



Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 98

September 2025

For Private Circulation Only



*Mary,
Beacon of Hope
on Life's Pilgrimage*

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; Youth Mass - Every First Sunday)

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

| | |
|------------------|--|
| 11th - 14th Sept | Splash Fiesta |
| 13th Sept | Memorial - St. John Chrysostom, Bishop & Doctor |
| 14th Sept | Feast - Triumph of the Cross |
| 15th Sept | Memorial - Our Lady of Sorrows |
| 16th Sept | Memorial - Sts. Cornelius & Cyprian, Martyrs |
| 20th Sept | Memorial - Korean Martyrs: St. Andrew Kim & companions |
| 21st Sept | Girl Child Day and Teachers Day |
| 23rd Sept | Memorial of St. Pius of Petrelcina, Priest |
| 27th Sept | Memorial - St. Vincent de Paul, Priest |
| 27th - 28th Sept | Telly Games by Senior Citizens Cell |
| 28th Sept | World Day of Migrants |
| 29th Sept | Feast - Sts. Michael, Gabriel & Raphael, Archangels |
| 30th Sept | Memorial - St. Jerome, Priest & Doctor |
| October | Rosary Month |
| 1st Oct | Feast - St. Therese of Child Jesus, World Elder's Day |
| 2nd Oct | Memorial of Holy Guardian Angels, Divine Mercy Recollection |
| 4th Oct | Memorial of St. Francis of Assisi, Religious |
| 7th Oct | Memorial - Our Lady of the Rosary |
| 15th Oct | Memorial - St. Theresa of Jesus, Virgin & Doctor |
| 17th - 25th Oct | Novena Dedicated to Sacred Heart of Jesus |
| 17th Oct | Memorial - St. Ignatius of Antioch, Bishop & Martyr |
| 18th Oct | Feast - St. Luke, Evangelist |
| 19th Oct | Mission Sunday |
| 25th - 26th Oct | PARISH DAY & Closing Ceremony of the Jubilee Year |
| 28th Oct | Feast - Sts. Simon and Jude, Apostles |
| 1st Nov | All Saints day |
| 2nd Nov | All Souls day |
| 4th Nov | Memorial - St. Charles Borromeo, Bishop |
| 6th - 9th Nov | Parish Level Fun Cricket Tournament |
| 9th Nov | Feast- Dedication of the Lateran Basilica. |
| 10th Nov | Memorial - St. Leo the Great, Pope & Doctor |
| 11th Nov | Memorial - St. Martin of Tours, Bishop |
| 12th Nov | Memorial - St. Josaphat, Bishop & Martyr |
| 16th Nov | Childrens Day |
| 13th - 16th Nov | Inter-Parish Level Fun Cricket Tournament |
| 17th Nov | Memorial - St. Elizabeth of Hungary, Religious |
| 21st Nov | Memorial - Presentation of Mary |
| 22nd Nov | Memorial - St. Cecilia, Virgin & Martyr |
| 23rd Nov | Christ The King Feast |
| 24th Nov | Memorial - Sts Andrew Dung-Lac, Priest & Martyr and Companions |
| 30th Nov | Bible Quiz |
| 3rd Dec | Solemnity - St. Francis Xavier, Priest |
| 7th Nov | Marian Procession |
| 8th Dec | Solemnity - Immaculate Conception |
| 8th - 10th Dec | Advent Confessions |
| 12th Dec | Feast - Our Lady of Guadalupe |
| 13th Dec | Memorial - St. Lucy, Virgin & Martyr |
| 13th - 14th Dec | Christmas Extravaganza |

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

From The Pastor's Desk



Dear beloved Parishioners,

The Jubilee of Youth concluded after a memorable week, drawing nearly one million young pilgrims. Pope Leo XIV joined the gathering for the final night on 2nd of August 2025, leading a Vigil and Eucharistic adoration and celebrated Mass with them the following morning at Tor Vergata, on the outskirts of Rome.

At the opening of the celebrations, the Holy Father welcomed the young people to St. Peter's Square, reminding them that they are **"Salt of the Earth"** and **"Light of the World"** and emphasized that their voices, enthusiasm, and cries for Jesus Christ would be heard globally. The Pope also highlighted that the Jubilee of Youth was a beginning of a journey of hope, and that they should be a force for God's grace and a message of hope to the world being torn apart with wars, violence, immorality, brokenness, division and a culture of death. Responding to a question as to how to truly encounter the Risen Lord and be sure of His presence even in the midst of trials and uncertainties, the Pope responded, **"Seek justice in order to build a more humane world. Serve the poor, and so bear witness to the good that we would always like to receive from our neighbours."**

A story is told of a wealthy father who took his only child, a 12-year-old son, to a poor family's home to teach him to appreciate his privileged life. They spent time with the poor family who were dressed in worn-out clothes and who could afford just one meal a day, and did not have even the basic conveniences in their dwelling place. Upon returning, the father pointed out to his son the differences between their lives, hoping that the boy had learnt a life lesson. However, he was taken aback by the son's observation that, despite the lack of material wealth, the poor family was rich in many ways as compared to them. The boy said that he had noticed an abundance of love, caring, sharing and understanding among the family members, which was extended also to their neighbors.

This was an eye-opener for the wealthy father, who was speechless because the boy's perspective challenged his preconceived notions about wealth and poverty. He recognized the greater poverty in his life and pledged to work towards eradicating it by changing his attitude towards his family and his neighbors.

Publisher: Fr. John Mascarenhas SVD

Editorial Team: Fr. Edwin Vas SVD, Fr. George Mepurath SVD, Fr. Lucas Parkhe SVD, Sarita Almeida, Annie Sebastian, Udelia Carneiro, Nerissa D'souza and Adrian Rebello

God has blessed and created us in His image and likeness, bestowed upon us grace upon grace and empowered us with His Divine Spirit to fulfil the purposes of our lives.

Our physical bodies stop growing after a particular age, but our hearts can be enlarged, even till our last breath, by allowing them to be filled with more and more kindness and compassion. To possess such a rich heart is the biggest achievement of any human being on earth.

In his message to the youth, Pope Leo invited them to follow Christ more ardently, closely and faithfully, and encouraged them to be **'beacons of hope'** and to announce a message of true hope and peace to our wounded world. He called them his children and prophets of the modern world.

Quoting St. Augustine, he said, **"Lord, our hearts are restless until they rest in You"**. He exhorts the Church to be rooted in the sacraments of Eternal Grace, especially the Sacrament of Reconciliation, being rooted in the Word of God and the Eucharist, which is the Divine Source of Fullness of Heavenly Joy and Peace. Follow in the footsteps of Christ as disciples who followed the way of the cross, witnessing His Everlasting Love by being the Salt of the Earth and Light of the World.

As we, as a Parish, celebrate the Jubilee year of the Edifice-our new Church Building and the Jubilee of the formation of the Faith based Small Christian Communities, let us with grateful hearts thank God for the years past, where He has accompanied us in our journey of faith and for promising us of His constant and covenantal presence in the years to come.

Let us build our homes, our parish and our society as Pilgrims of Hope by being the **Salt of the Earth** and the **Light of the World**.

Along with my Clergy team, I wish each of you and your precious families a blessed Feast Day of the Nativity of our dear Heavenly Mother.

Fr. John Mascarenhas SVD
Parish Priest

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Printer: Richard's Printing Establishment



Mary, Beacon of Hope on Life's Pilgrimage



Life is often compared to a pilgrimage, a journey filled with moments of joy, pain, challenges and discoveries. On this path, we need guiding lights that help us remain faithful to God's call and remind us that the destination is worth the struggle. In this journey of faith, Mary, the Mother of Jesus, shines as a beacon of hope, leading us closer to her Son Jesus. The Nativity of the Blessed Virgin Mary, which the Church celebrates with much joy, serves as a reminder to us that God's plan for salvation often begins quietly, humbly, and with those who say "Yes" to Him.

As Pope Benedict XVI once said, **"Mary is the star of hope. She shines upon us and leads us to her Son."** Her life is not just a historical memory but a living witness that trust in God's promises never ends in disappointment.

During the World War II, a small village in Italy faced constant bombings. The people were terrified, food was scarce, and hope was fading. In the centre of the village stood an old statue of Mary holding the infant Jesus. One day, a bomb exploded near the statue, shattering it, except for Mary's face, which remained unharmed. The villagers interpreted this as a sign that Mary was still keeping watch over them, even in the worst of times. That image became their rallying point that every evening they would gather before the damaged statue, pray the Rosary, and share what little food they had.

Years later, a survivor remarked, **"When we had nothing left, Mary's eyes told us we were not forgotten."** That is the power of a beacon, it does not remove the storm, but it guides you safely through it.

Today, bombs may not always be literal, but the storms are real such as families shattered by misunderstandings and financial troubles, young people losing their way, pressure from social media, and the erosion of moral values. Christians facing harassment and discrimination in various parts of the world, including the recent incidents in Chhattisgarh where two nuns were mistreated for their faith and so on.

In such times, Mary reminds us, **"Do whatever He tells you."** (John 2:5). She points us to Jesus, who turns our empty jars into overflowing joy. She encourages us to stand at the foot of the Cross when life becomes unbearable and to trust that Easter morning will arrive.

Mary's pilgrimage of life was not without pain. She accepted God's plan without knowing the full picture. She fled to Egypt as a refugee with Joseph and the Child Jesus. She searched for her Son when he was lost. She stood at the Cross when the world seemed to end. Yet in every step, she kept her eyes focussed only on God. Her journey shows us that faith is not the absence of trials but the courage to walk through them with trust.

Like Mary, we too are on a pilgrimage. Sometimes the road is smooth, other times rocky, but we are never alone. Mary's presence is like a lighthouse for sailors in the dark, a constant assurance that we are heading towards the safe harbor of God's love.

As St. John Paul II beautifully said, **"In the face of darkness, Mary is a sign of sure hope and comfort for the pilgrim people of God."**

On this feast of Mary's nativity, let us renew our trust in her guidance. May her example inspire us to walk with faith, hope, and love, even when the road is hard. Just as the villagers in Italy found hope in Mary's gaze, may we too raise our eyes to her and hear her gentle assurance, **"I am with you on this journey. Keep walking. God's promises will never fail."** May our MOTHER intercede for us.

Fr. Daniyar Siddi SVD

"She is not only the bridge joining us to God; she is much more. She is the road God travelled in order to reach us, and the road that we must travel in order to reach Him.

- Pope Francis

CCO on the Move

Life's journey is filled with ups and downs, joys and sorrows. In times of uncertainty and doubt, Mother Mary's unwavering faith inspires us. Despite unimaginable challenges, she trusted God's word and remained steadfast, even at the foot of the Cross. Let us renew our devotion to Mother Mary and draw strength from her unshakeable faith, allowing it to guide us through life's storms and trials.

September is a special month, celebrating the Nativity of our Blessed Mother. It's also a milestone for our Centre for Community Organisation (CCO), commemorating its inauguration and the start of its meaningful journey in our Parish.

