the Reflections and Prayers prepared by Conrad were full of meaning and struck a chord almost with every point.

Almost everyone made it to the top! Kudos to Mary, the namesake of Our Blessed Mother Mary who stood by Jesus ALL The Way! And Thanks to the Guardian Angels who helped her on either side.

One of our seniors, Janice, was not sure that she would be able to go up all the way. Knee problems make it challenging, having a bit of anxiety because of a health issue, and she was determined to "GO TO THE TOP!"

She gives Testimony, that her tests the next day were ALL Clear! She attributes this to the healing Power of Our Lord! And is grateful to have made it right up.

Our ever-thoughtful President Anita, had another set of stations in case some people wanted to sit in the Chapel, she was awed and delighted that almost everyone accomplished the feat of reaching the Resurrected Christ!

**Kay A. Lobo  
Senior Citizen's Cell**

## Shalom Community Celebrates Annual Day in Style

"Shalom, Shalom"... An old greeting meaning Perfect Peace. The pure essence and meaning of this phrase are what we as a Community experienced on our Annual Day. The evening of 15th April was a long-awaited one, preparations by Animators as well as the entire community were evident, as over 155 members of the Shalom Community gathered to celebrate. Our Annual Day is an elaborate affair and it turns to be grander with each passing year.

We had our own DJ Rohan, our candid photographers Reynold and Alvin, our own event management setup of Animators along with our young comperes Delisha and Wilma. The event backdrop was handcrafted and put up by our enterprising Shalom Youth.

The evening began with our Eucharistic celebration by our Spiritual Director, Fr Rakesh Dsouza SVD. The liturgy was meaningfully organised with new lectors, new families presenting offerings, our own ushers, altar servers and our own new Choir including the First Holy Communicants participating

for the first time. The whole community was singing along together, the secret being - the hymn sheets were shared a week prior along with tunes.

After Mass, it was time to relish hot snacks and cool mojitos, while enjoying an annual update of events and happenings in our Community. Sylvia, our Secretary and Wilma our SCC Coordinator put up an engaging slideshow during which we did get time to felicitate our Sunday School going children, Altar servers, Ushers, Senior Citizen group members who won the First prize at the Autumn Leaves event and our teachers - we have the most educators in our community, enough to change our name to teachers' colony. The newcomers in the Community were introduced.

We also honoured Helen Menezes and Flora Lobo for their outstanding contribution as Cluster leaders in our community. Our Clergy Team members too participated in our celebrations. Their words of appreciation and encouragement are bound to get more participation from the community.

It was time for a public debut of the Konkani Singers of Shalom led by our nightingale Preetham Machado. You could feel the rhythm getting to the audience and then them shouting for an encore. The games as well as the exciting prizes kept everyone on their toes, and so did the dancing thereafter. What took the cake was an elaborate White Elephant stall with items donated by the community and sold out as hot cakes too. Can you imagine a new electric Induction stove at a nominal 90% off from retail price? You could say it's a steal. You can't find it anywhere but at the Shalom Annual Day affair.

The highlight was of course the sumptuous 5 course meal with an elaborate spread and lip-smacking kulfis. The evening didn't seem to end and has left each one of us warm memories of a beautiful day spent together as a well-bonded and growing community. Shalom Shalom till we meet again.

**Vincent Dsouza**  
*PPC, Shalom, Community No. 30*



**YOUTH FULLY  
A LIVE**

## Calvary Through The Eyes of Mary

As a kid, my mother would always take me to St. Michael's Church on Wednesdays for the Novena of Our Lady of Perpetual Succor. I remember sitting in the first half of the Church, surprised to see so many devotees coming there to pray. Back then, my first understanding of Mother Mary was that if I prayed to her, she would listen to me. Later, as a Legionary, our President always reminded us that we were 'the army of our Mother'. I understood that besides being a great intercessor, Mary was also a strong woman and a true leader.

But when I watched the movie 'The Passion of the Christ' for the first time, I saw Mary witness her Son being tortured, humiliated and betrayed by his own people and then the question came to my mind: Why did she stand there still, seeing her Son go through all this?

My younger self would never have thought that I would get this answer through the 'Way of the Cross' enactment when I played the role of 'Mary' on Good Friday this year.

This year we had more than 40 youth from different Communities participating along with the children from Sunday School. The narrative for the Way of the Cross was through the eyes of Mary and John.

We began our month-long practices under the guidance of our Youth Animators who planned to make this event not merely an enactment, but also a meaningful experience for everyone.

