

Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 99

December 2025

For Private Circulation Only

**True Riches
Found In
A Manger**



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

24th Dec	Christmas Eve: Carol Singing - 8.15 pm; Vigil Mass - 9.00 pm
25th Dec	CHRISTMAS Konkani Mass - 7.30 am, English Mass - 8.45 am & 10.00 pm No Evening Mass
26th Dec	Feast of St. Stephen, Martyr
27th Dec	Feast of St. John, Apostle and Evangelist
28th Dec	Feast of Holy Family (Special Family Mass)
31st Dec	NEW YEAR'S EVE Thanksgiving Holy Hour - 9.00 pm Holy Eucharist - 10.00 pm
1st Jan	Solemnity - Mary, Mother of God Konkani Mass - 7.30 am English Mass - 8.45 am, 10.00 am & 7.00 pm
2nd Jan	Memorial - Sts. Basil the Great and Gregory Nazianzen, Bishop & Doctor
3rd Jan	The Most Holy Name of Jesus
4th Jan	Solemnity - Epiphany of the Lord
11th Jan	Feast - Baptism of the Lord
12th-14th Jan	Triduum in preparation for the feast of St. Arnold Janssen
14th Jan	Memorial - St. Devasahayam Pillai, Martyr
15th Jan	Feast of St. Arnold Janssen
16th Jan	Memorial - St. Joseph Vaz, Priest
17th Jan	Memorial - St. Anthony, Abbot
18th Jan	Laity Sunday, All Associations Day
21st Jan	Memorial - St. Agnes, Virgin & Martyr
24th Jan	Memorial St. Francis de Sales, Bishop & Doctor
25th Jan	Word of God Sunday, Sacrament of Confirmation (10.00 am Mass), Parish Youth Day
26th Jan	Republic Day
27th Jan	Memorial - Sts. Timothy and Titus, Bishop
28th Jan	Memorial - St. Thomas Aquinas, Priest and Doctor
31st Jan	Memorial - St. John Bosco, Priest
2nd Feb	Feast - Presentation of the Lord, Day of Consecrated Life
3rd Feb	Memorial - St. Blaise, Bishop and Martyr, Blessing of the throat
4th Feb	Memorial - St. John Britto, Priest and Martyr
5th Feb	Memorial - St. Agatha, Virgin
6th Feb	Memorial - St. Paul Mikki and Companions, Martyrs
7th Feb	Memorial - St. Gonsalo Gracia, Martyr
8th Feb	World Marriage Day, Holy Communion Day (10.00 am)
10th Feb	Memorial - St. Scholastica, Virgin
11th Feb	World day of the Sick
14th Feb	Memorial - St. Cyril, Monk and St. Methodius, Bishop
18th Feb	Ash Wednesday
21st Feb	Memorial - St. Peter Damian, Bishop & Doctor
26th-28th Feb	English Missions
1st Mar	SCC Training Programme
8th Mar	Women's Day
14th-15th Mar	Youth Retreat
21st Mar	Taize Prayer
21st-22nd Mar	3rd Lenten Walking Pilgrimage to Basilica of Mount Mary
26th-28 Mar	Konkani Missions
19 th Mar	Solemnity - St. Joseph, Spouse of the Blessed Virgin Mary
25 th Mar	Solemnity - Annunciation of the Lord

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

From The Pastor's Desk

Dearly beloved parishioners,

Christmas is near, Christmas is here!

The Christmas season is the festive and holy season which brings immense hope to both individuals and the world by offering a message of love, peace, joy and renewal through the celebration of Jesus' birth.

The Jubilee Year centered on the theme, 'Pilgrims of Hope' will officially end on January 6, 2026, but the world continues to remain in need of God's love and liberation from the slavery of Sin, Selfishness and Self-centeredness. We watch, with pain, the recent incidents of violence, crime, political uncertainties, civil ethnic terror and devastating wars that have created a world of hostility and economic disaster, plunging people into extreme poverty, hopelessness, homelessness, marginalization and migration.

All the nations are suffering due to the "I", "Me" and "Myself" attitude of a few world leaders who consolidate wealth and power into their tightened fists, whilst ensuring that others have less. This attitude is often summarized as 'The art of becoming rich is the art of keeping others poor' which is so rampant in our days. The 'fakeness and faraway from the truth and factual reality' tendency widens the gap of homelessness and hopelessness in our society, nation and world at large. Christmas is all about the spirit of all-inclusiveness, accommodating and accompanying those around us in their journey, on the road to peace, joy and hope, regardless of their circumstances or abilities.

Can I help to build a world with faith in God, wherein our homes become a little place of joy by opening our loving hearts to the less fortunate and the homeless?

A heartwarming story of 'Wally the Innkeeper', published in the Readers Digest talks about a spontaneous, sincere act which transformed the Christmas pageant, perfectly capturing the true spirit of Christmas. Wally a large, clumsy nine-year-old boy had difficulty keeping up in school. He desperately wanted a role in the annual Nativity play. He was found unsuitable for any important

role and was cast as the innkeeper since it required only shouting out, "NO ROOM! GET AWAY!".

During the performance which was attended by a large audience, when Joseph and Mary came to the door, Wally delivered his line "NO ROOM HERE! GET AWAY!". Then Joseph pleaded, "PLEASE! MY WIFE IS PREGNANT! he told them to be gone as instructed by the off-stage prompter. However, as he looked at 'Mary', his empathy took over and he went off-script and called them back, with tear filled eyes, exclaiming "There is no room here; but you can have my room!"

In today's world, we encounter many people who play the "No room at the inn" card. There is no room in their inns. They do not mingle with the outsiders and the outcasts and the cast outs. They often create insiders and outsiders with no room for the latter.

God continues to knock at the door of our hearts every moment of our life. Let us open up the inns of our hearts for Him through care and concern for the apparently "less fortunate" children of an Everlasting God.

A popular song, 'Heal the World" by Michael Jackson echoes the need of the hour and a wish for the humanity of making the world a better place. "...make it a better place, for you and for me and the entire human race..."

I pray that we would keep the 'Inns' of our hearts open so that willingly and joyfully we would share our goodness, kindness and love through our words and more so in our actions specially to the needy, suffering, less fortunate and to the homeless.

On behalf of our Parish clergy team Fr. Edwin, Fr. George, Fr. Lucas and Deacon Ebin, I wish you all and your families,

HAPPY CHRISTMAS AND A BLESSED AND PROSPEROUS NEW YEAR 2026.

Fr. John Mascarenhas SVD
Parish Priest

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TRUE RICHES FOUND IN A MANGER

Christmas is about God's love. At Christmas, God humbles Himself and becomes the sweet and comforting message for the poor, the lowly, the ignorant, and all the people of goodwill. As the angel declares, **"today in the town of David, a Saviour has been born to us, Christ the Lord,"** God makes Himself, little and poor to make us precious, loved and rich in His mercy and abiding presence. He chose to be born in a lowly manger to identify with us in our poverty and need for comfort and salvation.

Christmas is also a time to remind us that God is always faithful to His promises. When God sent His Son into this world, it was an expression of His unfailing and relentless love.

His love is a gift that is thoughtful because it meets our greatest need - our sinful nature.

It is a gift that is priceless because it could never be purchased apart from Christ's blood.

It is a gift that is timeless because the grace of God is never-ending.

And above all else, God's love is at the heart of Christmas and came right on time. From the moment creation was broken by sin, God began to unfold His plan to restore and rescue all that He had created.

Many of us live our lives every day, missing the fact that God loves us unconditionally. And when we miss the fact that we have been adopted into His family, we then have a hard time loving ourselves. Then, we have, even a still harder time loving others who are also valued and treasured by God. The whole reason this aspect of Christmas, God's love should not be missed or avoided is because it is central to us living the full lives that God wants for us.

Jesus, though rich in His divine nature, became poor by being born in a humble stable and laid in a manger, so that humanity by His poverty might become rich in grace, mercy and life eternal.

Manger, a place of rejection and the humblest of beginnings, highlights God's profound humility and His embracing human vulnerability in the

Incarnation. True riches involve shedding pride and embracing vulnerability and dependence on God and others, rather than relying solely on one's own strength or material security.

The manger signifies God's desire to be close to humanity, making Himself present even in the most basic and challenging human conditions. The poverty of the manger teaches that true riches are found in persons and loving relationships, especially with the poor and the marginalized. The people surrounding the manger, Mary, Joseph and the shepherds were simple, poor individuals united by love, not wealth or great expectations. It calls us to acknowledge and serve Christ in the poor of our world, recognizing them as gifts.