On 8th September 2025, we joyfully mark the 21st anniversary of CCO's journey. We are deeply grateful to God for His boundless blessings and to Mother Mary for her loving guidance. Through CCO, we have strived to reach out, comfort and uplift those in need. May Mother Mary's love guide us as we renew our commitment to serving our community with compassion and dedication.

The events undertaken by the various Cells and Associations are as follows:

The Community Welfare Committee (CWF) in co-ordination with the **Centre for Community Organization (CCO)** helps the needy and marginalized of our parish who require funds for their educational, medical and housing needs.

Details of the number of payments made by way of help rendered for the period from May to July 2025 were:

| | |
|--------------------|----------------------|
| Education | - 16 payments |
| Medical Aid | - 26 payments |
| Housing Assistance | - 30 payments |
| Total | - 72 payments |

On **LAITY SUNDAY**, 29th June 2025, the PPC members, PAC members and SCC Animators were commissioned during the 8:45 am Mass. On the same evening, five PAC members attended a program titled "Celebrating Laity"

organized by the Office for Lay Collaboration in Ministry (OLCM) for all the Heads and Asst. Heads of Parish Cells in the Archdiocese of Bombay at the Dr. Antonio D'Silva High School, Dadar.

The **Missionary Families of Christ (MFC)** organised a session titled "**RENEWED**" on 29th June. This session was conducted for married couples as well as singles in our Parish. This session enlightened participants about Pro-Life issues, helping couples build a strong foundation and providing parenting tips to help children navigate in our changing world. Nineteen participants attended this programme, which ended with a fellowship meal in the Community Centre.

Besides other regular activities, MFC-Kids sessions were conducted on the 4th Saturday of every month.

The Senior Citizen Cell celebrated Parents and Grandparents Day on Saturday, 26th July 2025, with a Feast Mass at 7:00 pm, followed by a get-together in the Community Centre. It was well attended.

The Bible Cell conducts Bible Classes every Tuesday and Holy Hour on 4th Saturday of every month after the 7:30 am Mass. The Classes for those preparing for the Sacrament of Confirmation for the year 2025-26 commenced on 15th June 2025.

The Parish Youth Council (PYC) carried out the following Activities:

- A fun-filled one-day picnic was organized for the youth on 5th July, 2025, to relax, bond with each other, and enjoy.
- The new PYC team, comprising 56 members was officially commissioned on 13th July, 2025, during the evening 5:30 p.m. Mass. The service also included a farewell and thanksgiving for the outgoing members.
- A visit to Home for the Aged was organized on 26th July 2025 at 4:00 pm and Grandparents Day was celebrated by singing, dancing, and playing games like Housie with the elderly residents.

The English Charismatic Prayer Group, 'Jesus the Real Vine' conducted the Pentecost Night Vigil from 10:00 pm to 5:00 am.

The Legion of Mary members continue to share Christ's joy, peace and belongingness through their regular Weekly Visits to Parishioners.

They also visited:

- House of Charity, an institute in Versova which serves abandoned individuals with Down syndrome.
- Shanti Ghar, an institute providing support and care to destitute women and children.

The St. Vincent de Paul Association (SVP) continues to help the adopted families of our Parish, and those of other faiths. The distribution of rations and other outreach work is being done regularly. Segregation and distribution of clothes were done in June.

The CCO continues to assist those seeking employment as house helps and patient attendants.

We are registering eligible parishioners and non-parishioners who seek Matrimonial Alliances.

The Dental Clinic is functioning well.

Warm wishes on the Feast of the Nativity of Mother Mary from the CCO team. May our Mother continue to inspire us with hope, light, and strength, blessing our families and Parish with unity in the Lord.

Ida Quinny
CCO Co-ordinator



Mary was the first person to take the 'way' to enter the Kingdom of God that Christ opened.

- Pope Benedict XVI



Hearty Laughter

RANDOM INSIGHTS

- Life is 10% what happens to us and 90% how loudly we scream about it.
- My spouse says I never listen... or something like that.
- Marriage teaches you loyalty, patience, understanding... and that the trash doesn't take itself out.
- In marriage, the most romantic words aren't "I love you" – they're "I did the dishes."
- School is the only place you can fall asleep and still get yelled at for "doing nothing."
- Silence is golden... unless you have kids, then it's suspicious.
- The best part about being sick? You can binge-watch guilt-free.
- Politicians and diapers have one thing in common – they should be changed often, and for the same reason.
- I was struggling to get my kid's attention, so I simply sat down and looked comfortable; that did the trick.

HOW SOCIAL MEDIA WORKS

Me: I prefer mangoes to oranges

Random Person: So basically, what you're saying is that you hate oranges? You also failed to mention pineapples, bananas and grapefruits. Educate yourself.

AN IDEAL BEING

A newspaper was running a competition for the most highly principled, sober, well-behaved local citizen. The entry that appealed to most of the judges read thus: "For the past fourteen years, I have been leading a strict, disciplined life. I don't smoke, touch intoxicants or gamble. I am faithful to my wife and never look at another woman. I am hard-working, quiet and obedient. I never go to the movies or the theatre, and I go to bed early every night and rise at dawn."

The Judges were curious to know the applicant's profession.

The reply they received was, "I am a prisoner, undergoing life imprisonment!"

THE ESSAY

The teacher asked the students to write an essay on 'If I were the Manager'. All the students started writing except Sheeba. Noticing her inactivity, the teacher went to her and asked her, "Why are you not writing, child?"

Sheeba replied, "Madam, I am waiting for my secretary!"

YOU SURE DIDN'T KNOW WHAT THESE WORDS MEANT?

Boss – Someone who is early when you are late and late when you are early.

Conference – A meeting where people talk a lot but decide nothing.

Diplomat – Someone who can tell you to go to hell in such a way that you look forward to the trip.

Experience – The name we give to our mistakes.

Monday – The day you spend recovering from the weekend you didn't actually enjoy.

Meetings - Where minutes are kept and hours are lost.

Calories – Tiny creatures that live in your closet and sew your clothes tighter at night.

Common sense – A rare superpower no one wants to use.

Deadline – The line you cross right before you start working.

Exercise – A modern punishment for living in abundance.

Facebook – A website where people post pictures of meals they didn't cook.

Hard work – The prison sentence you serve for not marrying rich.

Hospitality – Making your guests feel at home, even when you wish they were at theirs.

Luck – What happens when preparation meets someone else's hard work.

Nostalgia – Remembering the good old days... without the bad parts.

In-laws – the ultimate test of your 'smile and nod' skills.

History class – teaching us that people in the past were just as bad at making decisions as we are.

CONVERSATIONS OVERHEARD

Interviewee to HR: Your careers page says the company offers "competitive salary". What does that mean exactly?

HR: That means your salary will be competing with your bills.

.....

Teacher: Can anyone tell me the three states of matter?

Johnny: Facebook, Twitter, and Instagram.

.....

Kenny: How's your new school?

Max: Great! The teachers are nice... they always call me "our little problem."

.....

Teacher: You missed school yesterday, didn't you?

Claire: Not at all.

.....

Teacher: Can anyone tell me what a synonym is?

Tim: It's a word you use when you can't spell the other one.

Heart to Heart Family Quiz (September 2025)

I) Select the correct answer:

- Who greeted Mary with the words, "Blessed are you among women, and blessed is the fruit of your womb"?
A. Anna B. Mary Magdalene C. Martha D. Elizabeth
- Which woman in the Old Testament saved the Israelites by killing Holofernes, an enemy general?
A. Esther B. Judith C. Deborah D. Jael
- Which woman in the Acts of the Apostles was raised from the dead by Peter?
A. Lydia B. Priscilla C. Tabitha (Dorcas) D. Phoebe
- Which woman in the Bible said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior"?
A. Mary, Mother of Jesus B. Mary Magdalene
C. Anna D. Elizabeth
- Who was the sister of Moses and Aaron?
A. Deborah B. Esther C. Miriam D. Ruth
- Who was the woman who hosted Paul in Philippi?
A. Priscilla B. Martha C. Lydia D. Eunice
- What sign did Our Lady give to St. Juan Diego?
A. Roses in his tilma B. A spring of water flowing from a rock
C. A rosary made of gold D. A crown of twelve stars
- Juan Diego was raised according to which religion and culture?
A. Judaism B. Christian C. Islamic D. Pagan
- When Our Lady appeared to St. Juan Diego, in what language did she speak to him?
A. His native Hebrew language B. His native Aztec language
C. His native Spanish language D. His native Latin language
- What message did Our Lady ask Juan Diego to give to the local bishop?
A. To organize a grand procession in her honor
B. To build a hospital for the poor
C. To build a shrine on Tepeyac Hill
D. To hold daily prayer meetings in the Church
- Why was Juan Diego hastening to Church?
A. To attend a feast day celebration
B. To deliver a message to the bishop
C. To summon a priest for his dying uncle
D. To meet his friend

II) Answer the following

- Who according to tradition were the parents of Mother Mary?

- How many times do we pray the Hail Mary in one complete Rosary?

- Where did Mary live during the time of Annunciation and which Archangel appeared to her?

- Which is the Song of Mary recorded in the Gospel and in which Gospel is it recorded?

- Name the devotion to Mary specially prayed/observed on Holy Saturday.

III) Read the Gospel of St. Luke and complete the Bible verse, stating the Chapter and Verse:

- But the angel said unto her, "Do not be afraid, Mary _____"
- And Jesus said, "What is impossible for mortals _____"
- "For the Son of man came to _____"
- "But truly I tell you, there are some standing here who will not taste death before _____"
- "Do not be afraid, little flock, for it is your Father's good pleasure to _____"

ANSWERS OF FAMILY QUIZ - JUNE 2025

1. B. Heart; 2.C. Jesus' infinite love and mercy; 3.D.Heart symbolizing Jesus' love; 4.A. Heart; 5.D. To care for them out of his infinite love; 6.C. Moses convinced him; 7.B. Their hearts burned within them; 8.C. His virtuous character; 9. C. Trust in God and belief in doing his part;10. A. Prayer; 11. A. It was open to all regardless of cast, creed and gender; 12. C. Proper education for the younger generation.
 1. Proverbs 3:5 with all your heart and lean not on your own understanding. 2. John 3:16 He gave His only Son, so that everyone who believes in Him may not perish but may have eternal life. 3. Psalms 73:26 God is the strength of my heart and my portion forever. 4. Matthew 5:44-45 Love your enemies and pray for those who persecute you. 5. 1 John 4:9 God sent His only son into the world so that we might live through Him. 6. Romans 8:38 will be able to separate us from the love of God in Christ Jesus our lord.
- III. 1. Pope Francis, 2. Pope Leo XIV

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

- 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 27th September, 2025.
- The decision of the Editorial board will be final and binding.
- Only one response per family will be considered.





