



Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 97

June 2025

For Private Circulation Only



SACRED HEART OF JESUS: PRICE PAID FOR EVERY SOUL

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)

Special Intentions : 1st Sun - Senior Citizens, 2nd Sun - Families, 3rd Sun - Couples celebrating Wedding Anniversary during the month, 4th Sun - Youth, 5th Sun - General Intentions

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

Novenas after all Masses

St. Antony of Padua - Tuesday

Our Lady of Perpetual Help - Wednesday

Rosary: Weekdays 6.00 am | Every Saturday at 6.15 pm

Silent Eucharistic Adoration: All Weekdays (except 4th Sat): 8.00 am to 8.45 am

Mon, Tue, Wed & Fri (except 1st Fri) : 6.30 pm to 7.00 pm

Holy Hour: Thurs & 1st Friday - 6.00 pm to 7.00 pm. 4th Saturday - 8.00 am to 9.00 am

Every Fourth Friday of the Month: Intercession through the Divine Mercy Chaplet at 7:30 pm

Catechism for Children: From 8:45 am to 9:45 am every Sunday

Confessions: Weekday 6:30 pm and Saturday 6:15 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

Catholic Weddings: 5:00 pm

All Thursdays and First Fridays: 4:30 pm

Sunday: 5:30 pm (Scheduled Mass)

Sick Calls: At any time

Counselling: With prior appointment at Parish Office

Centre for Community Org.: (Tel: 8433605226)

Mon, Wed, Fri, Sat (10 am to 12 Noon), Tue, Thurs (5 pm to 7 pm), and Sunday Closed.

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

Parish Office hours

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

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

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

Tel: 9324585610, 9004011807

e-mail: h2h.bulletin@gmail.com | Website: www.sacredheartandheri.net

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Forthcoming Events

29 th June	Solemnity of Sts. Peter & Paul, Apostles, Laity Sunday
03 rd July	Feast of St. Thomas, Apostle & Martyr
06th July	Faith Formation Sunday
11 th July	Memorial of St. Benedict, Abbot
15 th July	Memorial of St. Bonaventure, Bishop & Doctor
16 th July	Memorial of Our Lady of Mount Carmel
22 nd July	Feast of St. Mary Magdalene
25 th July	Feast of St. James, Apostle
26 th July	Memorial of Sts. Joachim and Ann, Parents of Mary
26th July	Parents/Grand Parents Day by Senior Citizens Cell
27th July	World Day of Grand Parents and the Elderly
28 th July	Memorial of St. Alphonsa Muttathupadathu, Virgin
29 th July	Feast of Sts. Martha, Mary and Lazarus
31 st July	Memorial of St. Ignatius of Loyola, Priest
01 st Aug	Memorial of St. Alphonsus Liguori, Bishop & Doctor
04 th Aug	Memorial of St. John Vianney, Priest
06 th Aug	Feast of Transfiguration of Jesus
08 th Aug	Memorial of St. Dominic, Priest
10th Aug	Vianney Sunday
11 th Aug	Memorial of St. Clare, Virgin
14 th Aug	Memorial of St. Maximilian Kolbe, Priest & Martyr
15 th Aug	Solemnity of Assumption & Independence Day
17th Aug	Prison Ministry Sunday
20 th Aug	Memorial of St. Bernard, Abbot & Doctor
21 st Aug	Memorial of St. Pius X, Pope
22 nd Aug	Memorial of Queenship of Mary
24th Aug	Justice Sunday
27 th Aug	Memorial of St. Monica
28 th Aug	Memorial of St. Augustine, Bishop & Doctor
29 th Aug	Memorial of Beheading of St. John the Baptist
30th Aug to 07th Sept	Novena in Preparation for the Nativity of Our Lady
03 rd Sept	Memorial of St. Gregory the Great, Pope & Doctor
05 th Sept	Memorial of St. Teresa of Kolkata, Virgin
08th Sept	Nativity of Our Lady – Girl Child Day & Anniversary of the Dedication of the Church Building

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

From The Pastor's Desk

Dearly beloved Parishioners,

Time flies so quickly and we stand at the threshold of a new academic year after a long summer vacation. We are being rejuvenated and revived to face the year ahead, trusting and hoping in the Lord Jesus Christ alone.

The theme of this bulletin is **"Sacred Heart of Jesus - Price Paid for every soul"**. Indeed, if we reflect deeply, we would know that **someone or something in the universe invariably pays the price for our well-being**. As the monsoon begins, farmers work with their bullocks to prepare and irrigate the soil in order to eventually sow seeds. They sacrifice much and pay a price to cultivate crops for the welfare of all. Similarly, machine operators, developers and skill-based professionals spend several hours upgrading and updating their products to satisfy the various needs of their customers. There is relative connectivity with persons and things so that every need is taken care of. Ultimately, **Someone or something Pays the Price**.

Let's read, reflect and personalize noble thoughts on Friendship, Sacrifice and Prayer which underlies the theme that **each of us is called to pay a price genuinely and generously for the sake of the other**.

Two brothers from a middle-class family in Germany, Albrecht Dürer and Albert wanted to become artists but their funds were too meager to attend the university. So, they decided that one of them should find employment and support the other during his years of study. Then they would reverse roles to fund the other's education. To decide which of them should attend University first, they drew lots. Albrecht won and went to University and Albert went to work as a laborer in a coal mine. Albrecht turned out to be a genius and made a handsome amount from the sale of his paintings. He returned home to his brother to keep his part of the bargain. That was when he **painfully realized the great price his brother had paid**. Albert's delicate and sensitive fingers had been ruined by years of rugged manual labor. Though he had to abandon his dream of being an artist, he had no regrets but rejoiced in his brother's success.

One day Albrecht Dürer saw Albert kneeling with his gnarled hands intertwined in prayer. The artist quickly sketched the **PRAYING HANDS**. Today's art galleries feature many works of the famous Albrecht Dürer, but the people's favorite is the **'PRAYING HANDS'**. It has been copied millions of times, the world over, telling the tender eloquent story of love, sacrifice, labor and gratitude.

Love demands sacrifice and involves paying a heavy price at times. Where there is no sacrifice, there can hardly be genuine love. The story of the two brothers is a reminder to all of us that sacrifices made out of genuine love will never be a waste. When we are called to make sacrifices to express our love and concern for others, such sacrifices are bound to produce a hundredfold blessing.



"Jesus was pierced for our transgression, by His wounds we have been healed,"

As Jesus hung on the Cross, bruised and bleeding, He declared, **"It IS FINISHED"**.

In Greek **'TETELESTAI'** means **'FINISHED'** signifying, **"HE PAID THE PRICE FOR EVERY SOUL"**.

In the year of the Jubilee let us continue to be a Church of faith in God, giving Hope to his people on earth. The small and great contribution of the Parish community towards the welfare and well-being of their needy parishioners is acknowledged and appreciated.

The month of June brings new appointments and transfers of priests and religious. Our Clergy team member, Fr. Callisto Gomes SVD has been transferred to St. Theresa's Church Bandra. I gratefully acknowledge his contribution to the general growth of our parish during his tenure of the past five years and thank him for the pastoral services rendered. I wish him every success in his ministry.

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

Let our Church community be truly a missionary Church bringing the hope and Joy of the Risen Lord to all around us. Happy Feast of the Sacred Heart!!

Fr. John Mascarenhas SVD
Parish Priest

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SACRED HEART OF JESUS PRICE PAID FOR EVERY SOUL

Thomas Jefferson, during one of his travels, on a cold wintery day, encountered a dangerous stream. An old man was sitting by that stream, waiting to be helped across to the other side. All the soldiers crossed the stream but the old man did not approach any of them for help. When the last man reached the stream, the old man looked at him and asked for help. The man agreed, hoisted him up on his horse and together they crossed the stream. Before parting, he asked the old man why he chose to ask for help from the last person and not the others. The old man replied; I looked at the eyes of all and could not see love, but in your eyes, I could see not just compassion but love, warmth and care. Hearing this explanation, that man - Thomas Jefferson, the former President of the United States travelled on quietly to his room in the White House.

The heart of Jefferson that was seen by the man, was a glimpse of that HEART reaching out to the poor.

"Change my heart O Lord; make it ever new. Change my heart O Lord. May I be like you."

When we look around these days, there is news of wars, hatred, destruction, migration, etc. and we hope for many changes to occur in our world, our country, our city, our people and in ourselves. But in reality, what is essential is not external change, but an internal change and that is a **change in heart. It is this heart that will be the true price of every soul.**

It is with our attentive ears that we are able to listen to our very own heart and that of others. It is with an undivided heart that we are able to listen to the pleas of people and will be able to make this world a better place. We will be able to **touch every soul and bring them closer to the Sacred Heart.**

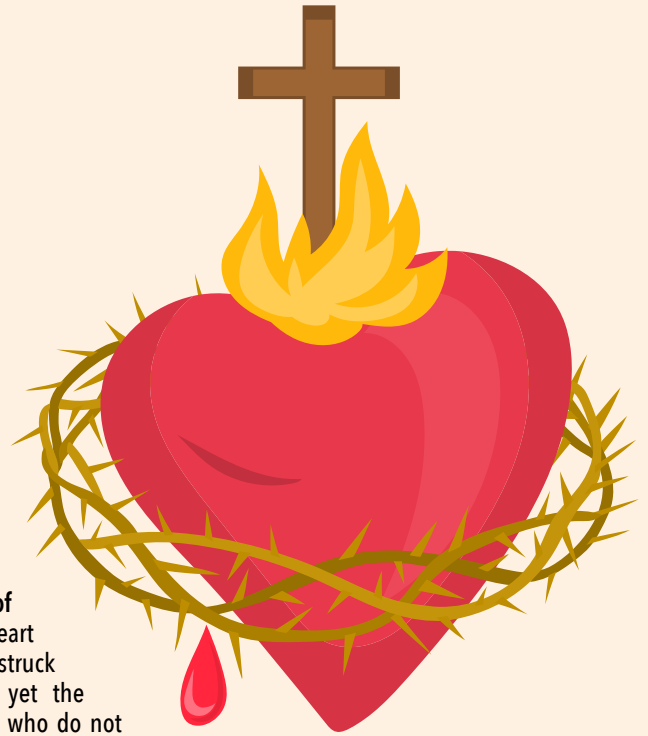
This month of June is dedicated to the one special heart; we want to really imitate and that is the 'Sacred Heart of Jesus'. **"Jesus meek and humble of heart, make my heart like unto Yours," This HEART that has paid the price of my soul, that I want to do the same to my sisters and brothers.**

Jesus had this admirable ability to listen to both individuals and large crowds. This **listening and healing heart of Jesus** is revealed in the Gospels; a heart that went out in search of the lost, the outcasts of society, those in need of both spiritual and material support, in need of comfort, and encouragement, to mend broken hearts.

