



# Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 100

April 2026

For Private Circulation Only

## Resurrection *The Promise of New Life*



## 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 : 1<sup>st</sup> Sun - Senior Citizens, 2<sup>nd</sup> Sun - Families, 3<sup>rd</sup> Sun - Couples celebrating  
 Wedding Anniversary during the month, 4<sup>th</sup> Sun - Youth, 5<sup>th</sup> 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 4<sup>th</sup> Sat): 8.00 am to 8.45 am  
 Mon, Tue, Wed & Fri (except 1<sup>st</sup> Fri) : 6.30 pm to 7.00 pm

**Holy Hour:** Thurs & 1<sup>st</sup> Friday - 6.00 pm to 7.00 pm. 4<sup>th</sup> 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:** 2<sup>nd</sup> and 4<sup>th</sup> Sundays at 11:00 am

**Pre-nuptial Enquiry:** by Appointment

#### Wedding Mass Timings:

Monday to Saturday  
 Catholic Weddings: 5:00 pm  
 All Thursdays and First Fridays: 4:30 pm  
 Sunday: 5:30 pm (Scheduled Mass)

**Sick Calls:** At any time

**Counselling:** With prior appointment at Parish Office

**Centre for Community Org.:** (Tel: 8433605226)

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

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

#### Parish Office hours

9:00 am to 12:30 pm (Mon to Sat)  
 4:30 pm to 8:00 pm (Mon to Fri)  
 4:30 pm to 7:00 pm (Sat)  
 Tel: 9324585610, 9004011807

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

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## Forthcoming Events

29 <sup>th</sup> March	Palm Sunday Procession begins at Gyan Ashram at 8:15 am
02 <sup>nd</sup> April	Maundy Thursday 10:00 am - Mass for the Sick and Elderly 07:30 pm - Mass of the Last Supper of the Lord, followed by Adoration till midnight
03 <sup>rd</sup> April	Good Friday 06:00 am - Stations of the Cross by Youth 09:00 am - Stations of the Cross (Konkani) 10:00 am - Stations of the Church by Senior Citizen Cell 11:00 am - Reflections on the Three Hour Agony followed by the Divine Mercy Novena (which begins this day and will be after Mass on Weekdays) 06:00 pm - Celebration of the Lord's Passion followed by Para-Liturgical Service
04 <sup>th</sup> April	Holy Saturday 07:30 am - Meditation of the Seven Sorrows of Mother Mary followed by the Divine Mercy Novena 08:00 pm - Easter Vigil and Mass of the Resurrection of our Lord Jesus
05 <sup>th</sup> April	Easter Sunday Konkani Mass - 07:30 am English Mass - 08:45 am & 10:00 am [Adult Baptisms] followed by Divine Mercy Novena. No Evening Mass
09 <sup>th</sup> to 11 <sup>th</sup> April	Triduum in preparation for the Feast of Divine Mercy (During 07:00 pm Mass)
12 <sup>th</sup> April	Divine Mercy Sunday (Feast Mass at 10:00 am)
25 <sup>th</sup> April	Feast of St. Mark, Evangelist
27 <sup>th</sup> to 03 <sup>rd</sup> May	Summer Camp by PYC
29 <sup>th</sup> April	Memorial of St. Catherine of Siena, Virgin & Doctor
01 <sup>st</sup> May	Memorial of St. Joseph the Worker, Labour Day
02 <sup>nd</sup> May	Memorial of St. Athanasius, Bishop & Doctor
13 <sup>th</sup> May	Memorial of Our Lady of Fatima
14 <sup>th</sup> May	Feast of St. Matthias, Apostle
17 <sup>th</sup> May	Solemnity of The Ascension of The Lord
23 <sup>rd</sup> May	Night Vigil on Pentecost Eve
24 <sup>th</sup> May	Pentecost Sunday
25 <sup>th</sup> May	Memorial of Mary Mother of The Church
26 <sup>th</sup> May	Memorial of St. Philip Neri, Priest
28 <sup>th</sup> May	Feast of Our Lord Jesus Christ, The Eternal High Priest
31 <sup>th</sup> May	Solemnity of the Most Holy Trinity
01 <sup>st</sup> June	Memorial of St. Justin, Martyr
03 <sup>rd</sup> June	Memorial of St. Charles Lwanga and Companions
07 <sup>th</sup> June	Solemnity of the Most Holy Body & Blood of Christ
08 <sup>th</sup> June	Memorial of St. Miriam Theresa Chiramel, Virgin
11 <sup>th</sup> to 13 <sup>th</sup> June	Triduum in preparation for the Feast of Sacred Heart (During 07:00 pm Mass)
11 <sup>th</sup> June	Memorial of St. Barnabas, Apostle
13 <sup>th</sup> June	Memorial of The Immaculate Heart of the Blessed Virgin Mary
14 <sup>th</sup> June	Celebration of the Feast of the Sacred Heart in our Parish

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

# From The Pastor's Desk

Dearly beloved Parishioners,

Some questions that constantly come to mind these days are, 'Knowing the briefness of human life, why does man seek to become Supreme and a superpower over others? What is Modern War for? Could it be to satisfy one's ego and for a display of the nuclear and lethal chemical, technologically digitized weapons in one's possession? Could it be a desire to exercise power over other nations by creating terror? Could it be aimed at wiping away certain cultures and races from the planet?

In this scenario, the words from the Bible ring loud and clear.

**"For what profit is it to man if he gains the whole world and loses his own soul? (Matthew 16:26)**

**"Cursed are those who trust in mere mortals and make mere flesh their strength" (Jeremiah 17:5)**

A story is told about a little boy on a journey to meet the most powerful one.

One day, he meets Iron and asks,

'Iron, are you the most powerful?'

Iron replied, 'No, when I am put into fire, I lose all my strength.'

He then asked Fire, 'Fire, are you the most powerful?'

The Fire replied, 'No, water is more powerful. When water touches me, I am destroyed completely.'

He then goes to Water, 'Water, are you the most powerful?'

The Water replied, 'No, the sun is stronger. If you put me in the sun, I evaporate.'

So, he turns to the Sun, 'O beautiful and brilliant Sun, are you the most powerful?'

The Sun replied, 'No, the clouds are more powerful as they can hide me and block my light.'

He then asked the clouds, 'Cloud, are you the most powerful?'

The Cloud replied, 'No. The wind is more powerful

because it can move me wherever it wants.'

He then goes to the Wind, 'Wind, are you the most powerful?'

The Wind replied, 'No. The mountain is more powerful because I cannot move the mountain.'

He then goes to the Mountain, 'Mountain, are you the most powerful?'

The Mountain replied, 'No. Man is more powerful because he can break me and even destroy me.'

The little boy is in admiration of Man and asks, 'Man, are you the most powerful?'

Man replies, 'No. Death is more powerful as I am turned into dust and nothingness.'

So, he goes to meet Death and asks, 'Death, are you the most powerful?'

Death replies, 'It is true that I have put to death the greatest and most powerful civilizations and kingdoms along with their Emperors, Rulers, Warriors and Governments. I have caused the rich and the poor alike to vanish and turned them into ashes

and dust, until the day I killed the ONE who was **CRUCIFIED**

on the **CROSS** and was **BURIED**. On the **THIRD DAY**, He **ROSE AGAIN** and **DEFEATED** me **AND CONQUERED**, PROMISING LIFE **ETERNAL TO THOSE WHO BELIEVE IN HIM.**

The little boy had found the truly powerful one **IN THE RISEN LORD JESUS CHRIST.**

Let us place our faith and trust in the **SUPREME AND SUPER POWER** of the Risen Lord and reach out in service of one another in love and humility, trusting in the grace and peace of the **DIVINE MERCY.**

**On behalf of Fr. Edwin Vas SVD, Fr. George Mepurath SVD, Fr. Lucas Parkhe SVD and Deacon Ebin Joseph SVD, I wish you all, "A HAPPY EASTER and GOD'S GRACEFUL EASTER SEASON".**

**Fr. John Mascarenhas SVD  
Parish Priest**

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# Resurrection – The Promise of New Life

The promise of a new flat, new car, new fridge, new phone, new clothes and so on always excites us. These bring new energy, renewed vitality, more joy and at times elevate our ego. When we acquire these new things, there is certainly a joyful atmosphere and our lives are filled with greater enthusiasm and drive. Similarly, Easter offers the promise of new life, a new spirit and renewed vigor. Jesus tells Nicodemus, "I tell you, no one can enter the kingdom of God unless he is born of water and the Spirit" (John 3:5). This passage underscores the necessity of spiritual rebirth for entering God's kingdom. Easter calls us to spiritual rebirth so that we may have eternal life. Jesus says, "I will be with you always till the end of time" (Matthew 28:20). This promise was not shallow but real, as He demonstrated in His life.

Jesus gave new life to the people He encountered. People recognized His compassionate attitude, His care and His concern for the sick and the marginalized. They witnessed His miracles: how He healed the sick (Matthew 8:5-13), raised the dead to life (Luke 7:11-17), restored hearing and speech to the deaf and mute (Mark 7:31-37) gave sight to the blind (John 9:1-7) and so forth. In all these, He gave them new life, renewed enthusiasm and a new future. Along with this, He urged them to sin no more and to have faith, meaning to be pure and united with God, so that the new life He granted them would not be contaminated but would endure until their death.

As everyone is excited to receive new things or experience a new life, this also calls for preparation and action. Newness is lived, not just spoken. Start living fully. When new life in Christ begins, excuses end. Therefore, this is

not the time for postponement, fault-finding with others or the environment, or fine words. It is the time for heroic deeds, just as Jesus did. These deeds define whether we are truly on the right path of new life. As C. S. Lewis said "You are never too old to set another goal or to dream a new dream." This is a challenge of Christian life. Begin with a new dream of living in the Spirit of God so that one may find new life. This calls for turning the old pages of our life so that new chapters may begin. In fact, one does not find new life; one creates it, and the power and energy come when one is united with the Spirit of God. Indeed, the future belongs to those who create it and start anew.

Here are a few examples of individuals who embraced a new life. Samundar Singh killed Blessed Rani Maria on 25th February, 1995 near Indore. During his time of conviction in prison, he realized his crime. Later, he asked forgiveness from her parents, and they graciously forgave him and accepted him as 'their son,' thereby giving him a new life. In 2015, after the Charleston Church shooting in the USA, family members of the victims publicly forgave the killer in court. Their act of forgiveness did not negate justice but witnessed a new life in which hatred did not have the last word. Gladys Staines, in 1999, publicly forgave the killers of her husband and children, choosing to begin a new life free from hatred. The promise of new life in the Spirit begins when we commit to live a Spirit-filled and reflective life, regardless of our weaknesses and life situations.