- **Stanley and Juliet Fernandes**
Family No.1016, Community No. 24
- **Kiara and William D'silva**
Family No. 550, Community No. 9
- **Alex, Lolita, Raphael and Bethany D'souza**
Family No.1714, Community No. 21

Prize Distribution Of Family Quiz Winners April 2025



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

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

I. ROLE OF MOTHER MARY IN OUR LIFE
Age group - Up to 14 years of age

II. READING - A FADING PASSION
Age group - 15 to 21 years of age

III. THE VALUE OF FAMILY TIME
Age group - 22 years and above

- Maximum Word limit - 250 words.
- All entries must be submitted to h2h.bulletin@gmail.com with your Name, Family No. and Age, latest by 30th September.
- 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.
- The decision of the judges will be final and binding on all participants.

Congratulations to **Christle Lobo** (Family No. 106, Community No. 9), the winner for June 2025 in the category for 15 to 21 years of age.

Is Artificial Intelligence Flawless?

Artificial Intelligence (AI), refers to computer systems designed to perform tasks that normally require human intelligence. Over time, AI has become a part of our daily lives—from voice assistants like Siri to the recommendations we get on YouTube. AI is making a huge impact, especially in healthcare segments.

Doctors now use AI to detect diseases like cancer. In some cases, AI has even outperformed experts by identifying subtle changes in scans that humans miss. By analysing a patient's health data, it can also suggest personalized treatment plans. As a result, diagnoses are becoming quicker and more tailored—proving how AI can revolutionize lives.

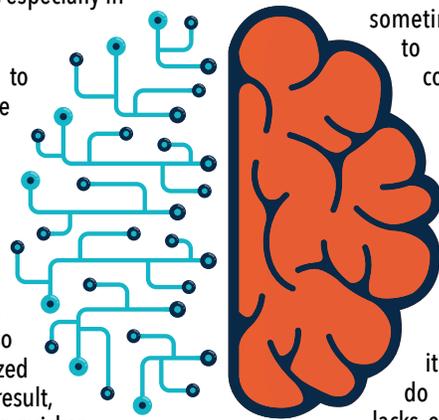
However, every powerful tool comes with its own set of challenges. For example, Tesla's

Autopilot system has been involved in over 700 crashes. In many cases, the system failed to recognize clear dangers, reminding us that AI still isn't ready to drive on its own.

Another concern is the misuse of AI in education. My classmates sometimes use AI Chabot to generate essays and complete assignments without really learning the material. (You might even wonder if this article was written by AI!)

In the end, AI is a powerful invention—but we must remember it's not human. It can do many things, but it lacks emotions, creativity, and common sense. It may be smart, but it isn't perfect. So, while AI can support us in many areas, we need to use it wisely.

AI may be intelligent—but flawless? Not yet.



Christle Lobo
Divine Mercy, Community No. 09

Parish Activities

PPC & SCC Coordinators' Out for an Overnight Bonding Trip

Early in the morning, on 31st May, the PPC members and SCC coordinators embarked on an enriching overnight bonding journey to Don Bosco Yuva Sanstha, Karjat, departing from the Church at 6:15 am. The adventure began with a heartfelt opening prayer led by Fr. Edwin Vas SVD at the Church grotto, setting a reflective, spiritual and uplifting tone for our time together.

Upon arriving at the venue in Karjat at 8:30 am, the group was welcomed with a delightful breakfast. The day's first session began at 10:00 am, led by the inspiring Vincent D'Silva. He illuminated key aspects of leadership, touching on team leadership, team dynamics, graceful confrontation, delegation and the power of empathetic listening.

The session's inspiring takeaways included embracing a creative mindset over a fixed one, viewing feedback as a precious gift rather than criticism; and offering sincere apologies when necessary. Clear communication was emphasized to prevent misunderstandings and resentment, while learning to say 'no' gracefully was highlighted as a vital strategy to prevent burnout.

As the session concluded at 4:00 pm, the group enjoyed an evening snack before transitioning into engaging and creative games that brought the leadership themes to life, fostering team spirit and encouraging active participation.

At 7:30 pm, Fr. Daniyar Siddi SVD celebrated a special Mass, appreciating the vital role and unwavering commitment of the PPC and SCC coordinators as servant leaders in our own communities. Following the service, we enjoyed a wholesome dinner, and the evening

culminated with a prayerful Rosary journey across the campus, ending at the chapel. Laughter filled the air as we played a friendly game of cricket, accompanied by nostalgic retro music.

The next morning, Sunday, began with a beautiful nature trek—an uplifting experience that invited everyone to reconnect with the beauty of nature. After breakfast, participants engaged in interactive activities including sandwich-making and crafting flower arrangements. These flowers were lovingly offered during the closing Mass, celebrated by Fr. Edwin. The homily reflected on the profound and transformative presence of Jesus in our lives.

The bonding session concluded with a nourishing lunch, followed by insightful feedback sharing from each member. We left the place at 3:45 pm and reached Sacred Heart Church at 6:30 pm, where Fr. Daniyar led a final prayer at the grotto.

This overnight session became a transformative opportunity for spiritual and personal growth, creating a joyful bond among participants. We returned with invaluable leadership insights and a renewed commitment to making a positive difference in our own lives, communities and professional environments. Heartfelt gratitude goes to the organizing team for facilitating this meaningful and memorable journey.

"For who is greater, the one who is at the table or the one who serves? Is it not the one at the table? But I am among you as one who serves." - Luke 22:27

Jenifa Thomas Fernandes
PPC - Infant Jesus, Community No. 8

Monday Masti

The core group of the Senior Citizens' cell gathered at the community center on 9th June 2025 at 4:00 pm to prepare the venue for the month's group activity. Our Spiritual Director, Fr. George Mepurath SVD graced the occasion and led the gathering in prayer. Janice and Anil extended a warm welcome to all the seniors and informed them that Conrad and Anita, though unavailable, were very much with us in thought and spirit.

Candy briefed the seniors on the game to be played and split the gathering into 4 groups. A bag containing 4 items was passed between the group leaders and each had to blind pick an item.

Thereafter, the groups were given 15 minutes to create and present a jingle in poem or song and enact it. The props were: an empty bath soap pack, a toothpaste pack, an empty masala pack and a comb. The seniors proved very proactive and innovative, and with a little help from our core group members, put up a good show.

The excitement continued with a lively game of Housie with prizes for the jaldi five; each of the 3 lines and the full house.

Tea and biscuits concluded the evening. Janice offered a vote of thanks, encouraging everyone to invite another senior to next month's activity scheduled for the second Monday of the month.

All in all, 47 seniors attended the day's programme, making it a memorable evening; one filled with laughter, fellowship and joy.

Vanessa Miranda
Senior Citizens' Cell
St. Theresa of the Child Jesus, Community No. 10

Celebrating the Gift of Grandparents

Sunday, 27th July, was a memorable day for the Shalom Community as we celebrated Grandparents Day. Sixteen children, accompanied by eight animators and a few parents, spread joy by visiting 60 of our seniors and grandparents. They sang songs, led by Earl Machado on his guitar, and brought smiles to many faces.

As a token of love and appreciation, the seniors were presented with a gift, a cupcake and a

handmade card from the children. This gesture delighted our seniors and grandparents. They reciprocated with chocolates and snacks, which our kids enjoyed immensely, filling their hearts with joy.

Grandparents Day is more than just a day of celebration; it is an opportunity to acknowledge the unique bond between grandparents and grandchildren. Their unconditional love

offers valuable life lessons and creates lasting connections. Such occasions strengthen family ties, create cherished memories and reinforce the importance of intergenerational relationships.

Mabel Crasto
Shalom, Community No. 30

“Celebrating” our Parents and Grandparents

“Young people need something stable to hang on to—a culture connection, a sense of their own past, a hope for their own future. Most of all, they need what grandparents can give them.” – Jay Kesler

The core group of the Senior Citizens' Cell of Sacred Heart, Andheri, fondly christened 'Seenagers' by our Spiritual Director Fr. George Mepurath SVD organized a Parents / Grandparents Day celebration for the Seniors of the Parish on 26th July 2025. The success of any event depends on meticulous planning and preparation. Devoting the first two Mondays of July to this aspect, the core team met in full strength to discuss the line-up for 'D' day. Suggestions flowed till a consensus was arrived at, with the excitement reaching a feverish pitch.

As is customary, announcements were made at all the Masses on two consecutive weekends and the core group members took turns to sit for registration. The outcome was overwhelming.

And then the day arrived! In pairs, in threes, the seniors trooped in, first to the Church for Holy Mass and then to the Community Centre Hall for the celebration. Their entry passes, which were a printed card bearing a pic of grandparents and a grandkid on it, beautifully coloured by their grandkids, were the only decoration – neatly strung on the windows of the hall. Yes, there were prizes for the most artistically painted card. On entering, the core group volunteers directed the attendees to their respective groups – they were divided into four groups for the purpose of the game. And, you guessed right – Conrad D'Sa, was the emcee for the evening. At the start, in his inimitable style, he sought to put everyone at ease with a warm welcome and a couple of humorous quips. And then the masti began. After a serving of cake and tea, the DJ sprang into action spinning the usual retro and party music which brought everyone onto the floor – the energy levels were unimaginable!

The Seniors of the Parish eagerly look forward to the events organized by the 'Seenagers' which facilitate our bonding as one big family. The action song 'We are Family' displayed on the screen had every Senior following the actions intently, was proof of the bond we share. After loosening limb and body, it was time for the game titled "bucket luck" with each team vying desperately to toss the maximum number of balls into the bucket strapped to the waist of a team member. Game over, you guessed right, what's an evening without the quintessential game of 'Housie'? Yes, that's what we played, but not before thanking and praying for our ever-so-generous sponsors.

Time flies when you're having a great evening. Bidding goodbye to each one as they exited with a foil-pack dinner and a gift of an eco-friendly glass water bottle sheathed with a cloth casing as protection, the evening ended on a happy note.

**Candida Mendoza
Yahweh's Clan, Community No. 33**

25 Glorious Years!

The Silver Jubilee celebration of the Divine Mercy, Community No. 9, was celebrated with much pomp and splendour!

A solemn Mass was organised on Sunday, 27th July 2025. The Community flag bearer led the entrance procession, followed by the cross bearer-cum-altar server, the lectors and the main Celebrant, Fr. John Mascarenhas SVD.

After the celebration of the Holy Eucharist, the Community members proceeded to the Community Centre. The air was filled with noise, excitement and happiness as the members bonded with each other.

The anchor for the evening was Berchman, and the DJ for the day was Norbert. Amid much laughter and joy, a grand six kg. chocolate cake was cut by the senior-most member of the community and distributed later among the gathered members.

There were spot prizes and games to begin with, and then, to the delight of the members, the hall came alive to an electrifying and splendid dance performance with foot tapping music, by the children and youth. They received a huge round of applause.

Next, our PPC member, Olivia Lewis enlightened the gathering on the history of the formation of Community No. 9, the hard work and dedication of the members, both young and old, to make our community, in the words of Fr. John, a very dignified, "shaant" but professional set up.