In essence, the "true riches found in a manger" are a spiritual and relational abundance. It offers powerful reflections on the nature of love, humility and the presence of the divine in unexpected places.

The central message is that genuine wealth is not measured in material possessions or power, but in spiritual connection, unconditional love, human relationships and a life of purpose and service.

True wealth is found in meaningful relationships: with God, family, friends and community. The love and connections shared by Mary, Joseph and the shepherds around the manger are presented as genuine treasures that bring lasting joy and fulfilment. The nativity scene, with a newborn king lying in a humble manger, radically challenges the world's understanding and definition of wealth. True riches are not found in money and power, but in relationships and persons. The greatest wealth we can attain is found in Jesus and in learning to love and serve others, especially the poor and the less privileged. The manger, a place of rejection and refusal by worldly standards, symbolizes God's desire to be present in even the worst conditions of human existence. God does not remain distant and mighty but draws near to us in humility, demonstrating to us that every person, regardless



of their condition, is important to Him.

Every Christmas is an invitation to love, care, share more and make a place in our heart for Emmanuel, God with us. Our hearts should be open and our faith deep to recognize Him in the most unexpected places and situations of our lives.

In a world often plagued by division, violence and despair, the message of Christmas remains as relevant as ever. The arrival of Emmanuel, God with us, is a beacon of hope and a call to action for us to be instruments of His peace and love.

As we gather around the manger, we are reminded that the miracle of Christmas is not found in extravagant decorations or lavish gifts but in the simple, yet profound truth of God's love made flesh. Emmanuel - God with us is at the heart of Christmas, calling us to live lives of faith, hope and love, not just during the Christmas season but every day. By celebrating Christmas with deep faith and love, we can make it a time of spiritual renewal and a powerful testament to the enduring light of Christ in the world. Christmas means that God loved us so much that He came to live with us and die for us, so that we can live with Him forever.

Merry Christmas to all, and all glory to Emmanuel, the God who is with us, and will be with us forever!

Fr. George Mepurath SVD
Co-pastor

CCO on the Move

As we celebrate the birth of Jesus Christ, may we remember the true meaning of Christmas. "For God so loved the world that He gave His only Son, so that everyone who believes in Him may not perish but may have eternal life." - John 3:16.

The Centre for Community Organisation (CCO) reaches out to the needy of our Parish, every week, through the Community Welfare Fund (CWF), by filling forms for their Medical, Education and Housing needs. The CWF Team verifies and then authenticates the requests or claims received through the respective PPC member in order to finalize the amount of aid to be given to the applicant.

Many people have benefitted from the help extended by the CCO in providing job placements, specially as domestic workers and housekeeping staff.

The CCO assists eligible boys and girls contemplating marriage, both from our parish and other parishes, to find a suitable life partner by registering their names in the 'Matrimonial'.

The Dental Clinic is functioning smoothly.

Community Welfare Fund:

The following payments were made through CWF during the period April 2024 to October 31st:

Education	- 28 payments
Medical	- 62 payments
Housing Aid	- 74 payments
TOTAL	- 164 payments

The St. Vincent de Paul Association (SVP) renders help to the needy parishioners and also those belonging to other faiths.

On 27th September, the SVP members along with their adopted and aided families, benefactors and well-wishers celebrated the feast of their patron saint, St. Vincent de Paul, with Holy Eucharist at 7.00 pm. Food was distributed to the adopted families.

The Bible and Confirmation Cell continues with the study of the various Biblical characters.

The Holy Hour is conducted on every 4th Saturday of the month.

The Confirmation Class organized an Institutional trip to SVD House, Vasai and Shanti-daan, a Missionaries of Charity Organization at Gorai.

The Women's Cell celebrated Girl Child Day on 21st September 2025. The event was attended by 51 children and adults. The program featured an insightful talk on 'Hygiene' by Sr. Lalitha SSpS and an inspiring session on the "Gift of a Girl" by Sr. Faustina FDCC. The celebration was filled with fun activities and games, followed by a delightful meal shared by all, making it a joyful and memorable occasion.

The Small Christian Community (SCC) celebrated Parish SCC Day on 24th August, marking the Silver Jubilee of the Church building and the SCCs. The event began with a session on Conversations in the Spirit conducted by Bishop Alwyn D'Silva, followed by the Thanksgiving Eucharist. The program that followed included the felicitation of SCC Project Team members, an interactive skit and an audio-visual presentation on the history of the SCCs and their current activities. The celebration concluded with dinner.

On 30th September, a meaningful prayer service was held at 8.00 pm before the 36 statues of Our Lady were taken by the Community representatives, with a vision that she visits all the homes in the Parish.

The Legion of Mary conducted the Rosary in the Church on 31st October and a rosary made of gas balloons was released into the sky as a sign of faith and hope, lifting our prayers to heaven.

The Parish Youth Council (PYC) celebrated Vianney Sunday by visiting the clergy homes within our campus sharing joy and gratitude.

Splash Fiesta - A tele game event was organised from 11th to 14th Sept in which 19 Communities participated with great energy and spirit. Community No. 9 was the winner and Community No. 1 was the runner up.

A Sit-Down Mass was held at Soverdia House on 12th October with 30 to 35 youth attending in prayer and fellowship.

The Divine Mercy Cell conducted a half day recollection on the topic "From Encounter to Mercy: Journeying with Christ" on 2nd October. Fr. Edwin Vas SVD was the preacher.

The Sunday School students and teachers from Std. I to IX, pre-confirmation children and the Confirmands organized the Liturgy for all the Nine days of the Nativity Novena. Participants were felicitated by the clergy on 28th September in the Community Centre which motivated them.

An activity was organised on the topic "Mother Mary - Hope Flower and Hope Ladder". Prizes were given for best 3 activities of every class.

The Sunday School Students also participated in the Deanery Psalm festival singing 6 Psalms.

The Senior Citizen Cell organized a visit to the Marian Garden at Don Bosco, Karjat on 6th September, with 96 Senior Citizens participating.

On 27th and 28th September, 29 SCC communities took part in the Senior Citizens' Tele-Games, which were filled with fun, laughter and camaraderie.

On 4th October, the finals were held, with parishes from the Andheri Deanery (East & West) invited; seven parishes participated.

On 12th November, St. John the Evangelist Parish hosted the Andheri Deanery Tele-Games, where our Sacred Heart Senior Citizens secured first place, along with the Best Dancers Award.

On behalf of the CCO Team we wish all our Parishioner's a blessed and joy filled Christmas and a wonderful New Year.

Ida Quinny
CCO Co-ordinator

Hearty Laughter

RANDOM INSIGHTS

Among the things that are so simple even a child can operate them are parents.

You can't believe everything you hear; but you can repeat it.

Conscience: the small voice that makes you feel smaller.

The trouble with getting to work on time is that it makes the day so long.

To err is human. To blame other people is management.

There's no need to be angry at lazy people. They didn't do anything.

Teamwork means you can blame someone else.

Behind every productive person is a cup of coffee and a deadline.

Jet lag is just my body saying "I told you to stay home."

Christmas calories don't count - Santa said so.

A man went to his lawyer and told him, "My neighbor owes me \$500 and he won't pay up. What should I do?"

"Do you have any proof he owes you the money?" asked the lawyer.

"Nope," replied the man.

"OK, then write him a letter asking him for the \$5,000 he owed you," said the lawyer.

"But it's only \$500," replied the man.

"Precisely. That's what he will reply and then you'll have your proof!"

Grandpa: Johnnie, remember, fools are always CERTAIN. Wise people HESITATE!

Grandson: Grandpa, are you sure about this?

Grandpa: Absolutely sure son!

Wife: You need to do more chores around the house.

Husband: Can we change the subject?

Wife: Ok, more chores around the house need to be done by you.

Trying to impress on the group, one man said, "My ancestry can be traced back to medieval kings!" Then turning to a lady sitting by the side, he said, "What about you Madam?" "I am sorry," she said, my ancestral records were lost in the great floods during Noah's time!"

Two engineers were interviewed for an Officer's Job. They were both given 10 questions to answer. The first applicant was selected, while the second rejected. The second engineer says to the interviewer, "Sir, I think both of us have the same marks in the written test. Why am I rejected?" "Well," said the interviewer, "it is true that both of you have 9 answers correct. But I selected the first one because of the wrong answer. He wrote, 'I do not know the answer' and you wrote, 'neither do I know the answer'."