The heart of Jesus is the heart of Love. Love that has no end. A heart ever ready to be broken, to be struck down, deserted, and betrayed; yet the Heart that goes out to love those who do not reciprocate that love.

Here are a few classic examples from the Gospels of how the Heart of Jesus changed some individuals who responded by changing their lives and further went about bringing others to His Loving Heart:-

- **The Centurion** was deeply moved after witnessing all that had taken place on the way to Calvary, and the response of Jesus to the unjust suffering meted out to Him. The ultimate scene that struck his heart was the words of Jesus on the Cross. It led him to make a deep and profound declaration of Faith: "Truly He was the Son of God". A total change from a disciplinary heart to that of a faith-love-filled heart.
- **Zacchaeus** was a man who wanted to just catch a glimpse of Jesus while he passed his town. It was the tender and watchful heart of Jesus that hearkened to his desire, called him by name and even visited his house. This brought about a radical conversion in Zacchaeus's personal and social life too.
- **Saul** was thrown to the ground from his horse and fell onto his knees when he heard the voice of Christ speaking to him, to put on a new self and a new heart. It was in his listening to Christ that he not only changed his name to Paul but also changed his heart to a missionary heart, like that of Christ, embracing people of every race and nation.



- **Mary**, the Mother of Jesus, the greatest example of all, kept her heart open to listen to the voice of God spoken through the angel, that she would be the Mother of God. She tried to live the heart of her Son and so could recognize the plight of the couple at the marriage feast at Cana and asked her Son to help them, saying; 'They have no wine'. Later the servants learnt from Mary how to open their hearts to listen to Jesus, by her words to them, 'Do whatever He tells you'. This first miracle was performed by Christ because of which many not just believed in Him but wanted to imitate Him too.

The **promises of the Sacred Heart** revealed to St. Margaret Mary Alacoque, remind us of the Heart that listens and feels for us poor sinners; constantly wanting to save every soul with His love and grace.

Our hearts were meant to be like that of Christ, as we are born in the image and likeness of God Himself. Let us strive during this month of June to leave our Heart-prints in the lives of people around us and thus be the Heart of Christ in the world today, saving every soul.

Let us surrender ourselves to the SACRED HEART.

Fr. Franco Pereira SDB

CCO on the Move

'The Sacred Heart of Jesus' is the visible representation of God's unconditional, overflowing love and compassion for humanity.'

As we celebrate the Feast of the Sacred Heart of Jesus, may we be inspired to embody compassion and kindness. May His divine love ignite a fire of love within us - guiding us to serve the marginalized and bring hope to those in need.

THE PARISH ASSOCIATIONS, CELLS AND THE RELIGIOUS SISTERS came together to lead the faithful in devotion to our Lady during the month of May, by conducting the Rosary every evening, from Monday to Friday at the Grotto. This heartfelt devotion nurtured a sense of community and grace.

THE PARISH CHOIRS led the Stations of the Cross on the Church grounds, every Friday of Lent after the evening Mass.

THE PARISH YOUTH COUNCIL (PYC) have been at the forefront in organizing various engaging and spiritual activities for the parishioners.

Heart to Heart Liga 2025 - A vibrant sports initiative organized by the Youth Ministry.

Sacred Heart Women's Throwball League 2025 (Area wise) was held from 30th April to 1st May 2025.

Men's Rink football (Community wise) conducted from 2nd to 4th May 2025.

Summer Camp from 5th to 11th May 2025 was organised for children from Grade I to X. It was a week of learnings, fun and bonding experiences for the children.

Praise and Worship session with live music and prayer was held in March 2025. It encouraged the youth to connect with God through worship.

Taizé prayer was organized in collaboration with the PYAT members, this contemplative prayer session included silence, chants and reflection.

The Way of the Cross on Good Friday was conducted as a moving enactment of the Passion of Christ by the youth starting from the church and moving to the Gyan Ashram campus

THE DIVINE MERCY CELL conducted the Divine Mercy Novena which commenced from Good Friday and concluded with the Feast Mass at

10:00 am celebrated on 27th April. It was a spiritual journey towards revelation of God's lavish mercy.

SENIOR CITIZEN CELL:

- On 13th March, a Lenten Recollection on the theme, 'Rooted in Faith, bearing fruit in Grace - A journey of lifelong commitment.' was preached by Fr. Raja Reddy SVD. The event was well attended by the Senior Citizens.
- On 27th March, 2025, a pilgrimage was organized to pray the Stations of the Cross at Our Lady of the Sea, Uttan which was attended by 90 participants.
- On Good Friday, the Way of the Cross was conducted in song in the Church, enhancing the spiritual experience with soulful hymns

THE LEGION OF MARY is wholeheartedly dedicated to serving and promoting devotion to Mary, Mediatrix of all Graces, and undertook the following activities:

- Door-to-door house visits:** to reach out within the community
- Outreach programs:** Visited Talasari, leprosy homes, infirmaries, Nuns, Nursing College, Handicraft workshops and Jesuit priests
- Visits in Andheri:** Included hospitals, abandoned Down Syndrome home, Vinayalaya- Infirmary for Jesuit Priests
- Spiritual Events:** A Holy hour conducted at Canossa Chapel and Acies - Renewal of Legion promises.
- Recreation:** Legion get-together and Deanery Picnic added fellowship and joy.

THE BIBLE CELL actively enriched parishioners with:

- Apologetic sessions** - till March, focused on Passion Narratives in April
- Holy Hour** Held every 4th Saturday after the 7:30 am Mass.
- Bi-weekly intercession** for the Lenten Mission (January - February)
- A special 2-day weekend recollection** for Bible Cell members at Pasaydaan

Community Welfare Fund (CWF)

In the months of March and April, 2025, the following Assistance/Aid was provided:

Education	- 10
Medical Aid	- 24
Housing Assistance	- 26
Total	- 60 payments

St. VINCENT De PAUL ASSOCIATION (SVP) continues to reach out to the adopted families of our parish and others in need, providing ration, medical and cash assistance irrespective of faith.

The Missionary Families for Christ (MFC) conducted a special Way of the Cross on 23rd March, 2025 at 7:30 pm for their members on the theme 'Families'. It was a touching reflection on family and faith.

The Inter Religious Dialogue Cell (IRDC) celebrated International Labour Day on 1st May 2025 in the Community Centre. A total of 100 guests attended the program and 150 security personnel on duty were served packed meals.

Other CCO Initiatives:

The CCO continues its mission of love and service through:

- Assistance for the Community Welfare fund by filling out forms for Education, Medical and Housing needs
- Collaboration with various Cells and Associations to ensure the proper functioning of the activities
- Maintenance of matrimonial registry for parishioners and those seeking matrimonial alliances.
- Support with employment opportunities as domestic help, patient attendants, care takers and office attendants.

The Dental clinic continues to serve parishioners efficiently.

The CCO team is pleased to welcome on board, Fatima D'souza and takes this opportunity to wish her a fruitful innings with the team. We thank our outgoing team member Anita D'souza for her valuable contributions and wish her further success and God's abundant blessings.

We extend our heartfelt gratitude to all the cell and association members for their dedication, time and selfless service. May the Sacred Heart of Jesus bless each of us abundantly.

Wishing all our dear parishioners a blessed feast of the Sacred Heart of Jesus!

Ida Quinny
CCO Co-ordinator

Pope Francis

A Papacy Rooted in Love, Justice, and Outreach

The first Latin American pope and the only Jesuit pope, Jorge Mario Bergoglio was born to Italian immigrants Mario Bergoglio and Regina Maria Sivori on December 17, 1936, in Buenos Aires, Argentina. He was the eldest of their five children. He graduated as a chemical technician and then chose the path of priesthood. At the age of 21, he suffered a severe bout of pneumonia that led to the removal of part of his right lung.

He was elected the 266th pope on March 13, 2013. From his first appearance on St. Peter's balcony, asking for prayers before giving his blessing, Pope Francis set a new pastoral tone. His papacy was defined by a leadership style rooted in humility, inclusiveness, and a bold vision for reform within the Church.

He chose the name "Francis" after St. Francis of Assisi, reflecting a commitment to simplicity, peace, and care for creation. A tireless advocate for migrants and many other marginalized people, Francis shaped the Church from the outset of his papacy according to his vision of "a poor Church for the poor." "My people are poor and I am one of them", he has said more than once, explaining his decision to live in an apartment and cook his own supper.

A central feature of Pope Francis's pontificate has been his **emphasis on mercy**. In 2015, he declared the Jubilee Year of Mercy, urging the Church to prioritize acts of mercy and extend forgiveness, particularly through the Sacrament of Reconciliation, and to focus on the needs of those facing hardship, including the poor, sick, and marginalized.

“

We cannot understand Christ without His Church, just as we cannot understand the Church without her spouse, Christ Jesus, who gave His life out of love, and who makes us see that it is worth the price.

– Pope Francis

”

Pope Francis has also worked to shift the Church's tone on controversial issues, emphasizing **pastoral care over doctrinal rigidity**. While upholding traditional teachings, he has encouraged open dialogue, particularly in the areas of family life, sexual ethics, and inclusion. His apostolic exhortation *Amoris Laetitia* (2016) introduced a more compassionate approach to divorced and remarried Catholics, encouraging discernment and integration rather than exclusion.

One of his most globally recognized efforts has been his **call to protect the environment**. In 2015, he published *Laudato Si'*, an encyclical that framed climate change as a moral and spiritual crisis. Addressing not only Catholics but "every person living on this planet," Pope Francis called for an "integral ecology" that respects both humanity and the Earth. This teaching has positioned the Church as a key voice in the global conversation on sustainability.

In terms of Church governance, Pope Francis has **pursued internal reform**, particularly of the Roman Curia—the Vatican's administrative body. He established new dicasteries, promoted

financial transparency, and empowered bishops' conferences. He also created the Council of Cardinals (2013) to advise him on curial restructuring and global pastoral challenges.

Pope Francis has consistently emphasized **synodality** – a Church that listens and walks together. He launched a global synod process beginning in 2021, inviting input from every level of the Church. This initiative, still underway, seeks to renew how the Church understands authority, participation, and mission in the modern world.

Above all, Pope Francis has modelled a **servant-leader approach**: washing the feet of prisoners, dining with the homeless, and visiting war-torn regions.

In February 2025, Pope Francis was hospitalized for several weeks for bronchitis that developed into pneumonia in both lungs. He died on April 21, the day after Easter, of a cerebral stroke and cardiocirculatory collapse.

Following the passing of Pope Francis, his legacy endures as a voice of conscience, urging the Church to live not for itself, but as a sacrament of God's mercy for the world.