The achievements of the Community in the inter-Parish tournaments were also announced and the winners, Ruth Thomas and Samara Nazareth, were felicitated. Our community bagged First Prize at the Fun Cricket 2025 and the team that participated was congratulated. It was also announced with pride that a former member of our community won the first prize in the 8 - 10 age group category for females at the Peace Marathon this year.

Fr. Edwin Vas SVD, our Community's Spiritual Director for the past two years, was felicitated.

There were games, spot prizes and dance sessions with lively, lovely music to keep the mood cheerful. Housie, a favourite at gatherings, was then played much to the excitement of all present and cash prizes were awarded to the winners.

Fr. John Mascarenhas SVD, our newly appointed Spiritual Director, prayed the grace before meals and everyone partook of the delicious fellowship meal prepared by Alwyn, our Sacristan. Group photographs were clicked and we went home with a happy feeling.

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



Vianney Sunday

The feast of St. John Mary Vianney was celebrated at the 8:45 am parish Mass on Sunday, 10th August, 2025. It truly was an inspiring sight to witness our entire clergy team consisting of Fr. John, Fr. Edwin, Fr. George and Fr. Lucas with newly ordained Fr. Daniyar in the grand entrance procession. They bowed reverently at the altar before celebrating the Holy Eucharist in thanksgiving for the mission to which they are called as Shepherds of the flock of Sacred Heart Parish.

The Gospel reading highlighted the importance of being vigilant and prepared for the unexpected time when our Lord appears, knocking at the door of our hearts. During the homily, Fr. John firstly invited each of the co-celebrants to share their priestly motto. He then reflected on the humble and holy life of St. John Mary Vianney, the patron of parish priests, who is a model and inspiration for the clergy and urged the congregation to keep the clergy team in their prayers.

St. John Marie Vianney, a simple priest, was assigned to a neglected village in Ars, where the people were leading a wayward and immoral life. However, St. John Marie Vianney, with his humble prayers and total reliance on God was able to transform the village and bring about a spiritual renewal in the parishioners.

After Mass, a grand felicitation was arranged at Shanti Ghar; for the Priests with around 75 people in attendance including the PPC, SCC and Spiritual guides. At the entrance, to set the festive mood, every person was handed a sticker badge featuring an animation of the four priests of our clergy team. Groups were formed with one priest in each group as the team leader. The compère - Leonora Fernandes, one of our PPC members, spiced up the occasion with an icebreaker dance and her wonderful expertise at keeping the audience engaged and interactive throughout the games and dance session.

Several rounds of lively games followed, with each team enthusiastically rallying behind their priest team leader in the hopes of securing a win. It was a reminder that we, the laity, are called to support our priests in their calling. Bringing a smile to the face of the priests was more important than winning and the air was filled with delight and cheer. Delicious and sumptuous food was served thereafter.

This was truly a memorable Vianney Sunday celebration. The priests were felicitated, and each of them individually thanked all the parishioners for showing their love and warmth and keeping them in their prayers. Special thanks to Sr. Agnes and Sr. Sheeba for granting access to use the Hall.

Raphael David
Mystical Rose, Community No 34



In the Beginning Was the Word

Just as being part of any ministry in the Church or parish is a calling, so too is the Lectors' Ministry a calling for those who have committed themselves to the Lord to proclaim His Word. As mentioned in Sacrosanctum Concilium, paragraph 7; **"Christ is present in His word, since it is He Himself who speaks when the Holy Scriptures are read in the Church."** This profound truth highlights the many ways Christ is truly present in the liturgy: in the Eucharist, in the sacraments, in the priest, in the assembly, and in the Word proclaimed. For the twelve of us who attended the Lectors' Workshop in July '25, this statement from the Second Vatican Council was an eye-opener. It deepened our understanding of the ministry we serve and reminded us of the sacred responsibility entrusted to each lector: to be a vessel through whom Christ speaks to His people.

The eight-session workshop, conducted by Brother Joel Furtado from St. Michael's Parish, led us into profound spiritual insights and a renewed awakening of our faith. It was unlike

any other workshop we had attended; unique in its depth and spiritually enriching content. Throughout the sessions, we were invited to reflect deeply on our calling as lectors. We came to understand that before proclaiming God's Word to His people, a lector must first develop a true hunger and thirst for that Word. It is not enough to simply read; one must be deeply rooted in Scripture, fully grasping the meaning of what is proclaimed. We were reminded that Christ is truly present in the Word proclaimed from the ambo before the Word becomes flesh on the altar in the Eucharist. This powerful truth brought to mind the prologue of John's Gospel: **"In the beginning was the Word, and the Word was with God, and the Word was God..." (John 1:1ff)**

The workshop also touched upon the qualities of a good lector. We were introduced to the basics of voice training: understanding voice mechanism, microphone technique, voice modulation, articulation, punctuation, appropriate pauses, body language, and

grammar. While these technical aspects are important, we came to realize that what truly matters is not just the external delivery, but the inner disposition of the lector. As Scripture reminds us, **"Man looks at the outward appearance, but the Lord looks at the heart." (1 Samuel 16:7).**

In one of the sessions, we were guided to understand the importance of a holistic preparation of soul, body, and mind through the practice of Lectio Divina before approaching the ambo. This prayerful way of interiorizing Scripture allows the lector to be spiritually attuned to the Word, enabling the lector to proclaim not merely from the lips, but from a heart that is transformed by God's presence. Each session concluded with the recitation of the prayer 'Radiating Christ' by Cardinal John Henry Newman, leaving us with a sense of purpose and a deep desire to let Christ shine through our words and lives.

Josephine Fernandes
St. Paul's, Community No 21



Commissioning of the New Parish Youth Council

On the 13th of July 2025, the new Parish Youth Council (PYC), comprising the newly elected members along with the re-elected members, was commissioned in our Parish. The ceremony took place during the 5:30 pm Mass. The PYCs entered in procession, holding a candle, symbolizing the light of Christ that we are called to carry into our service and leadership. During the Eucharistic celebration, Fr. Lucas Parkhe SVD led the congregation in prayer and preached an inspiring homily, reminding us of our roles in the Youth Ministry and blessed the new council members.

On the eve of the commissioning, there was a special Adoration for all the youth in the Church, where we all gathered for an evening of praise and worship before the Eucharistic Lord. The adoration provided a sacred space for us to seek God's guidance and strength as we prepared for the responsibilities ahead. It was a beautiful time of surrender and spiritual renewal, setting the tone for what was to come.

The election process was conducted in every community with all the youth of the community along with a PYAT and held in a spirit of fairness and unity. The voting was carried out peacefully, and the results reflected the confidence the youth had in one another. It was inspiring to witness how the process was not driven by competition but by a shared desire to serve Christ and the Church.

Soon after the Mass, there was a short program organized for us in the Community Centre. The program commenced with a formal introduction of the office bearers along with PYATs and the Youth Animators. The outgoing PYCs also shared their thoughts and experiences. A special felicitation and a farewell were held for all of the outgoing PYCs. Their contribution and efforts during their tenure were recognized and appreciated and they were thanked for their commitment and love towards God and the parish. Their example has been an inspiration to continue building a strong, faith-filled community. The games

and icebreakers helped the new members to interact and get to know each other better. The program concluded with a prayer followed by a fellowship meal.

As one of the newly elected members, I can truly say that the entire experience was humbling and uplifting. From the quiet reflection during adoration, to the responsibility felt during the election, and finally, the joy of being commissioned, every moment was filled with meaning. I am truly honoured to be part of a team that is so passionate about faith and community. Being part of the Parish Youth Council is not just an opportunity, it is a mission. I look forward to walking this journey with my fellow members, guided by faith and the support of our parish family.

With a grateful heart and trust in the Lord, we now begin this new chapter, ready to serve, to grow, and to lead others closer to Christ.

Zenta Maria Santosh
PYC - Genesis, Community No. 35

Grandparents' Day Celebration by the PYC

On the afternoon of 27th July 2025, at 3:45 pm, the youth of our Parish, accompanied by our youth animators, and our spiritual director Fr. Lucas Parkhe SVD, visited the old age home to celebrate Grandparents' Day. This heartwarming event was lovingly organized by the PYC core team and animated by Claranta and Soniya from the PYC. Every element was thoughtfully planned and seamlessly executed, reflecting the deep respect and affection we hold for our elders.

As we arrived, we were welcomed with a short briefing about the event's schedule. By 4:00 pm, we began our interactions with the elderly residents. Their faces lit up with joy as they saw us—eager, warm, and smiling. The excitement in the room was felt by everyone and we immediately felt embraced by their kindness.

The celebration officially began with a soulful welcome song performed by our dear elderly friends from the home. Their voices, filled with joy and enthusiasm, created a touching atmosphere that set the perfect tone for the

evening. We followed this with a round of introductions, where each youth member shared what they were most excited about; whether it was connecting with someone new or creating cherished memories.

One of the highlights of the event was an engaging interactive session, where we got to know our elderly friends better. They spoke of their favourite movies, dishes, and songs. It was especially moving to hear Philomena Aunty excitedly mention 'Ajeeb Dastan Hai Yeh' as her favourite song, while Matilda Aunty smiled as she shared her fondness for pork and sweets. Each conversation was filled with warmth, laughter, and stories that offered a glimpse into their remarkable lives. Many recounted how they once taught, volunteered and served their communities; stories that were both humbling and inspiring. Adding a burst of energy to the afternoon, our talented youth dance group performed a retro-themed dance that had everyone clapping along. The fun continued with a lively game of housie. Cheers, laughter, and a

few playful grumbles over 'bad numbers' filled the room, making it a truly joyful experience.

Our group of singers from the youth then took everyone on a nostalgic musical journey with golden oldies. Some of the residents joined in, their eyes twinkling as they sang the familiar tunes. Delighted smiles lit up the room as the celebration concluded with the distribution of prizes to the housie winners and a small gift from the youth ministry to all our elderly friends. Fr. Lucas then offered a heartfelt blessing and prayer, invoking peace, health, and continued joy for all present.

Though advanced in years, the residents radiated youthfulness in spirit and love in abundance. The day was a beautiful reminder of the value of connection, the wisdom of our elders, and the importance of honouring those who paved the way for us. It was truly a celebration of life, legacy, and love.

Samara Nazareth
PYC- Divine Mercy, Community No. 9

HEALTH PAGE

The Gift of a Smile: How Cosmetic Dentistry Can Renew Confidence

Many people feel self-conscious about their smiles. Some even struggle to close their lips comfortably over their teeth. Maybe your teeth feel:



- Not white enough



- Crooked or misaligned



- Overlapping



- Chipped or uneven



- Sticking out



- Too much gum showing

Modern cosmetic dentistry can fix most of these problems easily, safely, and beautifully.

What Is Cosmetic Dentistry?

Cosmetic dentistry focuses on improving the appearance of your teeth and smile. If your jaw structure is severely misaligned, you may need orthodontic treatment (like braces). But for minor to moderate imperfections, cosmetic dentistry offers powerful, fast, and long-lasting solutions.