Did you Know?

- What do you call a writer who doesn't follow the rules of sentence structure?
A rebel without a clause
- What is faster Hot or cold?
Hot because you can catch a cold
- Why can't you trust an atom?
Because they make up literally everything.
- What's the difference between ignorance and apathy?
Don't know and don't care.

Interviewer to job applicant:

"Can you come up with any reason you want this job other than your parents want you out of the house?"

A linguistics professor says during a lecture that, "In English, a double negative forms a positive. But in some languages, such as

Russian, a double negative is still a negative. However, in no language in the world can a double positive form a negative."

But then a voice from the back of the room piped up, "Yeah, right."

You can paint a thousand paintings and not be called an artist.

You can run a thousand marathons and not be called an athlete.

You can cook a thousand meals and not be called a chef.

But as soon as you kill ONE PERSON.....

A prisoner talks to his cellmate about his regrets, "If I had listened to my mother, I wouldn't be in prison."

The cellmate inquired, 'What did she say?'

The prisoner responded, 'I don't know I didn't listen.'

Someone asked me about my background and I gave a detailed reply, telling him about my education, career, relatives, hopes and dreams.

Turns out he just wanted to know what was behind me on our Zoom call.

ABOUT ME

Marriage is really educational. When I was single, I didn't even know there was a wrong way to put a fork in the dishwasher.

My life feels like a software update - "remind me later" every day.

Sometimes I talk to myself. It's the only way to have an intelligent conversation.

I study better... when the exam is tomorrow.

I'm expert at multitasking: I can listen, ignore and forget at the same time.



Heart to Heart Family Quiz (December 2025)



I) Select the correct answer:

1. In reference to the Gospel according to St. Luke and the message angel Gabriel gave to Mother Mary, what is one of the titles Jesus would receive, indicating His eternal reign?
 - a. Prophet
 - b. King of the Jews
 - c. Son of the Most High
 - d. Shepherd of Israel

2. In reference to the Gospel according to St. Luke, Mary's ultimate response to the challenging news from angel Gabriel models what for a modern family facing a difficult path or life-altering change?
 - a. Strategic planning for the future
 - b. Humble acceptance and willing servitude to God's will
 - c. Seeking advice from many counsellors
 - d. Asserting one's rights and personal safety

3. In reference to the Gospel according to St. Mathew, Joseph's initial plan to dismiss Mary quietly before the angel's dream demonstrates a desire to balance righteousness with which essential family value?
 - a. Personal vengeance
 - b. Public honour
 - c. Compassionate privacy and avoidance of public disgrace
 - d. Strict adherence to legalism

4. Romans 15:13 states that the "God of hope" fills us with all joy and peace in believing. This suggests that a family's true source of inner peace is rooted in:
 - a. Material success
 - b. Trust and confidence in God (believing)
 - c. Strict rules and adherence to tradition
 - d. Isolation from the outside world

5. When Mary was filled with the Holy Spirit and visited Elizabeth, how did Elizabeth refer to Jesus in Mary's womb?
 - a. My Lord
 - b. My Master
 - c. My King
 - d. My Redeemer

6. What is the specific Italian phrase Saint Pier Giorgio Frassati wrote on the back of a photograph shortly after his final climb, meaning "To the heights," which captured his lifelong longing for holiness?
 - a. Ad Majorem Dei Gloriam
 - b. Soli Deo Gloria
 - c. Caritas in Veritate
 - d. Verso l'Alto

7. St. Pier Giorgio Frassati was a vocal opponent of the regime of which political leader?
 - a. Benito Mussolini
 - b. King Victor Emmanuel III
 - c. King Alfredo I
 - d. Pope Leo XIII

8. Based on St. Pier Giorgio's belief in a Christ-centred life, what was his core belief on holiness?
 - a. Holiness is found solely in the quiet moments of prayer.
 - b. Holiness is also alive in joy and we can seek God in everything, from prayer to climbing mountains.
 - c. Holiness requires giving up one's personal vacation for the greater Glory of God.
 - d. Holiness is found solely in helping the poor.

9. After giving away his bus money to someone in need, why did St. Pier Giorgio Frassati run home?
 - a. In order to reach on time for supper.
 - b. In order to spend time with his family.
 - c. In order to be present for the daily family prayers.
 - d. In order to avoid his agnostic father, who would hit him if he found out that he helped the poor.

II) Complete the Bible Verses and state the chapter and the verses.

1. But when the fullness of time had come, _____ (Gal ____ : ____)

2. On entering the house, they saw the child with Mary His mother; and they knelt down and paid Him Homage. Then, _____ (Matthew ____ : ____)

3. She gave birth to her firstborn son and _____ (Luke ____ : ____)

4. But just when he had resolved to do this, an angel of the Lord appeared to him in a dream and said, _____ (Matthew ____ : ____)

III) Complete the following Bible verses with the correct word and state the Scripture Chapter and verse.

1. "For to us a child is born, to us a son is given; the government will be on His shoulders. And He will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of _____ ." (Isaiah ____ : ____)

2. "But the angel said to them, 'Do not be afraid. I bring you good news that will cause great _____ for all the people.'" (Luke ____ : ____)

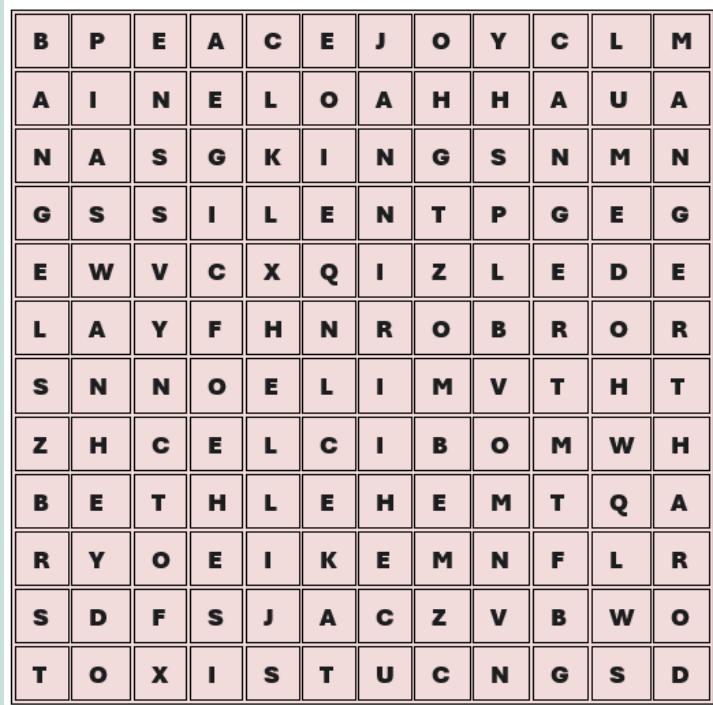
3. "Glory to God in the highest heaven, and on earth _____ to those on whom His favor rests." (Luke ____ : ____)

4. "I pray that God, the source of _____, will fill you completely with joy and peace because you trust in Him. Then you will overflow with confident hope through the power of the Holy Spirit." (Romans ____ : ____)

5. "For God so _____ the world that He gave His one and only Son, that whoever believes in him shall not perish but have eternal life." (John ____ : ____)

IV. Find the 8 words in the grid below. *Hints:*

1. The city where the Savior was born.
2. The three visitors from the Orient.
3. The gift promised to those on whom God's favour rests.
4. They sang "Glory to God in the highest."
5. The emotion experienced by Mary and Joseph when baby Jesus was born.
6. The first word of a carol about a "holy night."
7. The French word for Christmas.
8. The feeding trough where the baby Jesus was laid.