After the auditions, when I was selected to play the role of Mary, I was both excited and nervous and wondered if I could do justice to the role. Looking at the way each one had immersed themselves into their respective roles, especially those playing the role of Jesus and the soldiers, I got more insight as to the level at which I should prepare myself. To play the role of a woman who stood strong in the face of adversity, expressed emotions through her eyes in silence and had to bear the loss of her Son in such tragic circumstances; to feel those emotions and to express them was the main challenge before me.

I watched a couple of videos to prepare myself. At the fourth station, where Jesus meets His mother and she embraces Him like she did when He would fall as a child, reminded me of familiar moments when our own mothers have reassured us in our vulnerable situations. I had to recall those moments and tap into those emotions and let myself flow into the role.

I had an amazing experience during this one month of preparation leading to the live Stations of the Cross on Good Friday.

Coming back to the present day, that young girl with that question in her mind has got her answer. My understanding of Mary as a mother in the life of Jesus grew.

Mary chose to walk down that road 'Out of her Love for you and me.'

**Tanzu Noronha**  
*Divine Mercy, Community No.9*



## A Week to Remember

After a three-year long quarantine period, the summer camp of 2023 brought spirits of enjoyment, instances of laughter and loads of memories for the children of our Parish to carry forward. The Summer Camp was organized by the Parish Youth Council from the 1st to the 7th of May, for the children of Grades 1 to 8. The objective of the camp being conducted was to bring the children together, to create memories and to bond with one another. Each day of the camp had its significance and was different from the previous one. There was a spark of eagerness every day in the minds of the youth conducting the activities and the kids participating in them.

Each day of the camp commenced with a prayer, which was led by Fr. Rakesh D'souza SVD on the first day and by the children themselves on subsequent days. Children were divided into 10 groups based on colour, with each group having to come up with its own team name, team slogan and flag. This activity was conducted on the first day and the kids came up with some unique team names like Tootiefrooti, Bubblegum, etc. During the following days of the camp, the children participated in various activities conducted by the youth, with careful attention to the instructions given to them. On days like Sports Day and Water Day, there was a new sense of thrill in them as they took part in the games with utmost interest; to win them and better their scores. The camp built an inclination to creativity in the minds of the

children. Different workshops were organized which helped them make different products such as a watermelon fan, a spinning ball or a clay octopus.

One of the days was dedicated to dance and quizzes to test their general knowledge. Their quick response was much admired. Another interesting activity conducted was a treasure hunt where the kids were divided into teams and were asked to find clues placed in and around the church premises. Their eagerness and curiosity to locate their clues and figure out where the next one would be, brought about a team spirit as they brainstormed about the clues. Throughout the camp, some delicious snacks were provided.

On the last day, the children along with their parents were invited for a Holy Eucharistic celebration at 5:30 pm, followed by the finale. The program was inaugurated by Fr. Innocent Fernandes SVD and the evening proceeded with some wonderful dance performances by the kids for which they had rehearsed all throughout the camp. The event was a success, the parents applauded their kids' performances and shared their views of the camp. The evening ended with a group photo of the kids and volunteers, dancing to an action song and enjoying some chocolate, which was loved by the children.

*Seanna D'souza*  
*Apostles of Christ, Community No. 12*

“

***We can cure physical diseases with medicine but the only cure for loneliness, despair, and hopelessness is love. There are many in the world who are dying for a piece of bread but there are many more who are dying for a little love. Let us not be satisfied with just giving money. Money is not enough, money can be got, but they need your hearts to love them. So spread love everywhere you go.***

*- St. Teresa of Kolkata*

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# HEALTH PAGE

## Screen Time and Children

Screens like tablets, smart phones, laptops and televisions have become an integral part of our daily lives and children these days have access to devices more than ever before. Several children these days spend hours on end looking at screens. Screen addiction can prove hazardous to young minds, not only does it limit their imagination but also stifles their creativity and prevents them from getting enough physical activity.

### Problems associated with excessive screen time in children:

#### 1. Behavioural and Psychological issues

Excessive screen time has shown to increase aggressive behaviour in children, mood problems and frustration. Children also fail to develop healthy social skills and display decreased attention and concentration thus resulting in poor academic outcomes. More than 90 minutes of screen time per day in children under 3 years has been associated with hyperactive behaviours.

#### 2. Weight gain issues

Children who spend more time looking at screens tend to spend much less time playing outdoor games and show lesser participation in physical activities. This causes childhood obesity and unhealthy weight gain.

#### 3. Eating while watching Television

Watching TV while eating results in distraction feeding, hurried eating, poor chewing or overeating. It hampers overall nutrition and prevents children from developing a positive relationship with food.

#### 4. Sleeping Trouble

Too much screen time prior to bedtime results in poor quality of sleep or insomnia in children.