Types of Cosmetic Dental Treatments

1. Teeth Whitening (Bleaching)

If your teeth are dull or stained, professional whitening can brighten them up, sometimes by several shades!

There are two main ways to do this:

- In-office treatment: The dentist applies a strong whitening gel and uses a special light to activate it.
- At-home treatment: You get custom trays made to fit your mouth, and you apply a lower-strength whitening gel at home over a week.

Some people use bleaching pens for quick touch-ups.

The whitening agent is usually carbamide peroxide or hydrogen peroxide, in concentrations from 10% to 35%. Higher concentrations are used safely only under professional care.

2. Composite Veneers (Direct Veneers)

Using a tooth-colored material called composite resin, your dentist can reshape and resize your teeth, right in the chair. It works like dental clay. The dentist moulds and sculpts it to make your teeth look:

- Straighter
- More even
- Whiter
- More symmetrical

After shaping, it's hardened with a special light.

Pros:

- Quick – can be done in one visit
- Reversible – can be added to or reshaped later

Cons:

- Can stain over time
- Needs polishing to maintain shine

3. Ceramic Veneers (Porcelain Veneers)

Ceramic veneers are thin, shell-like covers that bond permanently to your natural teeth. They are custom-made in a dental laboratory and deliver a truly lifelike appearance.

Advantages:

- Long-lasting shine
- Stain-resistant
- Colour stays unchanged for years
- Extremely natural look

The process:

- The dentist gently prepares your teeth
- Takes precise impressions

- Sends them to a lab

- Bonds the finished veneers to your teeth a few days later

Though ceramic is slightly brittle on its own, once bonded, it becomes very strong and durable.

4. Other Enhancements

- Crowns: Used when a tooth is broken, decayed, or heavily filled. It restores shape, function, and appearance.
- Tooth Jewellery or Tattoos: For those who want a unique touch, safe options exist to add sparkle or symbols.

Why Cosmetic Dentistry Matters

Improving your smile isn't just about vanity; it's about confidence, self-esteem, and joy.

Your smile is one of the first things people notice. When you feel proud of it, you smile more. You radiate warmth, approachability, and positivity.

Cosmetic dentistry can truly be a gift to yourself, a way to love and care for the body and spirit God has given you. With today's dental techniques, you don't have to live with a smile that makes you feel less than your best. In just a few appointments, your smile can be transformed - bright, symmetrical, and full of life.

So go ahead; Smile wide, smile proud and smile often.

Dr. Giselle Paes (Dentist)
St. Dominic Savio, Community No. 17

FROM THE PARISH REGISTER



Baptized
in Christ

| | | | |
|-----------------------|-----|---|-----------|
| Sean Lobo | S/o | Sheldon Gabriel Lobo & Aida Bunyan Lobo | 8-Jun-25 |
| Kianna Dsouza | D/o | Kayne Dsouza & Roma Dsouza | 22-Jun-25 |
| Aaron Jeremiah Dcosta | S/o | Nikki Dcosta & Rajeshree Dcosta | 15-Jun-25 |
| Brielle Lopes | D/o | Joel Martin Lopes & Steffi Fernandes | 29-Jun-25 |
| Jaden Barboza | S/o | Stephen Barboza & Jyoti Barboza | 13-Jul-25 |
| Miraya Abhijatya | D/o | Abhijatya & Maurishca Dsouza | 13-Jul-25 |
| Zoe Sequeira | D/o | Wesley Sequeira & Savita Dsouza | 27-Jul-25 |



United
in Christ

| | | | |
|------------|----|--------------|-----------|
| Suraj Soni | To | Pooja Wadkar | 26-Jul-25 |
|------------|----|--------------|-----------|



Resting
in Christ

| | | | |
|-----------------------------------|----------|-------------------------------------|-----------|
| Rukmini Kadam | 55 years | 01, Azad Nagar | 23-May-25 |
| Xavier Fernandes | 72 years | 9 B / 4, Takshila CHS | 28-May-25 |
| Aleixo Querobino Caitana Miranda | 82 years | Home For The Aged | 10-Jun-25 |
| George Joachim Lasrado | 77 years | 5 A / 21, Takshila CHS | 12-Jun-25 |
| Merlyn Dsouza | 73 years | B / 11, Seema Apts. M.C.Road | 15-Jun-25 |
| John Dsouza | 72 years | 06, Ganesh Nagar, Pump House | 23-Jun-25 |
| Valerian Dsouza | 60 years | E / 22, Baptistawadi, Sher e Punjab | 29-Jun-25 |
| Helen Matilda Fernandes | 73 years | R-17, Prashanti Nagar | 10-Jul-25 |
| Cosma Isaac Dsouza | 83 years | B / 11, Seema Apts. | 19-Jul-25 |
| Victoria Francis Mendonza | 80 years | 15 A / 12, Takshila CHS | 19-Jul-25 |
| Joseph Benjamin Saldhana | 75 years | Home For The Aged | 27-Jul-25 |
| Filomena Dsouza Saviar Fernandise | 86 years | Bldg 11, 13 & 14, Bindra Complex | 2-Aug-25 |
| Peter Simon Almeida | 78 years | 33 / 3, Suyog Sadan | 8-Aug-25 |
| Jimmy Caitan Carvalho | 63 years | B / 2, Kanti Welfare M.C.Road | 10-Aug-25 |

For the 8:45 am 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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Guidelines for submission of matter to be published in the bulletin

TO SEND ARTICLES FOR THE BULLETIN

1. The medium of Publication is English only.
2. Articles should be sent strictly by e-mail only to h2h.bulletin@gmail.com to reach the Editorial Board, within the stipulated deadline, as announced in the Parish Weekly Announcements. Please do not send handwritten articles.
3. Articles written by Individuals or on behalf of Cells/Associations/Communities should compulsorily be approved by both, the Spiritual Director & the Head of the respective Cell/Association/Community. It will be their sole responsibility and discretion to ensure that the Article is factually and morally correct.
4. Articles must have an appropriate title, the full name of the author and the name and number of their community. A contact telephone number should also be mentioned so that clarification(s) if any, can be easily obtained. Please refrain from having more than one author per article.
5. Please ensure Articles are submitted by the prescribed date to avoid disappointment as those received after the announced deadline, would be published in the current issue, subject to availability of space. The same will not be carried forward to the next issue.
6. Articles on the activities of the parish should be restricted to a maximum of 500 words only.
7. It is important for Cells/Associations/Communities to report their activities and the Heads and Spiritual Directors of Communities/Cells/Associations should encourage their members to contribute articles to the Bulletin. A maximum of one article per person, per issue will be considered.
8. Please note that it will not be possible to entertain any request for change(s) in the Article, once submitted for publication.
9. 'The Health Space' / 'The Professional Opinion' space aim to provide guidance by experienced Professionals, from their respective fields of expertise, on various matters of importance that affect our day-to-day living. Professionals (parishioners only) with an experience of above 15 years in a particular field and are willing to contribute articles for this space; are invited to send an introductory email to h2h.bulletin@gmail.com providing your contact details and the area of your expertise after which the Editorial Team will get in touch with you. Only submissions from those who have been formally invited by the Editorial Team will be taken into consideration for this space.
10. The 'Photograph Page' is to give a visual representation of events and aims to display the variety of activities taking place in the parish, organized by the parishioners of different age groups, Cells, Associations, Communities etc. Photographs of the parish activities sent for publication should be of High-Definition quality. Please do not send Collages but only individual horizontal photographs (landscape orientation). The discretion to publish the photographs sent will be the prerogative of the Editorial Team.
11. Internet forwards or anonymous articles will not be published.
12. The decision of the Editorial Team regarding the winners of any contests featured in the Bulletin shall be final and binding.
13. The Editorial Team reserves the right to edit or reject articles at its discretion and is solely responsible for the layout.

TO BOOK ADS ON THE BULLETIN

1. Booking of advertisements to be published in the Bulletin can be done at the Parish Office by paying the requisite fee by Cheque within the stipulated deadline for submission of articles as mentioned in the Parish Weekly Announcements.
2. Send an email to h2h.bulletin@gmail.com containing the following information:
 - » Artwork of the advertisement in a vector format with any of the following file extensions only (jpeg, .ai, .eps and pdf).
 - » Word documents will not be accepted.
 - » Payment Receipt Number
3. Subsequently submit a hard copy/(printout) of the Artwork to the Parish Office.
4. The Editorial Team will exercise its discretion when publishing commercially supported content. The Editorial Team reserves the right to reject any promotion it deems to be misleading or controversial.

Parish Pastoral Council (PPC) 2023-2026

| I Executive Committee | | |
|--------------------------------|------------------------------|-------------------------------|
| No. | Name | Designation |
| 1 | Fr. John Mascarenhas SVD | President |
| 2 | Andrew D'Souza | Vice President |
| 3 | Prakash Nazareth | Secretary |
| 4 | Raphael David | Jt. Secretary |
| 5 | Ida Quinny | CCO Coordinator |
| 6 | Jayesh George | Parish Coordinator of SCCs |
| II Ex-Officio Members | | |
| No. | Name | Designation |
| 1 | Fr. John Mascarenhas SVD | President |
| 2 | Fr. Edwin Vas SVD | Co-Pastor |
| 3 | Fr. George Mepurath SVD | Co-Pastor |
| 4 | Fr. Lucas Parkhe SVD | Co-Pastor |
| 5 | Sr. Faustin Mascarenhas FDCC | Canossian Daughter of Charity |
| 6 | Sr. Turbin D'Souza FS | Fatima Convent |
| 7 | Sr. Merlyn Karikunnel SSpS | Holy Spirit Convent |
| 9 | Fr. Francisco Periera SDB | SDB |
| 8 | Fr. Scariachan Pannackal SVD | SVD Unit Leader |
| III Lay Office Bearers | | |
| No. | Name | Designation |
| 1 | Ida Quinny | CCO Coordinator |
| 2 | Jayesh George | Parish Coordinator of SCCs |
| IV Elected Lay Representatives | | |
| No. | Name | Designation |
| 1 | Andrew D'Souza | Lay Representative |
| 2 | Michael D'Souza | Lay Representative |
| 3 | Francis Castelino | Lay Representative |
| 4 | Derick Fernandes | Lay Representative |
| 5 | Maria Coutinho | Lay Representative |
| 6 | Rosita Fernandes | Lay Representative |
| V Nominated | | |
| No. | Name | Designation |
| 1 | Prince Dsouza | Youth Representative |