ANSWERS OF FAMILY QUIZ – SEPTEMBER 2025

- I. 1. D. Elizabeth; 2. B. Judith; 3. C. Tabitha (Dorcas); 4. A. Mary, mother of Jesus; 5. C. Miriam; 6. C. Lydia; 7. A. Roses in his tilma; 8. D. Pagan; 9. B. His native Aztec language; 10. C. To build a shrine on Tepeyac Hill; 11. C. To summon a priest for his dying uncle.
- II. 1. St. Joachim and St. Anne; 2. 53 times; 3. Nazareth / Gabriel; 4. Magnificat; 5. Our Lady of Sorrows.
- III. 1. for you have found favour with God (Luke 1:30); 2. is possible for God (Luke 18:27); 3. Seek out and save the lost (Luke 19:10); 4. they see the kingdom of God." (Luke 9:27); 5. give you the Kingdom" (Luke 12:32)



- Anil & Sophie Pereira
Community No: 17
Family No: 1729
- Carmine, Chelsea & Robin Almeida
Community No: 30
Family No: 2388
- Austin, Vanessa & Aaron Alva
Community No: 25
Family No: 2361
- Anthony, Lavina, Allan & Larissa Fernandes
Community No: 1
Family No: 1640
- Joseph, Caroline, Jayden, Chris & Emmanuel Chettiar
Community No: 1
Family No: 2577

**Prize Distribution Of Family Quiz
Winners June 2025**



- Email the answers to h2h.bulletin@gmail.com OR
- Drop the responses in the LETTER BOX in front of the sacristy, latest by 15th January, 2026.
- The decision of the Editorial Board will be final and binding.
- Only one response per family will be considered

Full Name (Head of Family) _____

Names of Participants _____

Telephone/Mobile No _____ Email _____

Community No _____ Family No. _____

Address _____

My Mother

The womb is a home
Divine and human,
For all God's beloved babes!

Days and nights, I lived,
In that finest cosy room,
A small cute paradise,
Where all my needs, small and big
Were met in the best of ways.

Drops and drops of pure
Goodness, care and love
Became my daily food intake.

I had no idea who was
The one doing it all for me

With a saintly care and love,
Making me feel secure and safe.

I didn't even breathe
Eat or drink;
I was floating in fluid
Even in a head-down posture.
The one who kept me cushioned
In comfort from all sides
I came to know later
Wasn't God, but my mother.

Whenever she ran her fingers
Upon her tummy, I felt tickled.
Her touch was sweet and tender.

From being a dot in her womb
I was growing nonstop
Bit by bit, little by little.
I wished that it could go on
For ever and ever!

Then, all of a sudden
I didn't know why,
I cried,
When she heard me cry,
She smiled, laughed and then
Tried to hold me close to her chest,
And hummed on me a 'magnificat'.

And you too Jesus
Made Mary's womb sacred;
And let everyone know
All wombs are to be revered.
Perfectly fit for God and humans.

Fr. Ittoop Panikulam SVD
Dhyani Kutir

DEPTH OF LIFE

Every person who walks into your life teaches you something,
Every story is 'written with Love'.
They come to change something that needs to be corrected,
It is directed 'straight from above'.

Happiness and satisfaction don't only come from settling down,
They come from a deep understanding of situations.
It's important to reflect on feedback, accept your mistakes,
So you can also 'strengthen generations'.

We may all be role models for someone in a chapter of life,|
The next of kin might learn from you.
It's important to be honest, it's important to be precise,
You never know when your 'time is due'.

It's up to us to get the message behind conversations,
especially when we are upfront with our thoughts.
It's easy to assume, misunderstand, gossip, and even be 'distraught'.

It's easy to blame situations, belittle others, and make fun of someone else.
You never know the actual truth, the real reason—you may be 'causing a mess'.

Assumptions and preconceived notions are lethal in general—Not just for others, but even for you.
Take a little trouble and try to understand what the truth is,
Reality may be different from what we 'construe'.

As you get to know people, you understand them better—change is a part of life.
What's important is changing for the good, without causing others 'strife'.

People will judge you by looking at behaviours, without digging for the actual truth.
Always take the trouble to understand people clearly—you will definitely 'bear good fruit'.

You can pour your heart out and explain yourself more,
but it's the other person who needs to understand.
You're not here to please people, you're not here to explain—
getting things done 'the right way' is the only plan.

Personal life is not to be confused with values and principles—
your conscience is what matters most.
Your actions should be important, they should be justifiable—
you should realise what they 'could cost'.

You didn't come into this world to take nonsense from people—
you have the right to voice what is right.
If you confuse your actions, which are factually unreasonable,
nothing's going to be alright.

You should correct yourself when you have the chance—your future is in your hands.
You can choose to justify yourself, believe you are targeted, and go against what 'heaven demands'.

The purpose of writing this poem is deeper than you think—hopefully it will help you reflect.
Remember, in life, there is someone watching you from above—it's **yourself you have to protect**.

Malaika Noronha
St. Therese of the Child Jesus, Community No.10

Parish Activities

PARISH SCC DAY

We joyfully celebrated 'Parish SCC Day' on 24th August 2025. This special event was part of the ongoing twin celebrations in the parish, that of the Jubilee Year of the Universal Church and the Silver Jubilee of the Church Building. The occasion helped to revisit and reflect on the journey of the 'Living Church' through the Small Christian Communities (SCCs).

Fr. John Mascarenhas SVD, our Parish Priest and his team warmly welcomed His Lordship Bishop Emeritus Allwyn D'silva, who conducted an inspiring and interactive session on the 'Conversation in the Spirit' for the SCC animators, Spiritual Directors and Spiritual guides. He delved into the many aspects of the discernment process involving active listening to God's voice and the voices of others in order to form a prayerful community that works for the common good.

This was followed by the solemn Eucharistic Celebration. Since it was Justice Sunday, the Bishop, in his homily, exhorted the gathering to make choices that safeguard creation rather than destroy it, in this present age of rapid development, which is often achieved at the cost of ecological balance. He emphasized that the true spirit of the Church lies not in its building, but

in the people who form its community. He impressed upon the need to draw inspiration from the early Christians who met in homes and to become a community of members, listening, sharing, accompanying and witnessing Christ's presence in fellowship. The SCC animators were congratulated for keeping the SCCs vibrant and alive.

The celebrations then moved to the Community Centre for a pictorial presentation on the History of the Parish SCCs and the present Communities. The SCC initiative in the parish began in 1999, after nearly 15 years of patient groundwork by the Archdiocese. It was Bishop Emeritus Bosco Penha, together with his dedicated animation team - FILMC, which played a vital role in the formation of SCCs in our parish. On this special day, these invaluable contributions were fondly acknowledged. A tribute was paid to late Rosie Fernandes, parishioner and FILMC member, whose arduous labour and visits to the communities, scouting for animators, helped to form and structure the communities. The Bishop felicitated Lorna D'souza, also a FILMC member, who along with Rosie, played a pivotal role as also the core members of the Parish SCC Project Teams, who helped in nurturing these communities.

Next was a unique four-act skit which captivated the audiences. At the end of each act, the scene was 'frozen' and thought-provoking questions were posed to the audience. Audiovisual messages from five of our former Parish Priests added a nostalgic touch as they shared their experiences with the SCCs and conveyed their encouragement and blessings. The lively program was interspersed with spot prizes, adding to the joyful spirit of the evening. The day culminated with a fellowship meal. It was indeed a day to thank God for the challenging yet grace-filled past and to look forward with renewed hope and commitment for the future.

Sarita Almeida
Parish SCC Co-ordinating Team

“

Jesus in the manger shows us that true riches are not in what we possess, but in loving Him who became so small for us.

- St. Thérèse of Lisieux

”



World Mission Sunday Celebration at Sacred Heart

"Church is missionary by its very nature," teaches *Ad Gentes*, the Second Vatican Council's decree on the Church's missionary activity. The Church has been missionary from her very inception at Pentecost, and without that fundamental nature, she has no existence. 'Mission' is a phenomenon that involves not only the frontier missionaries and the mission territories but also the rest of the Church that supports the mission through their prayer and generous contributions. Sacred Heart Church, Andheri, has always found great joy in praying for the mission and the missionaries, as well as in supporting the mission with generous contributions. She has always been a "cheerful giver" loved by God (2 Cor 9:7).

As always, this year too we celebrated the mission month meaningfully along with the universal Church. The theme for World Mission Sunday 2025 was "**Missionaries of hope among all peoples**," in line with the theme of the Jubilee Year. In the Sacred Heart parish, we had almost a month-long program culminating in the celebration of World Mission Sunday on 19th October 2025. On the

first Sunday of the month, i.e. 5th October, we invited the Little Sisters of the Poor from the Home for the Aged. They stood outside the Church after each Mass, receiving generous contributions from parishioners, to support their ministry. On the following Sunday, we had the Pauline Sisters from Bandra who set up a stall selling Bibles, books, rosaries and other religious articles.

