



# Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 92

March 2024

For Private Circulation Only



*He is  
Risen!  
Do not  
be afraid.*

# 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

### Friday before every First Friday of the Month:

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, Sat (10 am to 12 Noon)  
Tuesday, Thursday (6 pm to 8 pm), and Sunday-Closed.

### Dental Clinic:

(Tel: 9324384676)  
Monday to Saturday - 9.00 am to 5.00 pm

### Homoeopathy Clinic:

Tuesday, Thursday and Saturday (6.00 pm to 7.30 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: 9324585610, 9004011807  
e-mail: h2h.bulletin@gmail.com  
Website: www.sacredheartandheri.net

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# Forthcoming Events

23 March	Blessing of the Palms 06.45 pm - In front of the grotto, followed by a procession and Palm Sunday Mass
24 March	Palm Sunday
28 March	Maundy Thursday 10.00 am - Mass for the Sick and Elderly 07.30 pm - Mass of the Last Supper of the Lord, followed by Adoration till midnight
29 March	Good Friday 06.00 am - Stations of the Cross by Youth 09.00 am - Stations of the Cross (Konkani) 10.00 am - Stations of the Church by Senior Citizen Cell 11.00 am - Reflections on the Three Hour Agony followed by the Divine Mercy Novena (which begins this day and will be after Mass on Weekdays) 06.00 pm - Celebration of the Lord's Passion
30 March	Holy Saturday 07.30 am - Meditation of the Seven Sorrows of Mother Mary followed by the Divine Mercy Novena 07.30 pm - Easter Vigil and Mass of the Resurrection of our Lord Jesus
31 March	Easter Sunday Konkani Mass - 07.30 am English Mass - 08.45 am & 10.00 am [Adult Baptisms] followed by Divine Mercy Novena. No Evening Mass
3 - 5 April	Triduum in preparation for the Feast of Divine Mercy (During 07.00 pm Mass)
7 April	Divine Mercy Sunday (Feast Mass at 10.00 am)
8 April	Solemnity of The Annunciation of The Lord
11 April	Memorial of St. Stanislaus, Bishop & Martyr
25 April	Feast of St. Mark, Evangelist
29 April	Memorial of St. Catherine of Siena, Virgin & Doctor
1 May	Memorial of St. Joseph the Worker
2 May	Memorial of St. Athanasius, Bishop & Doctor
3 May	Feast of Sts. Philip and James, Apostles
12 May	Solemnity of The Ascension of The Lord
13 May	Memorial of Our Lady of Fatima
14 May	Feast of St. Matthias, Apostle
15 - 17 June	Triduum in preparation for the Feast of Pentecost (During 07.00 pm Mass)
19 May	Pentecost Sunday
20 May	Memorial of Mary Mother of The Church
23 May	Feast of Our Lord Jesus Christ, The Eternal High Priest
26 May	Solemnity of the Most Holy Trinity
31 May	Feast of the Visitation of the Blessed Virgin Mary
1 June	Memorial of St. Justin, Martyr
2 June	Solemnity of the Most Holy Body & Blood of Christ
3 June	Memorial of St. Charles Lwanga and Companions
3 - 5 June	Triduum in preparation for the Feast of Sacred Heart (During 07.00 pm Mass)
6 June	Memorial of The Immaculate Heart of the Blessed Virgin Mary
7 June	Celebration of the Feast of the Sacred Heart in our Parish

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



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# From The Pastor's Desk

## When Life Caves in

**He raises up the poor from the dust; He lifts the needy from the ash heap to make them sit with princes and inherit a seat of honor. (1 Samuel 2:8)**

My Beloved Parishioners,

Lent is the call for the faithful to reflect upon one's life and the accompaniment of God's grace in times of crisis and storms of life. Our present-day world is encountering stormy weather with uprisings, wars, ethnic cleansing, disputes, illegal migrants, brain-drain, and rising unemployment leading to split families, divorces, extra-marital affairs and poverty. At such a time we are called to embrace the Cross willingly and follow Him with Prayer, Fasting and Almsgiving, hoping in the Risen Lord and becoming a beacon of hope to our wounded world.

Let us Gaze at the Cross and Wait in Prayer. Let us slow down, pause, stop and listen meditatively and contemplatively to the Divine Voice prompting us, during the Holy Week and seek the face of the Suffering Christ in our families, communities, and neighborhood.

One way God gives "New strength" is by **SWOOPING INTO OUR SITUATIONS**, grabbing and lifting us out of it. God intervenes supernaturally and as you keep praising Him, **HE COMES, AS IF FROM NOWHERE** and swoops you out of your difficult situation as on eagle's wings.

Is there anybody whose life has caved in? Psalm 42:31 tells us, *'Those who wait for the Lord will gain new strength.'* **When my Life caves in**, is it hidden from the Lord? When I cry out, **'JUSTICE, FAIRNESS,.... THIS IS NOT FAIR...'** What happened is not fair...what I am going through is not fair', God says what I want you to do is to wait on Me in total surrender.

One of the meanings of the word **"WAIT"** in Hebrew is **'to plait'**. When one plaits the hair, the hair is intertwined, wrapped and tightened so they are not subjected to the blowing wind. **Waiting in the Lord** calls us to **PLAIT OUR LIVES in the Lord**. We may

have messed up our lives and things may be worsening day by day. Let us plait our circumstances, our decisions, and our goals and intertwine them with the Lord. Let us wrap and tie ourselves completely with the Lord in prayer, at all times and not be

disconnected from Him. That would mean **"Not going outside of God to fix the situation."** because when crisis knocks one down, the temptation is to assume that God does not care and look to other options rather than for God.



Scripture has many instances of people who learned to wait for God's intervention.

Abraham and Sarah waited for an offspring, Noah waited for the rain, Hannah waited for the blessing of a child, Ruth waited for Obed - her husband, David waited to build the temple, Solomon waited in prayer for wisdom, Daniel waited in prayer for being rescued from the ferocious lions, Joaquim and Anna waited for the birth of Mary, Zechariah and Elizabeth waited for the birth of John the Baptist, Mary and Joseph waited for the birth of God's Son "IMMANUEL", the Apostles' waited in prayer for the coming of the Holy Spirit. All these wonderful things happened because they were **CONNECTED**, they had plaited themselves in GOD.

How can you know that you are connected with God? It is when you realize that you have begun to **WORSHIP God** and have stopped **COMPLAINING**.

Psalm 130:5 says, **"I wait for the Lord... and in His Word, I hope"**. When situations grow worse, read Isaiah 40 and Psalm 42.

Lamentation 3: 25, 26 speaks of how good it is to wait for God. It is a good practice to plait or tie ourselves with God, even before any crisis, for crisis should not be the reason for connecting with God. When one is in crisis, strength drains away from within.

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Crisis in life nails you to bed, into self-sympathy leading to depression, it sucks out one's positive energy and makes one miserable. **God says if you wait on me, I will give you a New Strength.** Just like a battery is charged by connecting to the electricity, we receive new strength.

**They shall mount up with wings like an eagle.** (Isaiah 40:31)

God gives new strength firstly **Through His Divine intervention.**

An eagle pushes the eaglet from the nest so that it learns to fly, but when it cannot fly and falls down, the eagle comes along with its wide-open wings and **SWOOPS** the baby eagle on its back. Likewise, God gives new strength **by swooping down and wrapping Himself around us during our crises.** It is God who supernaturally intervenes and rescues us in our messed-up situations. GOD is good all the time, and all the time God is good.

Secondly, **'They shall run and not be tired'.**

Here, God does not swoop down and rescue but rather, He allows one to go through the process of running, but God

gives the ability to run. He says 'You go run and I will give you a new energy so that you can do it, achieve it. For example, when you are on a treadmill, if you simultaneously watch television, you don't usually get tired. Focusing on TV makes you run better. Similarly, if you focus on God, you will run well, face the situation and handle the crises of life with more enthusiasm.

Thirdly, **'They shall walk and not faint'.**

Here, you can no longer run but you are walking. When you are on a treadmill you do not jump off while running, but gradually slow down the speed and pace. Sometimes life gets hard and you can't run. **That becomes Divine Encouragement. When God does not change the situation, He changes you inspite of the problem.** You may hear a song or listen to a sermon or watch a movie, that relates to your life situation, encouraging you to change your way of living. In the end, nothing changes, except you. **God puts us in a situation where He does not intend any change.**

In all three ways, He has given new strength. Finally, He says, **'I AM WITH YOU ALWAYS'**. You are not alone, He is there

present in the situations, in the crises of our lives. **He needs us to just Wait on HIM in Prayer.**

Easter reminds us of God's infinite Love by transforming our daily fear, crises and tragedies into the ultimate victory through the cross.

We are an Easter people and Alleluia is our song.

Together with my Co-Pastors Fr. Edwin, Fr. Callisto, Fr. Sandesh and Fr. Christi, I wish all our parishioners, A BLESSED EASTER AND NEWNESS OF LIFE.

May the Risen Lord become even more alive in each of you personally and in your Community and Parish lives.

**Fr. John Mascarenhas SVD  
Parish Priest**

“  
**Never let anything so fill you with sorrow as to make you forget the joy of Christ Risen.**

- St Teresa of Kolkata

## CONGRATULATIONS



First Holy Communion 2024



Confirmation 2024



*He is Risen!  
Do not be afraid.*



One of the hidden but strongest longings of the human heart is that we should live forever. But the reality of human existence is that one day it will all end. God has created us with a purpose. Whether we want it or not, one day we will die! The question that confronts us is this: Is life worth living if it will all end? There is hope for those who believe in Jesus and His resurrection. The resurrection is not only His triumph but a promise that we too will, like Him, rise again. We have the promise of the Father and the Risen Jesus is our guarantee. He has risen and so shall we!

Jesus gives us hope. **Christian hope** is different from optimism, different from merely having a positive attitude. Henri Nouwen, a Dutch Catholic priest, professor, writer and theologian says, "Christian hope is built upon the promise that whatever happens, God will stay with us at all times, in all places."

Fr. Elias Dias SDB, in his book, "Divine Stories for Families" narrates an incident in the life of Michael Faraday - a famous scientist. One day when his servant came into his drawing room with a silver vessel, he accidentally dropped it on the

ground and it broke into several pieces. Michael collected all the pieces of the vessel and put them into a chemical solution which precipitated the silver and made one mass of it. He then shaped the same silver mass into a beautiful cup. This new creation was much more beautiful than the earlier one. It was the same silver that appeared in a different form. The Resurrection of Christ tells us that our earthly bodies will be transformed into a new life.

God does not give up on anything; much less on anyone. In the lion's den, in the fish's belly, in the fiery furnace, in a borrowed tomb, in our lives ... it may seem like it is all over, but God is not finished yet.

God has a plan for everything. It is hard for us to believe that whatever happens in our lives is because God desires it to happen to us for our own good and growth. How hard it is for us to understand, and harder still to accept, that all the pain and suffering, abandonment and rejection, grief and even death, happens in our lives because God so desires it. God so desires it not to make us weak and sad; not to make

us negative and sorrowful. But on the contrary to make us strong and joyful; positive and life-affirming people.

Jesus rose as a sign to those who loved Him and followed Him that God's Divine Love is stronger than death. God is the God of life who never fails. The same God who raised Jesus will help us arise from whatever is keeping us down. Because Jesus rose again, we too will rise!