New life is not brought about only by personal spiritual renewal but also by how one is involved in the community. As Jesus demonstrated, new

life is about bringing new life to others. This challenges us to translate our faith, devotion and prayers into concrete actions, and in doing so, to give new life to others. Participation in the sacraments, rituals and prayers should move us to give new life to the needy, the poor and the neglected with compassion. Giving a donation alone is not sufficient.

Moving beyond a charity mentality to active participation is the need of the day. Participation in the activities of NGOs, lay mission groups, social action groups, justice forums, environmental groups, women's upliftment groups, peace-building groups and so forth is a meaningful way of giving new life. We should reflect on this question: 'How can my prayer lead me to give life to others?' The meaning of Christ's resurrection comes alive when we offer new life to those in need.

Analyzing the contemporary situation in India, Christians can instill new life by organizing interreligious dialogue, ecumenical dialogue, engaging in civil society to promote justice, organizing ecological initiatives to keep the city clean, instilling civic sense and social responsibility among parishioners and so forth. The Indian Theological Association (2024) states, "In parishes, it is good to have discussions with people on values such as secularism, peace and reconciliation, equality and fraternity, instead of discussing only financial issues." A parish is therefore a good platform to carry out these activities.

Fr. Stanislaus Lazar SVD

# CCO on the Move

As we celebrate Easter, let us carry the message of the resurrection in our hearts and actions. May we be witnesses to the hope and joy that comes from the empty tomb of Christ, sharing this gift with those around us.

The Centre for Community Organization (CCO) organized the 'All Association Day' on 18th January, 2026. A total of 325 parishioners; members from Cells, Associations, PPC members, SCC coordinators and animators, attended the program. The evening commenced with Holy Eucharist at 5.30 pm, followed by a get-together on the Parish grounds.

CCO reaches out to needy parishioners every week through the Community Welfare Fund (CWF) by processing forms for Medical, Education and Housing needs. CCO continues to assist those seeking employment as house helps and patient attendants, and registers eligible parishioners and non-parishioners seeking matrimonial alliances. The Dental Clinic is functioning well.

The Community Welfare Fund (CWF) made the following payments during December 2025 and January 2026:

<b>Education:</b>	28 payments
<b>Medical:</b>	62 payments
<b>Housing Aid:</b>	74 payments
<b>Total:</b>	164 payments

The Inter-Religious Dialogue Cell (IRDC) organized the Republic Day Celebration on 26th January, 2026. Following the 7.30 am Mass, the flag-hoisting ceremony took place on the Church grounds. Constancio Rodrigues, our parishioner and well-known national badminton coach, was the Chief Guest.

The Bible and Confirmation Cell members attended a retreat at Satyagiri DRC, Igatpuri, from February 6th to 8th. On 30th November, the Mega Bible Quiz was conducted on 4 books of the Bible. Three Sessions on Infancy Narratives were held during Advent Bible Classes. The classes until mid-March are focused on Biblical characters., followed by Lenten Sessions thereafter.

The Retreat for the confirmation candidates was held at Shanti Ghar on 8th and 9th November. They also visited the Home for the Aged, on 14th

December as part of their Christmas Outreach. Fifty candidates were administered the Sacrament of Confirmation by Bishop Dominic Savio Fernandes on 25th January 2026.

The Legion of Mary members attended the Annual General Reunion at Marol, on 16th November, securing 2nd place in representing our praesidium theme 'Morning Star'. The members organised Carol singing for the homebound during the Christmas season. They also visited two Aged Homes. Rosary was conducted at the Church Grotto on the World Day of the Sick, 11th February.

The Parish Youth Council (PYC) organized Fun cricket on the 14th-16th November and a Praise and Worship Session on 21st November. An Inter-parish cricket tournament was organised on 6th-9th December. A Christmas party was held on 7th December. The youth prepared a graceful Christmas crib on the Church ground. Christmas extravaganza was organised on 13th-14th December with a good turn out from parishioners. Parish Youth Day celebration was held on 25th January with a turnout of over 200 youth. An enriching Mission Outreach trip for the youth to Talasari was organised on 21st and 22nd February.

The Parish Pastoral Council (PPC) members of Areas 1 & 2 organized the Christmas Float on the evening of 21st December.

The Lectors' recollection was held on 26th January 2026 at 4.30 pm, with 36 lectors in attendance.

Small Christian Communities (SCC) from 5 out of the seven Areas participated in the Area-wise Carol Singing and Enactment competition on 14th December at 6.30 pm.

Hope and Life Movement members of our parish participated in the Recollection, held at St. Bonaventure Church, Madh Island, on 10th January 2026.

The Sunday School activities included a field trip for the 9th standard students to Don Bosco, Uttan, and for the 7th and 8th standard students to Mount Mary, Bandra, which included the Holy Eucharist and a light and sound show at St. Agnel's Ashram on 9th November 2025. The Children's Day celebration was held on 23rd November, followed by the Christmas Party on

14th December. Epiphany enactment was done on 4th January 2026. The Faith Celebration Day for 7th and 8th standard students was held on 1st February 2026.

Intensive training for the First Holy Communion took place on 11th and 18th January, and 1st February 2026. A Sunday School stall featuring perishables and non-perishables was organized on 18th January 2026. Thirty-nine children received their First Holy Communion on 8th February 2026.

Missionary Families of Christ (MFC) celebrated World Marriage Day on 15th February with Holy Mass at 5.30 pm, followed by a get-together.

The English Charismatic Prayer Group (Jesus the Real Vine) conducted a Retreat for the confirmation candidates on 15th and 16th November 2025.

They also led the Advent Night Vigil held on 6th December 2025, which was well attended.

The Health Cell members commemorated the World Day of the Sick and Elderly on 11th February 2026 with a Eucharistic Celebration held at 4.30 pm. During the event, all the sick, elderly, and their caretakers were blessed.

The Senior Citizen cell hosted a Christmas Party for seniors featuring the Green Cap initiative on Monday, 8th December 2025, at 4:30 pm in the Community Centre. The event was attended by 185 guests. The cell members also participated in the Christmas Ball organized by St. John the Evangelist Parish and conducted a Christmas Outreach program at Shantighar.

The CCO team takes this opportunity to thank all the leaders of the Cells/Associations, Small Christian Communities and their team members for their commendable and selfless service to the parish.

We pray that the Risen Lord continues to shower His blessings on all of us and help us reach out to those in need.

On behalf of the CCO Team, we wish all our parishioners the love and peace of the Risen Lord. **HAPPY EASTER!**

Ida Quinny  
CCO Co-ordinator

# Hearty Laughter

## RANDOM INSIGHTS

- To see a man's true face, look to the photos he hasn't posted.
- "Buffet" is a French word that means "get up and get it yourself."
- Winter: the season when we try to keep the house as hot as it was in the summer, when we complained about the heat.
- Marriage - Two better halves who wholeheartedly agree to disagree.
- You'll always stay young if you live honestly, eat slowly, sleep sufficiently, work industriously, worship faithfully and lie about your age.
- Letting the cat out of the bag is a whole lot easier than putting it back in.
- Treat each day as your last; one day you will be right.
- Isn't it scary that doctors call what they do "practice"?
- If all the neglected bibles were dusted off at the same time, we would suffer the worst dust storm in years.
- God doesn't expect us to solve all the world's problem - He expects us not to create them.
- In our generation, the popular religion is CONFUSIONISM.

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## DID YOU KNOW?

What do you call someone that makes an honest living?

Broke.

What made Adam and Eve's marriage perfect?

He didn't have to hear about all the men she could have married, and she didn't have to hear about his Mom's cooking.

Why aren't dogs good dancers?

Because they have two left feet.

What books, apart from the Bible, have helped you most?

Mother's cook book and Father's cheque book

Why are the Ten Commandments so brief?

They didn't come through a committee.

\*\*\*\*\*

## ABOUT ME

When I see lovers' names carved in a tree, I don't think it's sweet.

I just think it's surprising how many people bring a knife on a date.

Guys, I'm just in the middle of a huge argument with my wife and she just told me I'm right....

What do I do next?

I definitely learned my lesson about speeding today and it will never happen again.

I didn't get pulled over or anything; I just showed up to work 20 minutes early.

My wife was upset that the dog was considered man's best friend. She maintains that a spouse should be considered one's best friend.

So I locked them both in the trunk of my car and drove around for twenty minutes. Guess which one was happiest to see me when I let them out?

\*\*\*\*\*

## Honest Judge

Taking his seat in his chambers, the smart, \*HONEST\* Judge faced the opposing lawyers.

"So", the Judge said, "I have been presented, by both of you, with a bribe."

Both lawyers became uncomfortable.

"You, attorney David, gave me \$50000 and you, attorney Goliath, gave me \$60000

The judge now reached into his pocket and pulled out \$10000. He handed it to attorney Goliath and said...

"Now that I'm returning \$10000, we're going to decide this case solely on its merits...!!!"

\*\*\*\*\*

## MAGIC TRICK

An Englishman and an Irishman go to a bakery. The Englishman steals three buns and puts them into his pockets and leaves. He says to the Irishman, "That took great skill and guile to steal those buns. The owner didn't even see me."

"That's just simple thievery," the Irishman replied. "I'll show you how to do it the honest way and get the same results."

The Irishman then proceeded to call out the owner of the bakery and said, "Sir, I want to show you a magic trick." The owner was intrigued so he came over to see the magic trick.

The Irishman asked him for a bun and then he proceeded to eat it. He asked two more times and after eating them again the owner says, "Okay my friend, where's the magic trick?"

The Irishman then said, "Look in the Englishman's pockets."

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## FORMULA FOR SUCCESS

Albert Einstein once gave what he considered the best formula for success in life, "If a is success in life, I should say the formula is a equals x plus y plus z, x being work and y being play" "And what is z?" inquired a friend, "That", he answered, "is keeping your mouth shut."

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## CONVERSATIONS OVERHEARD

A man sits at the deathbed of his mother-in-law. She suffers very much and cries in agony:

"Oh, I'm dying!" "It hurts" "I'm gonna die soon" She stops for a second and says, "Well, at least the weather is nice today." The man says, "Hey dear, don't get distracted!"

