



# Heart to Heart

Bulletin of Sacred Heart Parish, Andheri (E)

Volume XX No. 101

June 2026

For Private Circulation Only

## *Heart Of Jesus, Govern Us*



## 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

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

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

# From The Pastor's Desk

Dearly Beloved Parishioners,

After a long summer break, we return with renewed zeal, enthusiasm and hope to embrace a new chapter in our pastoral life. As Scripture reminds us: **"Let us run with perseverance the race marked out for us"** (Hebrews 12:1).

With the recent parish-level elections of our new Parish Pastoral Council (PPC) representatives, Small Christian Community (SCC) Co-ordinators and Parish Association and Cell (PAC) representatives for the term 2026-2029, we look forward in faith and hope to building our parish community with freshness and vitality; thus, adding more vibrancy to our missionary zeal. It gives us immense joy to welcome aboard the young adult faithful who have been elected to serve the Church over the next three years. We extend our best wishes as they step forward to lead, guide and nurture our parish to grow holistically as exemplary disciples of a synodal Church.

We express our heartfelt appreciation to the outgoing PPC representatives, SCC Co-ordinators and PAC representatives for their hard work, tireless dedication and contributions over the past three years. Their commitment has greatly enriched our parish and its overall development, through numerous events and activities, always striving to live up to our Parish Vision Mission Statement.

It is also a time of gratitude and farewell. With deep affection, we bid goodbye to our beloved priests, Fr. Edwin Vas SVD and Fr. Lucas Parkhe SVD, who have served our parish community with joyful enthusiasm, commitment and unwavering dedication. I would also like to place on record and acknowledge the invaluable service and participation of all the outgoing religious priests and sisters, of the different institutions within our parish, who have strengthened the spiritual life of our parish. On behalf of all the faithful, I extend a heartfelt **'A Big Thank You'** and invoke God's blessings upon them as they embark on new missionary endeavors.

Also, it is time to joyfully **'Welcome'** the new members to our clergy team: Fr. Thomas Malipurathu SVD,

Fr. Abraham D'Souza SVD, Fr. P. David SVD and Deacon Pratap Minz SVD, along with other religious priests and sisters appointed to the institutions, who join our closely knit Sacred Heart Parish family

Your simple but exemplary lives bring joy, holiness and heavenly blessings to our Parish community. As St. Teresa of Calcutta reminds us: **"Holiness is not a luxury for the few. It is meant for you, for me and for all of us. It is a simple duty, because if we learn to love, we learn to be holy."**

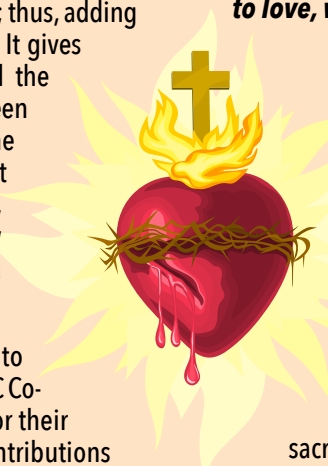
Rabindranath Tagore, the Nobel laureate, once had a few visitors at his home, they were religious men. Tagore had long conversations with them about God. After the meeting when the holy men left Tagore's house, he commented **"When they left my house, I saw behind God's footprints."** In the same way, the presence of our priests and religious enriches our parish, inspiring us to live as a community of faith, hope and unconditional love. Their lives of prayer, sacrifice and service encourage us to be more Christlike, committed and dedicated in our mission.

With gratitude, we once again thank Fr. Edwin Vas SVD, Fr. Lucas Parkhe SVD and all the outgoing religious for their love, service and prayerful support. Truly, like Tagore, we can say: **'They came, they saw, they conversed, they participated and they conquered our heart, leaving behind beautiful, God-centered footprints.'**

Finally, I extend a warm welcome to our newly appointed priests and deacon. May their priestly ministry and holy presence draw our community closer to God and help us grow as a vibrant, mission-oriented parish Community.

On behalf of the parish clergy team, I wish each one of you a very Happy Feast of the Sacred Heart of Jesus. May the love of Jesus live in the hearts of all!

Fr. John Mascarenhas SVD  
Parish Priest



Publisher: Fr. John Mascarenhas SVD

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Printer: Richard's Printing Establishment

# HEART OF JESUS, GOVERN US



The devotion to the Sacred Heart of Jesus is not just a spiritual practice; it is a way of life. The Heart of Jesus is the fountain of love – the heart that was pierced on the cross, from which flowed blood and water, the fountain of life for all believers. This Heart stands for everything Jesus lived and died for: mercy, forgiveness and boundless love.

## Love Beyond Limits

Human love often comes with boundaries. We tend to reserve our deepest affection and generosity for those who are 'like us' – people from our community, culture or tradition. Those who are different are sometimes treated with suspicion, even hostility. The world is full of ideologies that divide, painting the "other" as untrustworthy or less than fully human.

But the Heart of Jesus breaks down these walls. His love knows no bounds. It embraces every person, regardless of their background, beliefs, or circumstances. In a city like Mumbai – vibrant, diverse and sometimes divided – this message is especially powerful. The Sacred Heart calls us to go beyond our comfort zones, to love without measure, and to see Christ in every neighbour.

## The Pierced Heart: Source of Life

On Calvary, the Heart of Jesus was pierced, and from it flowed blood and water – symbols of the sacraments that sustain the Church. Every Eucharist, every baptism, every celebration of reconciliation is a direct encounter with this redeeming love. The pierced Heart is not just a symbol of suffering; it is the wellspring of new life, forgiveness and salvation.

## "Heart of Jesus, Govern Us"

When we pray, "Heart of Jesus, govern us," we surrender ourselves to this boundless love. We allow Christ to reign in our hearts, guiding us to forgive without measure, to reconcile with those estranged, and to build bridges where divisions exist.

In our parish communities, this prayer becomes a mission. It transforms us into a fellowship of interlinked lives – a web of mercy, service, and generosity. A parish governed by the Heart of Jesus is not closed in on itself but open to all, especially the marginalized and forgotten.

## A Call for Our Parish

As we celebrate the Sacred Heart, let us ask: how can our parish in Mumbai reflect this love?

- By reaching out to those on the margins – the poor, the lonely, the migrant worker, the forgotten neighbour.
- By practicing forgiveness in our families and communities, and letting go of grudges that divide us.
- By living the sacraments not as rituals alone, but as encounters with the living Heart of Jesus.

The Sacred Heart is not just a devotion; it is a way of being Church. May the Heart of Jesus govern us, so that our parish becomes a beacon of love, reconciliation, and hope in the heart of our city.

Fr. Joseph M.T. SVD

“  
O Sacred Heart of Jesus,  
Thou art the King and  
center of all hearts; rule  
over mine forever.

– St. Gertrude the Great

# CCO on the Move

The month of June is dedicated to the holy and special heart that we want to imitate and that is the **'Sacred Heart of Jesus'**. The Sacred Heart of Jesus symbolizes God's boundless, passionate and compassionate love for humanity. It represents the humanity and divinity of Jesus, specifically focusing on His suffering, mercy and enduring love, often highlighting His 'long-suffering' for the sins of the world.

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

**Elections** were conducted in March and April 2026 to renew leadership across all the Councils and Associations of the Parish for the next three years i.e. June 2026 - May 2029.

The Elections for **Parish Pastoral Council (PPC)** representatives, **Small Christian Communities (SCC)** Coordinators and Office bearers were conducted in their respective Small Christian Communities during March/April 2026.

During the same period, elections for Heads of Cells/Associations to form the **Parish Association and Cell Council (PAC)** were conducted in their respective Associations/Cells. Subsequently, on 13th April 2026, six representatives of the newly elected PAC were elected to the PPC.