Habemus Papam - Pope Leo XIV

A Shepherd Formed by Mission and Service

The first pope to have been born in North America, the first to hold Peruvian citizenship, having been naturalized in 2015, the second pope from the Americas after his predecessor Francis and the first from the Order of Saint Augustine - **Cardinal Robert Francis Prevost** - took the name **Pope Leo XIV** on his election on May 8, 2025, as the 267th successor to Saint Peter. His election is a grace-filled moment for the Church—offering a shepherd deeply shaped by missionary zeal, Augustinian spirituality, and unwavering fidelity to Christ and His people.

Born on September 14, 1955, to Louis Marius Prevost and Mildred Agnes in Chicago, Illinois, as the youngest of their three sons, Pope Leo XIV grew up in a devout Catholic family and discerned his vocation within the Order of Saint Augustine. He professed his vows in 1977 and was ordained to the priesthood in 1982. His academic formation, which included studies in canon law at the Pontifical University of St. Thomas Aquinas (Angelicum), was grounded in a love for the Church's teaching and a readiness to serve wherever he was needed.

That call led him to Peru, where he spent nearly 20 years ministering to the faithful in the northern regions of the country. There, among the poor and often-forgotten, then-Father Prevost became known for his pastoral closeness, simplicity of life, and deep listening. Whether walking the dusty roads to celebrate Mass in remote villages or accompanying the sick and suffering, he modeled the Good Shepherd who knows and loves His sheep.

In 1999, he was appointed Apostolic Administrator of the Diocese of Chiclayo and later named its bishop. He devoted himself

to renewing catechesis, strengthening lay leadership, and supporting priests and religious in their vocation. His episcopal motto, *Christus Est Vita*—“**Christ is Life**”—captured his conviction that the Church's mission is to bring the living Christ to every corner of the world.

In 2001, he was elected Prior General of the Augustinian order, serving for twelve years with humility and wisdom. His leadership extended across continents, where he fostered unity in diversity and championed the Church's mission of evangelization and mercy.



In 2023, Pope Francis called him to serve in Rome as Prefect of the Dicastery for Bishops.

In this role, he helped discern the appointment of shepherds for dioceses across the world. His approach emphasized pastoral sensitivity, doctrinal fidelity, and an ear attuned to the Holy Spirit. His service prepared him well for the heavy responsibility now entrusted to him as Roman Pontiff.

By choosing the name Leo XIV, the Holy Father signals a desire to carry forward the legacy of Pope Leo XIII, who brought Catholic social teaching to the forefront in the modern age. It suggests a papacy marked by a commitment to the dignity of the human person, the care of creation, and the strengthening of the family and parish life.

In his first message from the balcony of St. Peter's Basilica, Pope Leo XIV greeted the Church and the world with the words: “**Peace be with all of you!**”—a simple but powerful expression of Christ's Easter promise.

Let us unite in prayer for our new Holy Father, Pope Leo XIV, that he may guide the Church with the heart of a servant, the wisdom of a teacher, and the faith of a true successor of St. Peter.



Here's your opportunity to showcase your writing skills in the Parish bulletin.

Inviting aspiring authors and poets to submit their original articles/poems on any of the following topics :-

- I. **SAVE MOTHER EARTH**
Age group - Up to 14 years of age
 - II. **IS ARTIFICIAL INTELLIGENCE FLAWLESS?**
Age group - 15 to 21 years of age
 - III. **SOLUTIONS FOR UNEMPLOYMENT**
Age group - 22 years and above
- Maximum Word limit - 250 words.
 - All entries must be submitted to h2h.bulletin@gmail.com with your Name, Age and Family No. latest by 15th July.
 - One entry in category I and II and two entries from category III will be adjudged winners by a panel of judges and those articles/poems will be published in the September issue of the Heart to Heart Parish bulletin.
 - Decision of the judges will be final and binding on all the participants.

The month of June brings with it transfers and new appointments. We bid FAREWELL to the priests and nuns from the various congregations our parish community is blessed with, who leave us to take up new assignments. Dear Rev. Fathers and Sisters, we appreciate your dedicated and whole hearted service to our parish. We also extend a WARM WELCOME to the Rev. Fathers and Sisters who take up their new assignments in our parish. We wish you a joyful and fruitful stay here.

Hearty Laughter

RANDOM INSIGHTS

- The word 'queue' is ironic. It is just a 'q' with a bunch of letters waiting in a line.
- Stop saying, 'They didn't teach us that at school', yes, they did, you were talking.
- No man goes before his time – unless his boss leaves early.
- When your mother asks, 'Do you want a piece of advice?' it is a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway.
- There are two rules in life: Never give out information.
- Knowledge isn't free. You have to pay attention.
- You only need to find yourself. Everything else can be googled.
- There are three kinds of people: The ones who learn by reading. The ones who learn by observation. And the rest of them who have to touch the fire to learn it's hot.

COMPLIMENT

"Honey, I feel so ugly and fat, I really need a compliment from you..."

"Luv, your observation skills are really good."

Murphy's Law? No. Mother in law's Choice

Sam, a young man, excitedly tells his mother he's fallen in love and that he is going to get married. He tells her, 'Ma, I'm going to bring over 3 women and you must try and guess which one I'm going to marry.' The mother agrees. The next day, he brings three beautiful women into the house and sits them down on the couch and they chat for a while. Later, he says, 'Okay Mother dear, guess which one I'm going to marry.' She immediately replies, 'The one on the right.' 'That's amazing, Ma. You're correct. How did you know?' The mother replies, 'I don't like her.'

A Question of Communication

A judge was interviewing a woman regarding her pending divorce. He asked, "What are the grounds for your divorce?"

She replied, "About four acres with a little home in the middle of the property."

"No," said the judge. "I mean, what is the foundation of this case?"

"It's made of concrete, brick, and mortar," she responded.

"I mean," he continued, "What are your relations like?"

"I have an aunt and uncle in town, as well as my husband's parents."

He said, "Do you have a grudge?"

"No," she replied. "Since we have a carport, we've never really needed one."

"Ma'am, has your husband ever beat you up?"

"Yes," she responded. "About twice a week he gets up earlier than I do."

Finally, in frustration, the judge asked, "Madame, why do you want a divorce?"

"I've never wanted a divorce," the woman replied. "My husband does. He says he can't communicate with me."

Car Keys

After a meeting forgetful Elaine was coming out of a hotel and she looked for her car keys. They were not in her bag. A quick search in the meeting room... it wasn't there. Suddenly she realized she must have left them in the car. Her husband has shouted many times for leaving the keys in the ignition. Her theory is, that the ignition is the best place not to lose them. His theory is that the car will be stolen. Immediately she rushed to the parking lot, she came to a terrifying conclusion. His theory was right. The parking lot was empty. She

immediately called the police. She gave them her location, car number and description of the place where she had parked etc. She equally confessed that she had left her keys in the car and that it had been stolen. Then she made the most difficult call of all, to her husband!!!

"Honey," she stammered; she always called him "honey" in times like this. "I left my keys in the car, and it has been stolen."

There was a period of silence. Elaine thought the call had been dropped, but then she heard his voice.

"Idiot", he shouted, "I dropped you at the hotel !"

Now it was her time to be silent. Embarrassed, she said, "Well, come and get me."

He shouted again, "I will, as soon as I manage to convince this policeman that I have not stolen your car!!"

I DON'T LIKE DOCTORS

Teacher: What is the first thing you do if you become ill?

Little Johnny: I go to bed.

Teacher: No, before that?

Little Johnny: I take off my clothes, of course!

Teacher: No, no, do you visit the doctor?

Little Johnny: No! No doctors! I don't like doctors! My uncle went to the doctor with chest pain, the doctor said he was fine, after he left, 10 minutes later he dropped dead!

Teacher: Was it a heart attack?

Little Johnny: No, a car ran over him!

Teacher: Well, you can't blame the doctor for that.

Little Johnny: No? The doctor was behind the wheel!

Heart to Heart Family Quiz (June 2025)

I) Select the correct answer:

- Which word completes this verse from the Gospel of St. Matthew "Take My yoke upon you and learn from Me, for I am gentle and humble in _____"?
A. Spirit B. Heart C. Mind D. Soul
- What does the Sacred heart of Jesus primarily symbolize?
A. Jesus' knowledge B. Jesus' divine power
C. Jesus' infinite love and mercy D. Jesus' miracles
- When the soldier pierced Jesus' side on the cross, what internal organ did it reveal and what did it symbolise?
A. Lungs, symbolizing the breath of life
B. Liver, symbolizing sacrifice and cleansing
C. Kidneys, symbolizing judgment and righteousness
D. Heart, symbolizing Jesus' love
- According to Psalm 119 where does the psalmist say he treasures God's word to avoid sinning?
A. Heart B. Mind C. Soul D. In his being
- In the book of Exodus, why did God provide manna for the Israelites in the wilderness?
A. To show His control over nature B. To prove Moses was a prophet
C. To fulfill a ritual D. To care for them out of His infinite love
- In the book of Exodus, when the Israelites worshipped the golden calf, why did God not destroy them completely?
A. They quickly repented
B. He remembered His covenant and showed infinite love
C. Moses convinced Him
D. The idol had no power
- What does Luke chapter 24 reveal about how the disciples felt when Jesus spoke to them on the road?
A. Their hearts were cold B. Their hearts burned within them
C. They were confused and heartless D. Their hearts turned to stone
- What quality of the 11-year-old Kuriakose caught the attention of Fr. Thomas Palackal?
A. His academic excellence B. His leadership skills
C. His virtuous character
D. His musical talent

- What motivated the young cleric to remain in the seminary despite family tragedies and advice to leave?
A. Desire for academic success B. Fear of disappointing his mentors
C. Trust in God and belief in doing his part
D. Obligation to fulfill a promise
- What strengthened his deep trust in the providence of God?
A. Prayer B. Encouragement from his mentors
C. Regular study of scriptures D. Support from his family
- What was unique about the school that St. Chavara started?
A. It was open to all, regardless of caste, creed, and gender
B. It was a boarding school
C. It only admitted boys D. It taught only religious studies
- What did St. Chavara believe was essential for bringing about a radical change in society?
A. Political reform B. Economic development
C. Proper education of the younger generation
D. Technological advancement

II) Complete the Bible Verses and state the Book, Chapter and Verse

- Trust in the Lord _____
- For God so loved the world that _____
- My flesh and my heart may fail but, _____
- "You have heard that it was said, 'You shall love your neighbour and hate your enemy', But, I say to you, _____
- God's love was revealed among us in this way: _____
- For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, _____

III) Name the 266th and the 267th successors of St. Peter.