On 19th October, on World Mission Sunday, Fr. Lazar Stanislaus SVD, the former General Mission Secretary of the Society of the Divine Word (SVD) in Rome, with his exposure and experience of the global mission, broke the Word of God and preached a meaningful homily at all the English Masses, offering us a wider perspective of the mission.

Moreover, on Mission Sunday, we had the team from the SVD Tala mission selling their organic farm products with the assistance of the Disciples of the Divine Word (DDW) Andheri group. All of them received an overwhelming response from the parishioners and returned to their respective missions happy, satisfied

and above all, encouraged to continue their work with greater zeal and commitment.

The overwhelming response of the Sacred Heart parish to the mission of the Little Sisters of the Poor, Pauline Sisters and Tala mission was a testimony to the generosity of the parishioners and their love for the mission of the Church.

Overall, the celebration of the mission month with its culmination and climax on the World Mission Sunday, was meaningful and enriching, combining prayer with generous sharing of resources. We not only raised our hands in prayer but also extended them to aid the needy.

Let the spirit of sharing take deeper roots in our communities. May the Church never grow weary of being missionary in the world.

Deacon Ebin Joseph SVD

From Encounter to Mercy

On October 2nd, 2025, the Divine Mercy Cell organised a half-day recollection from 09.00 am to 1.00 pm on the theme 'From Encounter to Mercy: Journeying with Christ'. The recollection was led by Fr. Edwin Vas SVD, the Spiritual Director of the Divine Mercy cell.

The recollection commenced with the Chaplet of Mercy offered for peace in the world and in every human heart. In the course of two sessions, Fr. Edwin spoke powerfully about God's incomprehensible mercy and emphasized that we who have encountered it should be channels of mercy to others.

The participants benefited immensely through this recollection, which was at times a gentle reminder, at times hard-hitting, but always enlightening. The key takeaway emphasized that mercy, patience and forgiveness are the

ways of Jesus. We are called to respond in love rather than revenge. We must treat others not as they treat us but as Jesus would have treated them. We must do good out of the goodness within us. Fr. Edwin explained these points through scripture passages.

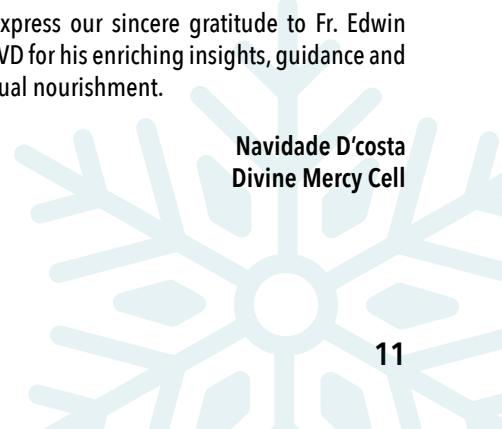
To aid our understanding, three clips from the movie 'The Robe' were shown. This movie centers around a Roman soldier, Marcellus, who supervised the crucifixion of Jesus and also won the robe of Jesus by the casting of lots. The clips delved on Marcellus encounter with three people whom he met during his travel through Palestine, trying to learn more about Jesus and the people who followed Him, before he finally accepts Christ and dies for his faith. They were from among the many Christians whom he met, who were kind, peaceful and full of hope; very different from the brutal Roman world he knew.

These were Justus - a humble weaver who lived a quiet life of kindness, generosity and peace; Jonathan - a selfless young boy from Galilee whose heart overflowed with a generosity as natural as breathing after his encounter with Jesus; and Miriam - a crippled girl who sang praises to God and played the harp, symbolizing the miracle of inner healing and the joy that springs from the soul, beyond all physical limitations.

The recollection also included a time of Eucharistic adoration and the celebration of the Holy Eucharist.

We express our sincere gratitude to Fr. Edwin Vas SVD for his enriching insights, guidance and spiritual nourishment.

Navidade D'costa
Divine Mercy Cell





Girl Child Day Celebration

Sacred Heart Parish joyfully celebrated Girl Child Day on September 21st, 2025, an inspiring afternoon organised by the Women's Cell in collaboration with the Cultural Team and Area Nos. 6 and 7. The event was a vibrant blend of fun activities, interactive games and heartfelt fellowship.

The celebration commenced with an opening prayer led by Fr. John Mascarenhas SVD, who warmly welcomed all the teenage girls and women present. He emphasized the significance of women's empowerment and their vital role in shaping society.

The compère then took charge, guiding participants through a series of meticulously planned games and activities that brought laughter and connection to all.

The pinnacle of the afternoon was an enlightening talk by Sr. Lalita SSpS, from Holy Spirit Hospital, who highlighted the importance of hygiene. Stressing that cleanliness is essential for a healthy and joyful life, preventing disease and maintaining vitality, her session provided practical advice and encouragement on personal hygiene practices for teenage girls.

Sr. Faustina FDCC from Canossa High School built upon this theme, widening the scope to include broader aspects of women's hygiene and the importance of self-discipline in contributing to a better society and a stronger nation.

Guests were treated to delicious starters and refreshments, adding flavor to the afternoon. Spot prizes were distributed throughout the event, adding excitement and joy to the gathering.

Fr. Edwin Vas SVD enthusiastically captured the cherished highlights through his lens, preserving the spirit of the celebration.

The event concluded with a heartfelt vote of thanks by Fr. Edwin, followed by a prayer of gratitude before the meal, bringing the day to a meaningful close.

The delicious lunch left everyone satisfied and content, offering a beautiful moment to pause and reflect on the joy, togetherness and meaningful experiences shared throughout the afternoon.

As a final flourish, each guest was presented with a thoughtful token of love and appreciation that sealed the warm spirit of the celebration.

Marilyn Bhaskar
Women's Cell

Teacher's Day Celebration 2025

Our parish joyfully celebrated Teacher's Day on 21st September 2025, honouring the invaluable service of our teachers and catechists who dedicate their time and effort to nurturing faith and values in our community. The celebration witnessed the presence of over 50 teachers, making it a memorable and meaningful gathering.

The program commenced with the lighting of the lamp by Fr. John Mascarenhas SVD, Joseph Chettiar, Mathilda Alphonso, Sr. Sheela Varkey SSpS, Maria Xavier, Flavia D'Silva and Rosita Fernandes. This symbolic act marked the beginning of the celebration, invoking God's light and wisdom upon all the educators.

The event began on a joyful note with an invitation to all to join in a march, with lively music in the background, setting a cheerful atmosphere. Participants were divided into four groups and a series of engaging games and activities followed, fostering team spirit, unity and joy among all.

The vote of thanks was delivered by Udelia Carneiro. Then Sr. Sheela Varkey SSpS led us in praying the Grace before meals. Everyone then shared a delicious meal catered by Express Caterers.

A sincere word of appreciation goes to the members of Area 4 and Area 5 for their dedicated efforts in organizing this wonderful event. Special thanks to our compère, Leonora

Fernandes, for her cheerful presence and engaging anchoring and to Andrew D'Souza for providing the delightful music that uplifted the celebration.

The celebrations of the day were a beautiful expression of gratitude towards our teachers and catechists – true beacons of faith, love and learning within our parish community.

Jacqueline Nathan
PPC - Good Shepherd, Community No. 18



A Heart Full of Joy: Celebrating 25 Years of Love and Faith

Our Parish Day, honouring the feast of the Sacred Heart of Jesus, a symbol of His boundless and passionate love for all of humanity, was celebrated on 25th and 26th October 2025. This year marked a special milestone, the Silver Jubilee of the construction of the Church edifice. It was also the 150th anniversary of the founding of the SVD Congregation. Besides, we are in the Jubilee year, centred on the theme, 'Pilgrims of Hope', initiated by Pope Francis and to be concluded by Pope Leo XIV. Thus, our Parish Day was truly a joyous occasion.

The celebrations began on 17th October with a nine-day Novena, in honour of the Sacred Heart of Jesus, with a new theme for each day. A Cafeteria organised by the 7 Areas and the PYC ensured that the congregation enjoyed delicious bites and takeaway every day of the Novena.

The solemn celebration of the Holy Eucharist on Saturday, 25th October, marked the commencement of the Two-day program. Our previous Parish Priest,

Fr. Innocent Fernandes SVD, was the main celebrant. A cultural program, organised by the Cultural Committee, featuring dances by children and adults, followed by lively music. A Food court offered a range of tasty dishes. The highlight of the evening was a 'Thank You' song to God, Almighty, composed by our Parish Priest Fr. John Mascarenhas SVD and sung by the clergy team.