The **Parish SCC Coordinating Team** was elected on 16th April 2026.

**Parish Associations, Cells and Religious Sisters** came together to lead the faithful in the Rosary devotion to Our Lady during the month of May at the Grotto. This heartfelt devotion fostered a spirit of community and grace.

**The Legion of Mary** members actively engaged in spiritual and charitable works, including conducting Holy Hour at Canossa Nirmalashram, visiting the sick in hospitals, organizing the Way of the Cross for Legionaries on the parish ground, visiting Cheshire Home and carrying out community visits to all homes. Through these activities, they bring prayer, comfort and the love of Christ to those in need.

**The Missionary Families of Christ (MFC)** members conducted the Way of the Cross on the theme 'Families' for parishioners on 6th March 2026. They also led the Way of the Cross for MFC members on 28th March 2026.

**The Senior Citizens** organized the Stations of the Cross at Don Bosco Karjat. Lenten Recollection by Fr. Franco Pereira SDB, based on the '7 key characters on the way to Calvary' was conducted on 19th March. On Good Friday the Senior citizen cell conducted Way of the Cross for the parishioners at 10.00 am.

**The Divine Mercy Cell** along with the Divine Mercy Community No. 09 animators conducted the Divine Mercy Novena commencing from Good Friday. Divine Mercy Feast Mass was celebrated at 10.00 am on 12th April 2026 followed by a get together of the cell members as well as the community animators.

**The Sunday School** hosted the Deanery Lenten Recollection in March. The Station of the Cross for class 5th to 9th was conducted on 15th March, at Atma Darshan. Farewell for the students was conducted on 22nd March in their respective classes, followed by a Catechists meeting.

**The Women's Cell** celebrated Women's Day on 8th March with prayer and fellowship. Five women were honored for their service to the parish.

**The Community Welfare Fund (CWF)** made the following payments during February, March and April, 2026:

<b>Education</b>	:	10 payments
<b>Medical</b>	:	25 payments
<b>Housing Aid</b>	:	32 payments
<b>Total</b>	:	67 payments

**St. Vincent De Paul Association (SVP)** reaches out to the adopted families of our parish as well as the needy belonging to other faith; providing them with rations, medical and cash assistance. On Easter Sunday, food packages were distributed to the adopted families.

**The Parish Youth Council (PYC)** in collaboration with **the Parish Youth Animation Team (PYAT)** organized 'Taize', a contemplative prayer session including silence, chants and reflection on 21st March. The youth ministry also organized a live enactment of the Way of the Cross on Good Friday. This moving enactment of the passion of Christ began at St. Dominic Savio School and proceeded through Canossa School, Sacred Heart Church and St. Arnold's grounds, before concluding at the Gyan Ashram campus.

A Summer Camp was organized for children from Grades 1 to 10 from 1st to 3rd May. It was a time of learning, fun and bonding for the children.

**The Dental Clinic** continues to serve parishioners and people of other faiths efficiently.

All the activities of the CCO in collaboration with the Cells and Associations are functioning smoothly. We extend our heartfelt gratitude to all the leaders of the Cells/Associations, PPC, SCC and their team members for their commendable and selfless service to the parish.

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

Ida Quinny  
CCO Co-ordinator

# Fr. Edwin Vas SVD Unscripted



The true mark of a disciple is not position, authority or achievements, but in radiating Christ's love. If one is to live their vocation faithfully, then Christ's love should be manifested in and through that person.

Fr. Edwin Vas, an SVD priest of 42 years, believes that 'priesthood' is primarily a witness to one's life than just the performance of a ministry. His conviction that words, actions, behaviour, attitude and even the tone of one's voice should reflect the love of Christ has shaped his pastoral life and is beautifully captured in his priestly motto: **"By this everyone will know that you are My disciples, if you love one another"** (John 13:35).

He says, *"Over the years, I have come to realize that no matter what ministry I am entrusted with, whether preaching, teaching, working in the media or serving the poor, I can never escape being either a witness or a counter-witness to Christ. People may forget our sermons, but they rarely forget how we made them feel, how we treated them, and whether they experienced Christ's love and compassion through us"*.

## EARLY DAYS AND VOCATION TO PRIESTHOOD

The seed of Fr. Edwin's vocation was sown in the quiet faith of his family, especially through the life and example of his mother, a deeply prayerful and devout woman who taught her children, more by her life than by words, what it meant to trust in God.

She formed them in prayer, discipline and fidelity to God and made sure her children remained faithful to family prayers and the evening Rosary. Going to Mass daily was non-negotiable in the family. On dark mornings, they would walk the long distance to Church carrying a candle protected inside a coconut shell, so that the wind would not blow it out. Looking back, Fr. Edwin recognizes that these simple yet profound experiences quietly shaped his faith and prepared his heart for God's call.

As a young boy, he loved serving at Mass, and what began as the joy of being an altar server slowly awakened within him a deeper attraction toward the priesthood. In fact, his favourite game at home was 'celebrating Mass.' He would take a bedsheet, make a hole in the centre, and wear it like a vestment. During the cashew season, cashew juice became the 'wine,' and pieces of cashew fruit or sweet potatoes became the 'hosts.' His younger brother Cyril faithfully acted as the altar server. What seemed like a child's innocent play was perhaps already the first stirring of a vocation.

During his school years, his vocation was further influenced by his cousin, now Fr. Richard Vaz SVD, who had joined the Society of the Divine Word minor seminary and came home during the holidays, enthusiastic and eager to share about his seminary life. Fr. Philip Koran SVD, the Rector of the Seminary, also visited and encouraged him to join the seminary. What touched him most deeply was the way they spoke about 'priesthood' as a life of service. They motivated him to become a priest in order to serve the poor and bring hope to those who suffer. That was when he began looking at 'priesthood' not only as offering Mass and praying but also as giving one's life for others, especially for the poor and marginalized.

Through the faith of his mother, the example of priests and seminarians, and a growing desire to serve others, Fr. Edwin slowly discovered God's call. And so, at the age of twelve, he entered the seminary, beginning the journey that shaped the rest of his life.

## APPOINTMENT TO SACRED HEART PARISH

After his ordination, Fr. Edwin began his priestly ministry in a village parish in Andhra Pradesh. Those initial years in parish ministry left a deep and lasting impact on him, planting within him a strong desire to live and work closely among people in a parish setting.

However, obedient to the decisions of his superiors and faithful to his promise to serve wherever the congregation needed him, he humbly accepted the assignments entrusted to him and served in the field of Communication and Media for the next 31 years, with a brief one-year appointment to Divine Call Centre, Mulki and another one year as Spiritual director to the Seminarians at Vidya Niketan, Mysore.

Yet, throughout those years, the desire to return to parish ministry remained alive in his heart. Therefore, Fr. Edwin considered it a golden opportunity when he finally received his posting to our parish, as it gave him the chance to live out that long-cherished desire of service within a parish community.

## EXPERIENCE AT SACRED HEART PARISH

Fr. Edwin sums up his experience at Sacred Heart Parish in a simple yet profound phrase, **"Love received in abundance."**

Fr Edwin says, *"This parish reminds me of how meaningful and beautiful 'priesthood' truly is. Through the love, care, and warmth of the parishioners, I experienced the truth of Jesus' words, **"Everyone who has left houses or brothers or sisters or father or mother... for My name's sake, will receive a hundredfold"** (Matthew 19:29). I truly feel that God has cared for me and blessed me abundantly through the love of the people and the fraternity of the clergy."*

What touched him deeply was the faith and dedication of the parishioners. Despite demanding careers, family responsibilities, and the pressures of daily life, they continue to make time for the Church and parish activities, thereby witnessing their faith and commitment.