# Heart to Heart Family Quiz (April 2026)

## I) Select the correct answer:

- What did Jesus say to the Apostles when He first appeared to them after the Resurrection?  
A) Do not be afraid      B) Peace be with you  
C) Follow Me      D) Rejoice always
- On the road to which village did Jesus walk with two disciples who did not recognize Him at first?  
A. Jericho      B. Emmaus      C. Nazareth      D. Bethlehem
- Before ascending to heaven, Jesus told His disciples to stay in which city until they were "clothed with power from on high"?  
A. Galilee      B. Jerusalem      C. Antioch      D. Damascus
- Jesus tells His followers to go and make disciples of all nations, baptizing them in the name of...  
A. The Father, the Son, and the Holy Spirit      B. The Lord Jesus Christ  
C. The God of Abraham      D. The Church and the Apostles
- Why did Carlo pray fervently for his parents?  
A. They were very sick      B. He recognized their faith was "lukewarm"  
C. They wanted to move back to London      D. They didn't like his video games
- Carlos was a \_\_\_\_\_ to his parents.  
A. Burden      B. Bright star      C. Angel      D. Little Saviour
- What was the "center" of Carlo's life?  
A. His computer      B. The Eucharist      C. Football      D. His school grades
- What did Carlo call the Eucharist?  
A. A bridge to the past      B. My highway to Heaven  
C. The bread of the poor      D. A light in the dark

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

- "Jesus said to her, 'I am the resurrection and the life. He who believes in Me, though he may die, \_\_\_\_\_'"
- "But go, tell His disciples and Peter, that He is going \_\_\_\_\_ you into Galilee; there you will see Him."
- "And if Christ is not risen, your faith is \_\_\_\_\_; you are still in your sins!"

- "Then one of the twelve, who was called \_\_\_\_\_, went to the chief priests and said, 'What will you give me if I betray him to you?'"
- "A certain servant-girl, seeing him as he sat in the firelight... said, 'This man also was with him.' But he denied it, saying, 'Woman, \_\_\_\_\_'"
- "Now when the centurion and those with him... saw the earthquake and what took place, they were terrified and said, 'Truly this man was \_\_\_\_\_!'"

## III) State the place where the following event occurred.

- The site of the Crucifixion \_\_\_\_\_
- The place where Jesus ascended to Heaven \_\_\_\_\_
- The garden where the tomb of Jesus was located \_\_\_\_\_
- The sea where Jesus cooked breakfast for the disciples \_\_\_\_\_

## IV) Answer the following .

- What was the name of the man who donated his own new tomb for Jesus' burial? \_\_\_\_\_
- For how many days did Jesus appear to His followers between His Resurrection and Ascension? \_\_\_\_\_

## ANSWERS OF FAMILY QUIZ - December 2025

1. C. Son of the Most High; 2. B. Humble acceptance and willing servitude to God's will; 3. C. Compassionate privacy and avoidance of public disgrace; 4. B. Trust and confidence in God (believing); 5. A. My Lord; 6. D. Verso L'Alto; 7. A. Benito Mussolini; 8. B. Holiness is also alive in joy and we can seek God in everything, from prayer to climbing mountains; 9. A. In order to reach on time for supper.
1. God sent His Son, born of a woman, born under the law, (Galatians 4:4); 2. opening their treasure chests, they offered Him gifts of gold, frankincense, and myrrh. (Matthew 2:11); 3. wrapped Him in bands of cloth, and laid Him in a manger, because there was no place for them in the inn (Luke 2:7) 4. "Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit." (Matthew 1:20)
1. Peace; 9:6 2. Joy; 2:10 3. Peace; 2:14 4. Hope; 15:13 5. Loved; 3:16
1. Bethlehem; 2. Kings; 3. Peace; 4. Angels 5. Joy 6. Silent 7. Noel 8. Manager

- Email the answers to [h2h.bulletin@gmail.com](mailto:h2h.bulletin@gmail.com) OR
- Drop the responses in the LETTER BOX in front of the sacristy, latest by 27th April, 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 \_\_\_\_\_



- Anil & Sophie Pereira  
Community No: 17  
Family No: 1729
- Savio, Louanna and  
Zion Dsouza  
Community No. 32,  
Family No. 2791
- Mary, Alex, Lolita and Bethany  
D'souza  
Community No:1  
Family No:1640
- Valerian, Sylvia, Saniya,  
Sherwin and Benedicta  
Saldanha  
Community No. 30,  
Family No. 2816
- Robin, Carmine and  
Chelsea Almeida  
Community No. 30,  
Family No. 2388

## Prize Distribution Of Family Quiz Winners September 2025



*Dear Parishioners,*

*May the joy of Easter fill your heart with hope and renewal!*

*May the Risen Christ bless you and your family with peace love and new life always!*



# Heartfelt Congratulations on your Priestly Ordination, Dear Fr. Aegidius Pereira SDB



A proud and joyous occasion for our parish during the the Jubilee Year of Hope - on 20th December 2025, our parishioner, Fr. Aegidius Pereira SDB was ordained a Salesian priest at the Shrine of Don Bosco's Madonna, Matunga, by the Archbishop of Bombay, Most Rev. John Rodrigues.

Fr. Aegidius celebrated his First Thanksgiving Mass at Sacred Heart Church, Andheri East, on 21st December 2025 at 5.30 pm. His ordination motto, "The love of Christ impels us to love all" (2 Cor 5:14), reflects his deep commitment to reaching out to the poor, the abandoned youth and all God's people with love and compassion.

In 2007, Fr. Aegidius attended a Salesian vocation camp at Don Bosco, Lonavla. Inspired by the Salesian spirit, he joined the Salesian Apostolic School and Aspirantate in Lonavla from the 8th standard and after a long Salesian formation journey, he is now a Salesian priest.

Fr. Aegidius comes from a small family of four. His parents, Caetano and Jennifer Pereira, along with

his sister, Isidora Pereira, have been a constant source of support and inspiration in his vocation journey. He belongs to Our Lady of Nazareth - Community No. 16 of our parish, a faith-filled community that has accompanied and nurtured him on his journey to the priesthood.

A man of many talents and interests, Fr. Aegidius enjoys playing football, cricket and volleyball. He loves singing, playing the trumpet and is passionate about scouting.

He is currently serving at the Salesian Training Institute in Nashik, Maharashtra, where he guides and trains young Salesian novices to become future Salesians.

We thank God for the precious gift of Fr. Aegidius to the Church and to our parish, and we pray that his priestly ministry may continue to bear abundant fruit for God's greater glory.

## Parish Activities

### Consecrated Life Day Celebration

The World Day of Consecrated Life at Sacred Heart Church, Andheri, was celebrated with great devotion, joy and community participation. The event marked a special spiritual occasion when the Church and it's faithful gathered to honour and dedicate themselves to God through prayer and thanksgiving.

The celebration began in the evening with an inspiring talk by Fr. Neil Santos, followed by a solemn Holy Mass led by Fr. Neil along with other clergy members. Parishioners, families and Consecrated Men and Women attended in large numbers, filling the Church with a spirit of reverence and unity, creating a sacred and festive atmosphere.

The theme of the celebration, "**Wake the World with dawning Joy**", encourages one to start every day with purpose. The morning is a symbol of new beginnings. No matter what challenges we faced yesterday, today offers another chance to learn, grow and do

better. By waking the world with joy, we inspire others to look at life with renewed energy and confidence. Moreover, dawning joy is closely connected with compassion and unity. When people share happiness and support one another, the world becomes a more peaceful and harmonious place. Joy is contagious; when we spread it, we help reduce sorrow, fear and loneliness in society.

During the Mass, special prayers and hymns were offered by the actively participative congregation. During the homily, the priest spoke about the significance of consecration, emphasizing faith, service and the importance of living according to Christian values. The faithful were inspired to renew their commitment to God and support one another as a faith community.

After the Eucharistic service, a short entertainment was organized at the Indian Institute of Culture lawn, where refreshments



were served for the consecrated members. It provided an opportunity for the members to interact, strengthen bonds and celebrate together as one community.

In conclusion, the celebration of Consecrated Life Day was a memorable and spiritually uplifting event. It strengthened the bond between the religious community and reminded everyone of the importance of unity, devotion, service to God and Society.

Sr. Meena Matthew SU  
Society of St. Ursula (Asha Sadan)

## SCC Carol Singing and Enactment Competition 2025

The SCC Carol Singing and Enactment Competition 2025 was organised on 14th December 2025 to celebrate the festive spirit of Christmas, showcase the musical and dramatic talents of participants, foster teamwork, creativity and faith-based expression within the parish community.

The competition was a joyful and meaningful celebration of the Christmas season. Five of the seven SCC areas participated enthusiastically, with each team presenting a well-coordinated programme that combined carol singing with a short enactment. It was compulsory to sing at least one carol in a regional language and include at least two members from every community of the Area in the team. The performances reflected sincere preparation and a deep sense of devotion, making the evening both entertaining and spiritually uplifting.

They were evaluated by two experienced Catholic music professionals from St Theresa's Parish, Bandra, along with a religious sister. The judging criteria included vocal quality, stage presence, expression, creativity, originality, coordination and adherence to the Christmas theme. The judges appreciated the overall standard of performances and the evident effort put in by all the participating teams.

One of the most striking aspects of the competition was the wide diversity of participants, ranging from young children to senior community members. This intergenerational involvement added warmth and depth to the performances, truly reflecting the spirit of unity and togetherness. Singing in different languages highlighted the cultural and ethnic richness of the parish. The rendition of 'Silent Night' by each area, in respective native languages, along with the depiction of the Nativity scene, was particularly moving and well-received.

Harmonious group singing, supported by live musical accompaniment—especially the violin—added a soulful and prayerful touch to the performances. Thoughtfully chosen costumes and simple yet effective props enhanced the visual appeal, bringing the Christmas story to life on stage and helping convey the spiritual essence of the season.

Area 5 enacted ***"Christmas - Then and Now."*** The enactment carried a strong message for today's generation, inviting them to take responsibility for the world they live in and

to carry hope through their choices, words, relationships and values. The actors performed with sincerity and confidence, and their expressions, narration and stage presence reflected dedicated preparation and strong teamwork, which won them the first prize.

The audience remained engaged throughout the programme, encouraged by interactive moments and occasional spot prizes. The judges also offered constructive feedback and suggested areas for improvement.

The SCC's efforts paid off well, and the competition was a resounding success. It beautifully showcased talent, unity and devotion while spreading festive cheer and meaningful messages. The event stood as a shining example of what can be achieved when the community comes together with faith, dedication and joy.

Christmas is not just a story of the past, it is a mission for today. Let us be the hope the world is waiting for.