| VI Elected Community Representatives | | | | |
|--------------------------------------|---------------------|--------------------------------|--------------------------|----------|
| No. | Name | Designation | Spiritual Director | Area No. |
| 1 | Theresa Nadar | Immaculate Conception | Fr. Edwin Vas SVD | 1 |
| 2 | Leonora Fernandes | Our Lady of Fatima | Fr. George Mepurath SVD | 3 |
| 3 | Christine Tauro | Holy Cross | Fr. John Mascarenhas SVD | 3 |
| 4 | Dominic Pandit | Divya Jyoti | Fr. John Mascarenhas SVD | 3 |
| 5 | Sharmila Antao | St. Anthony's | Fr. George Mepurath SVD | 1 |
| 6 | Gertrude Rodrigues | Morning Star | Fr. George Mepurath SVD | 1 |
| 7 | Irene Noronha | Good Shepherd | Fr. George Mepurath SVD | 1 |
| 8 | Jenifa Fernandes | Infant Jesus | Fr. George Mepurath SVD | 1 |
| 9 | Olivia Lewis | Divine Mercy | Fr. John Mascarenhas SVD | 3 |
| 10 | Anna Assisi | St. Theresa of the Child Jesus | Fr. Edwin Vas SVD | 5 |
| 11 | Afra Coelho | Jeevan Jyoti | Fr. George Mepurath SVD | 5 |
| 12 | Diana Lobo | Apostles of Christ | Fr. Edwin Vas SVD | 5 |
| 13 | Deborah Rodrigues | Holy Family | Fr. John Mascarenhas SVD | 2 |
| 14 | Xavier Almeida | Helpers of Jesus | Fr. Lucas Parkhe SVD | 2 |
| 15 | Khryselle Rocha | Akashdeep | Fr. Lucas Parkhe SVD | 2 |
| 16 | Tressy Peris | Our Lady of Nazareth | Fr. John Mascarenhas SVD | 2 |
| 17 | Marcelino S Pereira | St. Dominic Savio | Fr. Lucas Parkhe SVD | 4 |
| 18 | Jacqueline Nathan | Good Samaritan | Fr. George Mepurath SVD | 4 |
| 19 | Udelia Carneiro | Christ the King | Fr. Lucas Parkhe SVD | 4 |
| 20 | Anthony D'Souza | Dayasagar | Fr. John Mascarenhas SVD | 6 |
| 21 | Lolita D'Souza | St. Paul's | Fr. Edwin Vas SVD | 6 |
| 22 | Jeanette Castelino | Prem Sagar | Fr. Lucas Parkhe SVD | 6 |
| 23 | Elvina Mascarenhas | Shantidaan | Fr. Edwin Vas SVD | 7 |
| 24 | Prakash Nazareth | Emmanuel | Fr. George Mepurath SVD | 7 |
| 25 | Florina D'Souza | Pavan Atma | Fr. Lucas Parkhe SVD | 6 |
| 26 | Linda Noronha | St. Anne's | Fr. Lucas Parkhe SVD | 7 |
| 27 | Lily Grace D'Silva | Holy Trinity | Fr. Edwin Vas SVD | 2 |
| 28 | Thomas Almeida | St. Joseph the Worker | Fr. John Mascarenhas SVD | 4 |
| 29 | Joy David Kumkumath | Our Lady of Rosary | Fr. John Mascarenhas SVD | 5 |
| 30 | John D'Souza | Shalom | Fr. Lucas Parkhe SVD | 7 |
| 31 | Sharil Abreo | Hosanna | Fr. Edwin Vas SVD | 6 |
| 32 | Anella Quadros | Sacred Heart | Fr. John Mascarenhas SVD | 3 |
| 33 | Arun D'Souza | Yahweh's Clan | Fr. George Mepurath SVD | 5 |
| 34 | Raphael David | Mystical Rose | Fr. Edwin Vas SVD | 5 |
| 35 | Aarti Travas | Genesis | Fr. Lucas Parkhe SVD | 7 |
| 36 | Claudius Fernandes | St. Thomas | Fr. Edwin Vas SVD | 4 |

Parish Association Council (PAC)

| | | | | | |
|------------------------|---|----------------------------------|---------------------------|------------------------------|-------------------------|
| 1 | Clergy Team | Fr. John Mascarenhas SVD | Parish Priest | | |
| 2 | | Fr. Edwin Vas SVD | Co-Pastor | | |
| 3 | | Fr. George Mepurath SVD | Co-Pastor | | |
| 4 | | Fr. Lucas Parkhe SVD | Co-Pastor | | |
| Sr. | Cells/Associations | Name of Head | Name of Asst. Head | Spiritual Director | |
| 1 | Parish Pastoral Council | Andrew D'Souza | Prakash Nazareth | Fr. John Mascarenhas SVD | |
| 2 | Centre for Community Organisation (CCO) | Ida Quinny | Fatima D'Souza | Fr. John Mascarenhas SVD | |
| 3 | Small Christian Community (SCC) | Jayesh George | Sarita Almeida | Fr. John Mascarenhas SVD | |
| 4 | Finance Committee | Jagdish Toppo | Jesse Monteiro | Fr. John Mascarenhas SVD | |
| 5 | Community Welfare Fund | Rose Almeida | Edward Fernandes | Fr. John Mascarenhas SVD | |
| 6 | St Vincent de Paul | Cynthia Pinto | Melissa Nazareth | Fr. Edwin Vas SVD | |
| 7 | Sunday School Pastoral Team | Std 1 to X | Rosita Fernandes | Nirmala Almeida | Fr. Lucas Parkhe SVD |
| | | Confirmation | Titus Menezes | Prakash Nazareth | Fr. George Mepurath SVD |
| 8 | Parish Youth Animation Team | Chris D'Souza | Jesse Monteiro | Fr. Lucas Parkhe SVD | |
| 9 | Charismatic Renewal (English) | Derick Fernandes | Veronica Fernandes | Fr. John Mascarenhas SVD | |
| 10 | Charismatic Renewal (Konkani) | Cecilia Nazareth | Emelia D'souza | Fr. Edwin Vas SVD | |
| 11 | Missionary Families of Christ (English) | Stephen & Maria Couthino | Alex & Lolita D'Souza | Fr. John Mascarenhas SVD | |
| 12 | Ministers of Holy Communion | Juliana D'souza | Jacintha Menezes | Fr. John Mascarenhas SVD | |
| 13 | Usher's Group | Francis Castelino | Anella Quadros | Fr. Lucas Parkhe SVD | |
| 14 | Liturgy Team | Juliana D'costa | Anil D'Souza | Fr. John Mascarenhas SVD | |
| 15 | Lectors Cell | Andrew D'Souza | Anella Quadros | Fr. George Mepurath SVD | |
| 16 | Legion of Mary (Sr) | Zuleika Rodrigues | to be elected | Fr. George Mepurath SVD | |
| 17 | Parish Bulletin | Savio Rebello | Annie Molly Sebastian | Fr. George SVD / Clergy Team | |
| 18 | Pre-Baptism Team | Jayesh George | Helen Veera Serrao | Fr. Edwin Vas SVD | |
| 19 | Women's Cell | Shoba Nadar | Florine D'souza | Fr. Edwin Vas SVD | |
| 20 | Health Cell | to be elected | Arun D'souza | Fr. George Mepurath SVD | |
| 21 | Bombay Catholic Sabha | Bryan Dias | Alex D'Souza | Fr. Lucas Parkhe SVD | |
| 22 | Inter-Religious Dialogue Cell | Michael D'Souza | Harbinder Singh Bedi | Fr. Lucas Parkhe SVD | |
| 23 | Senior Citizen | Janice Braganza | Marie Baracho | Fr. George Mepurath SVD | |
| 24 | Divine Mercy | Monica Machado | Theresa Rodricks | Fr. Edwin Vas SVD | |
| 25 | Bible Cell | Titus Menezes | Prakash Nazareth | Fr. Edwin Vas SVD | |
| 26 | Parish Youth Council | Prince Dsouza | Raizal Muntode | Fr. Lucas Parkhe SVD | |
| 27 | Altar Servers | Jacintha Menezes | Nandita Fernandes | Fr. Lucas Parkhe SVD | |
| 28 | Hope & Life Movement | Roma Francis | Bridget Noronha | Fr. Edwin Vas SVD | |
| 29 | Parish Website | Sarita Almeida | Rosita Dias | Fr. George SVD / Clergy Team | |
| 31 | Parish Choirs - English | Conrad D'Sa | Fr. John Mascarenhas SVD | | |
| | | Sylvester D'Silva | | | |
| | | Osmond Pereira | | | |
| | | Marian Fernandes / Jayesh George | | | |
| | Parish Choir - Konkani | Tressy Peris | | | |
| Parish Choir - Hindi | Vinod Waghmare | | | | |
| Parish Choir - Chidren | Giselle D'silva | | | | |

SCC Steering Committee 2023-2026

| 1 | Clergy Team | Fr. John Mascarenhas SVD | Parish Priest & Director of Parish SCCs | |
|-----|------------------------|--------------------------------|---|----------|
| 2 | | Fr. Edwin Vas SVD | Co-Pastor | |
| 3 | | Fr. George Mepurath SVD | Co-Pastor | |
| 4 | | Fr. Lucas Parkhe SVD | Co-Pastor | |
| | | | | |
| 1 | SCC Co-ordinating Team | Jayesh George | Parish SCC Co-ordinator | |
| 2 | | Sarita Almeida | Assistant Co-ordinator | |
| 3 | | Michael D'Souza | Assistant | |
| | | | | |
| No. | Co-ordinator | Community | Spiritual Director | Area No. |
| 1 | Daisy Chiramal | Immaculate Conception | Fr. Edwin Vas SVD | 1 |
| 2 | Jackline D'Souza | Our Lady of Fatima | Fr. George Mepurath SVD | 3 |
| 3 | Gretta D'Silva | Holy Cross | Fr. John Mascarenhas SVD | 3 |
| 4 | Morisca Fernandes | Divya Jyoti | Fr. John Mascarenhas SVD | 3 |
| 5 | Natasha Rodrigues | St. Anthony's | Fr. George Mepurath SVD | 1 |
| 6 | Veronica Xaxa | Morning Star | Fr. George Mepurath SVD | 1 |
| 7 | Savio Fernandes | Good Shepherd | Fr. George Mepurath SVD | 1 |
| 8 | Pooja Chavan | Infant Jesus | Fr. George Mepurath SVD | 1 |
| 9 | Edward Fernandes | Divine Mercy | Fr. John Mascarenhas SVD | 3 |
| 10 | Althia Trinidad | St. Theresa of the Child Jesus | Fr. Edwin Vas SVD | 5 |
| 11 | Lloyd Zaccheus | Jeevan Jyoti | Fr. George Mepurath SVD | 5 |
| 12 | Shirley Fernandes | Apostles of Christ | Fr. Edwin Vas SVD | 5 |
| 13 | Theresa D'silva | Holy Family | Fr. John Mascarenhas SVD | 2 |
| 14 | To be elected | Helpers of Jesus | Fr. Lucas Parkhe SVD | 2 |
| 15 | Berancye Xavier | Akashdeep | Fr. Lucas Parkhe SVD | 2 |
| 16 | Phyllis Pereira | Our Lady of Nazareth | Fr. John Mascarenhas SVD | 2 |
| 17 | Sunita Kakkanad | St. Dominic Savio | Fr. Lucas Parkhe SVD | 4 |
| 18 | Severine Pereira | Good Samaritan | Fr. George Mepurath SVD | 4 |
| 19 | Emerald Sajanani | Christ the King | Fr. Lucas Parkhe SVD | 4 |
| 20 | To be elected | Dayasagar | Fr. John Mascarenhas SVD | 6 |
| 21 | Shobha Nadar | St. Paul's | Fr. Edwin Vas SVD | 6 |
| 22 | Anita D'Souza | Prem Sagar | Fr. Lucas Parkhe SVD | 6 |
| 23 | Robert Pinto | Shantidaan | Fr. Edwin Vas SVD | 7 |
| 24 | Philomena Nair | Emmanuel | Fr. George Mepurath SVD | 7 |
| 25 | Austin Alva | Pavan Atma | Fr. Lucas Parkhe SVD | 6 |
| 26 | Shahji Fernandes | St. Anne's | Fr. Lucas Parkhe SVD | 7 |
| 27 | Jenita Travesso | Holy Trinity | Fr. Edwin Vas SVD | 2 |
| 28 | Irene Sequeira | St. Joseph the Worker | Fr. John Mascarenhas SVD | 4 |
| 29 | Juliana Spencer | Our Lady of Rosary | Fr. John Mascarenhas SVD | 5 |
| 30 | Vincent D'Souza | Shalom | Fr. Lucas Parkhe SVD | 7 |
| 31 | Natasha D'Souza | Hosanna | Fr. Edwin Vas SVD | 6 |
| 32 | Irene Mathias | Sacred Heart | Fr. John Mascarenhas SVD | 3 |
| 33 | Leena Aranha | Yahweh's Clan | Fr. George Mepurath SVD | 5 |
| 34 | Racheal Noronha | Mystical Rose | Fr. Edwin Vas SVD | 5 |
| 35 | Leon D'Souza | Genesis | Fr. Lucas Parkhe SVD | 7 |
| 36 | Eurekha Almeida | St. Thomas the Apostle | Fr. Edwin Vas SVD | 4 |