Fr. Edwin also says he learned much from the parishioners, through their patience in difficult moments, contentment in simple living, compassion for those who struggle, generosity toward those in need, and quiet service without seeking recognition. In them, he witnessed the Gospel being lived out in daily life.

With a heart full of gratitude, Fr. Edwin thanks the parishioners for their love, support, and prayers, and the priests with whom he had the privilege to serve, whose fraternity and shared commitment to ministry made his time at Sacred Heart Parish deeply joyful and meaningful.

## A GRACE-FILLED MEMORY

One experience that remains very close to Fr. Edwin's heart was the time around March 2024, when he fell seriously ill, an experience he now looks upon as a great blessing from God. During that difficult period, he became deeply aware of how much he was loved by God, his SVD confreres, his family, friends and the people of the parish.

He was deeply touched by the loving care shown by the doctors, nurses, the Servants of the Holy Spirit Sisters, and the staff of Holy Spirit Hospital, through whom he experienced God's healing presence in a very personal way.

Though at one stage his condition seemed extremely critical and he was given just a few hours to live, through God's grace, the prayers of countless people, and the dedicated care of those around him, his situation reversed and he gradually regained his health. Fr. Edwin says this experience touched him deeply, reminding him that he was never alone, but always surrounded by the love, prayers, and support of a family of faith. Through that love, he truly experienced God's own care for him.

## CHALLENGES AND BLESSINGS

Fr. Edwin shares that one of the biggest challenges in parish ministry has been to live authentically what he preaches. It is easy to speak about love, patience, forgiveness, and understanding, but far more challenging to

practice them consistently in daily life. Many a time, he found himself challenged to avoid being judgmental and to remain silent when conversations indirectly encouraged speaking negatively about others. These moments became opportunities of self-reflection that 'priesthood' is not only about ministry to others but also about allowing God to continually transform his own heart.

At the same time, Fr. Edwin describes administering the Sacraments and walking with the people as one of the greatest blessings of his ministry. The faith, devotion, sacrifices, struggles, and generosity of the parishioners have deeply enriched his priesthood. He says that their trust in God, perseverance in prayer, and quiet witness of faith have not only inspired him but have also shaped, strengthened, and helped him become a better priest and person.

## MOTIVATION TO KEEP UP WITH THE EVER-BUZZING SACRED HEART PARISH

Fr. Edwin shares that above all, it is 'prayer and trust in God' that has kept him motivated. In every challenge or difficult situation, he has learned to speak to God openly and, over the years, has experienced that God never abandons but continually guides with patience and understanding.

He adds that 'the encouragement, appreciation, and support of the parishioners and the clergy' have been another great source of strength.

Their simple words, cooperation, and spirit of working together gave him the energy to continue his ministry joyfully, even during demanding times.

## FR. EDWIN'S MESSAGE TO THE PARISHIONERS

*"Never forget that God walks with you always, in moments of joy as well as in times of struggle, quietly guiding, strengthening and sustaining you. Try to become more aware of His presence in your daily life and in the people around you."*

*Always remain grateful both to God and to people for so many contribute to our lives in ways we often do not see.*

*Try to find something good in every person you meet. Speak well of others and encourage one another, for our words have the power either to heal or to wound. And when people hurt you, do not respond with anger, but with compassion and understanding. Sometimes a little kindness and patience can bring healing. Above all, continue to live your faith with sincerity, love, and trust in God.*

*Thank you, my dear parishioners of Sacred Heart Parish, for your love, prayers, support, and for the many ways you have touched and enriched my life and priesthood. I will always remain grateful. God bless you and your families abundantly."*

# Farewell Dear Fr. Edwin And A Big Thank You

As a cherished member of our parish clergy team, Fr. Edwin Vas SVD, has been a deeply inspiring and reassuring presence among us. In his quiet yet impactful way, he served as a proactive and effective spiritual director to various Cells, Associations and Small Christian Communities, touching many lives through his wisdom, patience and fatherly guidance.

Widely admired as a humble genius and a true all-rounder, Fr. Edwin has been our reliable 'go-to person' for everything, from technical expertise in computers and sound systems to his professional skill in photography and his wisdom in providing practical solutions behind the scenes. His immense wealth of knowledge in communication and media, combined with his simplicity and readiness to help, has made him truly special to our parish family.

We will deeply miss his thought-provoking homilies, his gentle guidance, his calm composure and his quiet yet effective way of serving. Whether in the sanctuary, at meetings, or helping solve a technical challenge, Fr. Edwin always ministered with dedication, humility and love.

As you return to Ishvani Kendra as its Assistant Director and Head of Communication Department, we rejoice that your immense gifts, rich experience and visionary leadership will once again serve the mission that has been so close to your heart for many years. While it is difficult for us to let you go, we are grateful that the Church continues to benefit from your many talents.

Thank you, dear Fr. Edwin, for your loving presence among us. May the Lord continue to bless you with good health, wisdom, joy and abundant graces as you begin this new chapter.

# A Hearty Welcome Dear Fathers

## Fr. Thomas Malipurathu SVD

Fr. Thomas Malipurathu SVD was born on 24 October 1952 to Dominic Varkey and Elizabeth. He hails from Chirakadavu, Kerala. He has seven sisters and three brothers. He joined the SVD congregation in 1965. After long years of formation and after completing his Philosophy and Theology studies at Pontifical Athenaeum, Jnana Deepa Institute of Philosophy and Theology in Pune, he was ordained a priest on May 7, 1980 at his home parish by Archbishop Raphael Cheenath SVD.

His Pastoral Motto is 'I can do all things through Him who strengthens me'. After a brief period spent in pastoral ministry in Andhra Pradesh, he went to Rome for higher studies in Scripture. After completing a Licentiate in Scripture from the Pontifical Biblical Institute, Fr. Thomas moved to the Gregorian University, obtaining a doctorate in Biblical Theology in 1994. He taught at Jnana Deepa Institute for many years and retired as Professor and Head

of the Department of Biblical Studies in 2017. Over the years he also taught biblical subjects in the role as visiting faculty at several other seminaries and institutes of higher learning. Fr. Thomas has served as Director of Ishvani Kendra, Pune, from 1996 to 2002 and as Rector of Divine Word Seminary, Pune, from 2014 to 2020.

During the period from 2004 to 2012, Fr. Thomas worked as the General Secretary for Formation and Education at the SVD Generalate in Rome. He has also served in the position of Formation Secretary for SVD India from 2020 to 2023. Fr. Thomas has been serving as a staff member at Ishvani Kendra, Pune, from 2023 to 2026. Fr. Thomas Joins our Parish as co-pastor from June 2026.

Dear Fr. Thomas we accord a hearty welcome to you and wish God's choicest blessings upon You!



## Fr Abraham Vincent Dsouza SVD

Fr. Abraham Vincent Dsouza SVD, fondly known as Fr. Abu, hails from St. Francis Xavier Parish, Mudarangadi in the Diocese of Udupi, Mangalore. Born on 19th December 1966 into a faith-filled family of Late Paul and Late Coses Dsouza, Fr. Abu is the youngest among his three brothers and three sisters.

The fragrance of prayer and virtue blossomed early in his life. Hearing the gentle whisper of the Divine Master, he courageously embraced the sacred call to become an SVD religious missionary priest. He joined the SVD minor seminary at Kirem, Mangalore in 1982 and was ordained priest on 25th April 1994 at St. Joseph's Church, Belman, by Bishop Basil Salvatore D'Souza. His ordination motto was 'Serve with Love.'