On Sunday, 26th October, a packed lunch was served to over 300 homebound members of our Parish. The Holy Eucharist, which was planned to be held on the church grounds, was celebrated inside the church by His Eminence, Oswald Cardinal Gracias, due to the unprecedented showers of rain.

"I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another." (John 13:34)

The fellowship meal had to be served in the Community Hall and the parishioners patiently sat in the available spaces in the area. The

patience, co-operation and understanding of our parishioners and the efforts of the ushers and volunteers to the last-minute changes was truly commendable.

"May they be one, as we are one"
(John 17:22)

We thank our Parish Priest, Fr. John, the clergy team and the various Committees who have worked tirelessly for organizing this memorable Silver Jubilee Parish Day celebration. May our Lord continue to shower His blessings on all of us as we pray for our Parish to surge forward in fellowship for a grace filled future.

"May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit" (Romans 15:13)

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

ROSARY BALLOON OF FAITH AND HOPE

Sacred Heart Church marked 31st October as a special day with a unique and prayerful celebration, featuring a magnificent Rosary fashioned with 59 helium balloons, symbolizing each bead of the Holy Rosary.

The devotion began at 6.15 pm in the Church by praying the Rosary, followed by the Litany and the Holy Mass. The Vexillum was reverently placed near Mother Mary, and Sylvester's Choir enriched the atmosphere with their soulful and uplifting hymns.

At approximately 7.30 pm, immediately following the Mass, the Rosary Balloon was released into the evening sky. Fr. John, together with our Spiritual Director Fr. George Mepurath SVD, Fr. Edwin Vas SVD, Deacon Ebin SVD, and the Legionaries, stood together in unity and reverence watching the release. It was a truly awe-inspiring and grace-filled moment, as the balloon rosary ascended, a visual

representation of prayer rising toward heaven. Every parishioner remained to witness this spectacular and deeply moving sight.

Fr. John shared that the Parish chose this Rosary Balloon event as a meaningful way to commemorate the day God welcomed the Virgin Mary into Heaven, honouring her with love, faith and joyful devotion.

The Legion of Mary extends heartfelt gratitude to Fr. John Mascarenhas SVD, our Parish Priest, whose inspiration brought this meaningful and beautiful devotion of the Rosary Balloon of Faith and Hope to life, lifting our prayers heavenward.

May Our Blessed Mother continue to intercede for our parish and lead us ever closer to her Son.

To Jesus through Mary. Ave Maria

Zuleika Rodricks
Legion of Mary

The Child in the manger is the wealth of the poor, the hope of the lowly, the treasure of all who seek God.

- St. Peter Chrysologus



**YOUTH FULLY
ALIVE**

Vianney Sunday Celebration at Sacred Heart Parish

On 10th August 2025, the Sacred Heart Parish came alive with joy, reverence and a deep sense of gratitude as the community observed Vianney Sunday, a day dedicated to honouring priests and their tireless service. Named after St. John Mary Vianney, patron saint of parish priests, the celebration was not merely a customary observance but a heartfelt expression of love and appreciation for those who shepherd the faithful.

The youth of Sacred Heart Parish took the lead in making this day a memorable one. They visited the priests at the SVD campus, including Soverdia House, Gyan Kutir, Gyan Ashram, Atma Darshan and the Indian Institute of Culture. At each of these centres, they extended warm wishes to the priests, thanking them for their continuous support and invaluable contributions to the parish. Their presence has always been felt in manifold ways; through the celebration of Holy Mass, hearing confessions, guiding the faithful in spiritual matters and graciously participating in parish occasions, both solemn and festive. The youth, who represent the vibrancy and future of the parish, recognised that such pastoral assistance often goes unnoticed amidst our busy lives. This celebration gave

them the perfect opportunity to pause and acknowledge the selfless dedication of priests who, like St. John Vianney, embody the spirit of sacrifice and service.

During their visits, the youth expressed gratitude not only through words but also through gestures of warmth and fellowship. As a tangible sign of their appreciation, they offered small yet meaningful gifts to the priests. While modest in size, these tokens carried a profound message: that every act of priestly service is treasured and valued by the community. The gifts symbolised the bond between the shepherds and their flock; a bond built not on obligation but on mutual love and respect. The priests received the gifts with humility, their smiles reflecting both surprise and delight at being remembered in such a special way.

Vianney Sunday at Sacred Heart Parish was a day when the voices of the young echoed the sentiments of the whole parish: Thank you, dear Fathers, for your steadfast presence, your spiritual guidance and your untiring service to God's people.

Sarah Mathias
PYC - Apostles of Christ, Community No. 12

“

**The King of Heaven
lies in a manger—
He who feeds all
creation. From His
poverty we learn
the wealth of
God's mercy.**

— St. Cyril of Jerusalem

”

HAPPY CHRISTMAS AND A BLESSED NEW YEAR 2026!

**May the peace and joy of Christ's birth be yours
this Christmas, and may the New Year be filled
with His guiding light and unfailing love.**

SPLASH FIESTA 2025

4 days, 19 communities, 16 games, 3 winners!

The Parish was filled with the spirit of sportsmanship from 11th to 14th September 2025 as the Parish Youth Council organised 'Splash Fiesta 2025'. The preparations began two months prior, with the youth being allotted various responsibilities like Drafting, On-Field, Logistics, Entertainment, etc. They held daily/weekly meetings, planned the games and strategized ways to make the event interesting and memorable while also being mindful of all the age groups.

The event began with a creative inauguration ceremony, which was well appreciated. The Qualifiers were held on the first two days, the Quarter-Finals on the third day and the Semi-Finals and Finals on the last day. While the games for the Qualifiers and Quarters were made known to the captains during the Captain's Meet, the games to be played for the Semi-Finals and Finals were announced to the teams just before their matches began. This created a sense of surprise, nervousness and excitement among the teams since they could not anticipate what they would have to deal with.

The Qualifiers picked each team with the highest score in a Pool, while the Quarters got each team, playing in one area to compete against the team playing in the area opposite to them. This increased the competitive feeling as the community had to do even better than their opposing team. If this seemed challenging, the Semi-Finals took it a step further—two teams competing in one area had to play against

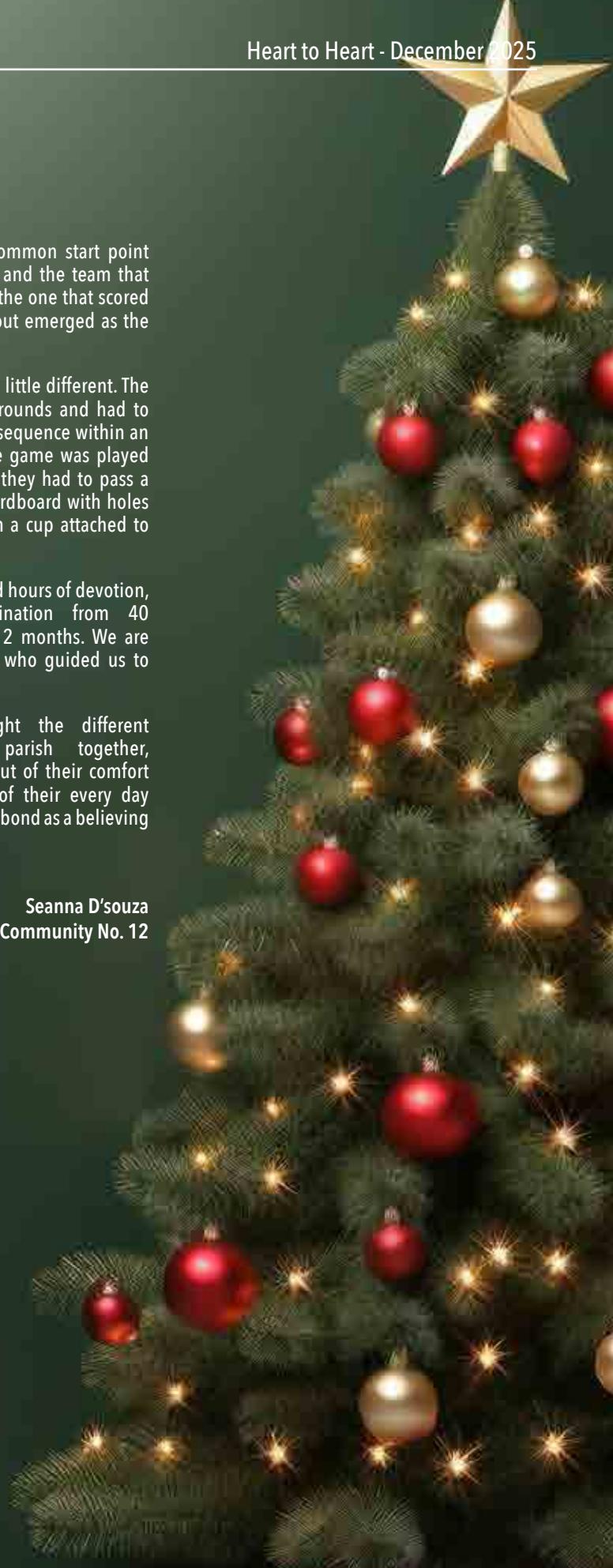
each other. There was a common start point and a common end point, and the team that completed the task first or the one that scored more when the timer ran out emerged as the winner.