- _____
- _____

Full Name (Head of Family) _____

Names of Participants _____

Telephone/Mobile No _____ Email _____

Community No _____ Family No. _____

Address _____ 9

- Scan the QR code to send your response OR
- Email the answers to h2h.bulletin@gmail.com OR
- Drop the responses in the LETTER BOX in front of the sacristy, latest by 20th July, 2025.
- The decision of the Editorial board will be final and binding.
- Only one entry is permitted on one Family Card. Multiple entries on one card will be disqualified





- **Moses, Gauri, Xavier and Emmanuel D'souza**
Community No. 27; Family No. 2585
- **Charles and Cecilia Almeida**
Community No.16; Family No. 1119
- **Mary, Alex, Iolita, Bethany and Raphael Dsouza**
Community No. 21; Family No. 1714

Prize Distribution Of Family Quiz Winners December 2024



ANSWERS OF FAMILY QUIZ - APRIL 2025

- I. 1. C. Peter, 2. B. Peter, James and John, 3.D. Bethany, 4.C. To pray to His father and draw up strength, 5.B. In a large upper room furnished and prepared, 6.A. A kiss, 7.D. They would be scattered, 8.B. Foreign missions, florists, loss of parents, priests, and the sick, 9.B Her mother died of breast cancer, 10.D. 15 Years, 11.C.To join in the mission of saving souls, 12. B. To be a toy in the hands of God
- II. 1. John 14:3 I will come again and will take you to myself, so that where I am, there you may be also.
2. John 13: 33 where I am going, you cannot come
3. John 14:15 you will keep my commandments.
4. John 15:13 to lay down one's life for one's friends
5. John 16:20 the world will rejoice; you will have pain but your pain will turn into joy"
- III. 1. Elijah, 2. Elisha, 3. Jesus, 4. Paul the Apostle, 5. Peter
- IV. 1. Enoch, 2. Elijah



Farewell Dear Fr. Callisto Gomes SVD

It is with deep gratitude and appreciation that we bid farewell to Fr. Callisto Gomes SVD as he takes up his new assignment at St. Theresa's Church, Bandra.

Fr. Callisto was appointed to Sacred Heart Parish, Andheri for his pastoral experience, in June 2020 and later installed as Co-pastor in June 2023. Remarkably, his first two years coincided with the challenging period of the pandemic. He is meticulous, prompt and systematic in his work and has ably handled all his diverse responsibilities.

Fr. Callisto enlivened meetings and gatherings with his impromptu yet witty one-liners; and has been thoughtful and articulate in sharing his opinions. He is known for his short yet powerful homilies, always delivered with a personal touch and often enriched with well-known quotes and anecdotes that resonate deeply with the congregation.

Always one to bring a smile, Fr. Callisto is fond of kids and often joked with the altar servers, playfully engaging with them and the parishioners in a warm and friendly manner. These light-hearted moments created a joyful and relaxed atmosphere, endearing him to both the young and old alike.

As part of the Clergy team, Fr. Callisto has played a hugely proactive and effective role as Spiritual Director of the various SCC Communities, Associations, and Cells. We take this opportunity to wish him all the best in all his future endeavours. May God continue to bless him that he may continue with zeal and flourish in the Lord's vineyard.



Parish Activities

Women's Day Celebration

On March 16th, the Women's Cell of our Parish hosted a vibrant celebration to commemorate Women's Day.

A special Mass dedicated to women was celebrated at 5:30 pm by Fr. George Mepurath SVD. The meaningful liturgy was a highlight of the Women's Day celebration, offering moments of spiritual reflection and gratitude for the invaluable contributions of women in our community.

The event, which began at 7:00 pm, was a resounding success, thanks to the tireless efforts of the core organizing team and the unwavering support of our Parish Priest, Fr. John Mascarenhas SVD and our Spiritual Director, Fr. Edwin Vas SVD.

The celebration started off with a special felicitation ceremony for four remarkable women who were honored for their outstanding contributions to the community. This heartfelt gesture set the tone for the rest of the evening, which was filled with music, laughter, and camaraderie.

One of the highlights of the event was the scintillating music that catered to all age groups, keeping the women tapping their feet non-stop to the rhythm. The infectious energy was palpable, and it was wonderful to see women from all walks of life letting loose and having a great time.

The compère for the evening ensured that everyone, young and old, participated in the games and activities, adding to the excitement and merriment. The atmosphere was electric, with women cheering each other on and thoroughly enjoying themselves.

To satiate the taste buds, a sumptuous spread of delicious food was laid out, which was thoroughly enjoyed by all. The attention to detail and the warm hospitality extended by the organizing team made everyone feel special and valued.

As the celebrations progressed, we were reminded of the importance of empowering women and

recognizing their invaluable contributions to society. The occasion also served as a powerful reminder of the strength, resilience, and solidarity that exists among women.

The evening's memories were beautifully captured by Fr. Edwin, who ensured that everyone had a chance to smile for the camera and the resulting lovely photos will serve as a cherished memento of this special celebration. His attention to detail and kindness in capturing these moments will be remembered by all who attended.

We thank all the women who participated and made the evening so memorable.

Here's to the women who make our world a brighter, more loving, and more vibrant place!

Zuleika Rodricks
Good Shepherd, Community No. 07

Rooted in Faith Bearing Fruit in Grace

On March 13th, the Senior Citizen Cell organized a special recollection for the senior citizens of our Parish. Fr. Raja Reddy SVD led the session, offering deep spiritual insight, practical wisdom, and encouragement for embracing this stage of life with faith and purpose.

At times, we may feel that our prayers go unanswered. However, as we journey through life, we come to realize the fruits of those prayers in unexpected ways. This recollection reminded us of the power of prayer, perseverance and the grace that comes with ageing.

The session provided practical guidance on leading a balanced and meaningful life. Fr. Raja Reddy shared key principles for Spiritual Vitality - Good Nutrition, Healthy Relationships, Positive Attitude, Material Well-being, Physical and Mental Fitness and following our Heart's Desires.

Through the stories of the Persistent Widow (Luke 18:1-8) and the poor widow's offering (Mark 12:41-44), Fr. Raja reminded us that perseverance in prayer and small acts of love

have eternal significance. Even when unnoticed by the world, God treasures every prayer, sacrifice and kind act.

Mary's example also stood out—she interceded at the Wedding at Cana and prayed with the early Church (Acts 1-2). Simeon and Anna not only met Jesus but also blessed and prophesied over Him and His family. In the same way, seniors play a vital role in spiritually guiding younger generations through prayer, wisdom and encouragement.

A reflection activity, "The Tree of Life," encouraged participants to draw a tree symbolizing their faith journey—roots for foundational experiences, a trunk for life's milestones, and branches bearing the fruits of wisdom and blessings shared with others.

Life's later years are not a time of decline but a season of grace. God continues to open new doors and call us to deeper faith. Fr. Raja emphasized that suffering is not a curse but can be offered for our families, communities, and

the Church just like Jesus offered the cup of suffering, He endured for our redemption.

The recollection concluded with the Eucharistic Celebration. During his homily, Fr. Raja reflected on the Gospel message: "Knock, seek, and ask." He reminded us that God wants us to come to Him and depend on Him. Knocking requires courage—unless we knock, we will not know what is in store for us. The Lord stands at the door of our hearts, knocking, calling us to a life that is pleasing to Him. This is a time to amend our ways and grow in faith.

The recollection was a time of renewal, encouragement, and deep spiritual reflection. May we continue to bear fruit through prayer and presence in the Church and community.

Joan Kapur
Good Samaritan, Community No. 18

A Spiritual Journey of Faith Pilgrimage to the Velankanni Church

On 15th March 2025, Infant Jesus, Community No. 08 embarked on a spiritual Lenten pilgrimage to the Our Lady of Velankanni Shrine in Uttan. 30 members of the Community were in attendance. This meaningful journey was graced by the presence of our Spiritual Director, Fr. Lucas Parkhe SVD.

The day began early, with the community departing at 7:00 am. During the journey, we united in prayer through the Holy Rosary and lifted our voices in hymns, setting a reverent tone for the day ahead. We arrived at the Church by 8:30 am, where a light fellowship followed, allowing us to meet, greet, and reconnect with fellow community members. A few cherished moments were captured in photographs.

At 10:00 am, we commenced the Way of the Cross, a solemn and prayerful journey with Jesus. Each cluster within the Community had the opportunity to carry the cross, symbolizing our shared spiritual commitment and unity. The Way of the Cross concluded at 11:45 am with a blessing from Fr. Lucas Parkhe, followed by a community photo.

The homily at the Eucharistic celebration thereafter was an inspiring reminder of the importance of community and fellowship. Fr. Lucas encouraged all members to come together in faith, to grow spiritually, and to participate actively.

After the Mass, we enjoyed a meal together. The afternoon included some time for relaxation by the beach, where we captured more beautiful

memories by clicking photographs. By 2:45 pm, we began our journey back, our hearts full of gratitude, and a renewed spiritual bond.

The Scripture says **"For where two or three are gathered in My name, I am there among them."** (Matthew 18:20) Truly, this pilgrimage was a testimony to the power of coming together in faith and growing as one body in Christ.

Jenifa Thomas Fernandes
PPC - Infant Jesus, Community No. 08

April 2025 Monday Activity: A session on "SCHEMA THERAPY"

Happy Monday on April 14th took on a totally different hue. Instead of the usual "mauj-masti" the evening began and progressed into an educative session on **"Schema Therapy"**, conducted by our very own Fr. George Mepurath SVD, Spiritual Director of the Senior Citizens' Cell and a certified **"Schema Therapist and Counsellor"**. Unlike other Happy Mondays, the programme was not restricted to just the Seenagers but was thrown open to the Parish. Around 100 Parishioners, forfeiting their afternoon siesta, converged in the ground floor hall of the Community Centre for the session which began at 4:30 pm. As always, e-fliers and word-of-mouth invitations did the trick.

Explaining the nuances through a comprehensive PowerPoint Presentation, Fr. George strove to enlighten us on the meaning and effectiveness of this new therapy which is gaining popularity the World over. It certainly was 'Mission Impossible' trying to scale down the session to within two hours, given its vastness and technicalities, which otherwise require multiple sessions spread over 3 to 4 days.

What is Schema Therapy?

Developed by Jeffrey Young, Schema Therapy aims to effectively treat patients with personality disorders who do not respond to or relapse from traditional cognitive therapy. The therapy today

is practised with couples, groups, children/adolescents and families.

The primary origins of most personality disorders are core emotional needs, which stem from depravity during childhood or adolescence – especially those which are linked with parenting / attachment problems. If core emotional needs are not met during childhood, children very often develop problems establishing strong bonds with other people, later in life. We all have Schemas – Schemas are like filters or glass. Some of them are listed below for us to understand the depth and technicality of the therapy.

- Mistrust and Abuse
- Abandonment and Instability
- Emotional Deprivation
- Defectiveness and Shame
- Social Isolation
- Dependency Schema
- Vulnerability
- Enmeshment Schema
- Failure Schema
- Entitlement Schema
- Insufficient self-control Schema – etc. etc.

Schema Therapy has a two-phase approach:
Diagnostic & Psychoeducation and Change.

We begin with identifying core problems and symptoms and the core needs that are not being adequately met and figuring out whether the patient is suitable for Schema Therapy. We then progress to conduct a life history interview, explain the concepts of needs, schemas and coping styles. In Schema Therapy, the "fight, flight, and surrender" responses are understood as three main coping styles.