#### 5. Bad Posture

Watching mobiles or television in awkward postures for a long time can cause a lot of strain on the neck, spine and other joints.

#### 6. Eye Problems

Prolonged exposure to screens can cause eye discomfort, eye fatigue, dry eyes, nearsightedness, eye pain and frequent headaches.

#### Tips for reducing screen time:

##### 1. Avoid watching television while eating

Encourage kids to eat their meals together with the family. Meal time should be screen-free as a rule.

##### 2. Raise Readers

Reading to and with children from an early age helps them to start reading independently. Reading books helps increase concentration and focus in kids and improves their creativity and memory. Apart from increasing their vocabulary and comprehension skills, it also helps reduce stress and promotes social and emotional development.

##### 3. Set limits around screen time

No screen time one hour before bedtime. No more than one hour of screen time per day for children between 2 and 5 years old and no more than 2 hours daily for kids above 5 years.

##### 4. Role models

Children closely observe their parent's behaviours and mimic them. Hence in order to reduce the screen time of kids, parents too should limit their own screen time at home.

##### 5. Encourage other activities

Involve children in household chores like washing fruits, vegetables, setting up the dinner table, folding clothes and cleaning their study desks. Encourage them to try and learn new hobbies like music, skating, chess, dancing and painting. Interesting hobbies can positively help divert their attention away from gadgets.

*Dr. Nishel Lobo M.D. (Hom.)  
Consultant Homoeopath at  
Sacred Heart Trust Clinic*

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

# FROM THE PARISH REGISTER



*Baptized  
in Christ*

Katherine Palli - Dsouza	D/o	Reuben Dsouza & Shirly Palli	26-Mar-23
Nate Elison Pereira Goudinho	S/o	Elton Marshal Goudinho & Nelisa Savina Joicy Pereira	9-Apr-23
Shireen Pillai	D/o	Balasubramanium Pillai & Nandani Pillai	9-Apr-23
Pooja Wadkar	D/o	Ganesh Wadkar & Suman Wadkar	9-Apr-23
Suraj Soni	S/o	Jawaharlal Soni & Manju Devi Soni	9-Apr-23
Shanaya Tauro	D/o	Steven Tauro & Patricia Tauro	23-Apr-23
Eden Dalmeida	D/o	Rohit Dalmeida & Jacqueline Dalmeida	23-Apr-23
Sherlyn Rodrigues	D/o	Sheldon Rodrigues & Sushama	23-Apr-23
Travis Pereira	S/o	Joaquim Joseph Pereira & Daniella Heredia	30-Apr-23
Alistair Martin	S/o	Michael Martin & Marinelle Martin	7-May-23
Nivaan Mascarenhas	S/o	Milton Mascarenhas & Sumika Samantara	14-May-23
Cydin Mascarenhas	S/o	Cyril Mascarenhas & Diana Mascarenhas	14-May-23



*United  
in Christ*

Beenoy Dsouza	To	Shalina Rodrigues	22-Apr-23
Midhun Parithosh	To	Maria Kizhakedathu	22-Apr-23
Ransome Vivian Mathias	To	Romita Trufina Fernandes	27-Apr-23
Etorine Savio Govardha	To	Anisha Lewis	29-Apr-23
Justin Kakkanad	To	Diyana Lolita Fernandes	30-Apr-23
Anthony Dsilva	To	Shireen Pillai	4-May-23



*Resting  
in Christ*

Julie Lobo	82	R. No. 2, Shobha Niwas Chawl, Malpa Dongri 2	7-Mar-23
Patricia Mathanga	81	6B / 4, Takshila CHS	7-Mar-23
Laxman Khehare	76	9 / 74, Munshi Colony	16-Mar-23
Margaret Pinto	81	2, Hari Shankar Pandey Chawl, Malpa Dongri 1	12-Mar-23
Agnel Augustine Silveira	48	8, Sundar Nagar	28-Mar-23
Jack Anthony Menezes	81	26 B / 21, Takshila CHS	24-Mar-23
Sophia Joan Sequeira	51	E / 503, Trans Residency I	21-Mar-23
Isabella Pauchont	70	B / 310, Hilton Towers, Sher-e-Punjab	20-Apr-23
Anthony Joseph	84	201, Harmony I, Opp. Kalpatru Bulding	18-Apr-23
Francis Mendonza	84	15 A / 12, Takshila CHS	30-Mar-23
George D'Lima	72	A / 19, Roof Top	26-Apr-23
Bibiana Rodrigues	71	84, Munshi Colony	30-Apr-23
Marshall Fernandes	68	F/3, Malinee Apts	3-May-23
Henry Cabral	75	A14 / B 208 , Sai Ganesh Scty, Bindra Complex	12-May-23
Clement Sonavane	86	A / 4, Jai Gurudev Scty, M.C. Road	14-May-23
Theresa Jyoti Dsouza	55	7 B / 21, Takshila CHS	14-May-23
Cecelia Mathias	85	103, Bindra Orchid	14-May-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](http://www.sacredheartandheri.net)