The Finals, however, were a little different. The game was divided into 4 rounds and had to be completed in a specific sequence within an hour. The last round of the game was played by the entire team, where they had to pass a ball with a stick across a cardboard with holes and finally drop the ball in a cup attached to the end point.

Splash Fiesta 2025 required hours of devotion, commitment and coordination from 40 volunteers over a span of 2 months. We are grateful to our Animators, who guided us to make this event a success.

The entire event brought the different communities in our parish together, challenged them to step out of their comfort zone, relieve themselves of their every day worries and helped them to bond as a believing and belonging community.

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



“
The Lord of heaven became a little child for you; He chose a manger so that you might learn the riches of humility.

— St. Anthony of Padua

”

Jubilee Celebration of the Youth And Feast of the Exaltation of the Holy Cross

The Parish witnessed a grace-filled day on the feast of the Exaltation of the Holy Cross, as the youth came together to celebrate the Jubilee year with great devotion and joy. The celebration was beautifully planned to bring together prayer, reflection and active participation of the youth, making it a memorable spiritual experience for all who attended.

The celebration began with a solemn time of adoration in the serene chapel at the Home for the Aged. The gentle atmosphere of prayer set the perfect tone, allowing everyone to pause, reflect and offer their intentions to the Lord. Surrounded by the elderly residents of the home, the youth experienced a profound display of faith shared across generations. The Adoration service not only deepened the devotion of the youth but also encouraged them to value the richness of prayer.

Following the Adoration, the gathering moved in procession from the Home for the Aged to the Church. The procession was a sight to behold as the Holy Cross was carried reverently through the streets with the praying of the Holy Rosary and singing of hymns. This public expression of faith became a moment of witness to the larger community. In a touching gesture, several youths took turns to carry the Holy Cross. As they reached the Church, everyone gathered near the grotto where Fr. John Mascarenhas SVD, prayed a blessing over them with the Holy Cross.

This was followed by the Eucharistic Celebration, which was specially dedicated to the youth. The Holy Mass was celebrated by Bishop Dominic Savio, whose presence added to the joy of the occasion. In his homily, Bishop Dominic encouraged the youth to remain steadfast in their faith and to be shining examples of

Christian living in today's world. He reminded them that the Cross, though a symbol of suffering, is ultimately a sign of victory, love and hope - a message that resonates powerfully with the challenges young people face today.

The celebration of the Jubilee year, in conjunction with the Feast of the Exaltation of the Holy Cross, served as a powerful reminder that faith is both a personal journey and a collective responsibility. The youth felt inspired to carry the message of the Cross into their lives, to grow closer to Christ and to become joyful bearers of His love in the world.

"Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity." 1 Timothy 4:12

Alisha Puthran
PYC - Morning Star, Community No. 06

Feed The Hungry Initiative

When you think of cricket, what comes to your mind? Runs, Wickets, Prizes? Do you ever think of the hungry when you watch or play cricket?

Well, the vibrant youth of Sacred Heart organised a cricket event, 'Fun Cricket 2025', with a social mission to feed the hungry. The tournament showcased special funboards with the 'Feed the Hungry' tag printed on them. Each resounding strike on the funboard added to the number of food packets that the youth had pledged to give as part of their 'Feed the Hungry' program. By the final whistle, the tally stood at

51 hits on the funboards. Generous well-wishers contributed and the count increased to 250. Then, on Sunday, 21st September, the youth along with Fr. Lucas Parkhe SVD and

the Parish Youth Animators, set out for Cooper Hospital, but since another organization had already catered to the needy people there, we moved towards Mount Mary, Bandra, stopping enroute at Juhu, Linking Road and Bhaba Hospital, reaching out to each needy person we encountered. We gave out our food packets to a blind man sitting quietly under a tree, a young boy sleeping unnoticed behind a bus stop and also a rag picker trudging in the afternoon heat. We then proceeded to Bandra Reclamation, where people were making bamboo baskets in the sweltering heat. We offered them food, watching their eyes light up with gratitude and joy. Soon word spread around and it was heart-warming to see little children rush to our vehicle eagerly for their food packets.

It was a time-consuming endeavor, yet immensely rewarding, knowing that every meal, prepared lovingly, had reached a needy person. For me personally, this was a first-time experience and truly special because the food was prepared by my dad, who is a caterer. To have been able to serve the food to the needy myself meant a lot to me and brought me extreme joy. It was also fulfilling to witness the happiness and the genuine smiles on the faces of people as they collected the food with both their hands. Most of us are blessed to get everything in our lives, but there are countless others who don't even get a decent meal every day. Some of them are too reserved to ask for food and quietly spend the day stifling their hunger by sleeping or watching the world pass by.

Joel Rodrigues
PYC - Yahweh's Clan, Community No. 33

HEALTH PAGE

HYPERTENSION - The Silent Killer

Hypertension, commonly called High Blood Pressure affects about 1 billion people worldwide. Almost one in every 8 persons all over the world and one in every 3 or 4 in India are affected and diagnosed with this disease. Post COVID, the incidence is becoming more common amongst the younger population in their 20's and 30's, with many young talents and celebrities losing their lives due to heart attacks, the leading risk factor being hypertension.

Normal Blood Pressure is defined as the pressure exerted by the column of blood on the blood vessel wall, as it flows through the arteries and veins.

Normal Systolic Blood Pressure measures 120 mm Hg and the Diastolic Pressure measures 80 mm Hg. Blood pressure is usually checked in the right arm while being seated in a comfortable position after relaxing for about 15 minutes. Checking blood pressure immediately after a brisk walk or a run may show higher readings, which should be avoided. Any persistent increase in BP above 140/90 for 3 different readings, on 3 occasions, is diagnosed as High Blood Pressure or Hypertension.

When the BP readings cross above 140/90, there is usually a silent and serious damage occurring to the inside of the blood vessels, leading to serious health issues like heart attacks, paralysis and aneurysms.

After the age of 50 or 60, with aging, there is a silent increase in BP without any known cause. This is called primary hypertension. Regular

check-ups and reduction in salt and improvement in lifestyle, like reduction of weight in obese persons, meditation and mental relaxing techniques in stressful individuals will help in the reduction of BP.

The risk factors for early hypertension are obesity, high salt intake in the diet and a sedentary lifestyle without much daily physical activity.

The other risk factors for hypertension can be loss of sleep or inadequate sleep for less than 7 to 8 hours, high atherosclerosis, an increase in lipids, cholesterol, triglycerides and water retention in the body due to weak or poor functioning kidneys.

Primary or essential hypertension has no symptoms and is asymptomatic, thus becoming a silent killer.

Regular BP check once in 3 months after the age of 50 or once in 6 months, between 30 to 50 years, is mandatory in diagnosing silent hypertension.

When there is secondary hypertension due to some underlying cause, it has symptoms like giddiness, anxiousness, headaches, palpitation, swelling etc.

When the blood pressure becomes very high, symptoms like chest pain, drowsiness, confusion and breathlessness may be observed.



MANAGEMENT OF HIGH BP (HYPERTENSION):

- Follow a proper salt-free, fat-free, high-protein diet.
- Take regular walks for 30 minutes daily
- Include regular exercise in your routine

Identification of stress factors and reducing them with proper relaxation and meditation techniques prevents premature death due to uncontrolled and unmanaged BP.

