



# *Heart to Heart*

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 61

September 2015

For Private Circulation Only

*BLESSED ARE YOU*



# OUR REGULAR PROGRAMME

## SUNDAY MASSES

### Morning

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

### Evening

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

### Weekday Masses:

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

### Wednesday

Novena to Our Lady of Perpetual Succour after all Masses

### Thursday

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

### First Friday:

Holy Hour 6:00 pm to 6:45 pm  
Eucharistic Adoration 8.00 pm to 10.00 pm conducted by the Religious (upto Dec 2015)

### Fourth Friday:

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

### Catechism for Children:

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

### Confessions:

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

### Baptism:

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

### Pre-nuptial Enquiry:

by Appointment

### Wedding Mass Timings:

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

### Sick Calls:

At any time

### Centre for Community Org., (Tel: 28269326)

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

### Parish Office hours

9:00 am to 12:30 pm (Mon to Sat)  
4:30 pm to 8:00 pm (Mon to Fri)  
4:30 pm to 7:00 pm (Sat)  
Tel: 28362110, 28202087  
e-mail: h2h.bulletin@gmail.com  
Website: www.sacredheartandheri.net

## FORTHCOMING EVENTS AND LITURGICAL FEASTS/MEMORIALS

14 <sup>th</sup> Sept	Mon	Feast of Triumph of the Cross
15 <sup>th</sup> Sept	Tue	Memorial - Our Lady of Sorrows
21 <sup>st</sup> Sept	Mon	Feast - St. Mathew, Apostle & Evangelist
27 <sup>th</sup> Sept	Sun	Memorial - St. Vincent de Paul
29 <sup>th</sup> Sept	Tue	Feast - Archangels Michael, Gabriel and Raphael
30 <sup>th</sup> Oct	Wed	Memorial - St. Jerome
1 <sup>st</sup> Oct	Thurs	World Elders Day & Memorial - St. Theresa of Child Jesus
2 <sup>nd</sup> Oct	Fri	Memorial - Guardian Angels
3 <sup>rd</sup> -4 <sup>th</sup> Oct	Sat-Sun	Zeal 2015 (PYC)
4 <sup>th</sup> Oct	Sun	Thanksgiving Sunday & Feast - St. Francis of Assisi
7 <sup>th</sup> Oct	Wed	Memorial - Our Lady of Rosary
13 <sup>th</sup> Oct	Tue	Senior Citizen Association day
15 <sup>th</sup> Oct	Thurs	Memorial - St. Teresa of Avila
17 <sup>th</sup> Oct	Sat	Memorial - St. Ignatius of Antioch
18 <sup>th</sup> Oct	Sun	Mission Sunday & Feast - St. Luke the Evangelist
28 <sup>th</sup> Oct	Wed	Feast - St. Simon and St. Jude, Apostles
1 <sup>st</sup> Nov	Sun	All Saints day
2 <sup>nd</sup> Nov	Mon	All Souls day
4 <sup>th</sup> Nov	Wed	Memorial - St. Charles Borromeo
9 <sup>th</sup> Nov	Mon	Feast - Dedication of the Lateran Basilica
10 <sup>th</sup> Nov	Tue	Memorial - St. Leo the Great
11 <sup>th</sup> Nov	Wed	Memorial - St. Martin of Tours
12 <sup>th</sup> Nov	Thurs	Memorial - St. Josaphat
14 <sup>th</sup> -15 <sup>th</sup> Nov	Sat-Sun	Parish Day and Family Meal
15 <sup>th</sup> Nov	Sun	World Communications Day
21 <sup>st</sup> Nov	Sat	Memorial - Presentation of Blessed Virgin Mary
22 <sup>nd</sup> Nov	Sun	Christ the King Feast & Memorial of St. Cecilia
24 <sup>th</sup> Nov	Tue	Memorial - St. Andrew Dung-Lac and Companions
30 <sup>th</sup> Nov	Mon	Feast - St. Andrew, Apostle
3 <sup>rd</sup> Dec	Thurs	Feast - St. Francis Xavier
7 <sup>th</sup> Dec	Mon	Memorial - St. Ambrose
8 <sup>th</sup> Dec	Tue	Solemnity - Immaculate Conception
12 <sup>th</sup> Dec	Sat	Feast - Our Lady of Guadalupe
13 <sup>th</sup> Dec	Sun	Confirmation (10 am Mass)
14 <sup>th</sup> Dec	Mon	Memorial - St. John of the Cross
16 <sup>th</sup> -18 <sup>th</sup> Dec	Wed-Fri	Confessions

For additional Details kindly refer Parish Weekly Announcements

THE VIEWS AND OPINIONS EXPRESSED IN THE ARTICLES ARE SOLELY OF THE AUTHORS AND NOT THE OFFICIAL STAND OR VIEW OF THE SACRED HEART PARISH, ANDHERI EAST.

The Editorial Team of the Heart to Heart Bulletin does not vouch for any claims made by the Advertisers of Products and Services and hence will not be held liable for any consequences in the event such claims are not honoured by Advertisers.

Caution to verify bonafides of advertisers is exhorted.

My Dear Parishioners,

I take this opportunity to wish each and every one of you a very happy feast of the Nativity of the Blessed Virgin Mary. Whenever we celebrate the feast of Virgin Mary, the mother of Jesus Christ and our mother, it gives us a sense of joy as we recall that because she said 'Yes' to God's plan of salvation, Jesus was born as a human person and brought us salvation.

This time, we have chosen '**Blessed are you.....**' as the theme for our parish bulletin. It fits in very well with the Virgin Mary. When she visited her cousin Elizabeth, she was greeted by Elizabeth with these words "Blessed are you among women, and blessed is the fruit of your womb." (Luke 1: 42b). Mother Mary is blessed because she was a woman of faith, courage, humility, praise and prayer. The message from the Angel Gabriel that she is chosen to be the mother of Jesus, and that she will conceive through the Holy Spirit was a total shock and surprise for her. Yet, she accepted God's invitation in faith, courage and humility. These qualities of Mother Mary were seen all through her life with Jesus and His disciples. We can enumerate some of the virtues of Virgin Mary that truly make her blessed: She was chaste and remained a virgin in order to cooperate with the redemptive plan of God. She was prudent and kept most of the things in her heart: She fled to Egypt with Joseph for the safety of her son. She was always humble: Mother Mary said to the Angel Gabriel "Here am I, the servant of the Lord; let it be done with me according to your word". (Lk 1:38). She was very obedient: Out of her obedience, she accepted God's plan of conceiving Jesus in her womb and remained with Jesus in obedience to the plan of God. Mother Mary lived in poverty: Her spouse Joseph could not get an inn and so, Mary gave birth to Jesus in a manger and wrapped Him in cheap swaddling clothes. (Lk 2: 7). She was patient, especially when she could not understand why Jesus was behaving and doing things which a normal child would not do: For instance, Jesus stayed back in the temple, and she with Joseph searched for Him everywhere and found Him in the temple after 3 days. She endured sorrow and was compassionate: She was very much grieved by the way the officials treated Jesus, condemned Him to death and crucified Him.

When Jesus saw His mother and the disciple whom He loved, standing beside her, He said to His mother, "Woman here is your son." Then He said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home. (John 19: 26-27). What is the significance of this wonderful and blessed person to us today? What is our relationship with her?

Can each one of us say that Mother Mary is our mother and that she will lead us to Jesus? While the things of this world are required for us for our earthly living, and to that extent we need to work for it and have them, we need to always connect to Mother Mary, who will guide and intercede for us so that we always remain part of the Kingdom of God here on earth and after our death.

The theme 'Blessed are you....' is also relevant to 'Consecrated Life'. Most of the qualities and virtues of Virgin Mary, mentioned above, are applicable to people who live a consecrated life. In fact, Mother Mary is the role model to them. While we pray that these consecrated persons, especially those in our parish, live a life worthy of their calling, let us also thank God for this gift from Him to our lives, and acknowledge their dedicated life and service in the present day situations. Blessed Mother Teresa once said "God has not called me to be successful; He has called me to be faithful". It is the story of the consecrated people. They may not be successful all the time, but they are faithful most of the time.