***He is Risen, do not be afraid!***

***Fr. Callisto Gomes SVD  
Co-pastor***

***“Jesus' resurrection tells us that death does not have the last word, life does!”***

***- Pope Francis***

## CCO on the Move

**Easter** is the celebration of Jesus's victory over death and the sure promise of eternal life for us. Let the Easter light illuminate our path, guiding us towards compassion, forgiveness and God's boundless love.

**The Centre for Community Organisation (CCO)** along with the Clergy Team organised the celebration of All Association Day on 21st January 2024 as a token of gratitude to the members of the various Cells and Associations, the PPC, the SCC Coordinators and the Animators who render selfless service to our Parish. The Holy Eucharist was celebrated at 5.30 p.m. in the Church followed by a get-together on the Parish grounds. The fun-filled evening was very much appreciated and well attended. It was indeed a very entertaining and memorable evening.

**The Parish Association Council (PAC)** meeting was held on 29th January, 2024. It was well attended by the representatives of the Parish Cells and Associations. The forthcoming events were announced. Suggestions were garnered for the improvement of the working of Cells\ Associations.

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

In November, 12 members of the S.V.P. visited Home for the Aged, Shanti Bhavan, Kalyan and interacted with the housemates through games. The SVP donated food items and toiletries.

The SVP arranged breakfast for HIV patients at Serva Seva Sangh and distributed 40 hampers on the occasion of World Day of the Poor on 19th November 2023 at the Gyan Ashram Campus.

In December, Christmas hampers were given to 24 adopted families. Chicken to 37 families, Cakes to 40 families and Cash assistance to 22 Catholic families.

Every month cash assistance is given to 8 families, Ration aid to 30 families in addition to educational and medical aid to families.

**The Senior Citizen Cell** organized a Christmas party on 2nd December for all senior citizens of our Parish at 4.30 p.m. in the Community Centre.

Picnic was arranged for the Seniors of our Parish to Bosco wadi, Uttan on 27th January, 2024

**The Small Christian Communities (SCC)** designed their respective Community Flag and these flags of the 36 SCC communities of our parish were displayed on the Church campus on the Parish Day. Area-wise Rosary was conducted on Saturdays in the Church. During Christmas season the Christmas stars prepared by each Community of the Parish adorned the Church compound.

**The Inter-Religious Dialogue Cell** organized the Flag hoisting Ceremony on Republic Day after the 7.30 a.m. Mass. Parishioners attended in large numbers.

**The Hope and Life Movement** organised visits to the elderly and the sick. Christmas party was held on 23rd December. There were games and prizes were distributed to each member.

**Community Welfare Fund (CWF):** The details of disbursements made in the period from April 2023 to January 2024 are as follows:-

Education	28 cases
Medical	31 cases
Housing	10 cases
<b>TOTAL</b>	<b>69 cases</b>

**The Missionary Families for Christ (MFC)** organized a Christmas party for the MFC Kids. 22 Children participated in the fun games, skits etc. which was conducted.

MFC organized the special Liturgy for the 7 p.m. Mass on 30th December, 2023 for the families in our Parish. There was a special blessing for all families. The offertory gifts were offered by persons representing the various members of a family.

Thanksgiving Agape gathering for all MFC members and families was held on 6th January, 2024 where each member brought a food item and everyone enjoyed a shared fellowship meal. Games too were held.

On 21st January a special Liturgy was organised for the 10 a.m. Mass for students appearing for the board exams. There was a special blessing for the students.

**The Parish Youth Ministry (PYC)** with the help of **Parish Youth Animation team (PYAT)** organized Christmas Bonanza from the 15th to 17th December and Christmas Float on 17th December 2023.

'Fun Cricket' was organised on 25th, 26th, 27th and 28th January 2024 on our Church grounds. The event was well organised and there was good participation. There was a lot of enthusiasm among the players and the team spirit was excellent.

The Dental and Homeopathic Clinics are functioning smoothly.

We wish all our Parishioners the Love and Peace of our Risen Lord.

**Ida Quinny**  
CCO Co-ordinator



# Happy Easter

# Hearty Laughter

## LAWS THAT MATTER

Murphy's Law of Lockers - If there are only two people in a locker room, they will have adjacent lockers.

The Conundrum of Logical Argument - Anything is possible if you don't know what you are talking about.

Brown's Law of Physical Appearance - If the shoe fits, it's ugly.

Oliver's Rule of Public Speaking - A closed mouth gathers no feet.

Will's favourite! Wilson's Law of Commercial Marketing Strategy - As soon as you find a product that you really like, they will stop making it.

Doctors' Law - If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better. Don't make an appointment and you'll stay sick.

Will and Guy's Law - If you don't save things on your computer, you will, sooner rather than later, delete them.

\*\*\*\*\*

## THE WARNING SIGN

There was a watermelon plantation which had been constantly spoiled by night thieves who were trespassing to steal melons. The owner came up with an idea to repel the intruders: he put a warning sign on the plantation's fence: "Beware! Steal at your own risk! One melon below this fence is poisoned!"

The next day, there were no more missing melons and a short text added on the warning sign: "Now there are two".

\*\*\*\*\*

## DOUBTING THE POWER OF PRAYER

The Church Prayed Daily against the bar business.

Days later the bar was struck by lightning and caught fire which destroyed it.

Bar Owner Sued the Church Authorities for the cause of its destruction, as it was an action because of their Prayer.

The Church Denied all Responsibility!!!

So, the judge commented,

"It's Difficult to Decide the Case because here we have a Bar Owner Who Believes in the Power of Prayer and an Entire Church that Doesn't Believe in it"

\*\*\*\*\*

## LEADERSHIP SEMINAR

A manager comes back from a Leadership Seminar, full of bright ideas and cheerfulness. He calls a meeting of all of his employees and announces that his office door will be open, and he will be easily accessible for the rest of the week, and if there is ANYTHING an employee needs, now is the time to come talk to him.

Less than an hour later, the manager is sitting in his office, and Joe comes in sheepishly.

"Boss," says Joe, "I've got a problem."

"No, Joe!" says the manager. "In this company, we do not have problems. We have opportunities!"

"Ok boss," says Joe, "I've got a drinking opportunity"

\*\*\*\*\*

## NOT A FOOL

A man loses his cheque book, so he goes to the bank 2 days later to report it.

Bank manager: I warned you to be careful with your cheque book because anyone can forge your signature.

Man: I am not a fool... I already signed all the cheques, so there is no space to forge my signature.

## WHO'S THE FOOL?

The Wife asks the husband, who's the fool - you or me?

The husband calmly replies, while sipping his coffee, "Honey, everyone knows you are way too smart to marry a fool"

\*\*\*\*\*

## SOUND FUTURE

Astrologer: Do you want to know your husband's future?

Wife: Rubbish! I will decide about his future. Tell me about his past.

\*\*\*\*\*

## ADVICE

A manager of a company handed over three closed envelopes to his successor, and gave him this advice: "OPEN IN ORDER, one envelope each time you are confronted with the problem". The first envelope contained the advice: BLAME ON YOUR PREDECESSOR, the second envelope contained the advice REORGANISE and the third envelope contained the advice: PREPARE 3 ENVELOPES FOR YOUR SUCCESSOR!

\*\*\*\*\*

## GIFTED

Little Luke received a new drum for Christmas from his dad. Shortly thereafter Luke's mother told her husband that their neighbour upstairs did not like Luke playing his drums, but he is a little subtle about it! "What do you mean? Asked the father, "Well", said Neville's mother. "This afternoon he gave Luke a knife and asked him if he knew what was inside the drum.

\*\*\*\*\*

## RANDOM INSIGHTS

- The sole purpose of a child's middle name is so he can tell when he's really in trouble.
- A bus is a vehicle that runs twice as fast when you are after it as when you are in it.



# Family Bible Quiz: March 2024

## I) SELECT THE CORRECT ANSWER:

- The forty days of Lent is best explained through which of the following readings.  
A. Exodus 24:18                      B. 1 Kings 19:8  
C. Matthew 4:1-2                      D. Option A and B
- Mary Magdalene looked into the tomb of Jesus and saw  
A. Mother Mary praying      B. Peter the rock  
C. The Apostles                      D. Angels
- What is the colour of the vestments which are worn by Priests during the season of Lent?  
A. Purple                      B. Red                      C. White                      D. Option A and C
- Who imposed the death sentence on Jesus just before He could endure the passion of the Cross?  
A. Pilate                      B. Caiaphas                      C. Judas                      D. Caesar
- How many languages did Pope John Paul II speak fluently?  
A. 2                      B. 3                      C. 6                      D. 8
- How many international apostolic journeys did Pope John Paul II undertake and to how many countries?  
A. 85-100                      B. 80-90                      C. 104 to 129                      D. 99-101
- When was World Youth Day established by Pope John Paul II?  
A. 1980                      B. 1985                      C. 1983                      D. 1990
- How did Pope John Paul II react to his assassin after being shot by him on May 3 1981 in St. Peter's square?  
A. He hired a good lawyer to punish the assassin.  
B. Prayed to God that the assassin be punished.  
C. Made sure that the person responsible be caught.  
D. Showed love and forgiveness to the assassin by visiting him in prison.

## II) Read the Gospel of Mark and Luke and then give the Gospel chapter and verses for the given Stations of the Cross:

- Jesus is condemned to death \_\_\_\_\_
- Simon of Cyrene carries the Cross \_\_\_\_\_
- Jesus meets the Women of Jerusalem who weep for Him. \_\_\_\_\_
- Jesus is nailed to the Cross \_\_\_\_\_
- Jesus dies on the Cross \_\_\_\_\_

## III) Read the Gospel of Matthew and complete the verse:

- Can anyone of you by worrying \_\_\_\_\_  
\_\_\_\_\_
- Do not judge, so that \_\_\_\_\_  
\_\_\_\_\_
- Then He came to the disciples and found them sleeping \_\_\_\_\_  
\_\_\_\_\_
- Jesus told His disciples, "If you want to become \_\_\_\_\_  
\_\_\_\_\_
- "And whenever you fast, \_\_\_\_\_  
\_\_\_\_\_
- For if you forgive others their trespasses \_\_\_\_\_  
\_\_\_\_\_
- Do not store up for yourselves \_\_\_\_\_  
\_\_\_\_\_

## ANSWERS OF FAMILY QUIZ - DECEMBER 2023

- I. 1. d    2. c    3. a    4. b    5. b    6. d    7. d
- II. 1 -c    2-a    3-d    4-b
- III. 1. Matthew 3:16;                      2. Luke 1:36;  
3. Matthew 1:23;                      4. Luke 3:23; 5. Matthew 1:20
- IV. 1 Away in a Manger  
2. Hark! the herald angels sing  
3. Deck the Halls  
4. Do you hear what I hear?  
5. O Holy Night  
6. Carol of the Bells  
7. We three kings 8. Little Drummer boy  
9. Silent Night

• 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 22nd April 2024.

• The decision of the Editorial board concerning the winners will be final and binding.