Fr. Abraham has rendered devoted pastoral service in various capacities. He was appointed as Assistant Parish Priest at Sts. Peter and Paul Church, Janagaon, Telangana from 1994 to 1996; he served as SVD Vocation Promoter

in the Diocese of Mangalore from 1996-1999; and as Secretary to the SVD Provincial Superiors in Bandra from 1999-2003. His other assignments include service at the SVD Major Seminary in Mysore as Moderator and Procurator from 2003-2004, Director of the Home for Senior Citizens in Kirem, Mangalore 2014-2016, and as administrator of St. Arnold Central School, Pune from 2016-2018.

Fr. Abu has worked with remarkable dedication and humility as a charismatic retreat preacher at the Divine Call Retreat Centre, Mulki, Mangalore from 2004 onwards, serving as Director and Superior of this renowned retreat centre from 2020-2026. He has preached Konkani retreats in many countries. Through his ministry of preaching and counselling, filled with the fire of the Holy Spirit and deeply rooted in the Word of God, he has touched countless hearts and led many souls toward spiritual renewal.

Fr. Abraham joins our parish as co-pastor from June 2026.



Dear Fr. Abraham, we warmly welcome you to our parish community and pray that your time with us may be pleasant, grace-filled and fruitful.

## Fr. P. David SVD

Fr. P. David SVD was born on 18 September 1990 and is the only son of Antony Pitchaimuthu Devasagayam and Chinnammal Mary. He hails from the vibrant town of Palani in the Dindigul district of Tamil Nadu and belongs to the Diocese of Dindigul. Brought up in an atmosphere of love and deep faith, his ardent desire to become a religious missionary priest took strong root through witnessing the faith filled life and example of his parents.

He joined the Society of the Divine Word (SVD) in 2008 at Trichy, marking the beginning of his religious formation. He pursued his undergraduate studies in English Literature at Loyola College, Chennai. In 2014, he professed his first vows and became a member of the Society. He then undertook his philosophical studies in Bhopal from 2014 to 2016. As part of his formation, he was sent for an Exposure and Immersion Programme in Bhongir, Hyderabad, where he gained practical experience in the healthcare ministry. He continued his theological studies at Jnana Deepa, Pune.

On 2 January 2020, he professed his final vows, becoming a permanent member of the

Society of the Divine Word. The following day, on 3 January 2020, he was ordained a Deacon and was assigned to St. Antony's Church, Karisalpatty, in the Diocese of Dindigul, where he carried out his diaconate ministry during the challenging period of the COVID 19 pandemic. Later that year, on 26 December 2020, he was ordained a Priest by Most Rev. Thomas Paulsamy DD, Bishop of Dindigul, at St. Michael's Church, Palani.

Following his ordination, he served at St. Theresa's Church, Bandra, under interim appointment from January to May 2021. From June 2021 to June 2024, he served as Secretary to the Provincial at the SVD Provincial House in Bandra. He then pursued his postgraduate studies in MSc Counselling Psychology at Montfort Institute of Advanced Studies, Bangalore, from July 2024 to May 2026. Fr. P David Joins our Parish as co-pastor from June 2026.

Fr. David's priestly motto is "*Led by the Word.*" He is deeply passionate about sharing in the lives and struggles of the people. He embraces the philosophy of relatedness, expressed in



the belief, "*I am because you are, and you are because I am,*" which continues to guide his ministry with compassion and commitment.

Dear Fr. David, we extend a warm welcome to you and wish you a pleasant and a fruitful stay with us.

## Farewell Dear Fr. Lucas And A Big Thank You



With grateful hearts, we bid farewell to our beloved Fr. Lucas Parkhe SVD, as he embarks on a new mission as Vocation Promoter at SVD

Shishyalaya, Vasai. This sentimental transition holds great symbolism, for it was there in 2009 that he first responded to God's call and began his own journey of formation.

Ordained to the priesthood on 22 January 2022, Fr. Lucas became a part of our parish team as Co-Pastor in June 2024, following his previous posting as Assistant Director and Procurator at Janaseva Society, Tala, where he ministered especially to tribal communities and led outreach initiatives.

During his time with us, his cheerful presence, approachable nature and readiness to help have touched countless lives. As spiritual director to various Cells, Associations and Small Christian Communities, he guided many with genuine pastoral care and dedication. His commitment to youth ministry has been especially inspiring and commendable. Fr. Lucas's youthful energy bridged a gap between the pulpit and the pews, connecting naturally with the

children and the youth as a relatable mentor ministering to the concerns of the young ones of our parish. During his homilies at the children's Mass, he revealed his remarkable gift of transforming theological truths to simple, relatable language while balancing it with a lighthearted-touch that drew the youth closer to the teachings of Christ. His meaningful connection with the youth, the senior citizens and the families as a spiritual director for the various communities ensured a sense of belongingness and spiritual encouragement for all.

Dear Fr. Lucas, thank you for the support and selfless service you have shared with our parish family. As you begin this new chapter, may the Lord continue to bless you with good health, wisdom and abundant grace. May the Holy Spirit guide every step of your journey and may your life continue to inspire many young hearts to hear and answer God's call.

## Congratulations, Dear Fr. Ebin SVD, on Your Ordination



Fr. Ebin Ouseph Venad SVD was ordained on 16 April 2026 at his home parish, St. Joseph's Church, Koduppunna, by His Grace Mar Thomas Tharayil, the Archbishop of Changanacherry. It was a solemn and grace-filled ceremony.

Fr. Ebin joined the SVD congregation on 11 June 2011, at St. John's Mission Minor Seminary, Changanacherry, after completing his secondary school studies. He completed his diaconate ministry in our parish from August 2025 to February 2026. During this time, he has assisted the clergy team in the activities and meetings pertaining to the various Cells, Associations and Communities of our parish.

*"My soul magnifies the Lord; my spirit rejoices in God my Saviour"* (Lk 1:46-47) was the theme he chose for his Priestly Ordination, priestly life and ministries.

His first assignment is as the Vocation Promoter to St. John's Mission Minor Seminary, Changanacherry, the place where he began his journey to priesthood and religious life.

We thank you dear Fr. Ebin and we assure you of our prayers and best wishes in all that you do in the Lord's vineyard.

“  
The Heart of  
Jesus is the true  
King of love. If  
we surrender our  
hearts to Him,  
He will rule them  
with sweetness,  
never forcing, but  
drawing us by His  
mercy and peace.

- St. Francis de Sales

## DIACONATE MEMORIES

It is with immense joy and profound gratitude that I write these few words on my Diaconate experiences at Sacred Heart Church Andheri, a parish community that has greatly imbibed the qualities of Sacred Heart of Jesus. It was, indeed, a privilege to serve Sacred Heart parish as a Deacon. It was a year of rich experiences, great life lessons and lasting memories.

I reached Sacred Heart on 17 August 2025. I was introduced and welcomed on the same day by the clergy team and the parishioners. I left Sacred Heart on 02 March 2026, having been strengthened and deepened in my Catholic faith and vocation to priesthood.

I assisted at the Holy Eucharist, preached homilies, accompanied priests to SCC meetings at various communities and took part in the activities of the various communities, cells and Associations. Here we have a meaningful practice of meeting people in the Church premises after each Holy Eucharist. Such exposures provided me with opportunities to meet and interact with our parishioners and to be enriched by their sharing.

I had a lovely time with the youth. I delightfully participated in the activities organized by them and specially enjoyed playing volleyball in the evenings. The enthusiastic and innovative involvement of the youth and others in the spiritual and other activities of the Church is encouraging and motivating. But above all, it is the deep faith and genuine concern and love of the people that moved me the most. The Eucharistic Chapel in the Church premise has been a special place for many people and for me as well.

I had a meaningful community life at Sacred Heart. My superior, Fr. John Mascaranhas SVD and my fellow community members were supportive and understanding. They ensured that I had enough opportunities and freedom for growth and development. Their timely guidance and suggestions helped my growth.