Pope Francis who spoke emphatically about the importance of religious life during his Sunday Angelus message on February 2, 2014 said "Every consecrated person is a gift for the People of God on a journey. There is much need of their presence, that strengthens and renews the commitment to spread the gospel, to Christian education, to charity for the most needy, to contemplative prayer; the commitment to a human and spiritual formation of young people, of families; the commitment to justice and peace in the human family" (source: Catholic News Agency)

Pope Francis concludes his apostolic letter to all consecrated people on the occasion of the year of consecrated life (published from the Vatican on 21st November, 2014, Feast of the Presentation of the Blessed Virgin Mary) in these words: "I entrust this year of Consecrated Life to Mary, the Virgin of listening and contemplation, the first disciple of her beloved Son. Let us look at her, the highly-beloved daughter of the Father, endowed with every gift of grace, as the unsurpassed model for all those who follow Christ in love of God and service to their neighbour."

Once again, dear parishioners, I wish each one of you a very happy feast. May Mother Mary bless us all and guide us to Jesus!

- **Fr. Lawrence Correa SVD**  
(Parish Priest)

---

**Publisher:** Fr. Lawrence Correa SVD

**Editorial Team:** Fr. Innocent Fernandes SVD, Fr. John Mascarenhas SVD, Fr. Wilson Wilfred SVD, Antonette D'sa, Sarita Almeida, Ancy Fernandes, Irene Menezes, Annie Sebastian and Rohit D'Almeida

**Bulletin Design:** Savio Rebello

**Printer:** Richard's Printing Establishment

**e-mail:** h2h.bulletin@gmail.com

# BLESSED ARE YOU AMONGST HOLY MEN AND WOMEN



Advent of the month of August and September, we Catholics, all over the world are filled with heavenly joy, as we commemorate the feasts of the Assumption and the Nativity of Mary, our Mother. These feasts of Mother Mary complement each other. Mother Mary was free from sin from the very beginning of her life in her mother's womb. Throughout her life she never had any part with sin. Mary our Mother is our model of *faith, hope* and *humility*. When she became the Mother of our Creator, she truly became the Queen of every creature and that's why all generations call her "BLESSED".

The coronation of Virgin Mary, as the Queen of Heaven and Earth empowered her with fullness of the Holy Spirit and Divine presence of Godliness within her. In the presence of thousands of angels and as Spouse of the Holy Trinity, she participated wholeheartedly in the manifestation of God's reign on earth. Her constant visits on earth through various apparitions and visions enlightened and enlivened the human spirit to God. From the beginning of history of the Church and her Mission, Mary Our Mother intervened and interceded for the conversion of the human heart and soul to God. She appeared and called simple, ordinary, sinful men and women to a life of holiness and

godliness. And all those who responded, acknowledged and accepted Her Divine call and surrendered themselves, received the fullness of Heavenly grace and God's ultimate presence in their lives. Here, the ordinary men and women were raised up to the throne of Heavenly Kingdom through the intercession of Mary through her beloved Son Jesus Christ, to God the Father.

**Being the year of the Consecrated life, Pope Francis has given a loud clarion to the whole world to pray for all the priests, religious and seminarians that THEY MAY REJOICE IN THEIR VOCATION AND AWAKEN THE WORLD. In the history of the Church, especially in today's day and time when Christians are persecuted, we have seen and experienced the saving hand of God through the intercession of Mary, Mother of Jesus. In order to carry on the mission of God and the Church, Mary has called on simple ordinary sinful men and women to a life of faith, trust and holiness and to sanctify the people and the Church at large. Let us reflect on the lives of the well-known saints who had a special devotion to our Lady and how she has played a pivotal role in the purification and sanctification of their lives.**

### St. Francis of Assisi

During his youth, he had been a restless, frivolous, ambitious boy and soldier who hardly gave God a moment of his attention. Jesus once appeared in his dream and said to him, *"Repair my Church."* Later, he had the lovely little old chapel repaired and dedicated it to our Lady of Angels. One day in his prayer, Francis turned with loving confidence to Mary and cried out, *"And I beg thee blessed Mother, the advocate of human race to intercede for us."* Having experienced the constant presence of the Heavenly Mother around him, he began the special devotion to the Lady of Angels. Once, St. Francis had a vision of Mary with Child Jesus in her arms come down from Heaven in a bright ray of light and stand above the entrance of the Chapel of our Lady of Angels. Today, people from all over Europe go on a pilgrimage to this Chapel of Our Lady Of Angels.

### The Seven Servite Saints

Belonging to the city of the Republic of Florence these seven rich distinguished young ambitious men had varied careers i.e. as businessmen, scholars, bankers, politicians, widowers and two amongst them were married men. As Catholics, they joined the confraternity of the Loudasi (Praisers) of our Lady, praying and singing hymns in honor of Blessed Virgin Mary. Once, after the Holy Mass they had a mystical experience of the beautiful Queen of Heaven appearing to them surrounded by Angels. Mary said to each one of them, *"Leave the world and retire together into solitude in order to fight yourselves, live wholly for God, you will then experience heavenly consolation, my protection and assistance will never fail."* As they began their mission, they were known by the people as *"Look, there go the servants of Mary."* The seven Servite Fathers received another beautiful visit from the Blessed Virgin Mary. She was surrounded by angels who bore the habits of the Servite Order as well as a book, a scroll and palms. She promised them : *"you will gain these palms in Heaven if you serve me faithfully on earth."*

### St. Ignatius of Loyola

A young Spanish nobleman, fascinated with the vanities of the world led by the strong and empty desire of making a great name for himself, grievously injured in war, came to a realization about himself, his soul and his God. Once, during the glorious feast of our Lady of Assumption, there occurred that decisive intervention of Mary which permanently changed the worldly young Spanish soldier into a great, fervent and pure saint of God. One night while praying, he distinctly saw the "Blessed Mother of God with the Holy Infant Jesus." That was the changing point of his life. Once while reciting the little hours in honor of the Blessed Virgin, on the steps of the monastery, his vision carried him beyond the earth. He seemed to see the Holy Trinity and from then on he prayed with great devotion. During his extraordinary novitiate, Mary's soldier, no doubt through her intercession, received numerous heavenly favors.

### St. Theresa of Avila

St. Theresa of Avila was a great Spanish Carmelite, a mystic, a reformer and an apostolic soul who is widely appreciated for her work, the kind the world has never known. At 13, she lost her mother. She always approached the image of our Lady for care, acceptance and guidance. Having suffered intensely, she took St. Joseph as her special patron and he miraculously healed her. The saint's writing reveals that the Blessed Virgin helped her many a times and bestowed upon her mystical favors. As Divine proof that the Blessed Virgin was indeed the Heavenly Prioress of the convent, one evening during the singing of the **Salve** by the choir, she saw the Mother of God, at the beginning of the **Salve** descending with a multitude of angels, to the stall of the Prioress where the image of Our Lady was and sat herself down. She remained there during the entire Salve and said to me, *"You have done well to place me here. I will be present whenever the sisters sing the praises of my Son and I will offer them to Him."*

### St. John of the Cross

To bring about reform among the Spanish Carmelite friars, the glorious Virgin of Mount Carmel selected a valiant little mystical poet, named John of the Cross. He had experienced the miraculous hand of Mary saving him from the danger of death more than five times. Right from childhood, he practiced penance with a profound devotion, and lived a life of austerity with much thoughtfulness towards the poor. It is said that once, he had fallen into a deep muddy pool and was drowning and he saw a beautiful, resplendent Lady above him, who said, *"Give me your hand child and I will draw you out."* From then on, he became exceedingly devoted to Our Lady. Another time, the merciful Mother of God appeared to him in all her beauty and splendor and said to him *"Have patience my son, for your trials will soon come to an end. You shall leave this prison, will say Mass and be consoled."* This gave John of the Cross immense consolation and comfort as his own friars in the community misunderstood and began to harass and persecute him. During his struggles, he would always place his trust and confidence in Mary our Mother as he would constantly sing hymns in her honor and would recite her office, on his knees.

In conclusion, as we celebrate the feasts of The Assumption, The Birth of Our Lady and the Year of Consecrated Life, let us all emulate the saints in their devotion to Mary so that we too may grow with God's grace and mercy, and have fullness of His presence in our homes and religious communities, venerating our Lady the Mother of God and our Mother with special devotion inviting her constantly to be present in every struggle of our lives.

**Holy Mary, Mother of God, pray for us now and at the hour of our death.**

**Fr. John Mascarenhas SVD**

## AND A SWORD WILL PIERCE YOUR OWN SOUL TOO!

When the time came for their purification according to the law of Moses, they brought Him up to Jerusalem to present Him to the Lord (as it is written in the law of the Lord, "Every firstborn male shall be designated as holy to the Lord"), and they offered a sacrifice according to what is stated in the law of the Lord, "a pair of turtle-doves or two young pigeons." (Luke 2:22-24).