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



**1. Leslie, Anita, Hazel & Errol Pinto**

Community No: 31, Family card: 1770

**2. Austin, Vanessa & Aaron Alva**

Community No: 25 Family card: 2361

**3. Veronica, Ronald, Jacintha, Rohit, Rhea Ferreira**

Community no : 25 Family card: 1756

**4. Royce, Jacinta & Rachael Dsouza**

Community no : 16 Family card: 2645

**5. Carmine, Robin & Chelsea Almeida**

Community no : 30 Family card: 2388

**6. P.J. Antony & Ponnamma Antony**

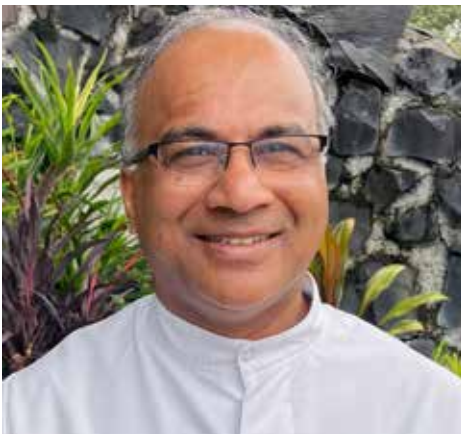
Community no: 24, Family card: 1804

**7. Piedade, Mabel and Austin Fernandes**

Community no : 26 Family card: 1822

## Celebrating 25 Years of Dedication

*Fr. Callisto Gomes, SVD*



On the joyous evening of Tuesday, December 26, 2023, our parish gathered to commemorate and celebrate a remarkable milestone in the spiritual journey of our beloved Fr. Callisto Gomes SVD – the Silver Jubilee of his priestly Ordination. The Eucharistic celebration, which commenced at 7 p.m., was a heart-warming occasion filled with gratitude, reflection, and joy.

The sacred liturgy was presided over by the man of the hour, Fr. Callisto Gomes, with the participation of con-celebrants including fellow SVD and SDB priests. The congregation was uplifted by the melodious tunes of the choir, skilfully led by Sylvester and his team. The ambience was set for a spiritual journey that would intertwine with the celebration of a devoted priest's 25 years of service.

The Mass began with an Entrance procession of priests, a symbolic gesture of solidarity and shared purpose. This was followed by a captivating PowerPoint presentation that

summarized the highlights of Fr. Callisto's family and priestly life journey. As images unfolded on the screen, parishioners were given a glimpse into the rich tapestry of his experiences and triumphs.

The festivities took a heartfelt turn when our Parish Priest, Fr. John Mascarenhas SVD, took the stage to extend felicitations and a sincere thank-you note to Father Callisto. The expressions of gratitude echoed the impact that Fr. Callisto had on the lives of the parishioners and the broader community throughout his 25 years of selfless service.

A special moment during the celebration was the screening of video messages from Fr. Callisto's formators, classmates, and colleagues. The virtual presence of those who had shared the journey of priesthood with him added a global dimension to the celebration, reinforcing the interconnectedness of the wider Church community.

The jubilant atmosphere was uplifted by the cutting of the jubilee cake and the presentation of a thoughtful gift to Fr. Callisto.

In response, Fr. Callisto expressed his gratitude and shared his reflections. His words resonated with humility, faith, and a deep sense of purpose. As a token of appreciation, all parishioners were invited to enjoy a piece of cake, symbolizing the shared joy of our Parish family.

The Silver Jubilee Celebration of Fr. Callisto Gomes SVD, was a testament to his unwavering commitment and the profound impact he has had on our Parish community. As we move forward, inspired by his example, let us continue to journey together in faith, love, and service.

*Prakash Nazareth  
Emmanuel, Community No. 24*

# Parish Activities

## *Senior Citizens Christmas Bash*

2nd December 2023. I woke up with a keen sense of excitement. Was that the experience of any other Senior Core group member? Some of us, "Young At Heart Seenagers," met at 10 a.m. in our Parish Community Centre. By about noon the Community Centre was transformed into a magical place with a fabulously decorated Christmas tree, resplendent in various hues, delicate ornaments and baubles, and symmetrically arranged beaded chains of red, green and gold.

One of our energetic members graciously agreed to do the exercise of "up the ladder and down again" as many times as it took to put up the streamers! Boldly and courageously he did this task. Another strong man held the rickety ladder. Never did he lose his alert concentration, which was absolutely necessary. We, "Young Ones" cannot afford to do a Jack-N -Jill! or even a Humpty- Dumpty! for that matter.

In the evening, we assembled at 3.45 p.m., Ready and Raring to go. The chairs had been

arranged earlier as requested. Thanks to the generosity of a young Seenager, from the Core group, the chairs were festive with their covers and bows! The astonished, pleased looks on many faces were evident to all.

Many guests arrived well in time to have their names checked and collect their Santa caps. So did, Fr. Edwin Vas SVD, our Spiritual Director, along with other priest companions. As usual, there were a few stragglers! There was a look of pleasant awe on the faces of everyone when they saw a DJ console and a young man ready to keep their feet tapping. Kudos to the same member responsible for the festively done chairs! All attendees will agree there is NOTHING like good music to get a party rocking. The music was so lively that it jolted almost everyone into joining in the march. Feet tapping, people grooved and clapped to the beats. After that exercise, the guests were treated to rich plum cake and a hot cuppa Chai. Bottles of water were freely handed out. Another donation!

Many were on the floor thereafter dancing to their hearts' content. It was wonderful to see the cha cha cha, the jive, Hollywood and Bollywood steps! One couple in their exuberance, had a slight mishap! By God's grace, they seemed okay.

The mike was then handed over to Fr. John Mascarenhas SVD and he addressed the gathering. He told of how loneliness can be a killer and requested that keeping this in mind, we reach out to include those who live alone. Especially if they have no family close by. Hilarity ensued when the animators participated in dumb charades and the teams tried to guess the Carol or Christmas song! The seniors showed remarkable alertness in their guesses, in spite of the fact that our acting needed polishing! The curtain came down on a fun evening with the handing out of the gifts, the snack box and the beautifully crafted and generously donated, personal Christmas mementoes!

**Kay A. Lobo.**  
Senior Citizen Cell - Core group

## *Inter-Religious Gathering*

The Inter-Religious Dialogue Cell (IRDC) of our parish organized an Inter-Religious Gathering on Wednesday, December 27, 2023, at 4:30 p.m. in the Institute of Indian Culture Hall, marking the festive season of Christmas.

The theme chosen for the event was 'Let Your Light Shine,' beautifully depicted through the backdrop banner, showcasing the essence of Joy, Hope, Peace, and Love. The highlight of the evening was the enchanting display of the Nativity scene, featuring the statue of Baby Jesus placed in a Manger surrounded by lit lamps, symbolizing the radiant spirit of the festive season.

Fr. (Dr) S. M. Michael SVD, Secretary of the Archdiocesan Commission for Inter-Religious Dialogue, presided over the function. Fr. John Mascarenhas SVD, our Parish Priest, extended a warm welcome to the distinguished guests, introducing them to the audience and presenting each with a sapling. In his welcome speech, Fr. John emphasized the theme 'Let Your Light Shine' and captivated the audience with his melodious rendition of a Hindi song,

composed by the late Fr. Charles Vas SVD, apt for the occasion.

The prayer service was conducted by Sr. Olive D'silva fdcc. Invitees including the respected SVD priests, Sardar Navneet Singh - Head of the Shere Punjab Gurudwara, Sardar Madanpal Singh, Prof. Surendra Kaur, Mr. Thukaram Shankar Govind from the MIDC Police Station - Crime Branch and two of his juniors. Canossian sisters, Sneha Sadan Sisters, and the IRDC group from Saint Vincent Pallotti Church, Marol, graced the occasion. The distinguished guests participated in the traditional lighting of the Diya, reflecting Indian tradition and culture. Approximately 100 people attended the event.

In his speech, Fr. Michael highlighted the theme, emphasizing that we are all created in the image and likeness of God, possessing a spark of divinity that radiates with joy, peace, and happiness. He urged the promotion of humanity, encouraging acts of kindness and smiles towards those of other faiths. Fr. Michael stressed the importance of turning language dialogue into actionable dialogue, advocating for harmonious co-existence among different faiths.

The compere, Leonora Fernandes skillfully anchored the event with witty jokes, tricky questions, and engaging comments, keeping the audience fully engaged. A beautiful prayer dance by a girl from Sneha Sadan captivated all and a Christmas skit performed by the Canossian Novices depicted the Nativity of Jesus, emphasizing the Christmas message of sharing with joy.

Christmas carols, sung by a choir conducted by Marian Fernandes filled the hall with melodies, starting with 'Silent Night' and concluding with 'Jingle Bell.' The choir received well deserved appreciation for infusing the Christmas spirit.

Harbinder Singh from the IRDC cell delivered a heartfelt thanksgiving speech, expressing gratitude to all present. The gathering concluded at 5:30 p.m. after a group photo session, leaving a lasting memory of a delightful evening with a glittering message of peace and happiness.

**Ponnamma Antony**  
Inter-Religious Dialogue Cell



# Our Experiences at the Great Bible Challenge (GBC 2023)

Participating in Bible quizzes feels like a way of promoting fellowship and friendly competition. It helps in learning and understanding of the Bible's teachings.

From simple multiple-choice questions to more complex ones like the buzzer round, Audio Visual round and Crossword required deeper knowledge and understanding. This challenged us to recall specific verses, understand the context of certain events, and connect different parts of the Bible together. There was an excitement of testing of our knowledge, the challenge of answering various questions, and the satisfaction of learning more about the Bible's teachings and stories. It was a spiritually rewarding experience.

**Suketu Kumar**  
*Mystical Rose, Community No. 34*

Season 4 of the GBC 2023 organised by the Bible Cell on 3rd December 2024 was on four biblical books – Joshua, Esther, John and James.

We began reading in earnest and meeting together to discuss, learn and understand from each other. Those were truly precious moments spent together with the Word of God. Though tired sometimes, we always experienced being refreshed and encouraged after the meetings. The days of preparation intensified the desire to spend time daily reading and meditating on the Word of God.

Nine communities participated in the Qualifier rounds and five made it to the finals. To our pleasant surprise and amazement, we came out Winners. An incredible moment for our Community No. 35 - Genesis.

Divine Mercy – Community No. 9 and Immaculate Conception - Community No.1 took the runner-up and second runner-up place respectively. Kudos to all who participated and experienced the Lord in and through His Word.

A big thank you to our Parish clergy and the Bible Cell.

**Reena Santosh**  
*Genesis, Community No. 35*

Our community, initiated preparations for GBC 2023 by gathering weekly as a group. The conversations enriched our understanding of biblical texts, offering varied insights. The quiz preparation facilitated a deeper understanding of how God operates in people's lives and our connection with Him.

During our group meetings, we shared notes and deliberated on the four books of the Bible Quiz, significantly reducing preparation time through collaborative efforts. The experience was enlightening, especially in grasping essential facts for rapid-fire questions and adapting to surprise rounds, where quick responses were crucial.

The conducted quiz impressed us with its high calibre and professionalism, leaving us motivated and instilling a greater appetite for regular Bible reading. We extend our gratitude to the clergy and GBC team for orchestrating this event and for their hard work in creating memorable experiences for the entire Parish Community.

**Austin Alva**  
*Pavana Atma, Community No. 25*

“  
*The fear of death has been swallowed up; life brings us joy with the promise of eternal happiness. No one is shut out from this joy; all share the same reason for rejoicing. Our Lord, victor over sin and death, finding no man free from sin, came to free us all.*

– St. Leo the Great

”



# The Year Of Faith And Works

In 2023, the Bible Cell embraced the theme of 'Faith and Works', inspired by the Scripture passage from James 2:14-26. A captivating logo, symbolizing the Father, the Son, and the Holy Spirit, along with praying and serving hands, set the spiritual tone for the year. Each Sunday Mass was uplifted with a heartfelt prayer echoing the essence of this theme.