Parish Youth Council (PYC)

| Executive Committee Members | | Area Youth Executives | | | | | |
|-----------------------------|----------------|-----------------------|------------------|------------------|------------------|------------------|------------------------|
| Name | Role | Name | Role | Name | Role | Name | Role |
| Prince William Dsouza | Vice-president | Claranta Fernandes | Area 1 Executive | To be elected | Area 4 Executive | Ansyll Barboza | Area 7 Executive |
| Raizel Muntode | Secretary | Curtis Fernandes | Area 2 Executive | Seanna Dsouza | Area 5 Executive | Danica Fernandes | Deanery Representative |
| Darryl Dsouza | Jt. Secretary | Daniel Fernandes | Area 3 Executive | Avril Ann George | Area 6 Executive | Shania Rosario | Deanery Representative |

| Com. No. | PYC Members | Community Name | Area | Com. No. | PYC Members | Community Name | Area |
|----------|-------------------------|----------------------------|------|----------|---------------------------|------------------------|------|
| 1 | To be elected | Immaculate Conception | 1 | 20 | Ashlyn Rodrigues | Daya Sagar | 6 |
| 1 | To be elected | Immaculate Conception | 1 | 20 | Samuel Gomes | Daya Sagar | 6 |
| 2 | Michelle Durairaj | Our Lady of Fatima | 3 | 21 | To be elected | St Paul's | 6 |
| 2 | Jennica Jayesh | Our Lady of Fatima | 3 | 21 | To be elected | St Paul's | 6 |
| 3 | To be elected | Holy Cross | 3 | 22 | Glenn Noronha | Prem Sagar | 6 |
| 3 | To be elected | Holy Cross | 3 | 22 | Danica Fernandes | Prem Sagar | 6 |
| 4 | Daniel Fernandes | Divya Jyoti | 3 | 23 | To be elected | Shantidaan | 7 |
| 4 | Sunny Fernandes | Divya Jyoti | 3 | 23 | To be elected | Shantidaan | 7 |
| 4 | Alden Dmello | Divya Jyoti | 3 | 24 | Bancy Bansal Dsouza | Emmanuel | 7 |
| 5 | To be elected | St. Anthony's | 1 | 24 | Kimberly Sarah Nazareth | Emmanuel | 7 |
| 5 | To be elected | St. Anthony's | 1 | 25 | Linden Marvin Baretto | Pavan Atma | 6 |
| 6 | Soniya Noronha | Morning Star | 1 | 25 | Avril Ann George | Pavan Atma | 6 |
| 6 | Alisha Puthran | Morning Star | 1 | 25 | Rhea Ferreira | Pavan Atma | 6 |
| 7 | Claranta Fernandes | Good Shepherd | 1 | 26 | Josef Menezes | St. Ann's | 7 |
| 7 | Dejore Fernandes | Good Shepherd | 1 | 26 | Roni Xavier | St. Ann's | 7 |
| 7 | Delano Fernandes | Good Shepherd | 1 | 27 | To be elected | Holy Trinity | 2 |
| 8 | To be elected | Infant Jesus | 1 | 27 | To be elected | Holy Trinity | 2 |
| 8 | To be elected | Infant Jesus | 1 | 28 | Nikolai Pereira | St. Joseph the worker | 4 |
| 9 | Samara Nazareth | Divine Mercy | 3 | 28 | To be elected | St. Joseph the worker | 4 |
| 9 | Alicia Pereira | Divine Mercy | 3 | 29 | Leon Dwayne Rebello | Our Lady of Rosary | 5 |
| 10 | To be elected | St. Theresa of Child Jesus | 5 | 29 | To be elected | Our Lady of Rosary | 5 |
| 10 | Sharona C. Trinidad | St. Theresa of Child Jesus | 5 | 30 | Daliya Billgates Franklin | Shalom | 7 |
| 11 | Brighton Dcosta | Jeevan Jyoti | 5 | 30 | Shaurya Kantela | Shalom | 7 |
| 11 | Aaron Mendonca | Jeevan Jyoti | 5 | 31 | Prince William Dsouza | Hosanna | 6 |
| 12 | Sarah Mathias | Apostles of Christ | 5 | 31 | Johann Dsouza | Hosanna | 6 |
| 12 | Seanna Dsouza | Apostles of Christ | 5 | 31 | Sarah Dsouza | Hosanna | 6 |
| 13 | Raizel Muntode | Holy Family | 2 | 32 | Darryl Dsouza | Sacred Heart | 3 |
| 13 | Ashton Lobo | Holy Family | 2 | 32 | Franklin Pereira | Sacred Heart | 3 |
| 14 | To be elected | Helpers of Jesus | 2 | 32 | Aaron Fernandes | Sacred Heart | 3 |
| 14 | Royson Frederick Dmello | Helpers of Jesus | 2 | 33 | Joel Rodrigues | Yahweh's Clan | 5 |
| 15 | To be elected | Akashdeep | 2 | 33 | Ryan Dlima | Yahweh's Clan | 5 |
| 15 | Mryln Xavier | Akashdeep | 2 | 34 | Arpana Lakra | Mystical Rose | 5 |
| 16 | Curtis Fernandes | Our Lady of Nazareth | 2 | 34 | To be elected | Mystical Rose | 5 |
| 16 | Shawn Dsouza | Our Lady of Nazareth | 2 | 35 | Ansyll Barboza | Genesis | 7 |
| 17 | To be elected | St. Dominic Savio | 4 | 35 | Zenta Maria Santosh | Genesis | 7 |
| 17 | To be elected | St. Dominic Savio | 4 | 35 | Joel Lewis | Genesis | 7 |
| 18 | Ian Steve Pinto | Good Samaritan | 4 | 36 | Dominic Pinto | St Thomas, the Apostle | 4 |
| 18 | To be elected | Good Samaritan | 4 | 36 | Lerissa D'almeida | St Thomas, the Apostle | 4 |
| 19 | Joylann Ferrao | Christ the King | 4 | | | | |
| 19 | Savio More | Christ the King | 4 | | | | |

Parish Annual Calendar 2025-2026

| Sacred Heart Parish, Andheri East | | | | | |
|-----------------------------------|-------------|--|-----------|-------------|--|
| Date(s) | Day(s) | Parish Life Event | Date(s) | Day(s) | Parish Life Event |
| 7-Jun | Saturday | Pentecost Night Vigil by JESUS the Real Vine | 1-Oct | Wed | World Elders Day |
| 8-Jun | Sunday | Pentecost Sunday | 2-Oct | Thu | Divine Mercy Half Day Recollection |
| 10 - 12 Jun | Tue - Thurs | Triduum - St. Anthony | 4-Oct | Saturday | 8th Nicodemus Night Vigil |
| 13-Jun | Friday | Feast of St. Anthony of Padua, Solemn Procession | 7-Oct | Tue | Our Lady of the Rosary |
| 22-Jun | Sunday | Re-Commissioning of Ministers of Holy Communion | 17-25 Oct | Fri - Sat | Novena dedicated to Sacred Heart of Jesus |
| 24 - 26 Jun | Wed-Thu | Triduum Before Sacred Heart Feast | 19-Oct | Sunday | Mission Sunday |
| 27-Jun | Friday | The Feast of Most Sacred Heart of Jesus | 24-Oct | Friday | Birthday of Fr. George Mepurath SVD |
| 29-Jun | Sunday | Laity Sunday - Commissioning Heads and Animators of Cells & Associations | 25-26 Oct | Sat- Sunday | PARISH DAY and Closing ceremony of the Jubilee Year |
| 5-Jul | Saturday | 5th Nicodemus Night Vigil | 31-Oct | Friday | Holy Rosary at the Church grotto |
| 6-Jul | Sunday | Faith Formation Sunday | 1-Nov | Saturday | All Saints |
| 13-Jul | Sunday | Commissioning Mass, Farewell & PYC Orientation | 1-Nov | Saturday | 9th Nicodemus Night Vigil |
| 26-Jul | Saturday | Grandparents Day by Senior Citizens Cell | 2-Nov | Sunday | All Souls Day |
| 27-Jul | Sunday | World Day of Grandparents and the elderly | 3-5 Nov | Mon - Wed | Mass for the Souls in the Cemetery: 5pm and 7pm |
| 9-Aug | Saturday | 6th Nicodemus Night Vigil | 6-9 Nov | Thurs-Sun | Parish Level Fun Cricket Tournament |
| 10-Aug | Sunday | Vianney Sunday | 13-16 Nov | Thurs-Sun | Inter-Parish Fun Cricket Tournament |
| 15-Aug | Friday | The Assumption of the Blessed Virgin Mary & Independence Day | 16-Nov | Sunday | Children's Day |
| 16-17 Aug | Sat-Sun | Formation Camp (PYC) | 23-Nov | Sunday | Feast of Christ the King |
| 17-Aug | Sunday | Prison Ministry Sunday | 30-Nov | Sunday | Bible Quiz after 5:30 pm Mass |
| 24-Aug | Sunday | Justice Sunday | 3-Dec | Wednesday | Feast of St. Francis Xavier Solemn Mass 7:00 pm followed by procession |
| 24-Aug | Sunday | Parish SCC Day | 3-Dec | Wednesday | Birthday of Fr. Lucas Parkhe SVD |
| 31-Aug | Sunday | Mini Bible Quiz | 6-Dec | Saturday | 10th Nicodemus Night Vigil |
| 30 Aug - 7 Sep | Sat - Sun | Novena in preparation for Nativity of our Lady | 7-Dec | Sunday | Marian Procession after 5:30 pm Mass |
| 1-3 Sep | Mon-Wed | Nativity Confessions 5:30 pm to 7pm | 8-Dec | Monday | The Immaculate Conception of the Bl Virgin Mary |
| 6-Sep | Saturday | 7th Nicodemus Night Vigil | 8-10 Dec | Mon-Wed | Advent Confessions |
| 8-Sep | Monday | Nativity of our Lady - Day of the Girl Child | 13-14 Dec | Sat - Sun | Christmas Extravaganza |
| 11 - 14 Sep | Thur - Sun | Splash Fiesta | 21-Dec | Sunday | Christmas Float |
| 14-Sep | Sunday | The Exaltation of the Holy Cross | 25-Dec | Thursday | Nativity of our Lord Jesus Christ |
| 21-Sep | Sunday | Girl Child Day & Teachers Day Celebrations | 27-Dec | Saturday | Christmas Ball |
| 27-Sep | Saturday | The Feast of St. Vincent de Paul | 28-Dec | Sunday | The Feast of Holy Family, Gathering for Differently Abled (MFC) |
| 27-28 Sep | Sat-Sun | Telly games by Senior Citizens Cell | 31-Dec | Tuesday | New Year Eve |
| 28-Sep | Sunday | World Day of Migrants | | | |
| 28-Sep | Sunday | The Feast of Archangels - Ss. Michael, Gabriel, Raphael | | | |
| 29-Sep | Monday | Birthday of Fr. Edwin Vas SVD | | | |