There is a structured educational process for patients undergoing diagnostic imaging with six steps or stages in the educational process, focusing on explaining the diagnostic process, imaging principles, and the specific procedures involved.

The intricacies and methodology of Schema Therapy cannot be captured in a single session or a report – it is to be experienced by the patient in a progressive step-by-step manner.

Parishioners desiring to avail of Counselling through the Schema Therapy methodology may contact the Parish Office during office hours for a session with Fr. George Mepurath SVD.

Hot chai and biscuits concluded the evening.

Candida Mendoza
Senior Citizens' Cell
Yahweh's Clan, Community No. 33

Visit to Our Lady of Velankanni Shrine

The elders of our Parish, officially known as 'Senior Citizens' (Of course there is no doubt of their being young at heart) embarked on a pilgrimage to our Lady of Velankanni, Bhatebunder, Uttan on 27th March, 2025. About 90 members assembled at our Church campus on time and we set off on our journey at 6:30 am in the morning. The pilgrimage was organized by the Senior Citizens Cell of the Parish. They had arranged 3 buses so that the ride could be smooth and relaxing for everyone.

The journey began with a short prayer invoking God's blessings and the prayer to our Guardian Angel. Some light snacks were served, so that many who had rushed out early were made comfortable. The spiritual essence of a pilgrimage was felt, as the Rosary and the Divine Mercy Chaplet were prayed invoking Mother Mary's intercession and seeking God mercy.

By 8:00 am, we reached the Shrine, which is a replica of the Basilica of Our Lady of Good

Health, Velankanni, Nagapatinam, Tamil Nadu. We began the Way of the Cross along the seashore at the Stations of the Cross, outside the Church, meditating on the Passion and Death of our Lord Jesus Christ. The weather was pleasant as we walked through the Way of the Cross contemplating the excruciating journey of Jesus to Calvary to save us from our sins. The zeal and love for the Lord was clearly evident in all the pilgrims as they prayerfully journeyed from one station to another. It was a deeply touching experience to see the elderly climbing up the stairs and participate in the Way of the Cross. Since we had begun early, we were able to complete the Way of the Cross before the scorching rays of the sun could beat down on us.

We were then directed to the cafeteria, where delicious breakfast and hot masala chai, prepared by the staff members of the Church was served by the core team members with love and joy. The team members of the Cell and all those involved in these kind acts of

service won the hearts of all and also earned abundant blessings.

We were privileged to have Fr. George Mepurath SVD accompany us and celebrate the Holy Eucharist. During his inspiring homily, he explained how the Stations of the Cross are interconnected to the struggles of each one's daily life. Everyone goes through personal struggles of humiliations and condemnations, the abuse/misuse of power for personal interest.

The Mass ended after praying the Jubilee Prayer led by Anita to obtain the Plenary Indulgence.

We all gathered together for a group photograph. It was now time to depart from Uttan. We thanked the Lord for the blessings he bestowed on each one of us and with a joyful heart we returned.

Bernadette Fernandes
Divine Mercy, Community No. 09

LENTEN PILGRIMAGE

During the Lenten season, Our Lady of Nazareth Community embarked on a unique Lenten mission on 30th March, Praying and reflecting on each of the **Stations of the Cross at 14 Churches across the Archdiocese of Bombay**. This pilgrimage was coordinated by our SCC Animators, who acquired the necessary permissions with the help of our Parish Priest.

We began with the Churches in South Mumbai, winding our way through Dadar, Bandra and Santacruz and finally concluding at our own parish. The visit brought back fond memories for a few community members who recalled their humble beginnings when they came to Mumbai (then Bombay) - a city that never sleeps and is always on the move, years ago in search of jobs in the Fort-Colaba areas. They reflected on how their journey of hope led them from busy, modest beginnings to a more meaningful and economically stable life as they settled down in Andheri. For many, it was a time of thanksgiving for all the graces received from the Lord.

Every Church we entered held a memory. For some, it was their childhood parish and the accompanying schools where they studied; for some others, it was the parish in which they got married. Some remembered it as a place where they met their future life partners and for some others, it was the parish they dropped in for a visit from their nearby job places. In addition, there was so much history and rich architecture to appreciate in each Church building—though often tinged with sadness, as many of the, once-flourishing Churches now stood as pale shadows of their former glory.

All the parishes welcomed us and ensured we were comfortable. Our group was a beautiful blend of young and elderly, lay people, residents of Shanti Ghar and religious sisters. We were guided by our Spiritual Directors Fr. Callisto Gomes SVD and Sr. Agnes. At each Church, we reflected on one of the Stations of the Cross. The religious sisters and residents of Shanti Ghar led us in prayer while later the lay members recounted interesting episodes

from the past and some clean good fun, a perfect combination to beat the summer heat. This was a time of praying together as well as bonding with the community members.

In a way, this Lenten pilgrimage was a fitting tribute during the Jubilee year, as the Church reflects on our role as Pilgrims of Hope, anchored firmly in Christ.

"The human mind plans the way, but the Lord directs the steps." - Proverbs 16:9 This was very true because while the organizers depended on Google Maps to prepare the itinerary, it was the Lord who helped us navigate through the unpredictable traffic on that day, gave strength to our elderly members and ensured that we were on schedule.

Phyllis Pereira
SCC Coordinator
Our Lady of Nazareth, Community No. 16

Pilgrimage of Hope

A Spiritual Journey to Our Lady of Velankanni, Uttan

On March 18th, 2025, our Parish Community embarked on a pilgrimage to Our Lady of Velankanni, Uttan, as a spiritual activity during the Jubilee Year 2025. This journey was a testament to our community's devotion to our Blessed Mother and our Lord Jesus Christ, who reminds us, "Come to Me, all you who are weary and are carrying heavy burdens and I will give you rest" (Matthew 11:28).

Our day began at 5:45 am, as we departed from our Church compound. After a brief stop, we continued our journey, arriving at our destination at 6:53 am. We began our day with a cup of tea, snacks, and prayer, preparing ourselves for the spiritual experiences that lay ahead.

We then began the Way of the Cross, meditating on the Passion and Resurrection of our Lord Jesus Christ. As we climbed the steps, surrounded by the serene beauty of the Church and the sea, we felt transported, back in time, to the shores of the Sea of Galilee, where Jesus called His first apostles, Peter, Andrew, James, and John.

The highlight of our pilgrimage was the Holy Mass celebrated by the newly ordained Fr. Daniyar Siddi SVD. The beautiful homily by Fr. John Mascarenhas SVD took us on a spiritual journey, reminding us of our Lord's teachings and love. As we received the Eucharist, we recalled the words of our Lord, "I am the bread of life; Whoever comes to Me will never become hungry, and whoever believes in Me will never be thirsty" (John 6:35).

After Mass, we had the opportunity to purchase a few souvenirs and enjoy some snacks. As we prepared to depart, we felt grateful for the experience and the blessings we received.

We returned to our Church by 12:45 pm, filled with joy, peace, and a deeper connection with our Lord and our Blessed Mother. We extend our heartfelt gratitude to Fr. John for his spiritual guidance, support and encouragement and to the organizing team.

May our Lord Jesus Christ and our Blessed Mother continue to guide and bless us on our spiritual journey.

Marcelino Pereira
PPC, St. Dominic Savio, Community No. 17

THE 'HUMAN' Side of JESUS!

On Good Friday 18h April, the Senior Citizen Cell of our Parish conducted the Stations of the Cross for all the seniors of our Parish, at 9:00 am. It was a unique, edifying and creative WAY OF THE CROSS! The beauty and prayerfulness of the

entire experience were exquisite and difficult to replicate! Both in the singing and the readings.

The mood was set in silence. The Choir respectfully took their places. The Seniors who were to emote their scripts sat in contemplative silence! The screen displayed vivid images which could not help but tear at the heart strings!

The Cantata Choir made 'my hair stand on end and actually gave me goose flesh!' Their singing and the lyrics of the hymns chosen made me feel transported almost literally to another time and place! Then I recalled with a jolt, that when JESUS shouldered HIS cross, cruelty and brutality accompanied HIM. YET, He braved it ALL. WHY? To show us HIS unconditional and unfathomable LOVE!

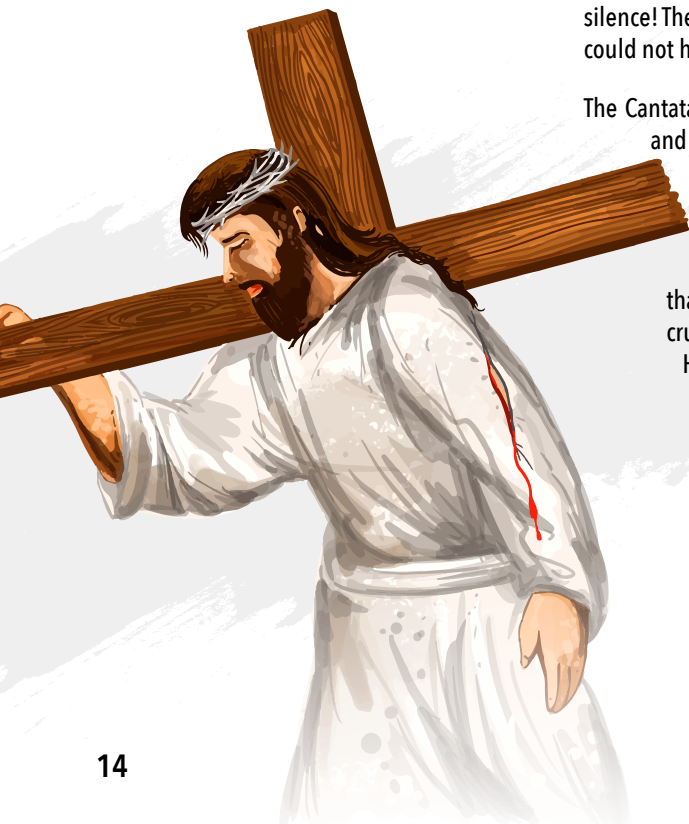
These Stations showed us, 'a very Human Side of Our Lord'. The feelings of abandonment,

betrayal, anguish and loneliness from those HE considered HIS Special Friends were more than the physical pain He felt. How must HE have felt when Peter denied HIM thrice? Can we even imagine the hurt and the wounds He bore?

How do we react in the face of betrayal? Or when people spread rumours about us? Do we, Like Jesus bear it in silence and move on, or do we retaliate with much worse?

I have no idea as to whether, like me, some of you remember one or two of the slides that were displayed on the screen or maybe even more of them. If some or all of the stations make a lasting impact which carries us forward and helps us become better versions of ourselves, then this well-crafted Lenten Stations of the Cross will have achieved its purpose; bringing us closer to Our Lord with Gratitude, Faith, Hope, Love, Service and daily lessons for how to conduct ourselves as followers of Our Compassionate and Merciful Lord!