Throughout the year, the Bible Cell orchestrated a myriad of programs, events, and visits to underscore the importance of both faith and action, exemplified in the following initiatives:

- Every 4th Saturday morning, parishioners united in a Holy Hour filled with Praise and Worship, the Word of God, and Intercession.
- In March, a heart-moving visit to Shanti-Daan, Borivali, a Missionaries of Charity institute for the differently-abled, saw a busload of parishioners evoking love and compassion.
- The Lenten Night Vigil, in collaboration with the Jesus the Real Vine Prayer Group, drew a significant turnout, fostering spiritual renewal.
- The month of May witnessed "Women Alive", a soul-nourishing full-day recollection exclusively tailored for women, led by esteemed speakers such as Maria Sangeetha from Divine Retreat Centre, Potta and Anastasia Rebello.

- A transformative 3-day Pentecost Mission cum healing service, led by Fr. Benny Joseph MST from Amala Ashram, Kolhapur, left a profound impact.
- June saw a compassionate outreach with a tarpaulin distribution drive for the needy, in coordination with Anthony Mascarenhas.
- From June to September, "Bible Basics" provided a thematic weekly study, delving into the fundamental elements of our faith.
- September hosted a stimulating Mini Bible Quiz focusing on the books of Judith and Jonah, engaging participants with multiple-choice questions.
- Fr. Aaron Sequeira from St. Pius, Mulund enlightened those gathered with an insightful session on Marian Consecration in October.
- November witnessed the coming together to "Feed the Hungry," distributing food to those in need, in the slums and streets, alongside the PYC youth.

- December culminated with the exhilarating "Great Bible Challenge 2023," a mega Bible Quiz encompassing various rounds such as Multiple-Choice Questions, Rapid-Fire, Buzzer round, Audio-video round, Fill in the blanks, Crossword and Unscramble, attracting participation from 9 communities.
- Additionally, during Advent, essential groceries were provided to needy parishioners, extending a gesture of Christmas warmth and support.

The Bible Cell extends heartfelt gratitude to the parishioners for their unwavering generosity, dedication, and support throughout the year. Special thanks to the Parish clergy for their whole-hearted endorsement of these initiatives. It was a deeply fulfilling journey, and we attribute all glory to God!

*Titus Menezes  
Bible Cell*

“

*The Son of God is nailed to the Cross but on the Cross, God conquers human death. Christ, the Son of God, dies but all flesh is made alive in Christ.*

*- St. Hilary of Poitiers*

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# *Embracing The Sacred Journey: On Celebrating Consecrated Life Day*

The Liturgical Calendar marks 2nd February, the **Feast of the Presentation of the Lord, as World Day for Consecrated Life** to honour the commitment and dedication of all religious men and women who have chosen the path of consecrated life.



Fr John Mascarenhas SVD, our dynamic Parish Priest, invited all religious congregations of our parish to a weeklong programme from 26th January to 2nd February. After the evening Mass, the allocated congregation was provided an opportunity to showcase their charism and mission. They conducted a Eucharistic Adoration prior to the evening Mass and presented their mission activities, contribution to the youth ministry and vocation promotion. The focus was on prayer for vocations, families, communities, youth and for spiritual guidance. After the presentation, the Parish Fathers expressed their appreciation and generous participation in their charism and mission, focused on vocation to the priesthood and religious life. Many of the parishioners too expressed their praise to God Almighty and appreciated and encouraged us, Sisters and Fathers for the dedicated services being rendered to the people of God. The weeklong program finally culminated in an evening of joyful celebration on 2nd February 2024.

The front pews were thoughtfully reserved for the representatives of consecrated life at the concelebrated Holy Eucharist. The main celebrant, Fr. John SVD and all the priests and sisters of our Parish gathered at the entrance of our Church for a photograph and then entered in solemn procession. There were bountiful blessings from the several priests for all those who had chosen the consecrated way of life.

After the Eucharistic Celebration, all our religious and priests assembled near the Institute of Indian Culture. The evening was a well-deserved celebration which began with a warm welcome that set the tone for a wonderful atmosphere. There were fun games and the members of the different Congregations, Orders and Societies were mixed, creating chaos initially, but finally, a good bonding, when they got to know the others.

After a refreshment break, there were more games, in which everyone participated and all had a lovely time of fun and entertainment. This was followed by a sumptuous fellowship meal.

This memorable get-together was a resounding success, as our Parish Community provided a platform for mutual community building, and helped nurture connections with a sense of belonging, as brothers and sisters in Jesus Christ. The shared fun and laughter, delicious food, and heartfelt conversations created lasting memories that will undoubtedly strengthen the bonds among all of us.

Heartfelt thanks, appreciation and gratitude to the exceptional parish clergy team behind this purposeful, eventful and thoughtful Celebration of the Day of Consecrated Life from all the Religious of our Parish. We extend our prayerful thanks to all of you, dear Consecrated Religious friends, for your great company, dedication, meticulous planning, and tireless efforts that were instrumental in making the event an overwhelming success for promoting vocations in the vineyard of the Lord.

**Sr. Arul Seeli FS  
Fatima Mata Sadan**



## *Orientation Program - IRDC*

The Inter-Religious Dialogue Cell of our Parish organised an Orientation program on Inter-Religious Dialogue, on 14th January 2024, in the mini hall of the Church at 6.45 p.m. Fr. (Dr) SM Michael, SVD, Professor of Cultural Anthropology with a doctorate in Sociology, and the current Secretary of the Archdiocesan Commission of IRDC was the resource person for the event. The event started with a solemn prayer by our Parish Priest Fr. John Mascarenhas, SVD.

Andrew Dsouza of IRDC welcomed the speaker and the audience. Fr. Michael explained the meaning, role and importance of inter-religious dialogue in the current socio-political situation in India. He stressed that without inter-religious harmony, freedom of religion is almost impossible to achieve in our country. The important elements of acceptance, understanding, co-operation, as well as rights and justice are important to strengthen inter-religious relations and build

a harmonious co-existence among the varied religious groups. The goal of inter-faith dialogue is not unity in faith and worship but mutual understanding, respect, and mutual enrichment. It includes collaboration wherever possible in response to the socio-economic problems we all commonly face.

Fr. Michael explained that the citizens of India have the freedom of choice to accept any religion and promulgate their own faith under the Indian Constitution. It is necessary to accord dignity and respect to people of other faiths as well. We have to practice dialogue by greeting and showing solidarity with the traditions and cultures of the people of other faiths and religions. Our dialogue must be action-oriented. Then, after getting confidence and trust, we can share our stories and listen to their faith experiences. In our Archdiocese there are 130 parishes with Inter-Religious Dialogue Cells to establish rapport with people of other faiths.

The question-and-answer session offered an opportunity for the audience to seek clarification on general practices, including attending festivals of other faiths and accepting offerings made to their gods. Fr. Michael, along with Fr. John, addressed the queries with appropriate answers, citing biblical references.

The vote of thanks was proposed by Andrew who also shared his experiences with people of other faiths. Fr. John honoured the guest speaker with the gift of a sapling. Tea and snacks were distributed to all. About 50 people including the Canossian sisters, novices and parishioners attended the program. The event was graceful and successful as everyone left the venue with a smile and a blessed feeling.

**Michael D'souza**  
**Inter-Religious Dialogue Cell**

## *All Associations' Day Celebration*

Being a PPC member and an animator, one of the most awaited evenings for me is the celebration of All Associations' Day. Ever since I've been an animator for the past six years, I've regularly attended the All Associations' Day celebration. It gives me great joy to meet, interact and fellowship with the larger community that I am a part of. I am so grateful to God for choosing me to be a worker in His vineyard.

On Sunday, January 21st, on the occasion of All Associations Day, a special Mass was celebrated at 5.30 p.m. and the Church was packed with members from the various communities, associations and cells. After the Holy Mass, the fellowship celebration commenced on the grounds at around 7 p.m.

The hosts for the evening were two energetic youths – Sara Fernandes and Valentina Pinto. Around three hundred members of the various communities, associations and cells were present for the celebration which began

with welcome snacks and juice. Fr. John Mascarenhas SVD led the opening prayer after which he thanked all the members for their efforts and collaboration all the year through.

Next was the lovely foot-tapping march dance. This was followed by a game where members had to form groups of a specific number as announced. Those who failed to form such groups had to move out of the game. The members were encouraged to join new groups each time and introduce themselves to those in the group. This was a fun and interactive game as people asked each other their names and tried to memorise them.

As the game ended, there were spot prizes announced. It was a fun time as one spot prize was for a lady wearing men's socks and another for a man who catwalked in the highest heels. The energy levels were high and everyone was on their toes it was really a time to relax and just 'be'.

For the next game, members were grouped to the right or left based on their answers to a question by the host, like whether they liked tea or coffee. Then an activity was announced and the group that completed the activity first moved to the next level of the game.

All in all, it was a wonderful evening full of energy and hearty laughter.

The Vote of thanks was proposed by Ida Quiny, CCO Co-ordinator who expressed gratitude for the support of the clergy team and all the others who made the event a huge success. The dance floor was then opened and many danced their heart out till 10 p.m. while the others proceeded to relish the tasty dinner.

It was yet another lovely evening and a memorable celebration to cherish.

**Anna Assisi**  
**PPC - St. Theresa of the Child Jesus,**  
**Community No. 10**

# Republic Day Celebration 2024

The 75th Republic Day of India, on 26th January 2024 was joyously commemorated on our Parish ground at 8 a.m. The festivities commenced with the distribution of small flags to the parishioners who were present on this significant occasion. Harbinder Singh of the Inter-Religious Dialogue Cell (IRDC) extended a warm welcome to all the guests and members of the parish community participating in the celebration. He introduced, Roshani Shenazz, the Chief Guest as a spiritual holistic living empowerist, an approved therapist and a training provider affiliated with the International Practitioners of Holistic Medicine (IPHM), U.K. Fr. John Mascarenhas, SVD, our Parish Priest welcomed the Chief Guest by presenting her with a bouquet.

The Chief Guest unfurled the National Flag, and the audience sang the National Anthem 'Jana Gana Mana' in unison while saluting the flag with due respect to our nation.

Roshani was then invited to address the gathering. Her speech was vibrant and enlightening. She elaborated on the Sections of the Indian Constitution outlining the duties of citizens which serve as a set of written rules to be embraced by the people living together in our country and defines the relationship between citizens and the government to foster a peaceful and harmonious co-existence. The duties outlined aim to promote patriotism and strengthen the unity of India. Roshani urged everyone to contribute to keeping our environment clean and tidy as a mark of respect for mother earth.

In his address, Fr. John reminded us of our constitutional rights and advised us that, with the upcoming Lok Sabha elections, it is crucial to choose political leaders who will safeguard our rights and freedom to propagate our faith. Fr. (Dr) Sebastian M Michael, SVD, was also present on this auspicious occasion.

Natasha Rodrigues proposed the vote of thanks and the event concluded with the distribution of sweets and a photo session. Everyone left the venue with smiles on their faces. The guests, priests, and IRDC members engaged in lively conversations over breakfast, making the event an incredibly nourishing experience.