Dr John D Rodrigues
Senior Physician / Intensivist
Pawan Atma, Community No. 25

“

**He lies in a manger,
yet He holds the
world in His hands.**

– St. Augustine

”

FROM THE PARISH REGISTER



**Baptized
in Christ**

Zebedeo Fernando	S/o	Thomas Brian Fernando & Sieuvrin Thomas Fernando	7/27/2025
Keeara Pinto	D/o	Kevin Baptist Pinto & Sharon Caroline Pinto	9/14/2025
Eva Rapheal Dias	D/o	Rapheal Duran Dias & Kanishka Rapheal Dias	9/28/2025
Tanayra Dsouza	D/o	Royston Dsouza & Shilpa Routray	10/26/2025



**United
in Christ**

Elton Dcosta	To	Renette Rodrigues	10/4/2025
Leander Rebello	To	Tanya Ann George	11/8/2025
Royston Lobo	To	Pritisha Sutari	11/9/2025
Leroy Jason Pereira	To	Renuka Jangade	11/15/2025



**Resting
in Christ**

Fransquinha Dsa	69 Years	C / 3, Mahakali Kutir, M.C. Road	8/14/2025
Charles Valerian Carvalho	80 Years	D / 10 , Gracious CHS, Off M.C. Road	8/19/2025
Edward Anthony Goveas	75 Years	B / 7, Ashirwad CHS, Poonam Nagar	8/20/2025
Celine Martis	72 Years	703, 7th floor, Bindra One, M.C. Road	8/20/2025
Michael Brown	71 Years	Kulshree SRA CHS, Sher-E -Punjab	8/28/2025
Das Mathew Punnakottuvilla	74 Years	301, Bindra Lotus II, M.C. Road	9/9/2025
Jane Lobo	77 Years	251 / 9, Brindavan CHS, Sher-E-Punjab	9/10/2025
Nathaline Noronha	65 Years	A12 / 19, Shiv Ganga CHS, Bindra Complex	9/13/2025
Kris Martis	49 Years	A / 1, Gracious CHS, Off M.C. Road	9/15/2025
Nester Bhandari	52 Years	201, Ramnath CHS, Sher-E-Punjab	9/17/2025
Anna Isaaks	85 Years	11 / 33, Takshila CHS, Off M.C. Road	9/24/2025
Avinash Thomas Pathare	63 Years	1, Florie Thomas Pathare Chawl, Durganagar, JVLR	10/11/2025
Mary Dsouza	71 Years	1, Rammana House, Malpa Hill 3	10/12/2025
Judith C.P. Almeida	78 Years	A 3 / 9, Satyadarshan CHS, Malpa Dongri 3	10/15/2025
Josephine Dsilva	86 Years	A 3 / 18, Guru Amardas Soc.	10/18/2025
Regina Menezes	81 Years	B / 208, Twin Tower, Pump House	10/22/2025
Alloysious Chittar	72 Years	4 B / 404, Everest CHS, Mhada Colony	10/28/2025
Anselm Jude Dabreo	74 Years	A / 401, Seema Apts., M.C. Road	11/12/2025
Noel Rodrigues	40 Years	D /16, Gracious CHS, Off M.C. Road	11/14/2025

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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Inspiration from Saints

Saint Pier Giorgio Frassati

Patronage : Students, Young Adults, Mountaineers, Athletes, World Youth Day

Feast day: 4th July

St. Pier Giorgio Frassati lived a Christ-centered life, which showed that holiness isn't limited to solemn devotion, it's also alive with joy. We can seek God in everything: in showing up for people in need, in quiet moments of prayer, in racing down a ski slope, in climbing mountains and in basking in the freedom of a horseback ride.

Early Days

Pier Giorgio Michelangelo Frassati was born on April 6, 1901, in Turin, Italy, as the son of Alfredo, an influential journalist and politician and Adelaide, a gifted painter. He had a younger sister, Luciana. Although his father was described as an agnostic (one lacking faith), Pier Giorgio, joined the Marian Sodality and the Apostleship of Prayer at an early age and developed a deep spiritual life that he never hesitated to share with his friends. The Holy Eucharist and the Blessed Virgin were the two poles of his world of prayer.

Adventurous Young Man

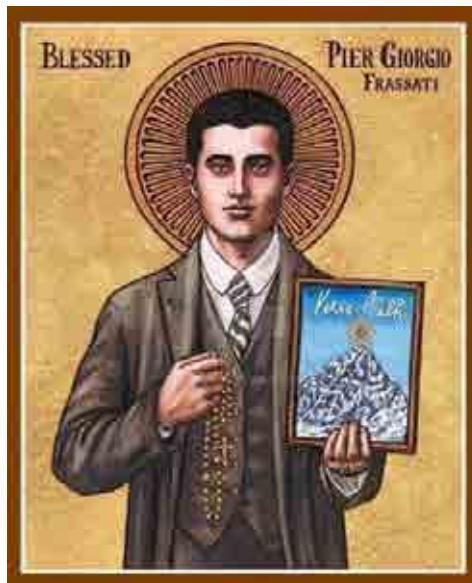
His devotion existed side by side with a lively, vibrant personality. He was affectionately known as Il Terrore meaning 'The Terror', among his friends because he was constantly pulling pranks. For Pier Giorgio, holiness was never gloomy. It was filled with joy, friendship and adventure.

Love in Action

As a young boy, Pier Giorgio once answered the door to a poor mother and her barefoot son. Without hesitation, he took off his own shoes and socks, gave them to the child, and quietly closed the door so no one in his family would know.

As a teenager, he joined the St. Vincent de Paul Society and served the poor, sick, elderly and soldiers returning from World War I. He spent hours in the slums of Turin, delivering food, medicine, blankets and words of encouragement. What set him apart was the personal care he offered—he kept notes on the people he met so he could check on them later. He would give away his bus money to someone in need and then run home so he wouldn't be late for supper.

He often gave up vacations at his family's summer home in Pollone, saying, "If everyone leaves Turin, who will care for the poor?"



Standing Up for What's Right

He was also deeply engaged in the social and political struggles of his time. In 1919, he joined the Catholic Student Foundation and became active in the Popular Party, which promoted the Catholic Church's social teaching based on the principles of Pope Leo XIII's encyclical letter, *Rerum Novarum*.

He was a vocal opponent of Benito Mussolini's regime and the rising fascist movement in Italy and took part in demonstrations defending religious freedom and workers' rights. He was briefly jailed after participating in a protest with the Catholic Workers' Association.

Rooted in Prayer

He prayed daily, offering prayers and a daily rosary on his knees by his bedside. Often, his agnostic father would find him asleep in that

position. "He gave his whole self, both in prayer and in action, in service to Christ," his sister, Luciana Frassati, later wrote.

Finding God on the Mountain

St. Frassati was an accomplished mountain climber, often leading friends up challenging peaks. On these excursions, he blended adventure with prayer, conversations about faith and moments of quiet reflection. Shortly after his final climb, he wrote on the back of a photograph the words: "Verso l'Alto" meaning "To the heights." It captured both his love for mountain peaks and his lifelong longing for holiness.

Last Days

In June 1925, Pier Giorgio suddenly fell ill with polio, which he possibly contracted during his visits to the sick. Even as he lay dying, his last concern was for the poor. A day prior to his death, he scribbled a message to a friend, reminding the friend not to forget the injections for Converso, a poor man he had been assisting.

St. Frassati died at the age of 24 on July 4, 1925. His family was astonished to see thousands of people from the poorest neighbourhoods of Turin flood the streets to honour the young man who had quietly cared for them. His hidden works of mercy suddenly came to light.

Path to Sainthood

His mortal remains were found completely incorrupt upon their exhumation on March 31, 1981; they were transferred from the family tomb in Pollone to the cathedral in Turin following his beatification in 1990.

In 1990, Pope St. John Paul II beatified Pier Giorgio Frassati, calling him "a man of the beatitudes" and "a joyful apostle of Christ."

Pope Francis listed him among the twelve exemplary saints for all young people in his apostolic exhortation, *Christus Vivit*.

Pope Leo XIV canonised Pier Giorgio Frassati on Sunday, September 7, 2025, along with Carlo Acutis, at St. Peter's Square in Rome.

St. Frassati invites us to follow him *verso l'alto* - 'to the heights' to discover God in the beauty of nature, in the gift of friendship and in humble service to those around us.

Parish Vision Mission Statement

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

Parish SCC Day - 24/08/2025



Felicitation of SCC Project Team Members - Parish SCC Day



Releasing of the Rosary Balloons - 31/10/2025



Jubilee of the Youth



Splash Fiesta



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Parish Day 2025 - 24th & 25th October



Girl Child Day



Teacher's Day