The atmosphere in the parish motivated me to polish my English and to become more sociable and gentler. The process of preparing

homilies was a personal time for reflection and meditation. As a whole, it was such a lovely time that I would love to come to Sacred Heart every time I get an opportunity.

Thank you, Sacred Heart parish community, for everything you gave me and for all that you have been to me. May you ever grow in faith and love.

Fr. Ebin Ouseph SVD

“  
Jesus, make my heart  
Your throne, and rule  
it as King of Love.

- St. Thérèse of Lisieux

# Hearty Laughter

## RANDOM INSIGHTS

- The secret to life is to keep breathing.
- Middle age is when your broad mind and narrow waist change places.
- Education is important, but recess is importanter.
- Cleaning the house while kids are growing is like brushing your teeth while eating Oreos.
- Home is where Wi Fi connects automatically.
- Family: where "I love you" and "Who finished the ice cream?" live side by side.
- Wi Fi is the glue that holds modern families together.
- Running late counts as cardio?
- Life is like a sandwich – no matter how you flip it, the bread comes first.
- Meetings are the practical alternative to work.
- Democracy is when everyone gets a say... and then no one agrees.
- Marriage teaches you loyalty, patience, and why the TV remote should never be lost.
- Marriage is when a man and woman become one... and the trouble starts when they try to decide which one.
- A good marriage is like a casserole – only those responsible for it really know what goes in it.
- Life is like a mirror – it shows you what you put in front of it.
- Life is like a joke – it's better when you share it.

\*\*\*\*\*

## Friendship

A man dies and his three best friends, Matthew, Mark and James, are looking at his body in the coffin. Matthew says, "He was such

a good friend. I don't want him to go to his maker empty handed" and he throws Rs.500 in cash into the coffin. Mark says he agrees and also throws in Rs.500 in cash. James says, "You cheap-skates! I'm ashamed of you and I'm going to give him Rs.1,000." He then writes out a cheque for Rs.2000, throws it in and takes the Rs.1,000 in change out of the coffin.

\*\*\*\*\*

## Stop or Slow Down

A man rolls through a STOP sign and a cop pulls him over, saying, "I pulled you over because you failed to stop at that stop sign. You only slowed down."

"Slow down... stop... what's the difference?" the man enquires.

The cop pulls the man out of his car and begins beating him with his nightstick, screaming, "Now, you tell me, whether you want me to stop... or slow down?"

\*\*\*\*\*

## An Annoying Customer

A coffee shop owner had a customer who loved to humiliate him. He did this by ordering a \$2.50 coffee with 10 cent coins and in doing so, he threw the coins all over the counter, leaving the poor seller to pick up all the coins.

One day, this customer only had a \$5 note and so reluctantly used it to purchase the coffee. The seller, after serving him, was about to give his 2.50 change, however realized that this was his opportunity to get revenge.

He quickly counted all his 10 cents up until it summed up to 2.50 and then with a grin, he threw all the coins on the counter shouting: "Here's your change!"

The customer looked at the change and said, "Actually, I will get another cup as well"

\*\*\*\*\*

## Invention

Three archaeologists met at a seminar.

The British archaeologist said: We dug very deep and found sculpted animal bones. This

proves that my ancestors invented art.

The German said: We dug very deep and found a plate-size disk showing the solar system. This proves that my ancestors invented astronomy.

The Italian said: We dug very deep and didn't find any wires. This proves that my ancestors invented WIFI communication.

\*\*\*\*\*

## The Family Dinner

Mom: "Why don't you ever help in the kitchen?"

Son: "Because every time I do, you say I'm doing it wrong."

Mom: "That's true."

Son: "So technically, I'm helping by staying out."

\*\*\*\*\*

## No Time

Ella, a 5-year-old, drew a nice picture of a princess, beautiful flowers and sunshine.

She showed it to her father and said, "Daddy, this is a picture of you and me, but I didn't have time to draw you."

\*\*\*\*\*

## Do You Know?

### What word is spelt wrong in every dictionary?

Wrong

### Definition of laziness

The art of taking rest before getting tired. Because prevention is better than a cure.

### Birthdays are great

But too many of them will kill you.

### What's the difference between grey and gray?

One is a color, and the other is a colour.

# Heart to Heart Family Quiz (June 2026)

## I) Select the correct answer:

- In John chapter 15, when Jesus is described as the "True Vine," what does He say happens to the branch that does not bear fruit?  
A. It is taken away and thrown into the fire  
B. It is left alone to wither  
C. It is pruned to grow more  
D. It is grafted into another tree
- According to Hebrews chapter 4, how is the "Word of God" described in its ability to judge the heart?  
A. As a soft whisper in the wind  
B. As a heavy stone that crushes the disobedient  
C. As a blinding light that reveals all secrets  
D. Sharper than any two-edged sword, piercing to the division of soul and spirit
- In the Revelation chapter 3, Jesus says, "Listen! I am standing at the door, knocking; if you hear my voice and open the door, I will \_\_\_\_\_."  
A. Judge you  
B. Give you gold  
C. Come in to you and eat with you  
D. Heal your land
- What stood out about Peter To Rot during his childhood?  
A. His academic brilliance and musical talent  
B. His humility and natural leadership  
C. His desire to travel the world  
D. His skill in computer programming
- During the Japanese invasion in 1942, what crucial role did Peter To Rot take on?  
A. He became a soldier in the local army  
B. He specialized in digital evangelization  
C. He moved to the cemetery in Assisi  
D. He sustained the Christian community in the absence of priests
- Why did Peter To Rot come into direct conflict with Japanese authorities and local figures?  
A. He openly opposed the legalization of polygamy  
B. He refused to pay his taxes  
C. He wanted to build a secular school  
D. He refused to provide food to prisoners of war
- Where did Peter To Rot continue his mission and sacraments in secret?  
A. In a public government building  
B. In the local marketplace  
C. In a shelter he built on his property  
D. In a hospital in Monza

- What does St. Paul say is the "greatest" of the three remaining virtues in 1 Corinthians 13?  
A. Faith  
B. Hope  
C. Love  
D. Wisdom
- Who celebrated the beatification of Peter To Rot in Papua New Guinea in 1995?  
A. Pope Leo XIII  
B. Pope John Paul II  
C. Pope Leo XIV  
D. Pope Francis

## II) Guess these New Testament Characters

- I was a synagogue leader whose 12-year daughter, fell desperately ill and died, but Jesus took her by the hand, and commanded her to rise. \_\_\_\_\_
- I was a tax collector who climbed a sycamore tree to see Jesus, and my heart was changed when He came to my house. \_\_\_\_\_
- I was a Gentile about whom Jesus said He had not found such great faith in all Israel. \_\_\_\_\_
- I stood at the foot of the cross and watched the soldier pierce my Son's side. \_\_\_\_\_
- I was a Pharisee who came to Jesus at night and later helped bury Him with great love. \_\_\_\_\_

## III) Word Game: Unscramble the Bible Characters

(Unscramble the letters to find characters known for their faith or relationship with Jesus)

- A U L P (Preached the love of Christ to the Gentiles) \_\_\_\_\_
- H T R U (Showed steadfast love to her mother-in-law) \_\_\_\_\_
- S E O J P H (Guided by God's heart in dreams to protect the infant Jesus) \_\_\_\_\_
- H A R S A (The mother of many nations) \_\_\_\_\_
- A C I S A (The son of the promise) \_\_\_\_\_
- E P R E T (Jesus asked him thrice, "Do you love Me?") \_\_\_\_\_