Rachel Noronha  
Mystical Rose, Community No. 34



“  
God became man  
that man might  
share in divine life.  
The Resurrection  
is the promise that  
this sharing shall  
be eternal.

- St. Anselm of Canterbury

## Called to Proclaim: Lectors' Recollection and Renewal

On January 26, 2026, thirty-six lectors from our parish gathered for an evening of prayer, reflection and renewal of our commitment to our Ministry.

Fr. Reuben Tellis led the recollection, bringing his signature blend of humor, deep theological insight and vibrant energy to the gathering.

He shared humorous anecdotes from his priestly experience, while also explaining the nuances of proclaiming the Word of God and reminded us that:

- Being a Lector is a calling from God rather than a personal choice, and therefore, we must thank the Almighty for the talent of proclaiming the Word of God. Our gratitude should also go out to our families, who support us in this Ministry.
- Lectorship is a Visual Ministry. We need to be prudent and serve in humility.
- He emphasized that we are "Proclaimers" and not "Performers" when we read the Word of God at Mass. Therefore, it is important to invoke the presence of God before we practice the reading.

- As Lectors, we represent the Lectern from where the Word of God is proclaimed and therefore our lives must reflect gentleness, kindness and gratitude.

- Pronunciation is important to convey the message clearly and correctly.

Father then led us into a Spiritual Exercise termed "7G Spirituality". Drawing reference to relevant passages from the Gospel of Mathew and Luke, he explained that the "7G" refers to the Seven Gifts we need to radiate as Lectors. We were divided into groups for reflection on the 7Gs vis-à-vis our role as Lectors.

**1. GIFTS:** "All are born with gifts and talents". Each member identified their talents and strengths, and what gifts/talents they would like to imbibe and strengthen.

**2. GENEROSITY:** "God is generous. We give because we receive - from birth to death, we have received the generosity of those around us." Participants shared their specific talents and gifts that they generously offer and reflected on those that they would like to give more of.

**3. GROWTH:** "Grow in wisdom and faith - learn from one another". The group identified areas where they need to learn and grow.

**4. GLOW:** "Be the Light of the World - allow the glow of Jesus to shine through you". We must glow not from self-pride but from being of service for the glory of God.

**5. GENTLENESS:** "Jesus is gentle and assertive". As seen in the gospel passage, Jesus is able to draw people closer through His gentle and yet assertive nature. We must emulate His gentleness, forthrightness and honesty.

**6. GRATITUDE:** "Gratitude resounds the praises of God". We must be grateful in all circumstances and develop the habit of saying "thank you"

**7. GOOD NEWS:** "Good News is seen through your Life". Our life must be a reflection of Gospel Values. We must learn from the Gospel and put it into practice, thus being bearers of Good News.

The discussions ended with all the Lectors forming a circle with our hands placed on the shoulders of our fellow lectors and lifting one another in prayer. The Recollection was followed by the celebration of the Holy Eucharist.

Jessie Serrao  
Apostles of Christ, Community No. 12

## SVD Superior General's Visit

While visits and meet-ups are quite common in human relationships, some visits are special and have great significance.

On 12 February 2026, our Sacred Heart parish was blessed by the visit of Fr. Anselmo Ricardo Ribeiro SVD, the Superior General of the Society of the Divine Word (SVD).

The Holy Mass at 7.00 pm was led by Fr. Anselmo with Fr. Tomy Thomas, Provincial Superior and the other SVD fathers from Andheri, Bandra, Vasai and Raigad joining as concelebrants. Sisters from the various communities in the parish and the parishioners gathered for the Holy Mass in large numbers. The choir was led by our Parish Priest

Fr. John Mascarenhas SVD and some of the religious sisters. A solemn entrance dance by Bhakti Goyal and team marked the entrance procession.

After the Eucharist, a short programme was arranged and Fr. John, spoke a few words in Portuguese, the mother tongue of Fr. Anselmo. Fr. Anselmo was felicitated with a floral bouquet and a traditional Maharashtrian pagdi. Fr. Anselmo expressed his joy in visiting our parish calling it a vibrant Church and expressed gratitude for the welcome.

Deacon Ebin Joseph SVD



“  
Let no one fear death for the Saviour's Resurrection has set us free. The empty tomb stands as the promise that death has lost its sting.

- St. John Chrysostom

## Christmas Float 2025

We thank God for His grace and providence, which made our Christmas Float on 21st December a resounding success. Truly, His hand guided every step of our preparations, which began well in advance. This time, the responsibility was entrusted to Areas 1 and 2. Meetings were held involving the PPC members and SCC coordinators from these Areas, during which various responsibilities were delegated. One member from each community was selected to assist the decorator with the decoration of the float. Additionally, children from both areas were chosen to participate in the tableau.

Relevant costumes for the tableau were designed and tailored. The banner on the float prominently displayed the Bible verse, **"THE WORD BECAME FLESH AND DWELT AMONG US" (John 1:14).**

A recce of the route was conducted and the various halts were surveyed and selected. For the first time this year, the float halted and passed through Model Town before entering Takshila.

The Christmas Float was eagerly awaited and warmly welcomed by our parishioners at each stop. The youth choir filled the air with festive cheer with their melodious singing. The children in the tableau added a special aura to the celebration. Additionally, three of our youth, dressed as shepherds and greeted everyone, wishing them a Happy Christmas and distributing chocolates at the various halts.

Due to traffic restrictions on Jijamata Road, the float took a detour after Roof Top, halting at St. Dominic Savio School, followed by Canossa School, and finally at Sacred Heart Church. Although a few last-minute changes

were made enroute, the spirit of the float remained strong, bringing festive cheer to our parish communities with the singing of carols and the nativity scene.

We extend our heartfelt thanks to Fr. John Mascarenhas SVD, Fr. Lucas Parkhe SVD, and the entire clergy team for their blessings and encouragement throughout this endeavor.

Gertrude Rodrigues  
Morning Star, Community No. 6

## Celebrating Womanhood: Parish Women's Day Gathering

The Women's Day celebration in our parish was held on 8th March in joyful union with the worldwide observance of International Women's Day. The occasion brought together women of the parish community for an evening marked by prayer, appreciation, fellowship and celebration of the gift of womanhood.

The event commenced with a Eucharistic Celebration at 5.30 pm, specially dedicated to women. The Mass was presided over by Fr. Tony Menezes SVD, with Fr. Edwin Vas SVD, the Spiritual Director of the Women's Cell, as con-celebrant. In his homily, Fr. Tony reflected on the invaluable role women play in the family, Church and society. He encouraged them to recognize their God-given dignity and strength, and to thank the Lord for the beautiful gift of womanhood.

The evening's celebrations began at 7.00 pm with refreshments served to all attendees, creating a warm and welcoming atmosphere. The program that followed was lively and engaging, opening with a few exciting spot prizes that immediately set an energetic tone for the evening.

A special highlight of the program was the felicitation of five remarkable women from the parish who were honoured for their outstanding contributions and dedicated service to the parish community. Their commitment and generosity of spirit served as a source of inspiration to all present.

The celebration continued with a variety of games and activities that encouraged enthusiastic participation from many of the women. A lively round of 'housie' and an exciting 'lucky dip' added to the fun and anticipation. The young compere for the evening ensured that the program flowed smoothly while keeping the audience entertained and actively involved.

Our Parish Priest, Fr. John Mascarenhas SVD, briefly visited the gathering and expressed his happiness at seeing such a wonderful turnout. He encouraged parishioners to actively participate in the various Cells and Associations within the parish, highlighting the importance

of building a vibrant and engaged community.

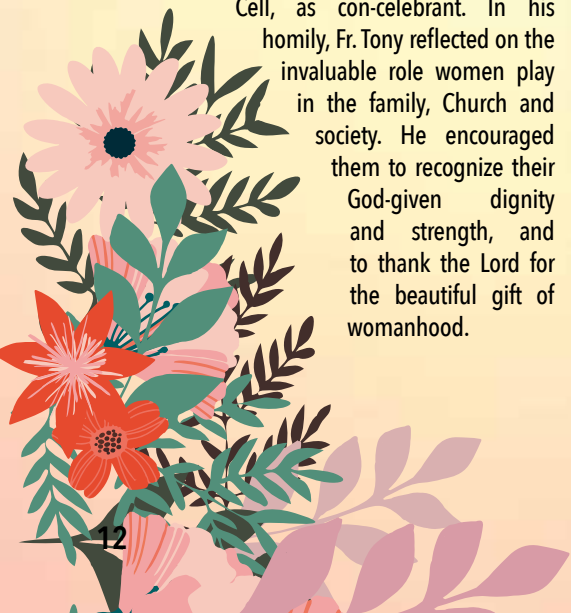
Fr. Edwin also addressed the gathering, introducing the role and mission of the Women's Cell in the parish. He appreciated the dedication and active involvement of the women and shared encouraging words, acknowledging their valuable contribution to parish life.

A beautifully arranged selfie point became a popular spot where women gathered with friends to click pictures and create lasting memories of the occasion. As the evening progressed, lively music filled the hall, and many women joyfully took to the dance floor, celebrating the spirit of togetherness with enthusiasm and cheer.

The celebration concluded with a sumptuous dinner, which was enjoyed by all in an atmosphere of warmth and camaraderie.

The parish extends heartfelt gratitude to all the women who participated and helped make the evening truly memorable. Special appreciation goes to the Women's Cell for their dedicated efforts in organizing such a meaningful and joyful celebration, and for their warm hospitality that made the event a great success.

Cheryl Leon  
Women's Cell



# Silver Jubilee cum Annual Day Celebration – A Day of Gratitude

On February 1, 2026, Our Lady of Fatima, Community No. 2 marked a momentous milestone; 25 incredible years of faith, love and unwavering unity. It was a day to reminisce about our journey during the past 25 years and look forward to a brighter and grace-filled future.

The celebration kicked off with a heartfelt Thanksgiving Mass at 5.30 pm as we gathered to express our gratitude for the blessings received over the years. The energy was palpable as we came together as a community to mark this special occasion.

The fun kicked off at 7.00pm in the Community Centre, where our PPC Member, Leonora Fernandes, warmly welcomed all attendees. Fr. George Mepurath SVD, our spiritual director, officially opened the program, sharing inspiring words that set the tone for the evening. Sr. Agnes, from Shantighar, our

spiritual guide, highlighted the profound power of a community rooted in faith.

The evening was a vibrant celebration of our community spirit, featuring two of our talented children captivating the audience - Joanna Furtado with her melodious voice and Caroline Waghmare with her graceful prayer dance. The felicitation ceremony was a highlight, where PPC Leaders and SCC Coordinators who have been part of our journey from the beginning were honoured with a shawl and a plant - symbols of our respect and gratitude. Fr. George and Sr. Agnes were also felicitated in the same manner.