Kay A. Lobo
Senior Citizens' Cell - Core Group
Helpers of Jesus, Community No. 14



House Blessings in our Community

In a heartfelt gathering of faith and warmth, members of Community No. 13 welcomed Fr. Callisto Gomes SVD as he led house blessings across the neighbourhood. As a first-time Animator, the experience was not just a spiritual journey but also a testament to the strong bonds within the community.

What made these blessings particularly special was Fr. Callisto's personal approach. He took the time to engage with each family, learning about their lives and inviting them to be present in prayer. As he read Scripture, sprinkled holy water, and offered prayers for peace, protection, and the presence of Christ in daily life, a profound sense of God's presence filled each home.

For my family in particular, the blessing became twice as meaningful. Firstly, the visit brought the grace of the priestly blessing, and the second, a joyous opportunity to capture the moment in a family photograph, including even the youngest member. These dual experiences not only deepened the spirituality of the occasion but also created memories to cherish forever.

Having our home blessed during Lent reminded us that God wants to be part of every part of our lives—not only when we are at Mass, but also in our everyday routines and family moments.

Valentine Fernandes
Holy Family, Community No. 13



A Powerful Encounter with God's Mercy

The Divine Mercy Novena is a deeply loved devotion within the Catholic faith, calling believers to put their complete trust in the infinite mercy of our Lord Jesus Christ. This year, 'Infant Jesus, Community No. 08' came together in prayerful unity to observe this holy nine-day novena, beginning on Good Friday, 18th April 2025, and culminating on Divine Mercy Sunday, 27th April 2025. Each day, at the Hour of Mercy—3:00 pm, the community clusters gathered in unwavering faith to pray together the Divine Mercy Novena and Chaplet.

One notable spiritual highlight this year was that each day of the novena was led by a different cluster. Cluster leaders prayerfully prepared intentions that included personal requests, cluster needs, community petitions, and special prayers for

Pope Francis. This beautiful time of intercession not only enhanced the time of prayer but also deepened the sense of communality within our shared faith. It served as a powerful reminder that our walk in Christ is strengthened when we bear one another in prayer.

To further nurture this spirit of community, a petition box was set up to encourage members to submit their prayer intentions. The response was deeply moving—sincere and heartfelt petitions poured in. Each day, throughout the novena, these petitions were prayerfully lifted up, in a profound sense of spiritual communion and intercession. It was inspiring to witness the faith and trust our members placed in the Divine Mercy of God.

The novena concluded with much joy and grace on the Divine Mercy Sunday. The community gathered at 3:00 pm, voices and hearts united to pray the Chaplet on the feast day. What followed was a fellowship gathering that surpassed all expectations. Although intended as a simple get-together, community members arrived with snacks and refreshments, to share with other members. This kind gesture and the love and warmth transformed the gathering into a true celebration of mercy, love, and unity.

We were especially blessed by the presence of Jayesh George, whose spiritual warmth and fellowship deepened the joy and unity of this grace-filled day.

This year's Divine Mercy Novena was more than just a devotional activity—it was a deeply enriching spiritual experience. It brought our community together in prayer, in objective, and in the shared experience of God's boundless mercy. May we continue to embody this spirit of trust, compassion, and faith, living out the message of Divine Mercy in our lives.

As we strive to live out the message of the Divine Mercy in our daily lives, may we remember Jesus' words to St. Faustina: ***"Tell souls that they have nothing to fear if they trust in My mercy."***

Pooja Chavan
SCC Coordinator
Infant Jesus, Community No. 08



DIVINE MERCY FEAST

During Jesus' vision and revelation to St. Faustina on the Divine Mercy, He requested that a feast day be celebrated on the Sunday after Easter. In our Parish, the Divine Mercy cell propagates this devotion. The Divine Mercy novena commenced on Good Friday followed by a Triduum in preparation for the feast, held from 24th to 26th April 2025.

DAY 1

Fr. Clement Miranda SVD opened the Triduum by quoting Pope Francis: Rooted in God's mercy. Mercy is the very foundation of the Church's life and her primary task. It is the center of every Christian's life. Fr. Clement shared his own journey as a missionary sent by God to a remote region near the Indo-China border. Despite a lack of roads and basic facilities, he felt that he was going to be the hands and feet of Jesus, reaching out to the poor to show love and mercy in action.

DAY 2

Fr. Avinash D'souza SVD shared a frightening encounter with a man who pulled out a machete after failing to obtain school admission for a child. The man held a grudge and was angry with Father. Yet Father stayed calm and one day asked the man for forgiveness, though he was not at fault. This gesture transformed the man, who changed his attitude towards Father and even began greeting him warmly thereafter. Pope Francis echoed this sentiment when he said, "We get tired of asking God for mercy, but God never tires of being merciful".

DAY 3

Fr. Miranda shared his journey of becoming a missionary priest. He faced discouragement, but a voice from God encouraged him to reach out to the simple people, while he faced challenges like landslides, no electricity

and poor living conditions. Even adjusting to food was difficult. Yet he persisted knowing it was a call from God. Mercy does not come from a hardened heart, but from an enlarged heart. To be a good missionary we need a large, merciful heart.

FEAST DAY

On 27th April 2025 the feast of Divine Mercy, the Holy Eucharist was celebrated by Fr. Clement, with Fr. Avinash and Fr. Callisto Gomes SVD, our Spiritual Director. The entrance procession was led by cell members dressed in red and white.

The message was clear - mercy at the center of our Christian life. Divisions, arguments and fights arise because we are not merciful. Only if we are merciful, can we bring about peace. In the Gospels, we see Jesus' familiar greeting always of 'Peace'. We too can give peace to others - only if our hearts are merciful. One cannot be a true missionary without being merciful.

We should be merciful to others in words, deeds and prayers.

The Divine Mercy image was prominently adorned for veneration.

Vanessa Quinny
Divine Mercy Apostolate
Akashdeep, Community No. 15



With eager love Christ submitted to a shameful death on the cross and by that death He gave you life, not merely human but divine.

- St. Catherine of Siena



A Day of Joy and Fellowship at Boscowadi

Sunday, 4th May 2025, was a day filled with joy and togetherness as Communities Nos. 10, 33 and 34 came together for the first-ever joint picnic in the serene surroundings of Boscowadi, Uttan. The day promised fun, relaxation and the chance to build stronger bonds among fellow parishioners.

At 6:30 am, 49 eager members gathered outside Greenfields, B Wing, ready for the adventure ahead. The group boarded the bus, their excitement tangible, and reached the serene Boscowadi by 7:55 am. After a quick settling in and freshening up, the aroma of a hearty breakfast drew everyone to the dining area. The delicious spread was a satisfying start that lifted everyone's spirits.

At 9:00 am, the call for aquatic fun was made. The sparkling swimming pool beckoned, and almost everyone eagerly responded. It was a delightful decision, especially as the sun grew stronger by noon. The sound of laughter and splashing filled the air as some swam leisurely while others engaged in playful antics, creating joyful memories together.

At 11:00 am, the attention shifted towards friendly competition with the commencement of team games. Conrad orchestrated the activities with his usual flair and enthusiasm. The first challenge involved teams collaborating and forming the longest possible ring using just a single newspaper and one hand per member – a creative test of teamwork and ingenuity! Next up was the paddle ball, where focus and coordination were key. Participants aimed to bounce balls into a bucket after striking them with an exam pad held by their team leader. The final game brought much amusement as teams raced to blow a ball through five water-filled glasses. The enthusiastic participation reflected the vibrant community spirit.

Following the spirited games, a relaxed atmosphere descended as members mingled, shared cool drinks, and enjoyed a variety of snacks. This time of fellowship offered a wonderful opportunity to connect and strengthen bonds, something often missed in busy daily routines.

Soon, the enticing aroma of lunch filled the air, and everyone gathered to enjoy a satisfying meal. Post lunch, some opted for a peaceful siesta, while others continued mingling and deepening their friendship with their fellow parishioners.

At 3:00 pm, the familiar call of "Housie!" resonated through the air. Once again Conrad led the game with his characteristic warmth and humour. As numbers were called and prizes won, cheers and laughter echoed all over. The delightful afternoon concluded with tea and a treat of snacks adding a delicious local touch.

Before departure, a few members took the opportunity to purchase fresh toddy and tadgolas from the caretaker – a refreshing souvenir of the day. By 6:00 pm, the bus arrived at Greenfields, bringing to a close a truly wonderful day out.

We thank all the members who joined in this memorable outing. We look forward to even greater participation in future community events as we continue to build these cherished community experiences.

Anna Assisi
PPC - St. Therese of Child Jesus
Community No 10

Labour Day

The Inter-Religious Dialogue Cell (IRDC) celebrated International Labour Day on 1st May 2025 at the Community Centre from 4.00 pm onwards. The IRDC team focused on house-helps and security personnel within the communities. A total of 100 invitees attended the program and about 150 security personnel on duty were served with packed meal boxes. Prior to the celebration, snacks were distributed to the guests by Francis Pereira and team.

The theme of the program was "Dignity of Labour." Fr. S.M. Michael SVD Chairman of the Bombay Archdiocesan Commission for Inter-Religious Dialogue attended the program.

The event began with an opening prayer in Hindi by Fr. Lucas Parkhe SVD. The host of the event introduced Sr. Meena Godad FdCC, an advocate

and social worker, who led an interactive session on labour rights. Sr. Meena shared insights on daily issues faced by laborers and expressed her gratitude for the services rendered by the workforce. The celebration continued with a talent round where Ruth Vaz played the violin to the tune of "Pyaar ka nagma hai."

The evening proceeded with games which were mostly group activities and spot prizes for various age groups, followed by prize distribution by Perpetual Vaz.

The program concluded with a vote of thanks by Candida Saldanha, recognising the efforts of everyone involved in making the day memorable. At the end of the celebration, IRDC members distributed thank-you cards to each family as a token of appreciation.

Natasha Rodrigues
Inter-Religious Dialogue Cell
St. Anthony's, Community No. 05

No one can equal Christ in the love He showed in laying down His life for His own poor servants. Nor can anyone equal Him in sinlessness, for all men are ruled by sin, and all are victims of the fall of the first Adam.

– St. Ambrose



YOUTH FULLY
A L I V E

The Embrace of Taizé

In our busy lives, Taizé prayer offers a special way to connect with God. Unlike regular prayer, Taizé uses simple, repeated chants to help everyone feel a sense of prayerfulness and calm. The lights are turned off, and as we sing praises to God, it creates a peaceful and spiritual atmosphere.