## ANSWERS OF FAMILY QUIZ - April 2026

- I. 1.1 Peace be with you; 2. Emmaus; 3. Jerusalem; 4. The father, the Son and the Holy Spirit; 5. He recognized their faith was "lukewarm"; 6. Little Saviour; 7. The Eucharist; 8. My highway to Heaven
- II. 1. Will live Jn 11:25; 2. Ahead of Mark 16:7; 3. futile 1 Corinthians 15:17; 4. Judas Iscariot Mathew 26:14-15; 5. I do not know him Luke 22:56-57; 6. God's Son Mathew 27:54
- III. 1. Golgotha/Calvary; 2. Mount of Olives; 3. Gethsemane (Garden near the skull); 4. Sea of Tiberias (Galilee)
- IV. 1. Joseph of Arimathea; 2. 40 Days

- 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 18th July, 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 \_\_\_\_\_

# Parish Activities

## Church Renovation Project

***"Unless the Lord builds the house, the builders labour in vain."*** Psalm 127:1

The final **"Amen"** still hung in the air as members of the Parish Pastoral Council (PPC) core team and Finance Committee quietly settled into their thoughts. The meeting to discuss the Church renovation as part of the Silver Jubilee of the Church Building, had ended, but the weight of what was discussed lingered. Where will Mass be held? A daunting mountain of questions filled their heads. The Church structure, the very heart of parish life, would need to be vacated for over a month for the planned renovation. A year ago, they realized the task ahead was far greater than a simple coat of paint.

When the committees reconvened, the true needs of the parish came into sharp focus; thanks to the inputs received from the communities and a new Infrastructure Committee. Beyond just painting ageing walls, the project needed reworking of the altar and overhauling overhead fans. A modern projector was on the wish list, though the Church painting remained the top priority.

The Finance Committee worked methodically and carefully approached vendors seeking quotations from painters, interior specialists, waterproofing contractors, and craftsmen for bench polishing. Each vendor was chosen with care, each agreement a deliberate step toward transforming a space that had faithfully served worshippers over the years.

As the renovation unfolded, it took on a life of its own. An LED screen – crisp and luminous – found its place in the sanctuary. An air-conditioning unit was fitted near the altar to improve the ventilation. What started as a painting project steadily became something far greater than one's imagination.

***"For everything there is a season, and a time for every matter under heaven."*** Ecclesiastes 3:1

On Ash Wednesday, the parish literally stepped outside. For forty days, Mass was celebrated beneath an open shamiana on the grounds where the sky served as the ceiling, and the morning breeze as the ambience. It was stripped back, simple, and surprisingly beautiful – a

Lenten pilgrimage of its own kind. And on 05th April, 2026, Easter Sunday, when Bishop Stephen Fernandes raised his hands in blessing over the newly restored Church, the circle was gloriously complete. A season of penance had given birth to a season of renewal.

So much fell into place during those forty days. Fr John Mascarenhas SVD and the Clergy team led with conviction and unwavering faith. The workers arrived early and stayed late – their hands, so often overlooked, served as instruments of grace. Every committee member, every volunteer, every parishioner who whispered a prayer or lent a willing hand – each played their irreplaceable part.

Looking back, it is deeply humbling. We did not fully understand what was on the cards in those months of planning, meetings and labour. But God did. And when the doors finally swung open again, we stood inside a miracle and marvelled at what God had so graciously done.

**Jagdish Toppo**  
Finance Committee

## First Holy Communion Day - A Milestone of Faith

On February 8, 2026, our parish celebrated a sacred milestone as 39 children received their First Holy Communion. This momentous day marked the culmination of months of dedicated preparation, involving catechism classes, prayer services, and the active parental support on their spiritual growth journey. A significant preparatory step to worthily welcome Jesus in the Holy Eucharist was the Sacrament of Reconciliation held on February 1, 2026.

On February 8, 2026, the Holy Mass led by Emeritus Bishop Leo Cornelio SVD, commenced at 10.00 am, with an entrance procession of the First Holy communicants and their parents. In a meaningful gesture of offering, the children placed hosts into the ciborium, symbolizing their personal gift and commitment to God.

Fr. John Mascarenhas SVD delivered an engaging, interactive homily deepening the children's appreciation of the Eucharist. The liturgy was vibrant, featuring children leading readings, the offertory, and renewing their baptismal vows, holding lighted candles. The melodious singing of the Children's Choir added joy and beauty to the celebration, making their hearts joyful and their smiles brighter.

The celebration concluded with the communicants performing the action song, *"If God is for me, who can be against me,"* followed by the presentation of certificates, rosaries, and scapulars as tokens on this sacred day.

We extend our deepest gratitude to Emeritus Bishop Leo Cornelio SVD, Fr. John Mascarenhas SVD, Fr. Lucas Parkhe SVD, and the entire clergy team. Special thanks to the catechists, parents, donors, animators, ushers, altar servers, Giselle and the Children's Choir for making this day memorable.

With the memory of this special day and blessings in their hearts, our children are now ready to walk forward, carrying the light of Jesus into the world.

**Nirmala Almeida**  
Catechist - First Holy Communion

## Pilgrimage to the Shrine of Infant Jesus, Nashik

On 3rd March, members from Our Lady of Nazareth, Community No. 16, boarded the bus at 6.30 am for a Lenten pilgrimage to the Shrine of Infant Jesus, Nashik. We started our journey reciting the Rosary and singing hymns to get us into a prayerful spirit. We made a brief stop for breakfast at Igatpuri after enjoying a scenic and smooth ride on the new 'Samruddhi Mahamarg Expressway' that connects Mumbai and Nagpur.

We reached the Shrine early and were delighted to find the Church, quite empty which allowed us to concentrate and pray without distractions and also gave us time to venerate the Infant Jesus Statue and offer our thanksgiving and mass intentions. We attended the concelebrated Mass at 12.00 noon and after Mass proceeded to the dining hall for lunch. After lunch, we spent some time in prayer at the Church and visited the stall to purchase devotional articles. We headed back, thankful to God for the grace that allowed us to be faithful to our Lenten commitments.

We would like to thank our PPC representative for organizing this pilgrimage and look forward to more events in our community.

**Judy Fernandes**  
Our Lady of Nazareth, Community No. 16



## Divine Mercy Community Pilgrimage Shrine of Infant Jesus, Nashik

On a warm morning of March 19, 2026, the Feast of St. Joseph, Patron of Fathers, 21 members of the Divine Mercy Community No. 9 set out on pilgrimage to the Shrine of Infant Jesus, Nashik, at around 5.45 am. Guided by Fr. Lucas Jojo SVD of Soverdia House as our spiritual guide for the day, our journey started with a prayer, recitation of the Rosary and a hymn dedicated to Mother

Mary to be with us and guide us along the way. Sandwiches, biscuits and fruit were served on the bus. One of our members very kindly shared hot tea and coffee. A variety of snacks circulated among the community members throughout the journey. As the bus rolled out from Mumbai, it passed through small villages and hamlets on the way to Nashik. While some members snoozed, others chirped with each other.

We reached the Shrine around 10.30 am for a private Mass, celebrated by Fr. Lucas, and our members volunteered to lead the congregation in prayer and song. Individual petitions were placed at the altar and offerings were placed in the boxes provided. Fr. Lucas preached about the solemnity of the Feast and the role of St. Joseph as a father while praying that all fathers emulate his qualities of patience and quiet service in their daily lives.

After holy Mass and group pictures, our members participated in the Way of the Cross, each station being recited by different members, in the natural surroundings of the shrine grounds.

Keeping in mind the Lenten spirit of voluntary abstinence, we shared a simple vegetarian meal seated at long wooden tables, as one big family, fostering a sense of simplicity and togetherness.

After lunch, at the special request of some members, we stopped at the local market to pick farm fresh fruits, vegetables and dry fruits. The collective bargaining and hauling of shopping bags to the bus proved a light-hearted finale to our journey.