Now there was a man in Jerusalem whose name was Simeon; this man was righteous and devout, looking forward to the consolation of Israel, and the Holy Spirit rested on him. It had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Messiah. Guided by the Spirit, Simeon came into the temple; and when the parents brought in the child Jesus, to do for him what was customary under the law, Simeon took Him in his arms and praised God. And the child's father and mother were amazed at what was being said about Him. Then Simeon blessed them and said to His mother Mary, "This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed – and a sword will pierce your own soul too." (Luke 2: 25-28, 33-35).

St. Faustina suffered physically and spiritually because of the mission entrusted to her by our Lord Jesus. She writes about it in her Diary and how she was consoled by our Mother Mary.

"During Vespers today, an unusual pain pierced my soul. I see that, in every respect, this work is beyond my strength. I am a little child before the immensity of the task, and it is only at the Lord's clear command that I am setting about to carry it out. On the other hand, even these great graces are a burden for me, and I am barely able to carry them, I see my superiors' disbelief and doubts of all kinds and, for this reason, their apprehensive behavior towards me. My Jesus, I see that even such great graces can be a source of suffering. And yet, it is so; not only may they be a cause of suffering, but they must be such, as a sign of God's action."

"As I continued Vespers, meditating on this mixture of suffering and grace, I heard the voice of Our Lady: Know, my daughter, that although I was raised to the dignity of Mother of God, seven swords of pain pierced My Heart. Don't do anything to defend yourself; bear everything with humility, God Himself will defend you." (Diary No.786).

On Christmas Eve (1937), St. Faustina had another visitation from Our Lady, and she writes, "After Holy Communion, the Mother of God gave me to experience the anxious concern she had in her heart because of the Son of God. But this anxiety was permeated with such fragrance of abandonment to the will of

God that I should call it rather a delight than an anxiety. I understood how my soul ought to accept the will of God in all things. It is a pity I cannot write this the way I experienced it. My soul was plunged in deep recollection all day long. Nothing could tear me away from this recollection, neither duties, nor the business I had with lay people." (Diary No. 1437).

On August 5th 1935, St. Faustina was preparing herself for the Feast of Our Lady of Mercy and she writes : "I prepared for this feast with greater zeal than in previous years. On the morning of the feast itself, I experienced an inner struggle at the thought that I must leave this Congregation which enjoys such special protection from Mary. This struggle lasted through the meditation and through the first Mass as well. During the second Mass, I turned to our Holy Mother, telling her that it was difficult for me to separate myself from this Congregation *"which is under your special protection, O Mary."* Then I saw the Blessed Virgin, unspeakably beautiful. She came down from the altar to my kneeler, held me close to herself and said to me, *"I am Mother to you all, thanks to the unfathomable mercy of God. Most pleasing to me is that soul which faithfully carries out the will of God"*. She gave me to understand that I had faithfully fulfilled the will of God and had thus found favor in His eyes. Be courageous. Do no fear apparent obstacles, but fix your gaze upon the Passion of my Son, and in this way you will be victorious. (Diary no.449).

We too experience difficulties and hardships in our lives which sometimes seem too heavy to bear and also comprehend. At such times, we question the purpose of our lives and wonder, where is God, in all our sufferings? It is difficult to understand and experience the love of God and His comfort. But the Holy Bible assures us that God is LOVE and will never abandon us nor forsake us. We need only call out to Him in faith.

Jesus has given us His Mother Mary to be our Mother, and we can turn to her with confidence and know that she will comfort us and guide us in all our trials and temptations. She understands as she too underwent and experienced sorrow and abandonment in her life, especially at the foot of the Cross of our Savior.

Mary is the Mother of Mercy, so we turn to her with faith and confidence.

To give worthy praise to the Lord's mercy,  
We unite ourselves with Your Immaculate Mother,  
For then our hymn will be more pleasing to You,  
Because She is chosen from among men and angels.

Through Her, as through a pure crystal,  
Your mercy was passed on to us.  
Through Her, man became pleasing to God;  
Through Her, streams of grace flowed down upon us.

# CCO ON THE MOVE

The feast of the Nativity of our Lady is a very important feast for all Christians around the world. Mary was chosen by God to bring into this world His most beloved son, Jesus for the salvation of the whole world. It is also a very important day for the CCO of our parish as it completes 11 years! On our 11th anniversary, we thank God for His immense grace and blessings extended to the entire parish through our Centre.

Since the CCO is like an umbrella to all the Associations and Cells operating in our parish, we are pleased to give below a brief synopsis of the happenings in our parish, since the inception of the new academic calendar, which commenced in June 2015.

The **PAC** meeting was held on 18th June 2015. The attendance was par excellence despite the inclement weather.

**Laitry Sunday** was celebrated on 28th June at the 8.45 a.m. Mass. Fr. Lawrence Correa SVD, blessed the lay heads of various Cells and Associations. In the evening, a program was held at St. Andrew's Auditorium, Bandra, to facilitate the members and to increase the knowledge on collaboration with the lay heads and religious. His lordship, Bishop Dominic Savio Fernandes, was the Chief Guest. It was a very informative and interesting program.

**The Bombay Catholic Sabha (BCS):** Mr. Osmond Pereira, who heads the BCS unit of our parish, informed us that they have received a letter of appreciation from the BCS Office, stating that our parish had collected the highest amount of donations for the Nepal Relief Fund. A great and commendable achievement indeed!

**The St. Vincent de Paul Association (SVP)** of our parish helps our needy parishioners as well as people of other faiths, with rations, medical assistance etc., and visit the homes of these needy people to get to know them and their living conditions better.

**The Federation of Centres for Community Organization (FCCO)** held its meeting at the Salvation Church, Dadar. The theme of the program was Environment and also discussed at length was "what are we as a minority community doing about it", especially considering the rampant changes taking place in the government. Ida Quinny and Antonette D'sa represented our parish CCO, at this program.

**Laitry Training Programme** was conducted on 4th August by the Office for Lay Collaboration Ministry (OLCM) in the Mini Hall by Mrs. Marina D'Souza. The topic was "What is happening in our common home" pertaining to the environmental hazards, their effect on our lives and how we could find solutions to the existing problems.

The CCO as usual, continues to help the poor and marginalised from our parish by filling up forms for medical, housing and educational needs, and gives them to the Benevolent Fund. The CCO has helped 8 girl students to fill up the *Maulana Azad Scholarship* forms and it is gratifying to note that 7 students succeeded in receiving the benefits of the scholarship. For the *Post Matric Scholarship*, 17 children had registered for it. Out of which 8 children were chosen to receive the scholarship.

People of other faiths also approach the CCO for job openings of housemaids, patient care and office jobs. We try our best to place them at places with timings convenient to them.

The CCO team is pleased to welcome on board, Mrs. Antonette D'Sa and takes this opportunity to wish her a long innings with the team.

The CCO is always open and available to parishioners and it is our constant endeavor to support, encourage, improve and find ways to look into areas that need our attention.

**The CCO Team**

*To belong to Christ means to keep the flame of love always burning in our heart, continually fed by the richness of faith, not only when this brings with it interior joy but also when it is joined to difficulty, aridity and suffering. Prayer is the nourishment for the interior life, intimate conversation of the consecrated soul with the divine Spouse.*

**- Emeritus Pope Benedict XVI**

# WAKE UP THE WORLD



*In this the year of 'Consecrated Life', we thank the Almighty for endowing our parish with so many religious congregations who work amidst us, radiating His love, compassion and mercy. Two among these congregations are featured in this issue. We thank the Missionaries of Christ Jesus sisters and Canossian sisters for providing us with information of their respective congregations. We are appreciative and thankful to Terence Fernandes and Hazel Mendonca of the Year of Consecrated Life Committee for compiling the information and providing pictures to enhance the Articles.*

*For more information kindly look up the parish website : [www.sacredheartandheri.net](http://www.sacredheartandheri.net) under Religious Institutions.*

*“Wake up the world! Be witnesses of a different way of doing things, of acting, of living! . . . It is this witness that I expect of you. Religious should be men and women who are able to wake the world up.*

*- Pope Francis*

## CHESHIRE HOME Missionaries of Christ Jesus

The congregation of **Missionaries of Christ Jesus** was founded by Maria Camino Orio Sanz along with her two companions Conchita Arraiza and Maria Teresa Unzu in the year 1944, in a little village Xavier, in the north of Spain. Our patron saint is Francis Xavier (a Jesuit and among the first companions of St. Ignatius of Loyola – founder of the Society of Jesus – Jesuits), whose spirituality we follow and whose adage was **to set the world on Fire for Love of Christ**. His exemplary zeal and passion for the missions is an inspiration for our sisters wherever they are, and wherever they go.