| Date(s) | Day(s) | Parish Life Event |
|-----------|-------------|--|
| 1-Jan | Thursday | Solemnity of Mary, The Holy Mother of God |
| 4-Jan | Sunday | The Epiphany of the Lord |
| 4-Jan | Sunday | Thanksgiving Agape gathering (MFC) |
| 11-Jan | Sunday | Birthday of Fr. John Mascarenhas SVD |
| 12-14 Jan | Mon-Wed | Triduum - Feast of St. Arnold |
| 15-Jan | Thurs | Feast of St. Arnold |
| 18-Jan | Sunday | All Association Day |
| 24-25 Jan | Sat - Sun | Parish Youth Day |
| 25-Jan | Sunday | Sacrament of Confirmation |
| 26-Jan | Monday | Republic Day |
| 6-8 Feb | Fri-Sat-Sun | Sports Day |
| 4-6 Feb | Wed - Fri | Triduum - St Gonzalo - Patron Saint of Archdiocese |
| 7-Feb | Saturday | St Gonzalo |
| 8-Feb | Sunday | 1st Holy Communion Celebration |
| 8-Feb | Sunday | World Marriage Day |
| 11-Feb | Wednesday | World Day of the Sick |
| 18-Feb | Wed | Ash Wednesday |
| 20-22 Feb | Fri-Sat-Sun | Lenten Mission - English |
| 1-Mar | Sunday | SCC Training program |
| 8-Mar | Sunday | Women's Day |
| 14-15 Mar | Sat - Sun | Youth Retreat |

| Date(s) | Day(s) | Parish Life Event |
|-----------|---------------|---|
| 16-18 Mar | Fri-Sat-Sun | Konkani Mission |
| 19-Mar | Thursday | St Joseph, Spouse of the BI Virgin Mary |
| 21-Mar | Saturday | Taize |
| 21-22 Mar | Sat - Sun | 3rd Lenten Walking Pilgrimage to Basilica of Mount Mary |
| 23-26 Mar | Mon-Thurs/Fri | Lenten Confession |
| 29-Mar | Sunday | Palm Sunday - Passion of the Lord |
| 2-Apr | Thursday | Maundy Thursday |
| 3-Apr | Friday | Good Friday |
| 4-Apr | Saturday | Holy Saturday |
| 5-Apr | Sunday | Easter Sunday |
| 12-Apr | Sunday | Feast of Divine Mercy 10 AM Solemn Feast Mass |
| 20-26 Apr | Mon - Sun | Summer Camp |
| 1-May | Friday | Labour Day |
| 15-23 May | Fri- Sat | Novena in Preparation for Pentecost |
| 23-May | Saturday | Pentecost Night Vigil by JESUS the Real Vine |
| 24-May | Sunday | Pentecost Sunday |
| 31-May | Sunday | Holy Rosary at the Grotto |

Come Join Us

| No. | Cell / Association | Day | Time | Venue |
|-----|---|---|--------------------|------------------------------|
| 1 | St. Vincent de Paul | Every Monday | 6 pm to 9 pm | Room No. 1 |
| 2 | Bible Cell | Every Tuesday | 7.45 pm to 8.30 pm | Mini Hall |
| 3 | Charismatic Renewal (English) | Every Wednesday | 5.45 pm to 8.30 pm | Canossa School Basement Hall |
| 4 | Charismatic Renewal (Konkani) | Every Tuesday & Thursday | 7.30 pm to 9.00 pm | Community Centre & Church |
| 5 | Hope and Life Movement | 1st Thursday | 5 pm onwards | Community Centre |
| 6 | Kids for Christ | 4th Saturday | 5 pm to 6.30 pm | Room No.3 |
| 7 | Missionary Families Of Christ (English) | 3rd Sunday | 6.30 pm to 8.30 pm | Room No.3 |
| 8 | Health Cell | Every 4th Saturday | 8 pm onwards | Room No. 2 |
| 9 | Bombay Catholic Sabha | Every 4th Saturday | 8 pm to 9 pm | Room No. 3 |
| 10 | Inter-Religious Dialogue | Every 4th Saturday | 8 pm to 9 pm | Room No. 3 |
| 11 | Senior Citizen's Cell (Core Group) | 1st Monday | 4.30 pm to 6.30 pm | Community Centre |
| 12 | Senior Citizen's Cell Activity | 2nd Monday | 4.30 pm to 6.30 pm | Community Centre |
| 13 | Divine Mercy Cell | Every 4th Monday | 7.45 pm to 8.30 pm | Room No. 3 |
| 14 | Legion of Mary (SR) | Every Wednesday | 7.30 pm to 9.00 pm | Room No. 1 |
| 15 | Altar Servers | Every Saturday | 4.45 pm to 5.45 pm | Mini Hall |
| 16 | Women's Cell | Every 1st Sunday | 6.30 pm to 8 pm | Room No. 1 |
| 17 | Parish Choirs | Contact Choir Leader of the respective Choir | | |
| 18 | Usher's Group | Contact Parish Fathers | | |
| 19 | Lectors Cell | Follow Parish Announcements for the next training programme | | |

For additional details, Kindly refer to the Parish Weekly Announcements.

Inspiration from Saints

Saint Juan Diego

Feast Day: 9th December

Patronage: Indigenous peoples of the Americas

Saint Juan Diego was born in 1474 in the Anáhuac Valley of present-day Mexico and named Cuauhtlatoatzin, which means "the talking eagle."

Early life

Though Juan Diego was raised according to the Aztec pagan religion and culture, which practiced human sacrifice, he showed an unusual and mystical sense of life even before hearing the Gospel from Franciscan missionaries. In 1524, at the age of 50, Cuauhtlatoatzin and his wife embraced Christianity and received baptism from a Franciscan priest, Fr. Peter da Gand. The farmer, now known as Juan Diego, was committed to his faith, often walking long distances to receive religious instruction.

Apparitions of Our Lady

On 9 December 1531, when Juan Diego was on his way to Mass, walking along Tepeyac Hill in present day Mexico City, he began to hear beautiful strains of music and saw a beautiful lady who called out his name "Juanito, Juan Dieguito." Speaking in his native Aztec language, she asked him to request the local bishop to build a shrine there, promising to pour out graces upon all who invoked her. The bishop, however, was sceptical and turned him away.

Mary appeared to Juan Diego again, encouraging him to return to the bishop. Though he suggested that she send someone more esteemed in the Church, he obeyed her. On December 10, Bishop Juan de Zumarraga asked for a sign to prove the authenticity of the apparition. That same day, Mother Mary appeared a third time and Juan Diego relayed the bishop's request.

Hastening to Church on Dec. 12, to summon a priest for his uncle, whose death seemed imminent, Juan Diego again encountered the Blessed Virgin. She assured him, saying, "Am I not here who am your mother?" and promised to cure his uncle and give him a sign to display for the bishop.



The Blessed Mother told him that on the hill where they had first met, he would find roses and other flowers. Though it was winter, he found roses blooming miraculously. The Virgin Mary then placed them in his tilma, the traditional cloak-like garment he was wearing. She told him not to unwrap the tilma containing the flowers until he had reached the bishop. When he did, Bishop Zumárraga had his own encounter with Our Lady of Guadalupe - through the image of her that he found miraculously imprinted on the flower-filled tilma.

Juan Diego returned home and found his uncle's health restored. The evidence of the roses and image was enough to convince the bishop to build the first church atop Tepeyac Hill in her honour. The Mexico City Basilica that now houses the tilma has become the world's most-visited Catholic shrine.

The miraculous image of the Virgin Mary of Guadalupe imprinted on Juan Diego's tilma has been a remarkable source of conversion to Catholicism throughout Mexico. It has puzzled experts, having survived acid spill, terrorist bombings and centuries of exposure, yet remaining colorful and intact.

Later life

With the bishop's permission, Juan Diego spent the rest of his life as a hermit in a small hut near the chapel, where the miraculous image was displayed for veneration. He cared for the shrine, welcomed pilgrims and devoted himself to prayer, virtue and love of God and neighbour.

Canonization

Juan Diego died in 1548 and was buried in the first chapel dedicated to Our Lady of Guadalupe. He was beatified on 6 May 1990 by Pope John Paul II in the Basilica of Santa Maria di Guadalupe, Mexico City and canonized a Saint on July 31, 2002. Pope John Paul II called him "a simple, humble Indian who contemplated the sweet and serene face of the Virgin of Tepeyac."



Mary is the surest, the easiest, the shortest and the most perfect way of approaching Jesus and will lead us unerringly to Him.

- St. Louis de Montfort



Parish Vision Mission Statement

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



Silver Jubilee Celebration of Divine Mercy, Community No. 09



Comissioning of PYC



Grandparents Day Celebration by Senior Citizen Cell



Vianney Sunday 2025



Youth - Visit to Home for the Aged



PPC & SCC Bonding Workshop