Fr. Lucas offered a final prayer and blessing as we arrived safely at the Church compound at 6.15 pm.

Members expressed their gratitude for the blessings of Infant Jesus, the care and protection of Mother Mary and St. Joseph, along the way, together with the spirit of oneness experienced during this trip. We will fondly remember it for fulfilling our spiritual needs during the holy season of Lent.

Our special thanks to Fr. Lucas Jojo SVD for his spiritual guidance, our community co-ordinators for carefully planning the itinerary and each of the "pilgrims" for making this trip truly memorable.

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

“  
**When we are attached to the Heart of Jesus, we are like a child clinging to its mother. He rules us not with severity, but with tenderness, guiding us gently along the path of salvation.**

- St. John Vianney

”

## A Visit to Uttan for the Way of the Cross

In a spirit of prayer and togetherness, on 20th March, a group of 20 members from Genesis, Community No. 35, along with Fr. Lucas Parkhe SVD, visited Our Lady of The Sea Church, a Velankanni Shrine in Uttan, for 'Way of the Cross'. The day began early at 6.30 am as everyone gathered with enthusiasm and devotion, ready to embark on a meaningful spiritual journey.

Uttan, with its peaceful coastal surroundings, provided the perfect setting for reflection and prayer. Away from the noise and rush of daily life, we began the Way of the Cross. As the group moved through each station, we paused to meditate on the suffering and sacrifice of

Jesus Christ. Prayers, hymns, and moments of silence created a deeply reverent atmosphere, allowing each individual to connect deeply with their faith.

Moving from one station to the next, the group not only shared a physical path but also a spiritual journey. Each step served as a reminder of the values of humility, love, sacrifice and forgiveness. The experience was not just about personal reflection but also about walking together as a community, a reminder of the strength found in unity and collective prayer.

The opportunity to celebrate Holy Mass together at the Our Lady of Velankanni Shrine

added to the spiritual dimension of the day.

Alongside the spiritual reflections, the visit fostered warm fellowship among the group. Conversations, shared meals and simple moments of togetherness strengthened the bonds within the group, making the day both uplifting and memorable.

We returned at 2.30 pm, carrying with us a sense of peace, renewal, and deeper connection, both with our faith and with one another. It was truly a fulfilling experience, leaving a lasting impact on all who participated.

Reena Santosh  
Genesis, Community No. 35

## Walking Pilgrimage to Mount Mary Basilica

On 21st March 2026, our Parish embarked on its third annual Lenten Walking Pilgrimage to the Mount Mary Basilica, Bandra, led by our Parish Priest, Fr. John Mascarenhas SVD and Fr. Lucas Parke SVD. Their spiritual presence at the forefront resonated Christ Himself walking ahead, bearing the heavy cross to Calvary, motivating and strengthening us at every step.

At 11.30 pm, we gathered in the Church compound for a prayerful blessing and the distribution of batches and coupons. United as one body in Christ, we set out at 12.30 am in small groups - senior citizens, the middle aged, families, youth, children and sisters from various congregations, singing hymns in many languages, and praying fervently.

This year, our pilgrimage was devoted to 'world peace', pleading with Mother Mary for

intercession as wars and suffering afflict the innocent. We recalled the words of Jesus: **"I am the Resurrection and the Life. Those who believe in Me, even though they die, will live."** John 11:25

A short break was taken at Sacred Heart Church, Santacruz, where refreshments were served to revive our spirits.

We arrived at the Mount Mary Basilica at 4.20 am, where Fr. John, Fr. Lucas, and the concelebrating priests celebrated the Holy Eucharist. In his homily, Fr. John reflected on the Gospel of Lazarus, reminding us that **'Jesus wept'** (John 11:35) and that God's mercy brings life from death. The faithful were nourished by the Sacrament, and the pilgrimage concluded with a bus return arranged by our parish.

Gratitude to Fr. John, Andrew D'Souza, and the entire organizing team for their tireless preparation. Truly, it was a mission accomplished.

May the Blessed Virgin Mary intercede for peace, and may the risen Christ grant us eternal life.

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

“ Place your heart gently in the Sacred Heart of Jesus, and let it rest there, secure and governed by His love.

- St. Francis de Sales

## SEVEN CHARACTERS ON THE WAY OF THE CROSS A Reflective Journey of Faith and Sacrifice

On 19th March at 9.00 am, the mini hall was filled with senior citizens who gathered for the Lenten Recollection conducted by Fr. Franco Pereira SDB. The talk, interactive session and slides centered on seven individuals Jesus encountered on His sorrowful journey to Calvary. As Fr. Franco wittily put it, he just wanted to 'tickle our nostrils and wanted us to go home and sneeze'

We pondered the following figures:

JUDAS, who in a moment of weakness and love for money, betrayed Jesus with a kiss, believed he was beyond mercy and forgiveness, leading him to hang himself.

The GOVERNOR, who was a man of authority, yet insecure of his position. His earthly power and status held more importance to him than true justice.

BARABBAS, a rebel, a murderer, a criminal, who did not really know Jesus, yet, through the sacrifice of Jesus, was saved.

SIMON of CYRENE, an outsider who had just come to Jerusalem with his two sons to celebrate the Passover. Though initially unwilling, perhaps feeling humiliated or afraid to help, once he encountered Jesus, his life changed.

We reflected on the next character, the CENTURION, who walked alongside Jesus on the way to Calvary, observing Jesus' behaviour closely, the compassion and concern for the women of Jerusalem, the forgiveness of His tormentors and enemies and the miraculous signs that surrounded Jesus' death. Ultimately, he believed, Jesus truly was the Son of God.

Next, we pondered the life of MARY, the mother of Jesus, the best eyewitness to His life and death. A faithful and true disciple, a woman of strong faith who never lost hope and accompanied Jesus by the Way, of the Way and with the Way.

Lastly, we contemplated the life of PETER the FISHERMAN, who, from fishing and providing food to the people, was called to be the Rock and give the True Bread to the people. A man who denied Jesus, however, wept when he realised his weakness and loved Jesus even more after that. A man with a big and soft heart, who drew strength from Jesus after every fall and failure and gave his life for the Kingdom of God.

Our reflection made us realise that we all make mistakes, but what is important is how we react in the heat of the moment to these situations - do we hang ourselves like Judas, weep like Peter and follow the right path with Jesus? God does not give up on us. He calls ordinary people to do extraordinary work. Let us reflect on the vocation God is calling us to.

The session concluded with Holy Mass, where we encountered Jesus in the Sacrament of the Holy Eucharist.

Linda Noronha  
St. Anne, Community No. 26

## DIVINE MERCY FEAST A CALL TO TRUST IN GOD'S INFINITE MERCY

Jesus, the face of the merciful Heavenly Father appeared to St. Faustina and revealed the mercy of God through several apparitions. The graces of God's Mercy are drawn by means of one vessel only and it is TRUST.

This year, the Divine Mercy Cell of our parish and Divine Mercy Community No. 9 assisted the parishioners to prepare for the Universal Feast of the Divine Mercy with the nine-day novena.

A Triduum was held from 9th to 11th April 2026 during the 7:00 p.m. Mass.

**Day 1** - Fr. Joe Prabhu SVD reminded us to place our **Trust In God's Mercy**. Too often, people desire forgiveness yet struggle to forgive, or show kindness to outsiders while neglecting their own families. Fr Joe encouraged us to extend mercy to others just as we have received mercy from God. He also added that God cares for us deeply and if we have drifted away, return to Him, for His love and mercy never fail.