The evening included a special tribute to our dedicated Animators for their tireless service. We also offered a heartfelt remembrance for the departed PPC Leaders and Animators, celebrating the lasting impact they left on our journey.

The celebration was a perfect blend of laughter, excitement and togetherness filling the air. We engaged in group games and our PPC leader kept everyone on their toes with her infectious energy and charm. Spot prizes added an extra layer of excitement and a delicious meal concluded the evening on a high note.

As we reflected on 25 glorious years, we cherished the joys and challenges, warmly welcomed new families who have joined us, and fondly remembered those who have moved on. This silver jubilee celebration is a testament to our community's love and commitment to one another. Here's to many more years of commitment and togetherness.

May Our Lady of Fatima intercede for us.

**Benedicta Sequeira**  
Our Lady of Fatima, Community No. 2

## All Association Day 2026

***"The harvest is plentiful, but the workers are few." - Matthew 9:37***

On a beautiful evening that perfectly embodied community spirit, our parish celebrated 'All Association Day' to honour the countless lay faithful who form the beating heart of our church family. As we gathered for Laity Sunday with great fervour, we paid tribute to St. Devasahayam Pillai, patron saint of India's lay faithful, whose unwavering faith continues to inspire our service journey.

The programme commenced with a deeply moving Eucharistic celebration at 5.30 pm, and Fr. John's inspiring homily reminded us of each lay person's profound calling. His words resonated with the gathering as he spoke about the unique gifts every member brings to our faith community, setting the perfect tone for celebration.

Approximately 325 members from various cells, associations, and PPC/SSC coordinators gathered on the parish grounds, faces glowing with the warmth of shared faith. The transformation from sacred worship to joyful fellowship was seamless, reflecting the beautiful balance between prayer and community defining our parish life.

The program began with welcome drinks and delicious snacks, setting a joyous mood.

Conversations flowed freely among old friends and new acquaintances as members from different associations mingled, sharing ministry stories and community service experiences.

Fr. John welcomed everyone, his genuine appreciation evident as he acknowledged the countless dedicated hours each person contributes to making our parish a true home. His gratitude touched every heart, reminding us that collective efforts create something far greater than individual contributions.

The evening came alive with exciting games and activities that brought out everyone's inner child. Laughter echoed across the grounds as participants enthusiastically engaged in competitions, with spot prizes adding delightful surprises. Housie continued to be a crowd favourite.

Energy shifted to music and dance rhythm. Youth took centre stage, their energetic moves captivating the audiences with vibrant celebration. Their passion testified to the vitality they bring to our faith community, while seniors watched with pride, many joining with graceful movements.

Meanwhile, senior members enjoyed the sumptuous dinner over meaningful conversations from years of walking together in faith. Different generations came together, each contributing

uniquely, beautifully reflecting what makes our parish family special.

The evening concluded with a comprehensive vote of thanks, acknowledging and thanking our clergy, PPC members, SSC coordinators, animators, and all cell and association members for their unwavering support and dedication.

The event was arranged by CCO, whose exceptional coordination and dedicated efforts made this celebration truly possible. Members departed with hearts filled with gratitude and renewed commitment to their shared mission of serving God through serving others, embodying the spirit of faith and fellowship that defines our community.

***"We are called to be witnesses of God's love in the world, bringing hope where there is despair, and light where there is darkness."***  
- St. Arnold Janssen

This beautiful evening reminded us that whether through games, fellowship, worship, or service, we are one family united in faith, each playing our vital role in God's abundant harvest.

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

## Jesus Thinks Of Each One Of Us

In our Sacred Heart Parish, guess who the early birds were on February 20th? Not the children, the teens or the youth. The jaunty Seniors! We gathered in our Church compound at 6.10 am, ready and raring to go! There were two buses organized to take us, about 80 in number, to Don Bosco Yuva Sanstha, Karjat for the Stations of the Cross.

After names were ticked off by the Senior core group members, the buses were boarded, and we were ready to take off. We left the compound at 6.50 am. In our bus, we requested one of the core group members to say a short prayer. A little later, we prayed the Rosary and the Divine Mercy chaplet. Then a light breakfast was handed out.

Some people who had been on the pilgrimage before were familiar with the climb up the side of a hill, and the beautifully crafted life-sized Statue replicas of the stations. This time, the commentary, which was composed by Fr. Denis D'Souza was unique and heartrending.

It presented opportunities to delve deeply into ourselves while we wended our way to the triumph of the resurrected Christ. All the readers did their best to throw their voices and be clear so that the entire group could hear the well worded messages and reflect on the LOVE that led Jesus to do what HE so willingly did.

Some individuals bore the crosses fashioned by the Salesians. Some carried huge nails, the size of which could shrivel the hearts of the bravest among us. Some wore thorny crowns. All these were aids to help us feel, in miniscule measure, the unbearable agony of Our Lord! HE WHO THINKS OF EACH AND EVERY ONE OF US IN OUR LIVES ON A DAILY BASIS. No matter our situations and circumstances. The Price HE paid while we are still sinners!

Most of us heeded Conrad's plea to keep the atmosphere prayerful and reflective. Alas! There were one or two instances wherein Satan used his wily wiles, and cell phones disturbed the serenity of the pilgrims.

Kudos to all the Seniors who made the Way of the Cross. The few who could not reach the top.....do not berate yourselves. Remember, Jesus THINKS OF EACH ONE OF US AND HE KNOWS OUR HEARTS! In fact, HE knows us better than we know ourselves.

On reaching terra firma again, we had a beautiful Mass. Fr. Bryan, the celebrant, delivered a wonderful homily. The gist of which was that Christ Himself did not lose HIS Empathy, Generosity and Humanity when it came to choosing between rules and being compassionate and merciful.

A hearty and wholesome lunch was then served in the dining hall, which looked welcoming with the newly acquired pots of colourful and varied flowers. After lunch, we set off to return to our Sacred Heart Church and arrived at 4.00 pm.

Kay A. Lobo  
Senior Citizens Core Group Member

## 3<sup>rd</sup> Edition of the Peace Marathon Brings Community Together for a Cause

The 3rd edition of the Peace Marathon was a heartwarming and energetic event that brought together people from all walks of life for a meaningful cause. The marathon featured multiple running categories - 7 km, 5 km, 3 km and 1 km; organized to raise support for the needy senior citizens and contribute towards their medical needs. With a strong spirit of community and compassion, the event turned into a memorable morning filled with enthusiasm, unity and purpose.

Participants began gathering early in the morning at around 5.45 am. It was remarkable that senior citizens from seven parishes of the Andheri Deanery participated. The runners assembled at the venue, collected their bands and made their way to the assembly area. The event officially began with prayers, setting a peaceful and positive tone for the day. The volunteers conducted a briefing to guide participants about the route and provide important safety instructions ensuring a smooth and secure run for everyone. Next, professional trainers led an engaging warm-up session to help runners prepare physically and mentally. The energy in the air was contagious as participants stretched, moved and got ready for

the big run ahead. Soon after, the marathon was flagged off, starting with the 7 km category. This was followed by the 5 km, 3 km and finally the 1 km run.

One of the most inspiring sights of the day was the incredible diversity of participants. Men and women from all age groups - children, youth, adults and senior citizens; came together with a shared passion for the marathon and the cause behind it. Families ran together, friends cheered each other on, and various parish communities enthusiastically participated, adding to the vibrant community spirit of the event. The roads were filled with determination, laughter and encouragement as runners pushed themselves while supporting one another along the way.

At the finish line, every participant was welcomed with applause and appreciation. Runners proudly received their medals, marking their achievement and contribution to the cause. Breakfast was served to help participants recharge after the run. To add to the celebration, a lively Zumba session was organized, allowing everyone to cool down while enjoying music and movement together.

The event concluded with a prize distribution ceremony where the podium winners from all categories were recognized and celebrated for their outstanding performances.

A heartfelt thanks goes to the organizing team whose hard work and dedication made the event a success. Special appreciation is also extended to our parish priest, Fr. John Mascarenhas SVD, whose encouragement and support made this initiative possible. The enthusiastic participation of numerous parishioners further strengthened the sense of unity and purpose behind the marathon.

Although the run was tiring, every participant left with a smile on their face and a sense of fulfillment. The 3rd Edition of Peace Marathon not only promoted fitness but also reinforced the power of community coming together for a noble cause. The wonderful experience has everyone looking forward to the next Marathon.

Shania Rosario  
Emmanuel, Community No. 24





**YOUTH FULLY  
ALIVE**

## Fun Cricket 2025–2026

November 2025 was a memorable time for the parishioners of Sacred Heart Church as the youth organized Fun Cricket 25-26, bringing together communities, players and supporters in a wonderful spirit of unity and celebration.

This year, the efforts were truly doubled. Unlike previous years, preparations were not just for one tournament but for two – the intra-parish tournament and, for the first time, the inter-parish Fun Cricket tournament. Planning, coordination and responsibilities increased, but the youth came together wholeheartedly, giving their time and energy to make both events successful. The constant encouragement of the PYATs and Fr. Lucas Parkhe SVD, played a key role in making this possible.

The intra-parish tournament, held from 6th to 9th November 2025, saw participation from 27 communities, reflecting a strong response from across the parish. After several exciting matches, St. Paul's, Community No. 21 emerged as champions, and Sacred Heart, Community No. 32, finished as runners-up after a commendable performance.

Winning the intra-parish tournament also earned Community No. 21 the opportunity to

represent Sacred Heart Parish at the inter-parish level, held from 14th to 16th November 2025. The tournament welcomed 14 parishes from across Mumbai, including Sacred Heart Parish.

The matches were competitive and filled with great enthusiasm. Representing the parish, Community No. 21 fought with determination and spirit. At the end of the tournament, St. Michael's Church, Mahim, emerged as champions while Holy Family Church, Chembur, finished as runners-up.

One of the most satisfying parts of the tournament was hearing the feedback from the visiting parishes. Many highlighted the excellent organization, welcoming volunteers, professional umpiring and engaging commentary. They especially enjoyed the competitive matches and the unique format of the game. Many shared that they had long hoped to organize something similar in their own parishes and expressed eagerness to participate in the upcoming edition.

Fun Cricket 2025-2026 was more than just a cricket tournament. It was a celebration of teamwork, dedication and community spirit. The hard work of the parish youth and the



enthusiastic participation of the communities and other parishes made the event a proud and memorable moment for everyone involved.