Besides working in India, in the States of Maharashtra and Gujarat in the West coast, Jharkhand in the East and Meghalaya, Arunachal and Assam in North East India, the sisters now serve in South America, Africa, Japan, Vietnam and even in China working and serving in slums and in remote areas and villages in these countries.



**Cheshire Home** at Andheri East started off in 1955 and is today managed by 4 Sisters. It offers services to the **disabled**. Our new focus is '*detection and early intervention*' for little children so that their disability can be remedied at an early age. Similarly, disabled youth are trained and are offered job placements. There is a 'Preparatory School' to prepare the disabled children for formal education so that they are included in the mainstream of our society. Also 'Respite Care' is offered for post-operative disabled, so that they can get the care and support they need for mobility and independence.

In the field of **education**, our sisters are involved in a new education initiative animated by ABBACUS who impart knowledge in new and innovative ways.

In addition, some of our sisters are involved in different capacities in the functioning of '**Creative Handicrafts**' which is a **Women's Co-operative**, started by one of the Missionaries of Christ Jesus – Sr. Isabel Martin. Through this organization, several women who struggle to make ends meet and who have to tussle with problems in the family, find support and encouragement. People around this area call the organization – 'Gudiya Company', as the sisters train the women to produce soft toys which are sold in the open market and the profits then shared.

*“Belonging to the Lord: this is the mission of the men and women who have chosen to follow Christ – chaste, poor and obedient – so that the world may believe and be saved. To belong completely to Christ so as to become a permanent confession of faith, an unequivocal proclamation of truth that frees us from the seduction of the false idols that deceive the world.”*

*- Emeritus Pope Benedict XVI*



## NIRMAL ASHRAM

### Canossian Daughters of Charity

**Canossian Daughters of Charity (FDCC)**, Servants of the Poor (aka *Canossian Sisters*), was founded by St. Magdalene of Canossa in Verona, Italy, in 1828. They strive “*To Make Jesus Known and Loved*” addressing the needs of the poor and abandoned through sharing bread, understanding, education, evangelization, pastoral care of the sick, formation of the laity and spiritual exercises. Today, they count eighteen provinces with approximately 2,700 Sisters in more than 336 communities and in 35 countries around the world. (FDCC or F.D.C.C is the Italian abbreviation of “*Figlie Della Carità Canossiane*”). Total no. of sisters in India - 610 and at Andheri: 42 sisters, 8 novices and 2 candidates.

‘**Nirmalashram**’ Canossian House of formation at Andheri was started in 1963. Our main presence is visible in the form of **Canossa School** which was established in 1969. Until 1976, it was a co-educational institution and from then onwards it became an only girls’ school. In the same year, the Salesians of Don Bosco opened Dominic Savio Boys School. In 1974, the **Provincialate** was shifted from Canossa Mahim to Nirmalashram Andheri. Since then, various programs and retreats for Animators and Sisters of the Province are organized here. So too, **Canossa Niketan**, which is presently the Novitiate House.

**Socio-Pastoral** – Several Sisters have distinguished themselves in the social-pastoral field. One of the most outstanding is the formation of the **Alcoholic Anonymous** Group. Today the A.A.

Group has become a parent body with an offshoot at the Holy Spirit Hospital complex. Another sister serves as the Assistant Director at **Balprafulta** (a Salesian venture) which caters to rescuing destitute children and placing them in safe shelters. **Snehasadan’s House No. 13** (adjoining our Church) is also looked after by 2 of our sisters.

In June 1979, a small community of 3 Sisters was set up in **Munshi Colony**, to assist Fr. Frederick Sopena S.J. (**Today Munshi Colony Community functions as an independent one.**) The parish is served by many Canossians teaching Sunday School as catechists, serving the youth group in liturgical communities and in various capacities when requested by the Parish Priest. Several sisters of our community serve as animators in the Small Christian Communities (SCCs) of our Parish. Camps are conducted for youth and girls showing an inclination for religious life.

Province Promotional Group has been assisting 230 poor children of our school and also 350 poor families through sponsorship programs, noon meals, coaching classes, providing clothes and stationery irrespective of class, caste and creed. ‘**Canossa Academy of Skills**’ helps ladies to earn their living, through courses such as *Tailoring, Embroidery, Fashion Designing, Beautician, Health Treatments, English Classes and Nursery Teachers’ Training* (NTT).

In addition, Coaching Classes for the poor children of the neighborhood specially those studying in non-English medium schools are held from 3.00 pm to 5.00 pm at the **Canossa Jeevan Vikas Kendra**, supervised by sisters and volunteers.



This centre also provides counseling sessions for the needy. The basement hall is used by the *Charismatic Group* of '**Jesus the Real Vine**', who conduct their *Prayer and Worship Service* on Wednesday evenings, attracting huge crowds of people from all faiths.

Nirmalashram continues to welcome everyone in need, spreading its golden rays of love and compassion, hope and faith, knowledge and wisdom.

“  
*Sublime, indeed, is the dignity of virgins: each of them can glory and say, 'I am espoused to Him whom the angels serve'.*

*- St. Alphonsus de Ligouri*



## MARY QUEEN OF HEAVEN REJOICE!

Fair and beautiful was a maiden,  
Upon whom burden of humanity was laden,  
Lived in a village of mountains and valleys,  
Lived a life of simplicity and saintly.

Chosen by God as His handmaid,  
Her 'Yes' was the joy to human race,  
Bore in her womb the Saviour so great,  
Yet she remained pure, simple and humble,  
Set her life for us an example so great.

Did all her chores dedicatedly and devoutly,  
Brought up the Saviour with life most holy,  
Bore in her heart the message of Simeon,  
When to the temple she went with turtle doves and pigeons.

Great was the suffering she had to bear,  
When at the cross she had to tear,  
Tear apart her heart with sorrow,  
Yet believed in her heart God's promise of a better tomorrow.

She held to this promise so firm,  
Great was her faith we must confirm,  
Taken to heaven by God our Father,  
To unite with her Son and Spirit together.

Heaven rejoiced upon her arrival,  
Angels awaited her glorious triumph,  
Mary most holy, O Queen of heaven rejoice!  
As we await to enter heaven and share in your joy!

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

## THE GIRL CHILD



It was the very beginning of dawn  
When a gentle little life was born,  
The curious parents soon grew sad  
Cause it was a 'Girl Child' that they had.

They must have shown some merciful grace  
On this child who would bring a smile to their face,  
But soon they thought to end her life  
When came the father with a long sharp knife.

Soon the child seemed to be dead  
When little red drops of blood stained the bed,  
Straight from her Mother's womb  
She lay cold and dead in the tomb.

Some day she shall be remembered  
For only her smiling face shall have lingered,  
In their hearts made of stone  
When they shall remain all alone!

***Janice Lobo***  
***Community No. 6, Morning Star***



## BIBLE QUIZ NO. 36



### I) Answer the following

- Who was the angel sent by God to Mary to announce the Good News?
- Name the relatives of Mary who are the parents of John the Baptist?
- Where did Joseph and Mary take the child Jesus to present him to the Lord?
- What sacrifice did Joseph and Mary offer for the Presentation of Jesus in the temple?
- Where and what was the first miracle Jesus performed at the request of his mother Mary?