**Andrew D'souza**  
*Inter-Religious Dialogue Cell*

# Senior Citizens Picnic To Boscowadi, Uttan

Spiritual life is not necessarily about climbing a ladder of perfection but also about embracing good times together and finding the transforming power of God at work through each one of us.

There comes a time in the lives of senior citizens, when, in the thick of our anxieties, we become aware of various poles between which our lives vacillate and are held in tension... one such polarity that vacillates between loneliness and solitude, concerns relationships, the relationship we have with ourselves and others. This picnic organized by the Senior Citizens Cell of our parish on 27th January attempted to address that loneliness and brought us together to enjoy a different type of spirituality.

We came in the dark, 65 of us from all directions - the short, the tall and the beautiful. The greetings exchanged seemingly lacked recognition as it was still dark that wintry morning on 28th January. But once the darkness lifted, so did our laughter that filled the air, and the chatty conversations started. Our enjoyment had begun.

It was a short hour by bus to Boscowadi in Uttan. That was our holy space for the day, a space where we encountered a God who delighted in our companionship, in new friends and the old.

We threw our self-control to the wind and settled to enjoy ourselves with food, drink, shelter and rest in the spirit of friendship. Our arrival was greeted with the sunlight playing in the timeless sea below and the coolness of the breeze on our faces, certainly very different to the polluted environs around Mahakali Caves Road, Andheri. But that was not all. A good, hot, tasty breakfast awaited us.

No time to linger. Our very energetic organizing team had a pleasure-filled morning lined up with games played between four teams. Needless to say, all of us know the shouts, laughter, jokes and camaraderie that accompany such games.

Lunchtime was upon us almost before we knew it. Hungry from the sea breeze and our spirited morning, we sat down to enjoy a lunch cooked with much delicacy and dedication

by the kitchen staff of the house. Before we knew it was time for hot fugias and tea, before returning to our mundane lives.

With just enough energy to reach us home, the ride back was quieter, we were satiated, our bodies heavy with sunshine and tiredness after the wonderful day.

The bus drivers were excellent, maneuvering our vehicles through the narrow lanes. Our animators were even better. So much trouble had been taken to plan the games and their corresponding equipment. Special thanks to Anita and Conrad D'Sa for their ceaseless dedication to the Senior Citizens cell. Their special charisma is very apparent - regardless of what they do, they make everyone smile with enjoyment.

So dear animators we await the next event. You must know you are very loved and cherished, and we shall do all we can to encourage you in your chosen undertaking.

**Sr. Noella de Souza MCJ**



# *Sacred Heart Parish Peace Marathon 2024 - Edition One*

After months of meticulous planning by a likeminded team, sincerity towards the final goal, dedication and eagle-eyed focus, the morning of Sunday 4th February finally dawned without a warning for an event --the first of its kind in the Indian Subcontinent to be held by a Parish, yes the Sacred Heart Parish Peace Marathon 2024- Edition 1. The enthusiasm and smiles on the faces of the parish clergy team, the delegates who came from afar, the core team of organizers, the volunteers and most importantly the participants will run down memory lane and certainly live in the hearts of all.

With eager anticipation, the morning started with a short prayer by our Parish Priest, Fr John Mascarenhas SVD, followed by a few words of encouragement, advice and conviction by the eminent Guests of honor, Coach Daniel Vaz, a parishioner and Dinkar Karambelkar both of whom are Ultra Marathon Runners. They have not just defied gravity but also medicine (Dinkar is a bypass surgery patient) to be the best in the business. The marathon torch was then lit and taken to the entrance of the Church seeking divine assistance before the flag off. Then was the release of a white dove into the sky underlining the core essence of the marathon "Peace". Dr John Rodricks - the Marathon

Director gave a brief talk emphasizing the various aspects of marathon, fitness and the ultimate goal of GOOD HEALTH. Fantastic music in the background kept the entire atmosphere buzzing with excitement keeping the runners grounded, moving and grooving.

Keeping in mind the fitness and the good health of the runners right from teenagers to those in their late seventies, a quick warm-up session was conducted by Avani Kanakia and Santosh Pednekar, both of whom are Fitness Trainers and Ultra Marathon Runners. This definitely got the bearings moving and set the tempo for a fantastic marathon.

The national anthem was sung, creating a sense of patriotism, followed by the unveiling of the Marathon Flag.

The Marathon Runners thus started at 6.45 am, some participating in the 1km run while others in the 2 km or the 5 km run. The health and progress of the runners was closely monitored by the fantastic support team and the runners were kept hydrated with water and energy drinks and generous words of motivation.

The marathon ended at 8.30 am, with each participant receiving a medal for finishing

their chosen marathon. Delicious snacks were served which was well appreciated by the runners who kept themselves light before the event. Winners from the different categories were awarded trophies by the delegates. The event came to a graceful conclusion -a smile on each and everyone's face, a longing for more and a heart and mind filled with just one thought - Marathon isn't about being the best, it's about pursuing your personal best and striving for a common cause "PEACE".

**Shawn Colaso**  
**5 KM Peace Marathon Participant**  
**Our Lady of Fatima, Community No. 2**



## *Spreading Love, Joy and Christmas Cheers*

The St. Dominic Savio Community No. 17 visited the elderly in a nearby aged home and witnessed an outpouring of love and blessings. Led by our Spiritual Director, Fr. Callisto Gomes SVD, our Spiritual guide Sr. Nellie Menezes FDCC, our PPC member, Marcelino and our guitarist, we came together to share the true spirit of Christmas with those in need.

As we entered the aged home, we were welcomed by the elderly men and women, some of whom were in wheelchairs and others slowly making their way on foot. With hearts

full of love, we sang soul-stirring Christmas carols that resonated through the halls, bringing warmth and festive cheer to all. Our interactions and heartfelt conversations brought smiles to their faces and comfort and companionship to their hearts.

In the spirit of giving, we distributed Christmas sweets and gift hampers and saw delight and gratitude light up in the eyes of the recipients. Their joy was palpable as they expressed their appreciation, not just for the gifts, but more so, for the precious time and attention that we shared with them.

Our visit was more than an act of charity; it was a beautiful exchange of love and humanity. We departed from there knowing that we had made a positive impact, nurturing the bonds of community and leaving behind a legacy of compassion and kindness.

We then proceeded to our community, spreading the message of Christmas and keeping our tradition of singing carols. Many from different faiths joined us, singing along and enjoying the bonds of community. We also distributed sweets, spreading love and joy to all.

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

## *Growing in Grace*



Here is an overview of the activities and unique initiatives, conducted in the Sunday School during the academic year 2023-2024. We thank God for all His blessings experienced through the outcomes of these activities.

- **Parent's and Grandparent's Day** (23rd July)

A family's vital role in each family member's life was emphasized at a family Mass held in the Church. Parents and grandparents were honoured with prayers and songs expressing gratitude for their love, guidance, and wisdom. Following the Mass, a slideshow featuring pictures of parents and grandparents within the congregation was projected.

- **Vianney Sunday** (6th August)

A special Mass dedicated to Saint John Vianney included prayers emphasising his life, ministry, and dedication to serving God and His community. Prayers were offered for our Parish Clergy and their ministry, as well as for the sanctification of all clergy.

- **Novena in preparation for the Nativity of our Blessed Mother** (30th August - 7th September)

During the Novena, the catechists and students focused on Mother Mary's virtues, symbolised by different flowers in art worldwide. Students from Std I to IX actively participated in skits, action songs and creative props on Mary's Annunciation, Sorrow, Humility, Innocence, Simplicity, Purity, Virginity, Glory, Love and her Challenging Life. For nine consecutive days, the children made offerings of essential items as acts of kindness and generosity. Additionally, a card contest was organised, centred around the theme of the day, encouraging children to showcase their creativity through artistic work and ideas for which prizes were awarded. The Novena culminated in a procession with the children offering flower petals to Our Lady.

- **Teacher's Day** (5th September)

This day was dedicated to honouring educators and recognising their dedication to shaping student's lives. A student shared a testimonial about the positive impact of teachers on the lives of students.

- **Girl Child Day** (8th September)

On the feast of the Nativity of the Blessed Virgin Mary, the children's choir members performed a skit emphasising the significance of girls in society and advocating gender equality.

- **Feast of the Archangels** (1st October)

A special Mass and prayers were dedicated to honour Archangels Michael, Gabriel, and Raphael, emphasising their significance in Christian theology. Adding to the solemnity, students from Std V adorned as Archangels and angels joined the procession with beautiful props, evoking an angelic, blissful, celestial, and divine atmosphere. During the homily delivered by our Parish Priest, their roles in the Bible and contemporary spirituality were explored.

- **Faith celebration day for Classes V & VI and for Classes VII, VIII & IX**

Along with five other parishes, our Students and Catechists of Class V & VI participated in the Faith Celebration Day at Holy Family High School and took part in a skit and action song. Students and Catechists of Class VII, VIII & IX put together a project comprising of skit and action song on the theme "Who am I?" thus, interacting with their counterparts from other parishes.

And the journey continues...

**Rosita Fernandes**  
Sunday School Co-ordinator



## *As we continue... Growing in Grace*

- **All Saints Day** (29th October)

The Church celebrated All Saints Day and as part of the celebration, students of Std IX joined the procession, walking down the Church aisle dressed as their favourite saints, each holding attributes associated with their patronage. This educational and visually striking tribute honoured the Saints and their invaluable contributions to the Church.

- **Christ the King Feast** (26th November)

On the feast day of Christ the King, the readings and hymns highlighted Christ's kingship and lordship over all creation. A solemn procession that followed, students of standard V dressed in white, carried flower baskets offering flowers to the Blessed Sacrament that was mounted on a decorated truck. Parishioners followed, bearing banners, flags, and symbols representing Christ the King, culminating in Eucharistic adoration.

- **Advent Candle Significance** (3rd December)

At the Holy Mass, the students of standard VI dressed as candles symbolising hope, peace, joy, and love. Aiming to deepen their understanding, the enactment urged the children to welcome Jesus into their lives.

- **Christmas Tableau and Children's Party** (10th December)

Children from Std I to IV presented a dramatic reenactment of the nativity story, using simple costumes and props to creatively focus on the essence of Christmas. This magical and memorable celebration brought joy, laughter, and holiday spirit to the children, who were adorned in festive Christmas-themed colours. Various fun activities and games, including dancing, were organised, accompanied by delicious snacks and Christmas gifts, making it a delightful Christmas tableau and children's party.

- **Carol Singing on Holy Innocent's Day** (28th December)

The Carol singing by the children was a poignant tribute to Holy Innocent's Day. This beautiful initiative commemorated the solemn feast day, honouring the innocent children tragically killed by King Herod in his attempt to eliminate the newborn Jesus.

- **Feast of the Epiphany** (7th January)

Students of Std IX participated in a procession during the Epiphany celebration, portraying the three kings or wise men bearing symbolic gifts of gold, frankincense, and myrrh to the Nativity scene. A progressive tableau added to the solemnity and significance of the Epiphany.

- **Mission Sunday** (13th and 14th January)

The catechists set up a Mission Sunday stall featuring food and gift items, sponsored by parents. A game stall added to the fervour. This helped to raise awareness and garner support for mission work within the student community. Parishioners patronised the stalls fostering a sense of community engagement and support for mission endeavours.

- **Journeying with the Lord (LENT)**

The students, guided by the catechists participated in the Stations of the Cross to experience the love of Jesus Christ our Saviour.