**Sunny Fernandes  
PYC - Divya Jyoti,  
Community No. 4**

## Christmas Extravaganza

As Advent dawned, the warmth of Christmas began to stir in the hearts of all the parishioners. This sacred season of waiting and hope was embraced not only through spiritual reflection, but also through joyful celebrations that echoed the true meaning of Christmas: Love, Unity and Giving. One such celebration was the much-awaited Christmas Extravaganza, organized by parish youth on December 13th and 14th, 2025. This vibrant event truly captured the essence of Christmas fellowship, joy and togetherness.

The parish grounds were transformed into a lively festive space, brimming with laughter and cheer. A variety of thoughtfully curated stalls welcomed parishioners of all ages. There were exciting games for children and adults alike, a lucky draw, housie, stalls selling Christmas articles and a bustling cafeteria, to name a few. Families, friends and youth arrived in festive attire, lingering through the evenings, sharing smiles and moments that

truly embodied the saying, "Christmas is not a season, it is a feeling."

The first evening resounded with melodies of praise as Carols were sung by the English, Hindi, Konkani and Children's choirs, which lifted hearts and spirits alike. Each hymn proclaimed the joyous message, "Glory to God in the highest, and on earth peace."

The second evening had an Area-wise Carol Singing and Enactment Competition that showcased weeks of dedication and prayerful practice by members of our 36 Small Christian Communities. Every performance was more creative than the previous, with heartfelt enactments of the manger scene and touching portrayals of events leading to the birth of Christ.

Preparations for the extravaganza began weeks in advance and introduced meaningful new initiatives such as the "Mistlepost." This intra-

parish postcard service allowed parishioners to exchange handwritten notes of love, gratitude, and encouragement, reminding all that "the simplest words often carry the deepest joy." The decor department of the youth deserves our heartfelt appreciation for their tireless efforts. Every ornament and display were handcrafted with love, involving long nights of planning, creativity and teamwork. Their work turned the venue into a festive haven that reflected the joy of Christ's birth. Equally commendable was the cafeteria team, whose dedication and culinary creativity resulted in dishes that were truly lip-smacking.

The Christmas Extravaganza was more than an event; it was a celebration of faith, fellowship and the enduring joy of Emmanuel, "God with us."

**Claranta Fernandes  
PYC - Good Shepherd, Community No. 7**

## Parish Youth Day 2026: Faith, Fellowship and Fun

Parish Youth Day 2026 was one of the largest youth gatherings our parish has witnessed in recent years, with over 200 young people coming together from diverse walks of life. From working professionals and college students to first-time attendees and even religious sisters, the event brought together a vibrant mix of youth who celebrated, learned and connected as one community.

The heart of the event was simple yet powerful: to reach young people where they are and help draw them closer to the Church. In a time when distractions are many and commitments are demanding, Parish Youth Day aimed not only to invite youth back, but to create a space where they would feel seen, heard and valued and the theme of the event, 'Come As You Are', just captured the mood perfectly.

The day was thoughtfully structured around three main segments. We began with the Holy Eucharist, where we thanked God for blessing our Parish with very vibrant and committed youth. This was followed by an uplifting praise and worship session led by Giselle, along with 'Praising J', our very own dynamic Gospel band under the leadership of

Osmond Pereira. Their music set the tone for the day, creating an atmosphere of joy and openness. Young people sang, clapped, danced and prayed together, experiencing faith not as an obligation but as a celebration.

The second segment featured an engaging and interactive session by Fr. Omar Fernandes, Assistant Director of DYC, Bandra. Rather than a conventional talk, the session encouraged participation and reflection. A group game of 'Yes' and 'No' taught the youth the larger implications of their everyday actions. The message connected deeply with the youth present and gave them some insights into making better decisions.

The final segment brought a burst of energy and laughter with fun and interactive 'Squid Games'. The excitement on the field was contagious and the spirit of unity among participants was evident throughout.

Behind the scenes, significant effort went into ensuring strong participation and engagement. A strategic social media campaign created buzz across platforms. Special attention was given to

designing activities that appealed to different age groups, ensuring that everyone felt included and involved.

The event was made even more memorable by a delicious food buffet that allowed everyone to relax and socialize. Interactive stalls, including face painting and a photo booth, added a festive touch and provided opportunities for youth to capture joyful moments with friends.

The success of Parish Youth Day 2026 is evident not only in the impressive turnout but also in the positive feedback that continues to pour in. Many participants shared how welcomed and inspired they felt, and several expressed their desire to be more actively involved in parish life.

This impactful event was made possible through the dedicated efforts of the core team, comprising of Ex-PYC members and Youth Animators, whose hard work and commitment brought the vision to life.

Sara Fernandes  
PYD Organizing Team Member

## Youth Ministry Mission Outreach to Talasari

On 21st February, our group, consisting of 17 youth, 2 animators, and our youth director, Fr. Lucas Parkhe SVD, traveled to Talasari after attending the 6.30 am Mass. We arrived at the 'Gnanmata Sadan' Centre, managed by the Jesuits, around 11.00 am and spent time with the boarding children there. After lunch, the Jesuit fathers shared information about the Talasari mission, which began nearly 100 years ago, and spoke about the tribal communities residing in the area.

We were then divided into pairs (males and females separately) and sent to different villages to stay the night with good and devout tribal families. I, along with my partner and another pair, were sent to a family in Savroli. Upon arrival at our designated house, the family welcomed us with warmth and enthusiasm. We had no prior knowledge of what to expect, and were quite startled by the warm welcome. Despite the language barrier, they eagerly anticipated our visit, patiently listened to us and were incredibly

kind and gracious. They even prepared chicken especially for us, an uncommon treat reserved for very special occasions. Throughout our stay, they ensured our comfort, and their hospitality and kindness deeply touched our hearts, filling us with joy.

The following day, we returned to the Jesuit-run Centre, where we spent time playing games, dancing, and having lunch with the boarding boys. Later, we held a brief session to share our experiences with one another.

Nearly every youth who participated in the mission outreach camp felt warmly welcomed by the village they visited and the family they stayed with. The families left a lasting impact on us with their hospitality and warmth. This experience gave us a unique opportunity to step out of our comfort zones and immerse ourselves in village life. Many youth also expressed that the visit strengthened their faith and deepened their sense of purpose. Living with the families allowed us to experience

the local culture, traditions and daily routines firsthand. We learned to appreciate simple living and be grateful for what we often take for granted. Additionally, we learned to adapt, communicate better and respect different cultures and traditions.

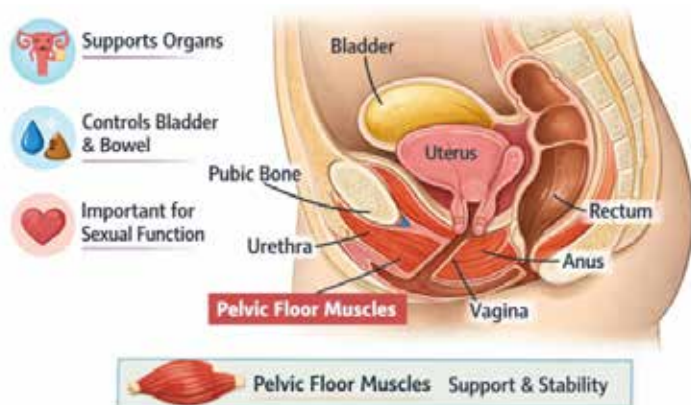
Soon after lunch, we proceeded to Zaroli, where the Canossian sisters run a leprosy home, a hospital, a nursing college and a boarding for girls. This centre was established more than 65 years ago for the upliftment of the poor Adivasi people living in the surrounding areas. It was heartwarming to witness the noble work that they do for the underprivileged. We also got an opportunity to meet the elderly and retired Canossian sisters residing in the complex.

From there, we left for Mumbai and reached at about 7.45 pm. It turned out that it wasn't just me who had a marvellous experience, but everyone else as well.

Joel Lewis  
PYC - Genesis, Community No. 35

# HEALTH PAGE

## PELVIC FLOOR



Core Muscles are a complex group responsible for stabilizing our spine, balance, movement and posture. Most of us classify them vaguely speaking into the stomach and back muscles, however there is much more to it and one important group of muscles which contribute are the pelvic floor muscles. These muscles support the bladder and rectum and in women, they additionally support the uterus as well.

If you imagine the abdominal cavity as a drum, consider the roof as the diaphragm; a major muscle used to breathe, the abdominal muscles in front, the back muscles at the rear and the bottom of the drum would be the pelvic floor which is a group of muscles, ligaments, and connective tissues at the base of the pelvis that stretches from the pubic bone in the front of the pelvis, to the tail bone at the back. It is actually more like a hammock than a floor; it can either be taut or loose. It is vital for the everyday health of both men and women. They are a group of three layers of muscles responsible for supporting the pelvic organs, stabilizing the spine, bladder and bowel control, sexual function and assists in lymphatic drainage.

The balance of the pelvic floor function lies between stability and mobility. If the stability is greater, the possibility of muscle tightness would occur, so basically, working only on core strength exercises is not the answer. Similarly, if we work only on mobility, that is, stretching and relaxing the pelvic floor, it may result in a lack of support for the pelvic organs.

A comprehensive understanding of the pelvic floor is important for its proper functioning.

Ideally, when we breathe in, the pelvic floor muscle relaxes and when we breathe out, it tightens. That explains that when we have a healthy pelvic floor and when we cough or sneeze (which is forced expiration or

breathing out hard), we don't leak out urine. However, in case of weak or uncoordinated pelvic floor muscles, leakage of urine would be expected.

Thus, when these muscles contract, they hold the pelvic organs in place and prevent leakage, and when they relax, they allow urine and bowel movements.

### What contributes to the weakness of the pelvic floor?

Everyday habits - Prolonged sitting, bad postures, excessive training without proper form (can include not just weight training, but even running), obesity, childbirth, hormonal irregularities, prostate issues, chronic constipation, surgeries, etc. Once weakness sets in, these unconscious habits can aggravate it, for example: prolonged mobile use while sitting in the washroom.

Daily habits like holding on and not urinating when you have the urge can result in urine infections, kidney stones and weak pelvic floor muscles as well. On the contrary, voiding frequently can reduce the bladder capacity, resulting in urine incontinence, reduced bladder holding capacity and aggravation of pelvic floor weakness. So, it's all about balance.