Taizé is made to help us meet God in a personal way. Each chant, often a short line from the Bible or a simple prayer, has its own meaning. The chants are stitched together through a theme that runs through the entire service. This repetition makes us feel peaceful, helps us to memorize the lyrics and think deeply about God without distractions. In keeping with the theme, 'Pilgrims of Hope' for this Jubilee year, we too decided to reflect on 'Hope' during the Taizé service this year held on 14th April 2025 by the Youth ministry. We reflected on seven incidents in the life of Jesus where He brought hope to people.

The feeling of a Taizé service is truly special. As the room gets darker, we look inside ourselves. People pray in their own way. Some kneel quietly, some lift their hands, and others just sit and feel the calm. This freedom to pray, in the manner you like, is what makes Taizé unique. It lets everyone connect with God in a way that feels right for them. The 'magic' of the service takes weeks of practice. Though these practices may seem monotonous to an outsider; for us, every practice, which involved the repetitive singing of chants helped us to settle down, feel relaxed and get into the mood, thanks to the amazing tracks created for us by our parishioner, Tony Dias who is an accomplished musician.

Taizé derives its name from the village of Taizé in Burgundy, France where an entire community of brothers from different Church backgrounds and countries - Catholic, Anglican, Protestant;

come and live together, committing their lives to the service of God. Many young people from different countries, walks of life and religious denominations are drawn to this place, encouraged by the simple schedule of work and prayer while living together as a community. The Taizé chants are just a part of this experience.

For many, including me, Taizé is very personal. Each chant, with its meaning and prayer, feels like talking directly to God about my life, my worries, and my hopes. Singing the songs over and over helps me think about these things more deeply and feel like God understands me. I strongly encourage everyone to attend a Taizé prayer service at least once. It's a special meeting with God that brings peace, connection, and a unique way to feel close to Him.

Valentina Pinto

NYG - Our Lady of Fatima, Community No. 02

In Her Silence, I Found Him

Growing up, I saw how my parents had their own unique relationship with Jesus. Observing their quiet faith and closeness to Him, I found myself longing for that same kind of connection—a deep, personal oneness with Christ.

For the past few years during Lent, I would watch the youth of our parish lead the Way of the Cross on Good Friday. Standing in the crowd, I always felt a deep connection through each station. I often wondered how special it must feel to be part of something so meaningful. This year, as I became more involved with the youth group, I quietly hoped for a small role in the Way of the Cross enactment on Good Friday. As Lent approached, one of the PYAT members asked if I would like to take part, and I immediately said yes. What I did not expect was to be given the role of Mother Mary, a role that turned out to be one of the most beautiful blessings of my life. I felt overwhelmed just knowing I could stand close to Jesus, even if it was only through a role, especially during the most painful moments of His life. It reminded me of how Jesus has always been with me during my own difficult times.

During practices, I found myself asking: Why didn't Mary cry out aloud? Why didn't she plead with God or try to stop what was happening?

Why was she so silent?

As Good Friday drew near, the Holy Spirit helped me see that Mary's silence was not a sign of weakness, but an act of obedience. From the moment the angel appeared to her until the final breath of her Son, she always said 'yes' to God's plan, even when it tore her heart apart.

While playing the role of Mary on Good Friday, I was able to experience her sorrow and strength in a small way. The prophecy, "a sword will pierce your soul" came alive. Watching the one she loved suffer so much pain, and remaining silent through it all was a grace only God could give.

Through this experience, I felt closer to Jesus more ever before. I was reminded that He truly loves you and me so much that He would go through it all again. Sometimes, the closest we can be to God is simply by being in His holy presence – in silence, with an open heart and a listening ear.

Luke 2:19 "But Mary treasured up all these things and pondered them in her heart."

Kimberly Nazareth

NYG - Emmanuel, Community No. 24

“It was to strengthen your heart that He came to suffer and die, came to be spit upon and crowned with thorns, came to be accustomed to shameful things, yes came to be fastened to the wood of the cross.”

– St. Augustine

God's plans are always better

I've always longed for a deeper connection with God, to feel His presence and grow closer to Him. I often prayed to be more like Jesus - the perfect role model: understanding, forgiving, and compassionate.

In March 2025, a youth animator (PYAT) invited me to share my faith experience during the monthly 'Praise and Worship' sessions conducted by the youth ministry. I was eager to share my 'God' experience but sadly due to unpredictable working hours I couldn't make it. I was disappointed as I had really hoped to share my story with the youth, praying that even one person might be touched by it and feel closer to God. I remember praying, "I don't understand Your plan, but help me to trust it."

Ten days later, the same youth animator approached me again, this time asking if I could play the role of Jesus on Good Friday during

the stations of the cross, which would require some commitment for the practices that were scheduled to begin. I was overwhelmed with emotion. Not only had God heard my prayer, He gave me more than I had asked for. Though I couldn't give a 100% commitment for the practices due to my uncertain work schedule, we still prayed about it and decided to go ahead in faith, trusting that God would make it possible. And He did!

Through the practices, God worked within me allowing me to feel what Jesus went through, even though it was just a glimpse. It deepened my relationship with Him and helped me stay grounded in faith. Through every temptation, I thought of Christ's suffering and felt strength to resist. As I stood in that scene, portraying Jesus on the cross, the words 'Father, forgive them' pierced me deeply. How could someone in such pain still choose compassion? This moment

changed me, revealing the depth of His love and His calling to forgive, even when wronged.

Portraying Jesus, enabled me to share His journey with nearly five hundred people. What started as a desire to speak to a small group turned into something far greater. I desired to be more like Jesus and He gave me the chance to walk, even briefly, in His steps. This experience reminded me that God's plans are always better than ours. Even when things don't make sense, and we are disappointed or confused; trusting Him, reveals just how amazing His blessings can be.

"For I know the plans I have for you" – Jeremiah 29:11.

Dwayne Patel

NYG - Saint Dominic Savio, Community No. 17

Summer Camp 2025 A Week Full of Faith, Fun and Friendship

The parish youth organised a summer camp for children from 5th May to 11th May 2025. Over the years, this camp has become one of the most loved events, not just for the children but also for all of us youth volunteers. This year, 100 enthusiastic kids participated in the camp, which was a beautiful mix of fun, games and prayer. It gave everyone a break from screens and boredom and helped us grow spiritually, while creating amazing memories.

A Glimpse into the Week

Icebreakers and team building: We started off by playing icebreakers to help everyone get to know each other. Teams were formed and each team came up with creative team names, slogans, banners and mascots. It was the perfect way to kick things off!

Sports fun: Though the sun was super-hot, the energy was high as we played games like human foosball, gems in a row and hula hoop relays and cheered for our teams. After all the action, Tang was the perfect drink to cool us down!

Water games: One of the most anticipated events of the camp was the water games. Everyone got soaked and had the best time splashing around. The whole Church ground was filled with laughter and screaming (the good kind!).

Bible activities: Bible activities were conducted every day, where participants learned more about God, listened to stories and discussed how to live like Jesus. These sessions really helped us to connect with our faith in a fun way. There was also a Bible quiz which encouraged quick thinking and working together as a team.

Treasure hunt: A thrilling treasure hunt was organised to test teamwork and puzzle-solving capabilities. Teams raced to crack clues and complete the challenge.

Dance fun: One of the most loved sessions was "Just dance," where everyone danced along to fun songs. Each group also prepared a performance for the final day, so there was dance practice every day. It was great to see everyone dancing with joy and confidence.

Grand finale: The last day was super exciting. After the opening prayer, each group performed the dance they had been practicing throughout the week, and everyone cheered! A special video was played, showing highlights of the whole week—it made many of us smile and even tear up a little. We ended with a heartfelt vote of thanks to the Clergy Team, PYAT, parents, sponsors and others who helped in making this summer camp possible.

The camp gave us so much more than games and activities. It helped us build faith, friendships and memories that will last a lifetime. Personally, I felt closer to God and happier than ever before. I can't wait for next year's summer camp!

"Let the little children come to Me, and do not stop them; for it is to such as these that the kingdom of heaven belongs." – Matthew 19:14

Josef Menezes

PYC – St. Ann's, Community No. 26

Women's Throwball Tournament

The long-awaited Women's Throwball Tournament made its way back to Sacred Heart Church after 7 years, rekindling the spirit of sports and unity among women in the parish. Organized by the Youth of Sacred Heart, with support from the Clergy Team and the ever-energetic youth animators (PYAT), this tournament brought together women from various Areas, fostering not just a competitive spirit but also community bonding.

Due to the sudden death of our dear Pope Francis, the competition that had been originally planned for April 26-27 was postponed to May 1-2. As a sign of respect and to contemplate and give thanks to God for Pope Francis' love and blessings, particularly for the youth, the parish came together in prayer and put aside all activities during the mourning period.

This event focused on women's participation, providing them a platform to represent their areas, explore their sporting potential and engage in healthy competition. Participants ranged from the young to the young-at-heart, highlighting a beautiful generational blend on the field. Each participating Area (The 36 communities of our Parish are grouped into 7 areas.) had players from different communities coming together - an embodiment of unity within the parish.

The matches followed a league format where each fixture consisted of three sets, with the team winning two sets being declared the winner. The matches on the first day began with great enthusiasm, drawing vibrant cheers from the crowd. On the second day of the tournament the qualifying matches were held in the afternoon and despite the sun's intensity, players showcased resilience and high energy.

Spot prizes and fun audience interactions kept the excitement alive. The evening brought the semi-finals and the final match, both filled with high stakes and roaring support from the crowd.

The grand finale featured players from Area 7 and Area 1 who displayed extraordinary teamwork, skill, and determination. While Area 7 clinched the title with a strong performance after a close and thrilling match, Area 1 also earned admiration for their composure under high-pressure situations, finishing as commendable runners-up.

This event was a celebration of community, collaboration, and the boundless potential that shines when women come together to lead, play, and inspire.

Sunny Fernandes
NYG - Divya Jyoti, Community No. 04

Heart to Heart Liga 2025 A Celebration of Faith, Fellowship, and Football

From May 2nd to 4th, the Sacred Heart Church grounds came alive as the Youth Ministry hosted Heart to Heart Liga 2025, an intra-parish Rink Football Tournament featuring 20 of our parish Communities. The event powerfully showcased athletic talent, sportsmanship, and unity.

Teams competed in men's and women's divisions, exhibiting impressive skill and determination and delivering fast-paced and highly competitive matches. Spectators filled the sidelines, cheering their communities passionately and with camaraderie.

The men's final was a thrilling highlight between Community No. 30 and Community No. 32. After a tense and evenly matched game, Community No. 30 emerged victorious, earning the championship title through strong teamwork and composure under pressure. Community No. 32, demonstrated resilience finishing as the well-deserving runners-up.

In the women's category, Area 2 dominated with their consistent performance and strategic play, thanks to their dedication and teamwork.

Beyond the competition, the tournament fostered unity and fellowship as players and supporters from different communities united in a spirit of joy and mutual respect, embodying the values of our parish community. The event also provided a platform for youth engagement, encouraging leadership, collaboration, and healthy recreation.