Overall, these Sunday school activities have successfully provided meaningful spiritual education, fostered creativity, promoted community engagement, and facilitated personal and family development, reflecting their positive impact on children and families within the community.

*Loveleena Desmond D'souza*  
*Catechist - Std IX*



## *Fun & Learning: Volunteering at Sunday School stall*

The Charity food and games stall organized by the Sunday school on 14th January 24 was a wonderful platform to display talents and an excellent fundraiser. This year the profits made were donated for missions and for the benefit of underprivileged children of our parish.

Rosita Fernandes, Sunday School Co-ordinator, along with other catechists managed this event with finesse. Many parents showcased their culinary talents by donating various mouthwatering delicacies like cutlets, idlis, croquet, cupcakes, chocolates, patties, sorpotel, snack items, etc. Some parents donated lovely unused gift items to the stall. I was amazed to see the beautifully decorated gift envelopes and hand-painted jute bags submitted by my friends! The cafeteria was seamlessly managed after all Masses by the jovial team of Catechists!

This year the mission charity stall had a unique addition - the games stall put up by the students of Std IX! It was a one-of-a-kind experience for my friends and me. We had

3 engaging games ('Bible quiz', 'Spoon the Marbles' and 'Ring the prize') which could be attempted by people of all ages.

Raising money for charity by putting up a cafeteria and games stall was an interesting concept for me and my friends. As we volunteered for the first time, some of us were asked to draw the crowds to our stall. My friends felt awkward to approach total strangers to visit our stall, but later they developed confidence and convinced many to come and participate in the games, with their enthusiastic smiles and persuasive talk. I was given the task of receiving money and handing the game tokens. I realized it required alertness and speed in calculations. It also required me to coordinate with the other volunteers. We divided ourselves into 3 groups and helped in tasks like collecting the tokens, explaining the rules, getting participants to pick the Bible question, arranging participants at the start line, handing and collecting the rings and demonstrating the game. The laughter that echoed during the

games infused joy in our efforts. Every cheer, every successful toss, and every smile added exponentially to the paper currency we were receiving. The creative food items, gifts and games served as bridges, connecting hearts and pockets for a common cause.

The Cafeteria and Games Stall was a resounding success, not only monetarily but in the richness of the experience it gave every one of us involved in it! By involving parents in donating items, students in utilizing their talents, and catechists coordinating the whole event we not only created lasting memories but also made a positive impact on the lives of those in need. The event exemplified the power of Community and Charity, leaving a lasting impression on all who participated.

I am glad to have been a part of this experience, that left me and my friends inspired and deeply connected in faith, friendship, and the spirit of giving!

**Ethan Dsouza**  
**Sunday School Student. Class IX**

## *Abide in Me. Remain in my Love*

10th February 2024 will always be a memorable day in the lives of our 59 First Holy Communicants as they received Jesus for the first time on this day.

The Catechists have been preparing the children for this momentous day during their catechism classes. During these months of preparation Prayer services and special Eucharistic Celebrations were held. Parents accompanied the children for the same and thereafter met the Catechists to get an update on the faith journey of their children.

The children prepared their hearts to welcome Jesus as they received the Sacrament of Reconciliation on 4th February 2024. Following a series of training sessions, the children eagerly awaited this special day.

**"Abide in Me..Remain in my Love"** was the theme for this year's Communion celebration. The theme was unveiled on the banner beautifully displayed in the Church requesting prayers for the children. It was the first time that parents participated in the entrance procession leading their children to the altar to receive the Sacrament of

First Holy Communion, reminiscing the day they brought them as babies to receive the Sacrament of Baptism.

Fr. John Mascarenhas SVD was the main celebrant for the Mass. The interactive homily by Fr. John gave the children a clear understanding of the presence of Jesus in the Sacrament whom they were to receive. The children gave their very best as they participated in the readings and offertory procession at Mass. It was heartening to see the children renew their baptismal promises with lighted candles and then pledge to follow Jesus forever. The Eucharistic celebration was enhanced with the melodious singing by the Children's choir.

The joy and eagerness of the children were clearly evident on their angelic faces as they received their First Holy Communion. The name and photograph of the child were promptly displayed on the projector screen for the exclusive attention the moment called for. This happiness was further endorsed as they proclaimed *'Jesus is Wonderful... Jesus is Mine'* in the action song. The children

received certificates, rosaries, scapular and a book on Blessed Carlo Acutis.

A get-together was organized for two of our children. A lovely family time to make them feel special on this day. The smiles on their faces said it all. We are grateful to the donors who helped us organize this celebration.

We thank Fr. John Mascarenhas SVD, our Parish Priest, Fr. Christi Selvaraj SVD, our Spiritual Director and the entire clergy team for helping in the Faith formation of our children. We thank the Parents, Catechists, Animators and Coordinators, Ushers, Altar Servers, CR Studioz, Children's choir led by Jacintha and Sylvester, Alwyn and Gaikwad for the beautiful décor and each and every one who assisted in making this a perfect day for our children.

All praise and thanks to the Lord for blessing us with this exquisite day. We pray that our First Holy Communicants continue to Abide and Remain in God's love always.

**Nirmala Almeida**  
**Catechist - First Holy Communion**



## *Confirmed and Initiated into Christ - Our Experiences*

On January 20, 2024, I experienced the profound joy of receiving the Sacrament of Confirmation, marking a significant milestone in my spiritual journey. The weekly sessions were incredibly enriching, providing deep insights into my faith. Our retreat stood out as a memorable experience, fostering thoughtful reflections and bringing peace through the Sacrament of Confession. Throughout this journey, our animators served as unwavering pillars of support, guiding us every step of the way.

The culminating celebration on the final day was truly beautiful, brimming with joy and gratitude as we received the Sacrament surrounded by our loved ones. The Mass was presided over by His Lordship, Bishop Barthol Barretto. This entire journey has been transformative, instilling in us a renewed dedication to embracing our Christian faith wholeheartedly.

**Ronan D'Souza**  
*Genesis, Community No. 35*

As a Confirmand, I thoroughly enjoyed the Sunday classes led by our animators throughout this seven-month course. Each session delved into the teachings of God and His Word, enlightening us about aspects we were previously unaware of. The highlight of these sessions was the presentation of case studies portraying the lives of individuals who followed Christ and lived by His teachings. Through these studies, I came to realize that forgiveness and sacrifice are catalysts for healing, not only for oneself but also for enabling repentance and turning towards God in others.

Additionally, we were constantly reminded to respect people of other faiths while devoting our love and service solely to the one God who demonstrated His immense love for us through His crucifixion. Furthermore, retreats, the institutional trip to SVD seminary, Vasai, and group activities were organized, providing opportunities for reflection and preparation to fully commit ourselves to God. I am deeply grateful to our parish clergy and animators for their dedicated efforts in making our Confirmation program a truly memorable one.

**Natasha Rodrigues**  
*St. Antony's, Community No. 5*

Receiving the gifts of the Holy Spirit makes us grow stronger in our Christian faith. We were well prepared by our dedicated Catechists right through the seven months of our weekly Sunday classes. Every student was given a chance to voice their opinion and participate. There was a two-day Repentance cum Inner Healing cum Infilling retreat. This gave us a chance to see things in a different light and deepen our understanding of our faith.

On the day of our Confirmation, all of us were confident and well-prepared. Our parents and loved ones attended the service.

My Confirmation journey is etched deeply in my heart and I am grateful that God has been gracious and guided me. I would like to thank all the priests and animators who helped us in our journey to receive the Sacrament of Confirmation. Thank you one and all!

**Daniella D'Souza**  
*Shalom, Community No. 30*



*There is no evil to be faced that Christ does not face with us. There is no enemy that Christ has not already conquered. There is no cross to bear that Christ has not already borne for us, and does not now bear with us. And on the far side of every cross we find the newness of life in the Holy Spirit, that new life which will reach its fulfillment in the resurrection. This is our faith. This is our witness before the world.*

*- St. John Paul II*



## Fun Cricket



The excitement by the Parish Youth Council (PYC) members in organizing Fun Cricket 2024 had been building up ever since Christmas 2023. The event was scheduled for 4 days, from 25th January to 28th January.

The journey of Fun Cricket 2024 began with the formation of the core team and multiple departments. There were all the fun elements of 'Run Targets' and 'Out board' and a new element introduced this time, known as 'Swap Board' which works in favor of the batting team. This board gets active only during the 'Fun Over' and when the batsman hits the board, the bowler has to be swapped with another bowler.

The PYC also linked the game with a generous concept, a 'Feed the Hungry' initiative, by announcing that with every board that the batsman hit, one food packet would be donated to the 'Feed the Hungry' fund. This concept

brought a new dimension to the tournament and encouraged players to hit the fun boards more often to support the initiative.

This year we had 27 communities participating. Seeing the overwhelming participation, the tournament which was initially planned for 3 days had to be extended for 4 days, with the second day being split into three parts (Morning, Early Evening and Late Evening) to accommodate all the matches.

Teams were split into 8 pools and every team got a chance to play 2 matches. Every match had something different to showcase. The Run Targets were hit all the way to a highest score of more than 295 runs in one innings. Also, there were some innings where all the wickets fell within the 50-runs mark. Eight teams qualified for the quarterfinals which were played on Saturday, with some nail-biting finishes.

Moving to the final day of the tournament, the players were in for a surprise, seeing the ground layout. The positions of all the Fun Boards were re-shuffled and instead of a 12-run target board, there was a new board that was introduced of 24 runs. After the semi-final matches, there was an interesting exhibition match played between the PYC and the Clergy Team and it was nice to see our clergy team display their proficiency in the game. The finals were played between Community No. 24 and Community No. 36, with an exhilarating performance from both teams. Through all the exciting, thrilling and nerve-wracking moments in the match, Emmanuel, Community No. 24 finally pulled off a win and was declared the winner of Fun Cricket 2024.

**Royson Dmello**  
PYC- Helpers of Jesus, Community No. 14

“

*But at Easter Jesus conquered death. So, no one else can tell us in a more convincing way: "Do not be afraid." The Lord says this right there next to the tomb from which He came out victorious. He invites us to come out of the tomb of our fears. .... fear not on Easter morning as on the morning of every day, "Do not be afraid." Take courage. Brother, sister, who believe in Christ, do not be afraid! Jesus says: "I tasted death for you, I took your pain upon Myself. Now I have risen to tell you: I am here with you forever. Do not be afraid!" Fear not.*

- Pope Francis

”





## *Christmas Bonanza 2023*

Christmas! A season of joy, love, and celebration, brings communities together in the spirit of sharing and gratitude. The Christmas Bonanza at Sacred Heart Church held on 15th, 16th and 17th of December 2023 was a jubilant affair, offering a delightful array of festivities organized by the Parish Youth Council (PYC). The air buzzed with excitement as families and friends explored the vibrant scene.

The Youth took on the task of transforming the Church grounds into a dazzling spectacle of festive wonder. Their creative flair and tireless efforts manifested in a breathtaking display of Christmas enchantment. The Grounds of our Parish came alive with a kaleidoscope of activities, featuring game stalls that engaged participants of all ages in friendly competition. The bouncy hall added an extra bounce of Joy for the younger attendees, creating an atmosphere filled with laughter.