### What are the signs to watch out for?

The pelvic floor can be weak or tight; some signs can range from leaking of urine or difficulty in fully emptying the bladder, heaviness or pressure in the pelvis, difficulty controlling bowel movements, or pain or leaking after lifting heavy weights. Signs of tightness can be straining to pass stools, painful or frequent urination, back pain, etc.

Poor coordination may present with incomplete voiding of urine, hesitancy, needing to change position to pass a stool, etc.

### What is pelvic floor rehabilitation?

It focuses a lot on patient education, correct breathing techniques, kegels exercises (done the right way), bladder training, fluid management, proper toileting posture, weight management, etc.

Pelvic floor health is overlooked due to a lack of awareness or even the mentality that it is normal to experience the symptoms of pelvic floor weakness. It is important to seek help when symptoms affect daily living. These muscles are important for one's comfort, confidence and quality of life. Early intervention can help prevent long-term issues.

Be aware, make the most of what you have and live a healthier, happier and fitter life!

**Dr. Simone Mitchell Mathias PT**  
**Physiotherapist**  
**St. Dominic Savio, Community No. 17**

Disclaimer: All information contained in the Health Page is of a general nature and the opinion of the author about medical conditions should not be construed as medical advice, diagnosis or treatment. Please consult your physician for specific advice and also for continuance/discontinuance of existing treatment based on the information contained herein. The Sacred Heart Parish and/or the Editorial team make no representation and assumes no responsibility for the accuracy of the information contained in the Health Page.

# PROFESSIONAL OPINION

## Redevelopment: The new game changer for Mumbai

Mumbai is considered a linear city, stretching along a narrow north-south peninsula; there is no space for lateral expansion. The only way this city can grow in commercial and residential space is Up and Vertical.

Our vicinity is an ideal residential area considering its proximity to the airport, metro lines, Highways, Western and Central Railway lines, Juhu Beach, top schools, colleges and world-class hospitals.

But can our old homes accommodate our growing families?

Here comes in 'Redevelopment', with promises of additional carpet area, parking, amenities etc., Redevelopment projects utilise extra FSI (floor space index) to construct more floors and extra space. The cost of building extra area for existing residents is borne by the developer, usually through the sale of additional newly constructed flats in the project.

### Why Redevelopment?

- i. Old buildings require expensive structural repairs. Is it feasible to invest so much money?
- ii. If it's more than 30 years / Cluster / Road-facing etc., we get more FSI.
- iii. Parking space? play area for children? Gardens for senior citizens?
- iv. In heavy rains, flooding of ground floor.
- v. Do we have lifts? What about Senior Citizens? What happens in case of an emergency?
- vi. Intercoms? CCTV?
- vii. Sports options? Clubhouse? Swimming pool, Gymnasium/ space for Community/ Cultural events?
- viii. Safety features: fire-fighting systems, Water supply? Refuge floors?

### LINE OF ACTION

Redevelopment Schemes of the buildings belonging to Co-operative Housing Societies are being extensively undertaken in Maharashtra, for which the Government has issued guidelines under Section 79 (A) of the Maharashtra

Co-operative Societies Act, 1960 and laid down a prescribed procedure for the redevelopment of such buildings.

### Brief overview:

1. Application Stage: Minimum 25 % of the society members should submit an application to the Secretary to discuss about Redevelopment process
2. Quotation from the Architect
3. Appointment of Project Management Consultant
4. Extensive Documentation and Survey: Property Card, Conveyance status, Title of the Land, Detailed Survey of existing Plot boundary, etc.
5. Project Report: Scrutiny of the Approved Plans / Study the available schemes for Redevelopment
6. Is it under BMC / SRA/ MHADA/ Lease land? Clear title? Search Report
7. Tendering Process: prepared by keeping either the Required carpet area / Corpus Fund Constant as a Basic Condition.
8. Comparative Analysis: Techno Commercial Comparative Analysis
9. Understanding the Developers: Background, experience, Financial capacity, Reputation and Proposal to us.
10. Shortlisting: Minimum 5 developers are shortlisted through site visits to check the Quality / construction management of their previous projects
11. Finalisation: Big Builders usually give lesser additional area, but are financially stronger, have good credit rating for project loans, are more experienced, have better quality of engineers, architects, CAs and government relationships than smaller, local builders who may promise additional area but may lack expertise, finances, credit worthiness and also quality in finishing
12. Finalised application should be sent to the Office of Deputy Registrar of Co-op Housing Society, well in advance, which will be presented for the Special general Body Meeting

13. Minimum Quorum for SGM shall be 75%
  14. Main documents: Development Agreement (DA) and Permanent Alternate Accommodation (PAAA)
  15. Finalisation of the Plans and Submission and approval of Drawings
  16. Shifting of Society Members: SGM will approve allotment of the Flat to each member as per mutually agreed allotment system or lottery
  17. The Individual Flat Agreements are signed and registered between the developer and the Individual flat Owner
  18. The Developer issues cheques in advance towards Rent, Deposit, Brokerage and Shifting and procures approvals for commencement of construction. Demolition of Old building and Construction begins for the new one
  19. Supervision and Quality Control: After completion of the plinth, the architect will procure a further Commencement Certificate from the BMC
  20. Occupation Certificate: After completion of total construction work, the architect will procure necessary permission from various authorities viz. Fire Department, Aviation Authority, Horticulture Dept, etc and finally Occupation Certificate from the BMC
  21. Joint Inspection by: Developer, Architect, Respective Flat owner for checking the Completion and Quality certification of Internal finishing of every flat
  22. Handing Over of Flats: After satisfactory Certification, the new flats are handed over by the Developer to the respective owners on an Ownership basis
- All the flat owners now shift to their flats in the newly constructed building
- From Sale - Purchase Component, new members are accepted in the existing Registered Society

Redevelopment is a dream come true for Mumbaikars. But this dream can turn into an unimaginable and unending nightmare if we don't align with the right professionals and developers and avoid unforeseen circumstance.

Adv. Anil Dsouza

St. Joseph The Worker, Community No. 28

Legal Cell of Sacred Heart

# FROM THE PARISH REGISTER



Baptized  
in Christ

Aadavan Mark	S/o	Mark Benjamin & Haripriya Mark	23-Nov-25
Oswyn Fernandes	S/o	Allwyn Leo Fernandes & Leena Fernandes	23-Nov-25
Rosewyn Fernandes	D/o	Allwyn Leo Fernandes & Leena Fernandes	23-Nov-25
Nevaeh Akkara	D/o	Vicky Francis Akkara & Susan Vicky Akkara	07-Dec-25
Ethan Liam Dalston Viegas	S/o	Dalston Merwyn Viegas & Tanya Grace Quinny	14-Dec-25
Inez Rae Fernandes Ranadive	D/o	Amogh Ranadive & Nicole Desiree Fernandes	28-Dec-25
Micah Cian Dsouza	S/o	Jason Craig Dsouza & Dhvani Panchmatia	30-Dec-25
Nate Patricio Rodrigues	S/o	Joel John Rodrigues & Clementia Jovita Wilfred Crasta	04-Jan-26
Niall Coelho Patil	S/o	Suraj Patil & Shweta Coelho	11-Jan-26
Alaina Dsouza	D/o	Darryl Louis Dsouza & Riya Darryl Dsouza	11-Jan-26
Reizl Fernandes	D/o	Rancis Agnelo Fernandes & Alizabeth Francis Fernandes	25-Jan-26
Iris Gaikwad	D/o	Joseph Gaikwad & Shilpa Gaikwad Prabhune	08-Feb-26



United  
in Christ

Saiprasad Myana	To	Larisa Dsouza	23-Nov-25
Vaishakh Shetty	To	Ophelia Trelawney	23-Nov-25
Sheldon Pereira	To	Neha Ramwani	03-Dec-25
Romanch Rapose	To	Swetha Murali	03-Dec-25
Karan Soi	To	Alicia Maria Viegas	04-Dec-25
Swapnil Gaud	To	Celeste Rodrigues	06-Dec-25
Jovel Fernandes	To	Violet Dsouza	07-Dec-25
Shovian Dmello	To	Mariana Saldanha	12-Dec-25
Dwayne Dsouza	To	Hansia Monis	12-Dec-25
Ryan Dsilva	To	Erina Dsouza	13-Dec-25
Jewel Mangesh Gotad	To	Sheryl Dias	13-Dec-25
Siddhant Jairaj Salian	To	Aditi Ann Dsilva	14-Dec-25
Brian Pereira	To	Swidel Veigas	15-Dec-25
Pranav Nair	To	Jaspreet Kaur Bedi	16-Dec-25
Shivam Tayal	To	Sasha Newnes	19-Dec-25
Jamie John	To	Sonia Catherine Tauro	20-Dec-25
Alen Vas	To	Natalia Lobo	21-Dec-25
Sherwin Pereira	To	Berancye Xavier	27-Dec-25
Lionel Dsa	To	Melissa Pinto	28-Dec-25
Felix Benson	To	Mary Rozario	28-Dec-25
Kevin Dsilva	To	Marushka Lobo	30-Dec-25
Emmanuel Vaz	To	Neha Joseph Mampilly	30-Dec-25
Evan Sequeira	To	Riya Juvita Dsouza	02-Jan-26
Paul Rodrigues	To	Yeslin Fernandes	03-Jan-26
Xavier Dsouza	To	Christina	03-Jan-26
Dylan Anthony Dsouza	To	Riviera Noronha	04-Jan-26
Charanjeet Singh Masutta	To	Elvira Macwan	08-Jan-26
Stanford Gomes	To	Fiona Prema Viegas	09-Jan-26
Denver David Rodricks	To	Shalett Rebello	10-Jan-26
Alston Clinton Noronha	To	Zeica Aquila Drego	10-Jan-26
Paul Jacob	To	Mona Rodrigues	18-Jan-26
Job Kunnathuvila	To	Florina Rogers	18-Jan-26
Johnson Kollabathula	To	Manisha Dalsukh Solanki	23-Jan-26
Abhishek Ingole	To	Joicy Noronha	28-Jan-26
Adrian Jerome Quadros	To	Marissa Cabral	07-Feb-26
Chiedon Dmonte	To	Anaida Dsouza	07-Feb-26
Noel Jeremiah D Abreo	To	Doreen Paul	08-Feb-26
Sujatro Ghosh	To	Andrea Quinny	10-Feb-26
Agasto Kenit Nadar	To	Risha Rodrigues	10-Feb-26