Special thanks to the Clergy team, the PYAT, the sponsors, volunteers and the organizers whose commitment and dedication made this event possible; and ensured a successful tournament along with a joyful celebration of faith and friendship. Heart to Heart Liga 2025 was beyond a sporting event—it was a vibrant expression of our parish's unity and vitality. We look forward to building on this success in the years to come.

Congratulations to all participants, and especially to the winners!

Alvin D'Souza
PYC - Shalom, Community No. 30

“
Hold fast to this and never doubt it: the only begotten Son, God the Word, becoming man offered Himself for us to God as a fragrant offering and sacrifice.
”

- St. Fulgentius of Ruspe



HEALTH PAGE

Had a Joint Replacement? Physiotherapy -The Path to Real Recovery



Why Do People Get a Joint Replacement?

Joint replacement - be it knee or hip - isn't only about fixing pain.

It's about regaining the freedom to move, walk, and live fully.

With the right mindset and physiotherapy, life after surgery can be pain-free, active and independent.

What Should You Do Before Surgery?

Prepare your body with light exercises to strengthen surrounding muscles. Build mental strength - Don't hesitate to ask your surgeon what to expect after surgery and get a clear picture of expected recovery. This will build confidence and make you feel more in control.

What Happens Right After Surgery?

Expect soreness and pain especially, around the stitches.

Supervised gentle movements will be started to avoid stiffness, swelling and other complications.

Post-surgery - Day 1 to Week 2: When Do You Start Walking?

Begin mobility and basic strengthening exercises, ideally 2- 3 times per day.

Walking will resume with a four-legged walker.

It provides support and lowers your risk of falling.

Weeks 2 to 6: What's the Focus?

It's crucial to exercise daily, availing home-based physiotherapy.

With improved joint flexibility and muscle strength, you will be pain-free.

With improved balance, progress to using a single stick.

Weeks 6 to 12: Can You Move Around Freely Now?

With a thorough exercise regime, stamina and strength will significantly improve. You start walking longer distances, climbing stairs, and returning to daily routines with ease. You might also let go of the walking aid.

3 to 6 Months: How Close Are You to Normal Life?

It's time for more challenging exercises to help you regain full strength and endurance. You can resume driving, gentle sports and most activities that you did prior to the surgery.

Beyond 6 Months: What Comes Next?

Most people resume near-normal routines smoothly.

Gradual progress is key.

Any Precautions to Keep in Mind?

Watch for signs like pus from the wound, high fever, or unexplained pain. Don't overexert yourself. Always keep your surgeon informed if something feels different.

Everyone's Journey is Unique

Recovery depends on your age, fitness level, and existing health conditions. Stay consistent with physiotherapy and don't compare your path to others.

Everyday Care Tips to Support Your Recovery

- i. **Suture and Dressing Care:** Keep it clean and dry, follow dressing instructions, and avoid touching the sutures.
- ii. **Icing the Joint:** Use an ice pack for 15-20 minutes a few times a day to reduce swelling and ease discomfort.
- iii. **Home Modifications:** Use a western toilet with a seat raiser, place a chair in the shower, and remove slippery rugs or clutter to avoid falls.
- iv. **Supportive Footwear:** Wear shoes with good grip and arch support to help with balance and protect your new joint.
- v. **Stay Positive:** This surgery is meant to give you a better, more active life, stay consistent with your exercises and keep strengthening your joints every day.

Disclaimer: This is a general overview of what to expect after a joint replacement. Always follow the advice of your doctor, this is not a personalized treatment plan.

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

FROM THE PARISH REGISTER



Baptized in Christ

Rupali Jadhav	D/o	Vinod Jadhav & Laxmi Vinod Jadhav	20/4/2025
Lionel Sylvester Dsilva	S/o	Sylvester Dsilva & Ciana Dsouza	27/4/2025
Elizer Alden Lopes	S/o	Alan Alex Lopes & Emilda Doreen Lopes	27/4/2025
Kiyomi Joseph	D/o	Edwin Saju Joseph & Reena Alva	25/5/2025



United in Christ

Steve Alexander Nazareth	To	Carol Dsa	15/12/2024
Aaron Joel Andrade	To	Zivia Dsilva	22/12/2024
Princeton Dmello	To	Stephanie Priyanka Dsouza	30/12/2024
Royston Dsouza	To	Shilpa Routray	5/4/2025
Jeffrey Tauro	To	Vidhisha Khokhani	25/4/2025
Sharock Anthony Pereira	To	Loretta Cecilia Devasi	27/4/2025
Seldon G Fernandes	To	Anisha M R Dsouza	3/5/2025
Bernard Sean Chettiar	To	Khushbu Singh	10/5/2025
Samuel Nadar	To	Jennifer Ariksamy	11/5/2025
Steve Thomas	To	Anisha T George	18/5/2025
Mahesh Amberkar	To	Glaneta Dsouza	23/5/2025
Aaron Menezes	To	Noyonika Fernandes	25/5/2025
			31/5/2025



Resting in Christ

Lawrence D'Souza	87 years	03, Sharma Kutir, M.C. Road	15/3/2025
Maria Aurora Pereira	69 years	A / 11, Shobana Bldg, Sher-E-Punjab	20/3/2025
Francis Pereira	58 years	11/ 22, Model Town CHS, Off M.C. Road	1/4/2025
Dickson D'Gama	32 years	12, Munshi Colony, M.C. Road	19/4/2025
Esline Aguiar	93 years	5 B / 13, Takshila CHS, Off M.C. Road	20/4/2025
Anthony Mendes	77 years	A / 202, Navratan Apts., Bindra Complex	22/4/2025
Jose John Chiramel	69 years	A / 13, Jai Gurudev Scty, M.C. Road	25/4/2025
Joseph Boney Dsouza	77 years	Home for the Aged	30/4/2025
Savio DeSouza	55 years	C / 13, Gracious CHS, Off M.C. Road	18/5/2025
Rukmini Kadam	55 years	01, Azad Nagar	23/5/2025

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



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Inspiration from Saints

St. Kuriakose Elias Chavara

Patronage: Press Industry, Media, Literature and Congregations

Feast Day

Latin Catholic Church - 18th February

Syro Malabar Church - 3rd January

Kuriakose Elias Chavara was born on February 10, 1805, in Kainagiri, Kerala to pious and devout parents, Kuriakose and Mariam. His mother dedicated him to the Blessed Virgin Mary. He attended his village school. At age 11, his virtuous character caught the attention of Fr. Thomas Palackal who discerned his brilliant qualities and invited him to his seminary at Pallipuram. For two years young Kuriakose stayed in Chennamkary parish and studied; later he was entrusted to the care of Malpan Fr. Thomas Palackal. Malpanate was the old system of priestly training among the St. Thomas Christians where the newly joined candidate received instruction and priestly and spiritual training mostly from an elderly erudite member of the college.



Facing Heartbreak with Faith

The scholastic Kuriakose was pious, intelligent and kind towards the others in the seminary. He developed the reading habit and language skills. During this time both of his parents and his only brother became victims of the epidemic that broke out in that region. In this critical situation, his uncles and relatives advised him to leave the seminary and take care of the family. But the young cleric refused to leave the seminary. He firmly believed nothing was impossible for God and that one must do their part, trusting God to do the rest.

A Man of Vision and Action

In 1829, he was ordained a Catholic priest and was engaged for some time in pastoral ministry. But soon he returned to the seminary to teach and initiated reforms in his local society.

In 1831, he along with Fr. Thomas Palackal and Fr. Thomas Porukara co-founded the first indigenous religious congregation for men in India, the Carmelites of Mary Immaculate (CMI).

In 1855, he took vows in the Carmelite tradition and took the name Kuriakose Elias of the Holy Family.

In 1866, he along with Fr. Leopold Beccaro OCD, formed the first Indian congregation for women, called the Congregation of the Mother of Carmel (CMC).

St. Chavara was a pioneer who worked for the Church and the good of all people. His contributions include:

- Starting Kerala's first Catholic printing press
- Launching the first Sanskrit school
- Publishing the first East Syrian breviary, liturgical calendar and prayer book for the Syro-Malabar Church
- Opening Seminaries to train priests
- Introducing annual retreats and 40-hour adoration
- Establishing a house for the dying and destitute
- Promoting schools and education for all including midday meals for children

In 1861, the leadership of Fr. Kuriakose Elias Chavara was crucial in preventing the schism which threatened the Church in Kerala and preserved its ecclesial unity.

Rooted in Prayer

Though busy with many responsibilities, St. Chavara remained a man of deep prayer. He loved the Holy Eucharist and Mother Mary with all his heart. Prayer fuelled his profound trust in the providence of God. He strongly believed that whatever the obstacles may be, they were nothing before the all-powerful Lord. People called him a living saint.

Lighting the Lamp of Education

St. Chavara firmly believed that there would be a radical change in the community and society only through the proper education of the

younger generation. He thus started a school in Mannanam, which was open for all, irrespective of caste, creed and gender. When he became the Vicar General of the Syro Malabar Church, he ordered every parish to start a school, which led to Kerala's strong tradition of learning. Today, many schools in Kerala are still called "pallikudam"—a Malayalam word meaning "school attached to a Church."

Love for All, Even His Enemies

St. Chavara had a big heart. He cared for the poor, the sick, people of other religions and even those who wronged him. When a man named Mathen unjustly appropriated the Church land and filed court cases against him, St. Chavara still loved him and instructed his community members to "do all good to him."

He was willing to administer the sacraments especially the Anointing of the Sick and Confessions, even when there was a danger for his own life. Once, when a person with smallpox needed the last sacrament, he bravely visited him, saying "It is my duty to take care of this person. God will take care of me."

His Final Days and Sainthood

St. Chavara passed away peacefully on January 3, 1871, at the Koonammavu Monastery. His remains were later moved to Mannanam, where people still visit and pray.

He was beatified by Pope John Paul II at Kottayam, Kerala, during his historic visit to India on February 8, 1986, and was canonized a saint by Pope Francis on November 23, 2014, at St. Peter's Square in Rome.

One miracle by the intercession of St. Chavara that led to his sainthood was the healing of a girl named Mary Jose who was miraculously healed of a serious eye problem which needed surgery.

St. Alphonsa, India's first woman saint, had a deep devotion to St. Chavara and said that the saint appeared to her during her illness and helped ease her pain.

The legacy of St. Kuriakose Elias Chavara lives on in the CMI and CMC congregations, hundreds of schools and institutions and in the hearts of the faithful.

Parish Vision Mission Statement

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



Women's Day Celebration



Divine Mercy Sunday



Community No. 08 - Pilgrimage to Our Lady of Vailankanni Shrine



Community No.13 - House Blessing



Community No.16 - Stations of the Cross at 14 Churches



Labour Day celebrations by Inter-Religious Dialogue Cell



Summer Camp



Community No 10, 33 & 34 Picnic to Boscowadi Uttan