Santa's visit became the heartwarming centerpiece, as children eagerly awaited their turn to share their Christmas wishes and grab

handfuls of candies. Enticing Food stalls offered a delectable spread of sweet and savory delights. The event also embraced the spirit of giving spot prizes, sprinkling surprises and excitement among the parishioners. The night resonated with the melodious notes of carol singing by our parish choirs creating a harmonious backdrop that epitomized the true spirit of Christmas.

An initiative by the youth unveiled a captivating shopping haven named "Festive Finds". This lively initiative showcased an impressive assortment of festive treasures, from elegantly crafted ornaments to intricately designed wreaths, each piece radiating the joy and warmth of the season. The commitment to offer high-quality, ready-made decorations provided attendees with a convenient and enchanting way to adorn their homes with the spirit of the festive season.

The event also included a vibrant Jam session of joy and melodies, creating a memorable finale for all our beloved parishioners.

The grand finale of the Christmas Bonanza unfolded on the third day with a spectacular Christmas float parade. Community groups and church members enthusiastically participated, adorning the Float with dazzling lights, festive decorations, Carol singing along the way, and Christmas-themed displays. The parade wound its way through the streets around the Church and beyond, drawing crowds of excited onlookers. The float was a wonderful display of creativity and community collaboration. The spirit of Christmas was brought to life for spectators of all ages. The parade was accompanied by the youth on bikes as volunteers.

The event and the accompanying float parade had a profound impact on the local community. It provided a platform for residents to come together, fostering a sense of belonging and shared celebration. The PYCs meticulous planning and dedication ensured that the Christmas extravaganza became a memorable and joyous occasion for all and brought in a sense of community spirit and festive cheer.

*Shania Rosario*  
*PYC- Emmanuel, Community No. 24*

## *A Visit To Shanti Daan*

The season of Christmas is one filled with love, laughter, joy and happiness and we, the Parish Youth Council (PYC) wanted to spread the joy of Christmas with those who don't get to experience the Christmas spirit with their families. So, on the 10th of December, 2023, we visited 'Shanti Daan' a house for the underprivileged run by the Missionaries of Charity.

"Strength does not come from the body. It comes from the will". Yes, this quality is what caught our attention in our brothers living in Shanti Daan. Each of us was so thrilled to meet the residents of the home which was reciprocated with a warm welcome and with broad smiles.

We saw that all of them were engaged in some activity. A few of them were watching a movie, while others were listening to the radio and yet others were reading the newspaper. Every room that we passed, had a positive energy and vibrant

atmosphere, buzzing with energy and laughter. As we walked through the hallway, we were greeted with warm smiles and excited waving of hands.

We had a brief interaction with a few of them who reside there and learnt about their daily routine. We were truly amazed at their outlook on life. Though they have experienced many struggles, they never fail to smile That really changed our perspective and taught us that no struggle is so big as to stop us from being grateful persons.

Having had the privilege to interact with them is an experience that we'll always remember. Their way of life is so simple yet they make the most out of it. Each of them radiates the qualities of strength, determination, resilience, diligence and a lot more, that we couldn't help but admire! We learnt so much from them and we hope that we may be able to emulate at least a few of these amazing qualities in our daily lives.

This experience was an eye-opener for many of us in different ways. But one that I would like to emphasize is that no matter what comes our way in life, we must be grateful and take each challenge as an opportunity to grow. "Our life is a gift from God. What we make of it is our gift to God"

Christmas is not just about giving material gifts but also the intangible gifts of love, joy and compassion which we hope we were able to bring to our brothers at Shanti Daan. We could not have imagined a better way to have entered into the season of Christmas than this. We all went back with a lesson learnt and a sense of gratitude in our hearts. We were truly filled with the spirit of love and compassion as we bid farewell to them. "Be still and know that I am GOD" was truly experienced in Shanti Daan.

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

# HEALTH SPACE

## *Low Back Pain*



Low back pain is a very common issue, prevalent largely among the younger generation as an occupational hazard and poor lifestyle choices and is no longer restricted to the elderly.

Understanding the root cause of one's back pain will enable one to avoid it and work towards rectifying it.

The most common reason is adopting poor posture for prolonged periods daily. This causes the muscles and ligaments around the back to get overstretched, weak, and eventually lose their ability to support the back optimally. It also causes premature ageing of the joints.

Of course, there are other reasons as well such as Osteoporosis, Osteoarthritis, Disc bulge, underlying diseases such as cancer, TB, etc., trauma / fracture due to accidents, stress-related or due to pregnancy

Low back pain due to poor posture is very common and ironically has the simplest solution. Unfortunately, people tend to ignore the early signs and symptoms and wait till they are in unbearable pain.

Imagine bending your finger backward for a few seconds. You will feel a stretch, and after some time it will hurt, however, once you release the finger, the pain disappears. But as the finger is bent for a longer time, the pain increases and ultimately the muscle will get overstretched, losing its elasticity and strength and there will be constant pain.

This is what happens to our lower back too. Its natural and neutral position is called 'lordosis'. When we excessively bend forward i.e. slouch while sitting or standing for prolonged hours, the ligaments and muscles go through tremendous strain daily thereby overstressing and weakening them, causing excessive pain. If this is not rectified, it could lead to further worsening as a prolapsed disc or "slipped disc", nerve compression, etc.

Maintaining a good posture is easier said than done since it requires a 100% conscious effort and is not involuntary. One needs to actively maintain the right posture at all times. This does not in any way dismiss other underlying issues which might further contribute to low back pain such as abnormal bony structures, age-related wear and tear, diseases, etc.

However, what is important to understand is that no amount of medication or supplements can replace self-correction in the form of appropriate exercises that will strengthen weak, overstretched muscles and thereby help to maintain a good posture.

“

*In ancient times before the divine sojourn of the Savior took place, even to the saints death was terrible; all wept for the dead as though they perished. But now that the Savior has raised His body, death is no longer terrible; for all who believe in Christ trample on it as it were nothing and choose rather to die than deny their faith in Christ. And that devil that once maliciously exulted in death, now that its pains were loosed, remained the only one truly dead.*

- St. Athanasius of Alexandria

”



Humans are not meant to be immobile. Our bodies thrive on being active. Inactivity leads to muscle loss/ wastage, weak bones, and a volley of problems thereafter.

Low back pain does not happen suddenly! It is a long and slow process when we subject our back to abnormal postures while sitting or standing over a prolonged period. Hence good postural habits go a long way right up till old age.

Here is a list of DON'TS and DO'S for a healthy lower back.

**1. Do not slouch forward while working at the desk.**

- Try placing a lumbar roll or pillow between the chair and low back to provide the right support. Adjust the distance between your desk and chair such that you maintain an erect posture at all times.
- Change/Break your pattern of staying in the same position for more than 40 mins. Get up, take a small 1 min stroll, or stand at your desk and bend your back backward and rotate it a few times. Practice this all through the day. Sitting continuously for 8 - 10 hours is very harmful to your back health.

**2. Avoid Jerky, sudden movements especially while pulling/pushing/ lifting something heavy.**

- While pushing /pulling or lifting a heavy object, ensure you adopt a wide stance, the weight must be equally distributed through both your hands. Do not attempt a one-sided pull.
- If the object is at a low height, you should squat and move the object.

**3. Do not excessively bend forward from the low back to pick up objects from the floor.**

- Always squat and pick up objects from the floor no matter how light they are.

**4. Do not slouch "to relax" after a session of intense workout / or any intense sports activity.**

- Either sit straight with support or let your back fall backward.

**5. Do not lift abnormally heavy weights at the gym under peer pressure.**

- Understand your goals & limitations based on your existing strength and choose weights wisely. Slow and steady is the best way to go.

**Additionally:**

- Check your Vitamin D and Calcium levels which is crucial for your bone health.

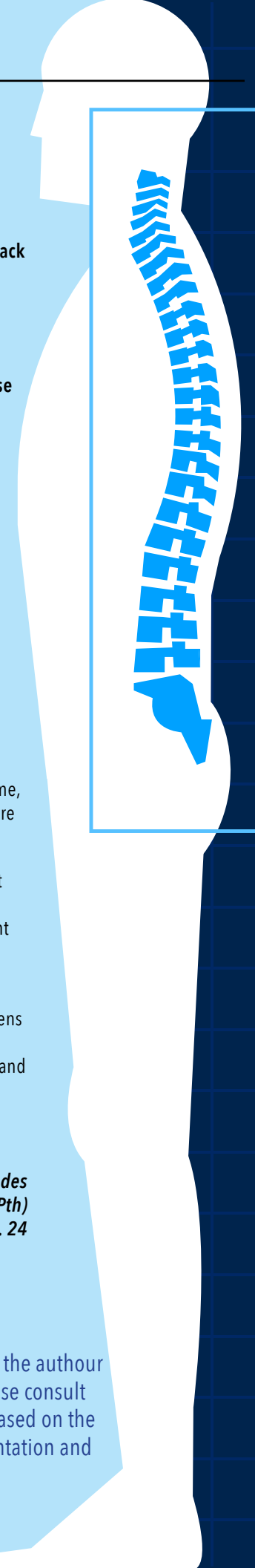
Once you have started taking supplements for the same, make it a point to check its level every 2 years to ensure maintenance.

- Indulge in some kind of physical activity for at least 30 minutes daily.  
eg: walking, jogging, yoga, swimming, cycling, light aerobic exercises, etc

The above information is to empower you in simple words with the basic knowledge of what exactly happens to your low back and how you can prevent and rectify common mistakes. Please refrain from self-diagnosis and self-treatment. Always consult a medical professional or physiotherapist to get an accurate diagnosis and appropriate treatment.

*Dr. Virgil. Fernandes  
Physiotherapist (B.Pth)  
Emmanuel, Community No. 24*

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*

Iris Pereira	D/o	Allan & Diedra Pereira	03-Dec-23
Kecia Frank	D/o	Kenneth Jackson Joseph & Venecia Kenneth Frank	09-Dec-23
Mclaren Fernandes	S/o	Vivian & Sweetan Fernandes	10-Dec-23
Jennifer	D/o	John Prakash & Motcha Alankaram	24-Dec-23
Zane D'silva	S/o	Rayan & Renita Dsilva	11-Feb-24