**Resting  
in Christ**

Purificacao Avelina	84 Years	Little Sisters Of The Poor, Home For The Aged	21-Nov-25
Nazario Countinho	58 Years	A / 1 , Mahakali Kutir, M.C.Road	23-Nov-25
Lawrence A. Fernandes	63 Years	E / 202 , Dheeraj Darshan, Kokan Nagar	24-Nov-25
Reena Concessio	73 Years	B /101 Trans Apartments, M.C. Road	27-Nov-25
Sr. Milagrine Travasso	77 Years	Fatima Mata Sadan	9-Dec-25
Stephen Vincent DMello	54 Years	A / 204, Hanjar Nagar, Pump House	11-Dec-25
Colette Cabral	73 Years	Little Sisters Of The Poor, Home For The Aged	22-Dec-25
Sylvan Vaz	70 Years	D 2 / 26 , Greenfields, JVLR	25-Dec-25
Ignatius Pereira	77 Years	B / 17, Uttarayan, M.C.Road	27-Dec-25
Uttam Shankar Chabukswar	94 Years	Little Sisters Of The Poor, Home For The Aged	28-Dec-25
Rodney DSouza	77 Years	A1 / 37, Avillion Greenfields CHS , JVLR	1-Jan-26
Joseph P Arikswamy	70 Years	207/B wing, Saroj Apts, Opp Holy spirit	5-Jan-26
Monti Vaz	80 Years	Little Sisters Of The Poor, Home For The Aged	8-Jan-26
Fredrick DSouza	72 Years	Frederick House, Malpa Hill No 3	7-Jan-26
Oswin DSouza	56 Years	F / 204, Oberoi Splendor, JVLR	15-Jan-26
Anthony Castanha	81 Years	A / 404 , Seema Apts. M.C.Road	19-Jan-26
Jacob Louis DSouza	73 Years	102, Munshi Colony, M.C. Road	30-Jan-26
Elias Crasto	75 Years	D / 202, Patel Terrace CHS, Pump House	4-Feb-26
Ivan Cyril Pinto	64 Years	Kalpataru estate 6B/31, Poonam Nagar, M.C.Road	4-Feb-26
Godfrey Dsilva	77 Years	5 / 44, Kalpataru Estate, JVLR	18-Feb-26
Elise Lucas	76 Years	Plot no 33, woodarch flat 409, Sher-E-Punjab	21-Feb-26
Christobelle Fernandes	58 Years	185 / 32, Om Shivam CHS, Sher-E-Punjab	23-Feb-26
Marshal Kaitan Dsilva	87 Years	A / 6, Chandroday Chawl, M.C.Road	28-Feb-26



**Confirmed  
in Christ**

Aaron Gomes	Brendon Fernandes	Janelle Pereira	Mangal Naik
Aaron Mendonca	Brighton Dcosta	Jannet Valdeiro	Mesmiane Fernando
Aaron Rodrigues	Cavin Dsouza	Jenishia Fernandes	Paxton Dias
Ajay Kollabathula	Craig Dcosta	Joanna Furtado	Reanne Lazarus
Alan Fernandes	Daniel Linj	Jordan Fernandes	Reeshel Goveas
Alfred Cheeramkuzhyil	Ethan Dsouza	Jovita Lobo	Roystin Fernandes
Alita Dsouza	Fabian Fernando	Joylann Ferrao	Rupali Jadhav
Alithea Dsouza	Florin Mathews	Keisha Dsouza	Shaun Fonseca
Anaya Afonso	Gretta Soares	Keith Barsagade	Sherwin Fernandes
Arisha Sequeira	Hazel Miranda	Kiara Dsilva	Shriya Mendonca
Arpna Lakra	Ian Steve Pinto	Kryselle Trinidad	Yuvraj Kollabathula
Avril Nazareth	Jaden Monteiro	Kyle Lewis	
Ayden Fernandes	Jaeden Anthony	Leon Rebello	



**First Holy  
Communion  
in Christ**

Aaron Timothy Lazarus	Christine Eve Saldanha	Kshitiz Prince Minz	Rochelle Fernandes
Acquin D'almeida	Delisha Pinto	Leonard Rodrigues	Sarah Grace Jaikar
Alden Mendonca	Dwayne Dsouza	Michelle Miranda	Savio Nathan
Alice Sunny D'souza	Evanna Lobo	Maayra Correia	Sherley Barboza
Andrew	Farrell Flavius Fernandes	Myra Pereira	Simona Goveia
Bethany Janelle D'souza	Grace Mendes	Myra Rocky D'souza	Wilson Kiro
Blessy Fernandes	Jason Dcosta	Prince Mendis	Yahaan Fernandes
Blossom D'souza	Jayden Coutinho	Raelynn Sera Fernandes	Zane Paes
Caleb Immanuel	Jayden Fernandes	Rhythm D'souza	Zaneta Saldanha
Catherine Fernandes	Kael D'souza	Riyant Minz	

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](http://www.sacredheartandheri.net)



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“ Christ is risen and with Him rises our creative hope. Easter is the victory of love that opens for us a new horizon of life. - Pope Francis ”



3rd Edition of the Peace Marathon



Republic Day



Area-wise SCC Carol Singing cum Enactment Competition



Christmas Float

# Inspiration from Saints

## *Saint Carlo Acutis* *The Influencer of God*

### *First millennial Saint and the Cyber Apostle of the Eucharist*

**Patronage :** Youth, Internet and Computer Programmers

**Feast day:** October 12

**Born:** 3<sup>rd</sup> May 1991

**Place:** Born in London; moved to Milan, Italy, with his family

**Parents:** Andrea Acutis and Antonia Salzano

Saint Carlo Acutis seemed just like any normal teenager - he loved football, video games, animals, friends and computers. Yet he is a model for young people in the digital age. He profoundly expressed, "All people are born as originals, but many die as photocopies."

#### **Loving Son**

Carlo had a warm and affectionate relationship with his parents. Recognizing his parents' lukewarm faith, Carlo prayed fervently for them, encouraging them to grow in their faith. His mother says, "Before the birth of Carlo, I would go to Mass only for Easter and Christmas. Carlo was a little saviour for me and my husband. Through his example, he brought us closer to the faith."

#### **Kindness In Action**

Carlo was deeply sensitive to the needs of others. While staying with his grandparents, Carlo once donated the games he had received for his birthday to the children who had none. He would ask his grandmother to make a snack for a man who begged in the park near their house. He would personally deliver the snacks and also give the beggar some of his pocket money to buy coffee. He visited hospitals to comfort the sick and spoke kindly to strangers. His kindness was not dramatic; it was daily.

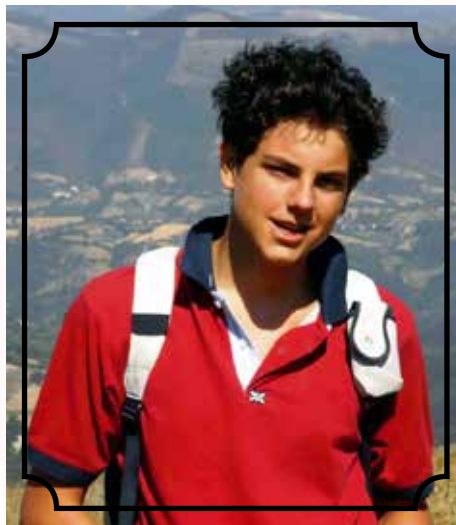
#### **The Eucharist - Highway To Heaven**

The centre of Carlo's life was the Eucharist. He attended Mass daily. He explained his reason in simple words: "The Eucharist is my highway to Heaven."

He believed the soul needed spiritual nourishment just as the body needed food. He derived his strength from the Eucharist and spent long hours in Eucharistic Adoration.

#### **Compassionate Companion**

At school, Carlo protected classmates who were bullied, especially students with disabilities. If boys behaved disrespectfully toward girls, he corrected them. When friends fought, he would invite them home and help them reconcile. He also extended his empathy to friends going through personal struggles, such as the pain of their parents' separation. He had this remarkable ability to notice when someone was struggling.



#### **Animal And Nature Lover**

Carlo loved animals and nature. He had cats, dogs and fish, and often begged his parents to adopt stray animals he found. During hikes, he collected the litter, and at the beach, he even used snorkelling gear to remove trash from the sea. He believed caring for the environment was part of loving God's creation.

#### **Inspiring Influencer**

Rajesh Mohur, who immigrated to Italy from India to find work, was hired by the Acutis family to help look after Carlo when he was a young child. A deep bond developed between them to the point that Rajesh, who came from a Hindu background, accepted the Catholic faith. He says, "Carlo communicated with me and electrified me with his faith, his charity and his purity."

#### **Digital Geek**

Carlo embraced technology with passion. However, unlike many of his peers, Carlo used his digital skills for a higher purpose - to spread the message of God's love and inspire others to seek holiness.

His most enduring legacy is his demonstration of how technology can be a powerful tool for evangelization. He created a website [www.miracolieucaaristici.org](http://www.miracolieucaaristici.org) to catalogue Eucharistic miracles, encouraging others to recognize the real presence of Christ in the Eucharist. He meticulously researched and documented each miracle, presenting them in a user-friendly format accessible to people of all ages and backgrounds.

#### **Serene Suffering**

At age 15, Carlo was diagnosed with promyelocytic leukaemia. He faced the devastating news with serenity and trust in God's plan, remaining committed to his studies and continuing to complete his assignments and participate in class discussions from the hospital.

Despite his own pain, he radiated joy, comforting fellow patients and even inspiring the medical staff with his optimism and deep faith. He declared, "I want to offer all my sufferings for the Lord, for the Pope and for the Church."

#### **Death And The Road To Sainthood**

On 12th October, 2006, Carlo died at Monza, Italy. In January 2007, his body was moved from the cemetery in Ternengo to the cemetery in Assisi to fulfil his wish to be buried in the city of St. Francis.

The healing of a young Brazilian boy suffering from a rare pancreatic disorder after praying to Carlos Acutis and touching his relics was officially recognized by the Vatican, which led to Carlo's beatification in 2020.

The second miracle that led to his canonisation was the healing of a young woman from Costa Rica who suffered a serious traumatic brain injury following a bicycle accident, after her mother travelled to Assisi to pray at Carlo Acutis' tomb. Carlo's life exemplified a balance between modernity and timeless spiritual values, inspiring millennials and people of all ages to integrate faith in their daily lives.

# Parish Vision Mission Statement

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



Visit of SVD Superior General Fr. Anselmo Ricardo Ribeiro SVD



Consecrated Life Day



Silver Jubilee Cum Annual Day of Community No. 2



Women's Day



All Association Day



Stations of the Cross at Karjat organised by Senior Citizen Cell



Parish Youth Day



Youth Mission Outreach to Talasari