### II) Match the following

- |  |                              |
|--|------------------------------|
| 6. "Behold, a virgin shall conceive and give birth to a son" | a. Mary's song of praise     |
| 7. "Blessed are you among women"                             | b. Jesus said from the cross |
| 8. "For he who is Mighty has done great things for me"       | c. Simeon said to Mary       |
| 9. "...and a sword will pierce through your own soul also"   | d. Prophet Isaiah 7:14       |
| 10. "Behold your mother"                                     | e. Elizabeth exclaimed       |

### III) Fill in the blanks using the words in brackets and mention the verse no.

(heart, sister, brother, favour, sun, twelve, crown, moon, mother, handmaid, afraid, proud, God, Lord, word, strength)

- "Whoever does what my Father in heaven wants Him to do is my \_\_\_\_\_, my \_\_\_\_\_ and my \_\_\_\_\_." (Matthew 12: \_\_\_\_\_)
- "A woman clothed with the \_\_\_\_\_, with the \_\_\_\_\_ under her feet and on her head a \_\_\_\_\_ of \_\_\_\_\_ stars." (Rev 12: \_\_\_\_\_)
- Behold the \_\_\_\_\_ of the \_\_\_\_\_. Be it done to me according to thy \_\_\_\_\_. Luke 1: \_\_\_\_\_
- Do not be \_\_\_\_\_ Mary, for you have found \_\_\_\_\_ with \_\_\_\_\_. (Luke 1: \_\_\_\_\_)
- He has shown \_\_\_\_\_ with His arm, He has scattered the \_\_\_\_\_ in the thoughts of their \_\_\_\_\_. (Luke 1: \_\_\_\_\_)

### IV) Unscramble the following words:

- "SLELT ONS ERWAHTVE YM OYU OD" \_\_\_\_\_
- REARRANGE THE UNSCRAMBLD WORDS ABOVE TO IDENTIFY A SCRIPTURE VERSE MENTION THE CHAPTER AND VERSE \_\_\_\_\_ (John \_\_\_\_\_:\_\_\_\_\_)

### V) CIRCLE THE CORRECT ANSWER

- The Word Rosary comes from Latin "Rosarium" and means \_\_\_\_\_  
a) 53 Hail Mary's      b) A garland of roses      c) Novena
- The names of the parents of Mother Mary.  
a) Simon & Veronica      b) Elkanah & Hannah      c) Joachim & Ann
- Mother Mary appeared to 3 shepherd children Lucia, Jacinta and Francisco at \_\_\_\_\_.  
a) Lourdes in France      b) Velankanni in India      c) Fatima in Portugal

#### Please Note:

- The Quiz is only for children of our Parish who are studying in Std. 10th and below.
- Only one entry per child will be accepted. The answers need to be written clearly, on this sheet only.
- Elders must refrain from providing answers to children.
- Write your name, class, school, Telephone number, Family number and home address clearly
- Drop the answers in the letter box in front of the Parish sacristy latest by **10th October 2015**
- There are three attractive prizes. If there are many entries with right answers the prizes will be determined by casting lots.

#### Editorial Board's decision will be final and binding.

**Answers of Quiz No. 35:** 1) Jacob (Matt 1:16) 2) God with us. (Matt 1:23) 3) Bethlehem (Matt 2:1) 4) Gold, Frankincense & Myrrh (Matt 2:11) 5) Egypt (Matt 2:13-14) 6) He killed all male children in and around Bethlehem who were two years old or under. (Matt 2:16) 7) Nazareth (Matt 2:23) 8) Locusts & Wild Honey (Matt 3:4) 9) River Jordan (Matt 3:6) 10) James & John (Matt 4:20) 11) FILL THE BLANK 11) d. Poor in Spirit (Matt 5: 3) 12) a. Meek (Matt 5: 5) 13) d. Pure in heart (Matt 5:8) 14) c. Peacemakers (Matt 5: 9) 15) a. Throne of God. (Matt 5: 34) 16) a. Salt & Light (Matt 5:13-14) 17) c. Fulfill (Matt 5: 17) 18) b. Yes & No (Matt 5: 37) 19) b. Enemies (Matt 5:44) 20) c. Perfect (Matt 5: 48)

**Winners of Quiz No. 35:** 1<sup>st</sup> Prize: Raizel Muntode (Std VI, Canossa), 2<sup>nd</sup> Prize: Sarah Mathias (Std VII, Canossa), 3<sup>rd</sup> Prize: Janice Lobo (Std. IX, Canossa)

Full Name \_\_\_\_\_

Class \_\_\_\_\_

School \_\_\_\_\_

Telephone/Mobile No \_\_\_\_\_

Family Card No. \_\_\_\_\_

Address: \_\_\_\_\_

# HEARTY LAUGHTER!

## House Points

"This house," said the real estate salesman, "has both its good points and its bad points. To show you I'm honest, I'm going to tell you about both."

The disadvantages are that there is a chemical plant one block south and a slaughterhouse a block north."

"What are the advantages?" inquired the prospective buyer.

"The advantage is that you can always tell which way the wind is blowing."

.....

## Waiting For Years

Joan and John had built their dream house some years ago, and furnished it with quality pieces as they could afford them. Now the delivery truck carrying the last purchase, a new bedroom suite, was pulling into the driveway.

"Finally!" Joan exclaimed, flinging open the front door as the driver walked up to the house. "I've been waiting twelve years for this!"

"Don't blame me, lady," he said. "I just got the order this morning."

.....

## 21st Century Teachers

After being interviewed by the school administration, the eager teaching prospect said: "Let me see if I've got this right. You want me to go into that room with all those kids, and fill their every waking moment with a love for learning? I'm supposed to instill a sense of pride in their ethnicity, modify their disruptive behavior, observe them for signs of abuse and even censor their t-shirt messages and dress habits. You want me to wage a war on drugs, check their backpacks for weapons of mass destruction, and raise their self-esteem?"

"You want me to teach them patriotism, good citizenship, sportsmanship, fair play, how to register to vote, how to balance a checkbook, and how to apply for a job? I am to check their heads for lice, maintain a safe environment, recognize signs of anti-social behavior, offer advice, write letters of recommendation for student employment and scholarships, encourage respect for the cultural diversity of others, and oh, make sure that I give the girls in my class 50% of my attention?"

"My contract requires me to work on my own time after school, evenings and weekends grading papers. Also, I must spend my summer vacation at my own expense working toward advance certification and a Masters Degree? And on my own time, you want me to attend committee and faculty meetings, PTA meetings, and participate in staff development training?"

"I am to be a paragon of virtue, larger than life, such that my very presence will awe my students into being obedient and respectful of authority. You want me to incorporate technology into the learning experience, monitor web sites, and relate personally with each student? That includes deciding who might be potentially dangerous and/or liable to commit a crime in school. I am to make sure all students pass the mandatory state exams, even those who don't come to school regularly or complete any of their assignments. Plus, I am to make sure that all of the students with handicaps get an equal education regardless of the extent of their mental or physical handicap?"

"And I am to communicate regularly with the parents by letter, telephone, newsletter and report card. All of this I am to do with just a piece of chalk, a computer, a few books, a bulletin board, a big smile AND on a starting salary that qualifies my family for food stamps!"

"You want me to do all of this and yet you expect me . . . NOT TO PRAY?!?!?"

# PARISH ACTIVITIES

## ONE IN SPIRIT TO WAKE UP THE WORLD

Laity Sunday was celebrated on 28th June 2015. At the 8.45 am Mass, Fr. Lawrence Correa SVD, our parish priest, blessed the Lay Heads of various Cells and Associations and appreciated the work carried out by them and encouraged the laity to join various activities. In the evening, the lay heads of various Cells and Associations were invited for a Diocesan Celebration at St. Andrew's Auditorium, Bandra, in order to facilitate and to increase the knowledge on collaboration with the lay heads and religious.

His lordship, Bishop Dominic Savio Fernandes, was the Chief Guest. The program began at 4 pm with tea and fellowship. Priests, religious, and laity from parishes across the Archdiocese of Bombay, then joined in the opening prayer service led by Fr. Leslie and his group from Uttan. Hymns in Marathi and Hindi were sung melodiously followed by readings and prayer of the faithful. The auditorium was packed to its full capacity.

Fr. Aniceto Pereira – Director OLCM, addressed the gathering. Following this, video presentations were made on collaboration avenues and methods. A healthy debate on the role of the laity in the Church ensued. A brief presentation on the OLCM website and mobile app was made by Fr. Cajetan Menezes and his team.

There were spot prizes which made the evening lively along with a series of funny episodes related by the very lovable compere, Mr. Jude Fernandes.

Bishop Dominic Savio Fernandes, in his address, enthralled the audience by his great sense of humor to tie the various elements of the debate together and followed it up with a thoughtful view on the role of Laity. The function concluded with Melwyn Sequeira, proposing the Vote of Thanks. At the end of the program, a snack box and a cold drink was provided to all, which was enjoyed on our way back home.

We thank Fr. Lawrence Correa SVD and the parish Clergy Team, for organizing a mini bus for transporting us to the venue and back. We also thank Fr. Innocent Fernandes SVD, for accompanying us and participating in the program.

**Ida Quinny**  
**Community No. 17, St. Dominic Savio**



*The devil put before me that I could not endure the trials of the religious life, because of my delicate nurture. I defended myself against him by alleging the trials which Christ endured, and that it was not much for me to suffer something for His sake; besides, He would help me to bear it.*

**- St. Teresa of Avila**

## WHAT IS HAPPENING TO OUR COMMON HOUSE

A Training Session titled 'What is Happening to Our Common House' was held on 4th August 2015 at 7.45 pm. The participants comprised the Heads and Assistant Heads of various Cells and Associations of our parish, the PPC and SCC Coordinators along with members of the parish clergy team.