*United  
in Christ*

Neelesh Shetty	To	Lisha Sneha Sequeira	18-Nov-23
Clyde Monteiro	To	Wendy Diana Souza	18-Nov-23
Selwyn Moses	To	Maria Fernandes	18-Nov-23
Ashley Akkara	To	Jasmine Marri	23-Nov-23
Brian Rohan Kanade	To	Sukaina Sainudeen	23-Nov-23
Robin Biswajit Das	To	Chelsea Ann Dsouza	25-Nov-23
Dinesh Krishnaswamy	To	Schnell Enya Aranha	25-Nov-23
Ninad Mengle	To	Fiona Pinto	26-Nov-23
Manil Pinto	To	Nisha Dsouza	26-Nov-23
Wilson Sunil Salve	To	Tara Angela Borges	1-Dec-23
Clayton Dsouza	To	Jonita Fernandes	2-Dec-23
Ali Marfatia	To	Sheeba Jafar	8-Dec-23
Duven Savio Correia	To	Daphne Sucorine Dsouza	9-Dec-23
Gregory Sequeira	To	Jovita Aranha	9-Dec-23
Alan Fernandes	To	Velencia Fernandes	16-Dec-23
Nitesh Tanawde	To	Nicolette Anchan	16-Dec-23
Ravij Bhatia	To	Althea Coutinho	20-Dec-23
Royson Joe Gras	To	Diana Barboza	21-Dec-23
Roncy Tellis	To	Merlin Leena Pais	22-Dec-23
Deon Patel	To	Cheryl Pereira	23-Dec-23
Abhimanyu Mhapankar	To	Rasika Gothankar	26-Dec-23
Rapheal Duran Dias	To	Kanishka Anil Dsouza	27-Dec-23
Sheldon Mascarenhas	To	Sneha Thomas	27-Dec-23
Randolph Dsouza	To	Charmaine Fernandes	28-Dec-23
Samford Vishwas Dmello	To	Jesna Menezes	29-Dec-23
Jocelyn Glen Dsouza	To	Priya Rego	30-Dec-23
Connel Jehial Coelho	To	Seles Kuthokathan	30-Dec-23
Joshua Anthony	To	Vivien Alvares	1-Jan-24
Lionel Dsouza	To	Edlin Pereira	6-Jan-24
Clinton Cipriano Rodrigues	To	Aron Iral Mathias	7-Jan-24
Bradley Ashton Menezes	To	Steffi Dmello	7-Jan-24
Anthony Cardoz	To	Diane Dcosta	10-Jan-24
Alaric Fernandes	To	Kimberly Ann Stewart	14-Jan-24
Floyd James Correa	To	Aurelia Anthony Fernandes	20-Jan-24
Atman Vora	To	Ramona Crasto	25-Jan-24
Prافل Roy	To	Nikita Nadar	27-Jan-24
Merwyn Francis	To	Honey Thakur	1-Feb-24
Aaron Pereira	To	Manjiri Shete	7-Feb-24
Joslyn Fernandes	To	Alina Natasha Almeida	9-Feb-24
Shivam Singla	To	Angela Sebastian	10-Feb-24





*Resting  
in Christ*

Assumpta Dsilva	73	A / 501, Poonam Vihar, Poonam Nagar.	21-Nov-23
Priyanka Brown	38	Kulshree SRA CHS , Sher-e -Punjab .	29-Nov-23
Pascal Pereira	97	2, Pandey Chawl	30-Nov-23
Philomena Pinto	76	156 / 5, Chandrakiran Apts , Sher-E-Punjab .	08-Dec-23
Amy Rego	96	A / 303, Trans residency III , MIDC.	09-Dec-23
William Rodrigues	51	13 / 26 , Suyog CHS, PMGP.	08-Jan-24
Richard Rodricks	74	34 B / 24, Takshila CHS , Off M.C.Road.	12-Jan-24
Bridjith Dsouza	78	03, Sharma Kutir, M.C.Road.	16-Jan-24
Conrad Leoford Furtado	74	Takshila Bldg 1-B-33 Mahakali Road Andheri East	22-Jan-24
Darrel D'Souza	69	14 / 8, Primrose, Sher-E-Punjab.	24-Jan-24
Judy D'Monte	70	C / 304, Patel Terrace, Pump House	25-Jan-24



*Confirmed  
in Christ*

Aaron Chettiar	Daniella D'souza	Kaelyn Noronha	Ronan Fernandes
Abigail Fernandes	Dominic Pinto	Kailen Asha	Ruth Vas
Akash Patwa	Elkan Machado	Kavya Jadhav	Ryan Dlima
Aldrich Almeida	Eric Pinto	Kirsten Mascarenhas	Samson Fernandes
Alisha Pathare	Ethan Rebello	Lareina Soares	Savio More
Alisha Puthran	Frank Lobo	Lezelle Barboza	Seona Antao
Alistair Dsouza	Glynnis Fernandes	Lichelle Frank	Shanelle Dias
Alphonsa Nair	Hazel Lobo	Natasha Rodrigues	Sharona Trinidad
Alston Fernandes	Jeremy Lobo	Nicole Noel	Shaun Johnson
Angela Fernandes	Joel Lobo	Rachel Fernandes	Shelten. S. Carvalho
Arashel Goveas	Joel Rodrigues	Reuel Trindade	Sian Fernandes
Asher Michael	Jonathan Mendes	Rhea D'silva	Sofia George
Ayesha Mendonca	Josef Menezes	Rhynall Pinto	Steffi Pellissery
Daniel Fernandes	Joshua Dsouza	Ronan D'Souza	Vivaan Dsouza



*First Holy  
Communion  
in Christ*

Aaron Michael	Eliana Bhandari	Keith D'costa	Rohan Patil
Abigail D'souza	Elina D'souza	Kiara Pereira	Rohan Yadav
Adelca Fernandes	Emmanuel Chettiar	Kiara Piris	Rynl Aranha
Adiev Matade	Ethan Nadar	Kristine Lobo	Samaira Dsouza
Aidan D'costa	Eva Colimao	Kyle Mathias	Selvita Miranda
Aldrich Rodrigues	Gia Dalvi	Kyra D'lima	Shanayaa Dsouza
Alia Ghonsalvis	Jaden Mendonca	Leeshel D'souza	Shaunak Kantela
Ancita Noronha	Jane Vaz	Mariah Dsilva	Shaunit Mendonca
Anushka Vaz	Janice Dsouza	Matthew Francis	Sherlyn Jadhav
Aura D'souza	Jayden Swamy	Nathan Baptista	Sherwin D'souza
Avelyn Hirve	Joanna D'souza	Priya D'sliva	Shivena Mendis
Caidyn Zuzarte	Jonathan D'souza	Raelyn D'souza	Sydel Pinto
Christina Daniel	Joyshel Rego	Reese Miranda	Sydney Mathews
Crystal D'souza	Juergen Menezes	Rickson Fernandes	Vernell D'souza
Diora Dsilva	Keegan D'costa	Riya Yadav	

For the 8.45 am Mass Schedule, Youth Mass Schedule, Holy Hour Schedule and the Saturday 6.15 pm Rosary Schedule, kindly look up the Parish Website: [www.sacredheartandheri.net](http://www.sacredheartandheri.net)

# Inspiration from Saints

## ST. POPE JOHN PAUL II

**Feast Day: 22nd October**

**Patron Saint of Youth, Families and World Youth Day**

Karol Józef Wojtyła was born on May 18, 1920, in Wadowice, Poland, the youngest of three children born to Karol Wojtyła and Emilia Kaczorowska. He was known to his friends as 'Lolek'. His sister, Olga died soon after birth and when Karol was eight, his mother died. Three years later, his brother Edmund, a football player, a talented student and a physician died at the age of 26, while treating patients during an epidemic.

Karol grew up under the loving guidance of his father and was a vibrant youth- athletic, studious and a gifted theatrical performer. Karol Sr. taught his son to pray, trust in God, be devoted to the Blessed Virgin and love his Polish culture.

After high school, Karol enrolled in the Jagiellonian University of Krakow in 1938. When the occupying Nazi forces closed the University in 1939, Karol worked in a quarry and then in a chemical factory to earn a living and to avoid deportation to Germany. In February 1941, Karol returned from work one day to discover that his father had died alone. He prayed by the body all night.

By the autumn of 1942, he had decided to enter the priesthood. It was during this time that he met his spiritual mentor, Jan Tyranowski, and was introduced to the Carmelite mysticism of St. John of the Cross.

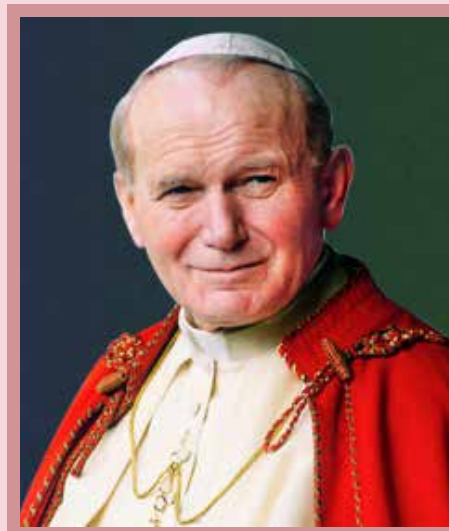
He studied at an underground seminary in Kraków during World War II and was ordained in 1946. In 1948, he earned a doctorate in philosophy in Rome and returned home to serve in a parish, earning a second doctorate in sacred theology, from the Jagiellonian University. He became Archbishop of Kraków in 1964 and Cardinal in 1967.

Cardinal Wojtyła was elected Pope on October 16, 1978, and took the name John Paul II. He was the 263rd successor to Saint Peter and was to have one of the longest pontificates in the history of the Church, lasting nearly 27 years. He retained his Episcopal motto, "Totus Tuus - I am completely yours." Immediately, John Paul

II went out to the entire world with a vigorous missionary spirit. He travelled widely, using the eight languages he spoke- Polish, Italian, French, German, English, Spanish, Portuguese and Latin and his well-known personal charm, to connect with the Catholic faithful, as well as many outside the fold. His international apostolic journeys numbered 104 to 129 different countries.

His love for young people led him to establish World Youth Day, in 1985.

The Pope's concern for marriage and the family was clearly expressed in the establishment of the World Meeting of Families, his Wednesday catechesis on human love and the founding of the Pontifical John Paul II Institute for Studies on Marriage and Family.



His nonviolent activism spurred movements that contributed to the gradual and peaceful removal of Communism from Eastern Europe.

On May 3, 1981, in St. Peter's Square, Pope John Paul II was shot and wounded by Mehmet Ali Agca. The Pope credited our Lady of Fatima with saving his life and exhibited extraordinary love and forgiveness by visiting his attacker, in prison.

No other Pope met as many people as Pope John Paul II. More than 17.6 million pilgrims attended his Wednesday General Audiences

Pope John Paul II's doctrinal legacy is one of the richest in the history of the Church. He tirelessly guarded the deposit of faith and the tradition of the Church from errors, promoting authentic theological, moral and spiritual doctrine.

He was also a prolific writer; His writings included 14 encyclicals, 15 apostolic exhortations, 11 apostolic constitutions and 45 apostolic letters in addition to the catechesis delivered in the general audiences, lectures and homilies given during his many travels.

Pope John Paul II beatified 1,338 people and canonized 482 saints.

Pope John Paul II successfully encouraged dialogue with the Jews and inaugurated a time of healing between Jews, Muslims and representatives of other religions.

Pope John Paul II's papacy was marked by his firm and unwavering opposition to communism and war, abortion, contraception, capital punishment, homosexual sex, euthanasia, human cloning and stem cell research.

He proclaimed the Year of Redemption, the Marian Year and the Year of the Eucharist as well as the Great Jubilee Year of 2000, in order to provide the people of God with particularly intense spiritual experiences.

Suffering from the debilitating effects of Parkinson's disease, the aftereffects of the wounds from the attempted assassination, multiple surgeries, and the loss of his voice, Pope John Paul II expressed in his last days the mystery of the Crucified Lord.

Pope John Paul II died in the Apostolic Palace on April 2, 2005, the vigil of Divine Mercy Sunday, which he had instituted.

On May 1, 2011, Pope Benedict XVI beatified Pope John Paul II, and Pope Francis canonized Saint John Paul II alongside Saint John XXIII on April 27, 2014.



# Parish Vision Mission Statement

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



Prize Winners of Family Bible Quiz December 2023



Warm Up Session - Peace Marathon 2024



PYC Members Visit to Shanti Daan



Fun Cricket Winners - Emmanuel, Community No.24



Inter Religious Gathering



Senior Citizen's Picnic To Boscowadi, Uttan



Republic Day 2024



All Association Day 2024