# Inspiration from Saints

## St. Josephine Bakhita

**Feast Day: February 8**

**Patron:** Modern Sudan and Human Trafficking survivors.

St. Josephine Margaret Bakhita was born in 1869 in Darfur, Western Sudan. Her lovely family consisted of three brothers and three sisters; the other four siblings had passed away before her birth. Her father was a respected and moderately successful village chief's brother from the Daju tribe. As she put it, her early life was "a very happy and carefree life, without knowing what suffering was".

She was abducted by Arab slave traders when she was just 7 years old. She was unable to recall her name because of the fear and trauma and her kidnappers mocked her by nicknaming her "Bakhita," which in Arabic means "fortunate".

During the 12 years of her captivity, she was tortured by her various owners. She frequently suffered brandings and beatings. Her first owner, a wealthy Arab, gave her as a maid to his daughters. Angered, perhaps for smashing a vase, she received such harsh punishment that it rendered her unable to move for a month.

Another of her owners was a Turkish general, he gave her to his wife and mother-in-law who both beat her daily. Once the general's wife ordered her to be scarred. As her mistress watched, ready with a whip, another woman drew patterns on her skin with flour, then cut into her flesh with a blade. She rubbed the wounds with salt to make the scars permanent. She suffered a total of 114 scars from this abuse.

During these early years of her life, she did not know Christ but she did believe in a Creator and had great awe and wonder for His creation.

Eventually, after exchanging several hands, Bakhita was redeemed at Khartoum in 1883 by Italian Vice Consul, Callisto Legani and was brought to Venice. He was a much kinder master and he did not beat her.

Later she was given away to another family as a gift. Here she served as a caretaker for a young girl at a school in Venice run by Canossian Sisters. Her mistress left Bakhita in the care of the Canossian Sisters when she decided to travel to Sudan without her.

Bakhita was very intrigued by the Catholic faith. She learned many things from the sisters and was eventually baptized.

Against the will of her owner, who wanted to take her back to Africa, she went before the Italian courts seeking her freedom. The courts declared that Bakhita was a free woman because by then, slavery had been outlawed both in Italy and Sudan and they allowed her to stay in Italy. For the first time in her life, Bakhita was free and could choose what to do with her life. She chose to remain with the Canossian Sisters.

She was baptized on January 9, 1890, and took the name Josephine Margaret Fortunata. (Fortunata - Latin for her Arabic name, Bakhita). She also received First Holy Communion and Confirmation on the same day. Giuseppe Sarto, the Cardinal Patriarch of Venice and the future Pope Pius X, administered the sacraments to her.

After the terrifying "masters" who had till then despised and maltreated her, or at best considered her a useful slave, Bakhita came to know a totally different kind of "master" whom she called "paron" meaning master in the Venetian dialect she was now learning for the Living God, the God of Jesus Christ. One who knew her had created her—the one who actually loved her. The supreme "Paron" before whom all other masters are themselves no more than lowly servants.

Bakhita was attracted to the religious life and entered the Canossian Sisters where she remained for about forty-five years. She lived out the rest of her days serving God and her community and teaching others to love Him with great faithfulness. She worked as a cook and a doorkeeper at the convent. She also traveled and visited other convents telling her story to other sisters and preparing them for work in Africa.

She was known for her gentle voice and smile and was often referred to lovingly as the "Little Brown Sister" or honourably as the "Black Mother."

During World War II, the people of the village of Schio regarded her as their protector and although bombs fell on their village, not one citizen died.

In her later years, she began to suffer physical pain and was forced to use a wheelchair. But she always remained cheerful. If anyone asked her how she was, she would reply, "As the master desires." When speaking of her enslavement, she said "If I were to meet the slave traders who kidnapped me and even those who tortured me, I would kneel and kiss their hands, for if that did not happen, I would not be a Christian and Religious today."

On the evening of February 8, 1947, Josephine uttered her final words, "Our Lady, Our Lady!" She then died. She was canonized on October 1, 2000, by Pope John Paul II.





# 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 by Senior Citizens Cell at Karjat



Winners of Family Bible Quiz - December 2022



Women's Day Celebration by Women's Cell



Annual Day - Shalom, Community No. 30



Divine Mercy Sunday



Live Enactment of Stations of the Cross



Summer Camp Conducted by Parish Youth Council



An Evening Of Fellowship -St. Paul's Guild