Fr. Lawrence Correa SVD, led us into prayer and then introduced Mrs. Marina D'souza from the Office for Lay Collaboration in Ministry (OLCM), the Resource Person for the evening, to the participants.

In this Session, Marina took us briefly through Chapter one of the Second Encyclical of Pope Francis – 'LAUDATO SI' (Praise be to You, My Lord), in which the Holy Father exhorts all people of the world to take "swift and unified global action on environmental degradation and global warming".

Before moving to environmental problems faced by the world at large, Marina firstly drew our attention to 'The Save Aarey Campaign', which involves the Aarey Milk Colony, Goregoan East, the green lung of our neighborhood and one of the last remaining green patches of the city of Mumbai. It covers a total area of 3160 acres of land comprising of gardens, a nursery, lakes, an observation pavilion, picnic facilities, and milk dairy plants. This Area has been earmarked for two new projects: (1) Construction of the Metro Car Shed, by the MMRDA and MMRC and (2) the proposed Goregoan Mulund Link Road.

As a result of these fresh developments, many trees will be axed down/uprooted without an equal number of trees being planted/transplanted, resulting in an extensive destruction of the verdant land with incredible biodiversity. Destruction of Aarey would lead to downstream flooding of the Mithi River and its catchment area; and that's why it is important that we continue with 'The Save Aarey Campaign' with more momentum and commitment!

Other important points that were touched upon :

- Pollution and Climate Change
- The Issue of Water
- Loss of Biodiversity
- Decline in the Quality of Human and Social Life
- Global Inequality
- Weak Public Response

Towards the end of the talk, Marina put forward two questions for our immediate discussion. Along with their responses, the participants also showed their earnestness to be associated with the 'Save the Aarey Campaign' and sought details of NGOs involved with this campaign.

The session came to a close with Antonette D'sa of the CCO proposing the Vote of Thanks, followed by all participants reciting in one accord the St. Francis of Assisi's Christian Prayer – 'In Union With Creation'. An apt ending to an evening of learning and knowledge of environmental related issues affecting us all!

We dispersed with a strong message, on the call to be instruments of God our Father, so that planet earth might be what He desired it to be when He first created it and as responsible inhabitants of this earth, we correspond with His plan for peace, beauty and fullness of life!

**Sarita Almeida**  
**Community No. 30, Shalom**

### INTER RELIGIOUS CELL

Members of the Inter Religious Dialogue (IRD) Cell of our parish celebrated Ramzan Eid with their Muslim brethren on 18th of July 2015. There were 10 of us, including our Spiritual Director Fr. John Mascarenhas SVD and two Cannosian sisters, who are students of IRD Course and who are interested in becoming members of IRD Cell.

We went to Aghadi Nagar, located at Pumphouse. It is a housing society where the majority of its members belong to the Islamic faith. We visited the society Library accompanied by the Maulavi (muslim priest). The Library serves as a meeting point for its members. When we entered the library, we found a few of their members already present and eagerly awaiting our arrival. We were accorded a warm welcome. Both the groups were happy to meet and interact with one another.

*Religious Orders are not formed for the purpose of gathering together perfect people but those who have the courage to aim at perfection.*

**- St. Francis de Sales**

We presented them with a bouquet of flowers as a symbol of our brotherly closeness. The Maulavi warmly welcomed us and to further reiterate the closeness and similarities in both our respective religions, mentioned that both Christianity and Islam have the same root, with Abraham upto the prophets. To further drive the point home, he mentioned how both our religions were termed as minority religions in our country. As a minority group, he requested educational facilities for their daughters at Canossa Convent, the school being in the neighborhood. Fr. John and the Canossian sisters present took part in the ensuing discussions and took the opportunity to thank the Maulvi and other members present for the warm welcome and taking time to meet us. We also expressed our happiness in joining them on their feast day!

We were offered 'Sheer Korma' (a typical sweet dish famously known as seviyaan prepared on the occasion of Eid to celebrate the end of 40 days of fasting and prayer). We were told that no matter which Muslim home you visit on the occasion of Eid, you can be sure of being offered sheer korma!

While taking their leave, one of the members invited us to his home and once again we feasted on some more sheer korma! There we happened to meet a few students from Canossa School, who were very happy and surprised to see their school sisters in their midst! We could see and feel the festive atmosphere throughout the society; men and children were in festive attire.

This was a first experience of Ramzan Eid celebration for many of us and we enjoyed it thoroughly!

**Elikutty Varghese**  
**Community No. 13, Holy Family**

*Discovering Vocation does not mean scrambling toward some prize just beyond my reach but accepting the treasure of true self I already possess. Vocation does not come from a voice 'out there' calling me to be something I am not. It comes from a voice 'in here' calling me to be the person I was born to be, to fulfill the original selfhood given me at birth by God.*

**- Fr. Thomas Merton, Trappist Monk & Author**

### FUNTASTIC PARENTS DAY

The youth of our community had a surprise event organized for all parents on 26th July to commemorate Parents Day! It was an event that really brought the youth and parents together as we gathered at our community grotto at 6 pm. The rosary recited was offered for the intentions of all parents while imploring our Lady's guidance in helping parents raise their children with Christian beliefs and teachings and help inculcate the habit of daily prayer in their children!

After the rosary was recited, the youth served us cake which was followed by a round of dancing for all parents. There were spot prizes galore and games specially planned for us. There were two 'Test Your Memory - Brain Games', which were displayed on the screen. The first one was to see how many 'actors' we could recall seeing on the screen, and write down the maximum number of names we could remember! It was a time barred game! All of one minute was given which really taxed our brains! The second game was a Q & A session. All questions were based on the Bible! While the questions appeared on the screen, answers had to be written on paper given to the groups. This was a good game and encouraged us to read the Bible often and value it in our lives.

Now it was the turn for all to enjoy the evening, the youth as well as their parents! Party songs were played and all took to the floor. Oh, we all had a great time – the young and the old! All of us were given a nice box of snacks which we relished, much to the delight of our children!

*A big heartfelt THANKS to all our youth for your love and thoughtfulness! We parents greatly appreciate your taking time out, to make our day special. You mean a lot to us and we encourage you to move ahead in your lives, with values taught and nurtured by your parents. Continue to participate in the Church related events, because it is at the Church where we learn to live Christian lives!*

*God Bless Our Youth Abundantly!*

**Antonette D'Sa**  
**Prem Sagar, Community No. 22**

### BOMBAY CATHOLIC SABHA ACTIVITIES

The Sacred Heart Parish, Andheri Unit of the Bombay Catholic Sabha (BCS) organized a prayer service and a candle light procession at the Church grotto, led by Fr. Mathew Ezhuparayil SVD our Spiritual Director against the recent spate of attacks on Churches in Mumbai and all over India

We wholeheartedly supported the Central Unit of BCS and showed our solidarity in voicing our protest against the systematic hate campaign unfurled against Christians in different parts of the country, by forming a human chain of people on the arterial roads of Mumbai. The message, **"We Are One Human Chain"** couldn't be more emphatic. It succeeded in drawing public awareness to the issue. We had religious and parishioners coming together in unison, carrying banners and placards.

A **'Peace March'** was organized by the alumni of Fort Convent against the gang-rape of a 72 year old nun in Nadia district of West Bengal in March. As a sign of solidarity and condemnation of this vile act, a call was given by the Archdiocese of Bombay and the BCS to all parishes, to participate in the Peace March in large numbers. The Sacred Heart Unit of BCS too supported this protest. We were 3 bus loads of parishioners and religious who walked from Radio Club, Colaba, to Archbishop's House, Fort, with His Lordship, Bishop Agnelo Gracias leading the protest.

**'Nepal Relief Aid'**. His Eminence, Oswald Cardinal Gracias, expressed deep concern for the victims of Nepal's earthquake and through the offices of Caritas India and Caritas Nepal, parishes in the Archdiocese of Bombay willingly came to the aid of the Nepal victims, in their time of need and distress. We were overwhelmed with the response and generosity of our parishioners. We were able to send a tempo filled with grains, toiletries and blankets which our parishioners had donated. Kudos to you dear parishioners, for your generosity and concern!

**Douglas D'Souza**  
**Bombay Catholic Sabha – Sacred Heart Parish,**  
**Andheri Unit**

*Invited to leave everything to follow Christ, you, consecrated men and women, no longer define your life by family, by profession, or by earthly interests, and you choose the Lord as your only identifying mark. Thus you acquire a new family identity.*

*- St. John Paul II*



## YOUTH FULLY A L I V E

### CHORUS LINE 2015

Religious Life is a song that goes on and has changed key many times during its history and so singing religious songs this year to celebrate the 'Year of Consecrated Life', declared by His Holiness Pope Francis, is yet another key! It was at his clarion call - "WAKE UP THE WORLD," that we at Sacred Heart, the Andheri unit of the Bombay Catholic Sabha took up the task of evangelizing, along with our Spiritual Director, Fr. John Mascarenhas SVD and Parish Priest, Fr. Lawrence Correa SVD.

By staging a singing contest, where young children, youth, adults, the elderly and various groups sang God's praises to celebrate the 'Year of Consecrated Life' which is also the theme adopted by our Parish for 2015 and so thought it apt to stage this competition for our parishioners.

On 12th July a blind audition was held. We had 57 solo singers and 6 groups who sang for the elimination round. 7 from each of these categories were chosen to sing for the Finals, which was held on 19th July. The judges had a trying time judging our contestants as they found the exercise to be a tough proposition. This event made us aware of the talent existing in our parish. It was commendable and admirable that a 62 year old and a 90 year old took part and the 90 year old won 3rd place, in her category!

Winners in all categories were awarded medals and the winners of the 1st place were given rolling trophies as it was decided that this event is going to be a yearly feature in our calendar! The 1st place winners in all categories will perform on 'Sabha Day' sometime in October. It was very gratifying to see so many of our Religious in the audience and see the participants performing to a jam packed auditorium. The highlight of the evening was when our Spiritual Director, Fr. John Mascarenhas, Sr. Clemmy and Sr. Olive, took over the stage and entertained the crowd with their singing.

We were overwhelmed to witness the grand success of this event and our parishioners having a good time. This kind of event was the first of its kind held in our parish and will definitely not be the last!

**Deidre Aguiar**  
**Bombay Catholic Sabha – Sacred Heart Parish,**  
**Andheri Unit**

### YOUTH COMMISSIONING CEREMONY & PARENT'S DAY - COMMUNITY 31

The **Youth Commissioning Ceremony** was held on 28th June 2015. The newly elected Parish Youth Council (PYC) members for the current academic year as well as those who were continuing their term, attended in large numbers.

The highlight of this year's Youth Commissioning Ceremony was that there was an elected representative from every community in our Parish. During the Eucharistic celebration, all the PYC members were inducted into the Council and it was indeed a privilege to be part of this diverse group.

After Mass, there was a short Orientation Program by Deacon Ivan Fernandes from St. Vincent Pallotti Church, Marol. The Program was held at the Community Center Mini Hall. It was a fun gathering and highly interactive. Topics such as *Leadership, Discovering the Person Inside You and Making The Best Use Of Life* were well covered by Deacon Ivan. The audio visual clips and games helped the members to know and understand more about themselves and their co-members. Since it was an informal setting, everyone was comfortable in learning more. There were a lot of inputs given by Deacon Ivan that one could ponder over and put into practice.

The session was followed by a fellowship meal, which gave all the PYC members, the old and the new an opportunity to meet and socialize with one another.

On 26th July, the NYG of the **Hosanna - Community No. 31, celebrated Parent's Day** by distributing handmade chocolates. Creating and spreading sweetness has been our motto. An approximate 172 chocolates were distributed, across 43 families. The entire process of making, packing and wrapping them in colorful papers was a fun project for the youth! It not only strengthened our bond but proved to be a successful venture, as we witnessed smiles galore on every parent we encountered!

**Natasha D'Souza**  
**Community No. 31, Hosanna**

*Learn, O spouse of God, a holy pride.  
Know that you are raised above worldlings, and say:  
I have found Him whom my soul sought;  
I will hold Him, and will not let Him go.*

*- St. Alphonsus de Ligouri*

## **NYG PICNIC**

On 14th May, 2015 the NYG of our Community went on a picnic to Palm Beach Resort in Virar, accompanied by our PPC Member and SCC Coordinator. We set out at 6.30 am and as soon as the van showed up we were on our way! The ride was surprisingly quite short, until we got lost for a while in Virar trying to find the place. Recalling the incident now, it was kind of funny! I must say that at least for me the journey to a place is always more enjoyable than arriving at the destination! There is always something charming about a long bus ride that seems to bring people closer. You get to know them perhaps more than you would if you were to meet them at a meeting or at an event.

We reached the resort at around 9 o'clock and quickly settled down in our rooms. We had breakfast and then made way to the swimming pool! However, before we immersed ourselves in the ensuing fun and frolic, Lloyd, our PPC member gave us a small assignment. We were each given a name which we had to keep a secret and the name we were given was the person we had to get to know better that day. At the end of the day, we were asked to write down some of the good qualities we learned about that person through the day. It was a fun exercise, one we all enjoyed thoroughly. We spent most of the day together playing around, joking, laughing and basically acting like a bunch of school kids. After lunch, we played some exuberant group games which helped us bond better. Then it was back to the pool for one last hurrah before we could call it a day! We made the most of our time in the water and spent whatever small traces of energy we were left with! I speak for all when I say that by the end, we were totally exhausted. Once the clock struck 5, it was time to pack up and head back home.

Despite being low on energy, we still managed to make the most of our return journey. Talking and laughing all the way till we reached Andheri. Having said our goodbyes, we headed home fully satisfied that it was indeed a day well spent! I wish to say a big thank you to all the people who made this picnic possible starting with our PPC member Lloyd, who accompanied us and put in a lot of effort to make sure we enjoyed ourselves immensely. Thanks are also in order to our Youth Animator Felix, for his presence and constant support, to the youth members of our NYG, who took it upon themselves to plan and arrange everything. I'm sure that we are all looking forward to next year's picnic and venue!

**Leanne Pereira**  
**Community No. 11, Jeevan Jyoti**

## **ALL THAT I AM OR HOPE TO BE, I OWE IT TO MY PARENTS!**

Sts. Joachim and Ann patrons are role models and inspiration to all parents to provide a loving home and raising children in the Christian faith! As a tribute to all parents, Parent's Day was celebrated in our parish on the 26th of July to thank them for all that they have done for us. Parents are our 'to go to' people at all times – our lifelines! Parents are our first teachers in our first school of learning (home)!

I remember growing up with the constant reminder from my parents that I should consider them as my best friend, and that I can always count on them! While this advice is assuring, I found it a bit intrusive in certain growing up phases of my life and I made no bones about it either! But with time, having stepped out into the real world, with a little maturity on my side, I realised that parents indeed are a child's best friends! With their love and guidance I can conquer the world. They have had a tremendous impact on the person I am today.



As a small but heartfelt tribute to our parents on their day, we the members of NYG of Community No. 7 decided to gift them handmade chocolates! Our small act of love and appreciation sure took our parents by surprise. Plenty of selfies were taken and abundant blessings bestowed!

To express our feelings in verse :

*They sowed the seed, the seed of you and me,  
Dreaming of a beautiful flower to be born,  
Nurturing, cherishing, caring,  
A promise that will lead to eternity.*

*Right from the time of the good news,  
Till they hold you in their arms,  
Every moment is celebrated,  
Ready for the new journey; a path with hopes and boundless  
warmth.*

*Helping their child to walk and run,  
Concerned about every step they take.  
They never cease to love, they never cease to care,  
God's own appointed angels, that is what they are to us.*

*Supporting their child throughout life,  
Without wanting anything in return.  
Fulfilling their wish their needs, their dreams,  
They spend their entire life for your happiness to achieve!*

On behalf of all youth, we would like to thank our parents for always being there, raising us to be good Catholics and citizens!

**Alisha Anthony & Clinton Rodrigues  
Community No. 7, Good Shepherd**

*“A religious will save by his prayers, labours and mortifications, more souls in one year than in the whole of his life out of religion : and, as to his own personal merits, he will gain more in one year by practising obedience than in ten years by living in the world according to his own will.*

*- St. Alphonsus Liguori*

## **MY PYC EXPERIENCE AN ASSOCIATION THAT GAVE ME WINGS**

I feel privileged to speak about the Parish Youth Council (PYC), an association of which I was a part of. My experience as a member of PYC for the last one year has confirmed the correctness of my decision to be a part of it and has enriched my life in untold ways.

As a member of the PYC, I learned how to multitask and solve problems effectively, so that they do not recur. Conducting youth events at the community and the parish level helped me to communicate positively and effectively with people having different points of view. Despite our preconceived reservations, it is amazing sometimes to realize how supportive and insightful people are when we approach them in the right manner. Very often bright and workable solutions are already available with people, we just have to create an environment conducive for them to come out with them. The PYC often found itself working in such an environment. Not only did the experience ignite my enthusiasm of being a part of this Council, but it reminded me of the key to success - of creating YOUTH that is FULLY ALIVE, as it is, the youth who have the onus of constructing the future of tomorrow.

For me, being a member of PYC was about making connections, whether it is with God, members of the youth group or the congregation. It has helped me grow, both spiritually and emotionally. That may seem kind of wordy, but basically there are activities that not just focus on God but also allow you to be social and to have a little fun and frolic on the side. That's what being a youth in the PYC is all about...growing in all kinds of ways and offering you a platform to grow as a leader too.

I would like to take this opportunity to thank Fr. Wilson Wilfred SVD our Spiritual Director, the Parish Youth Animation Team members, the Executive Committee members and my fellow PYC members without whom this journey would be impossible. Here, I enjoyed a very different phase of life which was full of fun, an amazing experience and of course of great learning. I will definitely miss being a part of it.

As I venture onto new shores in my quest to move ahead, the words of God as spoken through Prophet Isaiah come to my mind and heart, “For I, the Lord your God, hold your right hand; it is I who say to you, Fear not, I am the one who helps you.” - Isaiah 41:13. When we put God first, all other things fall into place, for it's about disciples making disciples.

**Terina Peris  
Treasurer - PYC (2014-2015)**

# HEALTH PAGE

## SCIATICA AND HOMOEOPATHY

Sciatica is described as pain along the course of the sciatic nerve which runs from the lower back through the hips, buttocks and into the lower leg. It is caused due to compression of the nerve in the lower back.

It is often characterized by one or a combination of the following symptoms:

- Severe shooting pain radiating from the lower back to the leg
- Constant pain on only one side of the buttock or leg
- Pain that is worse when sitting
- Leg pain that is often described as burning or tingling
- Pain accompanied with numbness or a feeling of one's leg "going to sleep"
- Weakness, numbness or difficulty moving the leg or foot
- A sharp pain that may make it difficult to stand up or to walk

The pain may vary from mild to extremely severe and intolerable. It may be intermittent and worsened by activities like bending, lifting weights or could be constant.

### Causes of Sciatica:

Sciatica is only a symptom which is primarily caused due to compression of the sciatic nerve by a herniated disc commonly known as a slipped disc, or an overgrowth of bone in the lower spine. Rarely can it be due to tumors or diabetes.

### Treatment and Prevention:

Rest.

Avoid standing for long periods of time and activities which increase the pain.

In case of severe sciatica, complete bed rest may be advised.

Avoid bending and lifting heavy weights.

Avoid bouncing, twisting and jerking your lower back.

Cold packs and hot fomentation locally will help ease the pain.

Once the acute pain has subsided, back stretching exercises might help in strengthening the muscles of the lower back and preventing nerve compression.

Weight reduction goes a long way in prevention of sciatica, as excess body weight increases the pressure on the nerve roots emerging from the lower spine.

A sedentary lifestyle could make you prone to sciatica.

Regular exercises like walking and swimming improve flexibility.

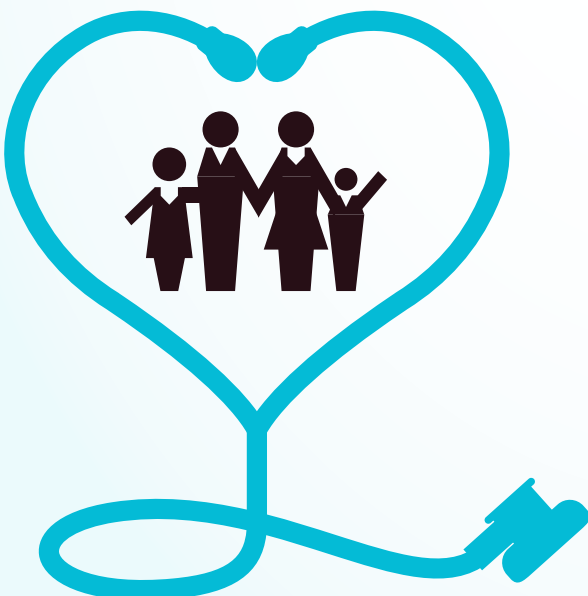
However it is advisable that you continue to avoid exercises which include lifting heavy weights or bending your back.

For a long lasting and permanent cure, it is best to turn to homoeopathy. Homoeopathic medications help reduce severe pain and prevent recurrent episodes of sciatica. It helps relieve back pain and strengthens lower back muscles thus easing the compression on the nerve roots. Homoeopathy can put the spring back into your step, without any side effects.

**Dr. Mrs. Nishel Lobo**  
**Consultant Homoeopath**

*Truly, I say to you, there is no man who has left house or wife or brothers or parents or children, for the sake of the kingdom of God, who will not receive manifold more in this time, and in the age to come eternal life..*

**- Luke 18 : 29-30**



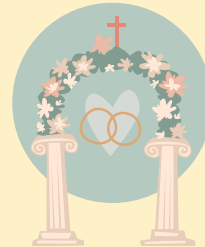
# FROM THE PARISH REGISTER

## BAPTIZED IN CHRIST



Zylen Jude Miranda	S/o	Rubelin Anthony Miranda & Anthea Desider Miranda	17/5/2015
Anushka Vaz	D/o	Julias Vaz & Jannifar Julias Vaz	24/5/2015
Victor Gالياud	S/o	Ronald Benjamin Gالياud & Jayshri Ronald Gالياud	24/5/2015
Chloe Miranda	D/o	Warren Miranda & Cheryl Miranda	14/6/2015
Sarah Corda	D/o	Salvadore Sunny Corda & Hyacin Corda	14/6/2015
Joel Chariyth	S/o	Jacob David Chariyth & Triveni Jacob Chariyth	14/6/2015
Flavia D'Mello	D/o	Frank & Allva D'mello	26/7/2015
Kyra Alexis Carvalho	D/o	Charles & Fallan Kirby	26/7/2015
Avron Rodrigues	S/o	Vicky & Antoinette Rodrigues	26/7/2015
Nivaan Joseph	S/o	Nishant Joseph & Geetanjali Joseph	2/8/2015

Arokiaraj Dominic Sunil Kumar Ross	To	Charmaine Lourdes Fernz	15/5/2015
Wilfred Chettiar	To	Nisha Chettiar	20/5/2015
Sunny Daniel Rana	To	Antolina Sophia Francis	24/5/2015
Sivasankar (Titus) Varma	To	Amali Jegiba Fidelita Fernando	3/6/2015
Noel Rodrigues	To	Ruth Ese Paulo	27/6/2015
Jaideep Mehta	To	Lavinia Alba D'Souza	30/6/2015



## UNITED IN CHRIST

## RESTING IN CHRIST



Edith Claudia Fernandes	87 Years	B-42, Trishul CHS Ltd.	24/5/2015
Dominic Paul Baptist Fernandes	50 Years	B-12, Uttaraayan CHS Ltd	22/5/2015
Ignatius D'Souza	68 Years	B/101, Vastu Riddhi Vastu Enclave	2/6/2015
Gracious Aranha	59 Years	A/3, Sahakar Nagar	8/6/2015
Cornelia Rebello	92 Years	Home for the Aged	9/6/2015
Peter Karunan	90 Years	A-20, Rooftop CHS Ltd.	10/6/2015
Leena Vaz	61 Years	B-302, Navratan Apts.	24/6/2015
Tyrone Pereira	72 Years	Home for the Aged	26/6/2015
Sr. Benedicta H David	33 Years	Fatima Mata Sadan	3/7/2015
Gregory Marcel	62 Years	Flat No.101, Guruprasad	5/7/2015
Juliana S Coutinho	62 years	504/B, Ambika Apts,	4/7/2015
Joan Rocha	63 Years	A-3/34, Green Fields CHS Ltd	28/7/2015
Paul Sabino Castanha	59 years	R-4/415, Ashta Vinayak CHS Ltd.	29/7/2015
Icida DeSouza	73 Years	C-13, Gracious CHS Ltd.	30/7/2015

**For the 8:45 am Mass Schedule, Youth Mass Schedule and the Holy Hour Schedule look up the Parish website : [www.sacredheartandheri.net](http://www.sacredheartandheri.net)**