**Day 2** - Fr. Salvador Carvalho SVD spoke on **The Hour of Great Mercy and the Passion**. He reminded us that through Christ's Passion, God grants abundant graces, and this sacred hour is when mercy triumphed over justice. We are called not only to practice traditional works of mercy but also to live mercy in everyday acts; such as forgiving one whom we are angry with, helping the hurting, preparing an extra packet of food and feeding the poor, donating blood, planting trees, using public transport to reducing pollution, and displaying civic sense by keeping our surroundings clean.

**Day 3** - Fr. Gregory Pinto SVD preached on the theme **Mercy and Love in Action**. Quoting Jesus' words to St. Faustina, "**I demand from you acts of mercy**" (Diary, 742), he reminded us that discipleship cannot be reduced to prayers and fasting alone, for the Lord says in Matthew 9:13, "**I want mercy, not sacrifice.**" God dwells both in heaven and in the heart of a merciful person. Fr. Gregory challenged us to go beyond selective mercy and be open to all, sharing his own experience of receiving unexpected help from a stranger when his bike broke down at a very difficult spot, an example of Divine Intervention and true Mercy in Action.

During the Feast Mass, Fr. Edwin Vas SVD, the Spiritual Director of the Divine Mercy Cell, in his inspiring homily, spoke about the Risen Lord's unconditional love and mercy displayed to the apostles especially St. Thomas. God's mercy is not earned but freely given; we need not be perfect, we only need to trust in Him. The only barrier to His mercy is our refusal to trust.

After the Mass, members of the Divine Mercy Cell and the Divine Mercy Community Animators joined in fellowship. Our Grateful Thanks to Fr. John Mascarenhas SVD and Fr. Edwin Vas SVD for their support and encouragement.

As sinners returning to God's love and mercy, let us recall the Hour of Mercy, reflecting on His passion and love, even if only briefly.

Stefan Fernandes  
Divine Mercy Cell  
Jeevan Jyoti, Community No.11



## Two Years of Faith, Fellowship and Service

As we look back on the past two years of leading the Parish Youth Council, our hearts are filled with gratitude, joy and a deep sense of fulfilment. What began as a simple call to serve has grown into a journey that has shaped us, not only as youth but also as leaders.

These two years have been a beautiful blend of faith, fellowship and service. Every moment carried a purpose, whether it was organizing PYC meetings, planning parish-level and inter-parish tournaments, scheduling outreach programs, conducting pilgrimage trips and hosting youth gatherings (PYD). Each initiative was not just about participation, but about creating a space where parishioners could bond, build meaningful friendships and grow in faith.

One of the most rewarding aspects of this journey has been witnessing transformation. We have seen shy individuals step forward with courage, young minds take initiative and a group of independent individuals grow into a united team. The energy, creativity

and willingness of the youth of Sacred Heart to serve have been a constant source of inspiration. Their enthusiasm reminded us of our responsibility to empower and encourage the young people of this parish to grow closer to the Church.

Of course, this journey was not without its challenges. There were moments of uncertainty, times when plans did not go as expected, and situations that tested our patience and perseverance. Yet, it was in these very moments that we experienced God's guidance most strongly. Every obstacle became an opportunity to trust Him more deeply and to grow stronger as a team.

We are especially grateful to our Parish Priest, Fr. John Mascarenhas SVD, our Spiritual Director, Fr. Lucas Parkhe SVD, the clergy team, the Parish Youth Animator Team (PYAT), the entire youth of Sacred Heart and all those who supported us behind the scenes. Their encouragement, guidance and constant prayers

were the foundation upon which all our efforts stood. To the parents and parishioners, thank you for believing in the youth and for giving them the space to learn, serve and lead.

As we now step aside and make way for new leadership, we do so with hope and confidence. The future of our parish youth is bright, and we trust that the next team will continue to build on this foundation with even greater zeal and vision.

To the youth, we leave you with this: 'Stay rooted in Christ, remain united as a community and never be afraid to step forward in service. The Church needs your energy, your ideas and your faith.'

These two years have been more than just a responsibility; they have been a blessing. We carry forward the memories, the lessons and the relationships we have built, knowing that this journey, in many ways, is just the beginning.

**Darryl Dsouza**  
PYC - Joint Secretary

## Opening Doors to Faith Praise and Worship Sessions by the Youth Ministry

The youth ministry has been conducting Praise and Worship sessions once a month since the last few months. There is something special about standing before our parish community and inviting everyone into deeper worship. Through this calling, we have come to understand that our role is not to be perfect leaders but to create a space where people encounter God more fully.

When we enter the Church on those evenings, we feel a deep reverence for what God is doing. We step aside so that nothing distracts from a genuine connection with Him. We want everyone to feel God's presence so powerfully that their worries fade away.

One thing we have learned is that God works through our willingness to serve, not our perfection. We trust that the Holy Spirit is working in ways we cannot see. We are simply vessels; we show up, offer what we have and trust God to do the real work in people's hearts.

We put prayerful thought into choosing songs with words and melodies that help people turn their hearts toward God. We have realized that sometimes the most powerful moments happen in the quiet stillness, when the noise fades away and people feel God's presence more clearly than words could ever express.

What has been truly transformative is how our testimony sessions build faith for both the listeners and ourselves. When we share honestly about our struggles and how God met us there, something sacred happens. People see that faith is not about having it all figured out; it is about trusting God in the messy parts of life. These testimonies have become bridges, helping others realize that their doubts and questions are invitations to draw closer to God.

These Praise and Worship sessions have become a highlight for our group. People have come to rely on this time every month—a time when they gather to encounter Him and open their hearts

more freely. They have changed because they have experienced something real and holy, which encourages us to keep serving faithfully.

What touches us most is seeing God work through our obedience. We notice families drawing closer to Him, youth realizing that faith is active and people finding peace and healing. These moments remind us that God is the one doing the transforming work; we are simply honoured to be part of His plan.

Being part of this ministry has deepened our own faith in ways we did not expect. We have witnessed His power to move hearts and learned that when we decrease, He increases. That is when real spiritual growth happens.

As we continue, we are grateful for this privilege. We trust Him to guide us, strengthen us and use our humble offerings for His glory and the spiritual renewal of our parish community.

**Natasha D'Souza**  
Parish Youth Animation Team

## Called by Name, Chosen for More Good Friday Way of the Cross by Youth

When one of the youth animators asked if I wanted to be part of the Way of the Cross on Good Friday, I froze. I then managed to give an awkward smile and ask, **“Me? Are you sure?”**

I was a little hesitant, I didn't feel ready. I didn't feel good enough. But somehow... I still said **“yes”**.

That one small **“yes”** led me to the role of Mary Magdalene, someone I had heard about before but never truly understood. So, one night, I went home and started looking into her story. That's when I came across the series 'The Chosen.'

Watching her story felt personal. The way she was lost, trying to run, carrying things no one else could see. And then there's that moment when Jesus Christ finds her – not when she's strong, not when everything is together, but right at her lowest. Like someone finally sees you for who you really are and instead of walking away, He stays.

As far as the enactment was concerned, at first, it felt like it would just be a small group, maybe 8 or 10 youth, trying to figure things out. But slowly, more people stepped in. They gave their time, their energy, their willingness. By the final day, we weren't just a small team anymore, we had grown into a group of more than 50 people. From the main casting team to the readers, from the animators to the costume and makeup teams, supported by infrastructure and logistics, and brought together by the entire crew...everyone playing a part.

Somewhere within all of this were 26 days, 143 hours of practice, small efforts and simply showing up again and again. But looking back now, it feels like every hour quietly shaped something within us.

After the enactment ended, we all just stood there quiet and fulfilled. It didn't feel like we had simply performed an enactment of the Lord's Way of the Cross. It felt like something deeper had come alive among us, something none of us could have created on our own.

During our final briefing after the Way of the Cross, one of the animators asked, **“Have any of you seen the WhatsApp group description?”** Of course, none of us had.

Then he told us the verse: **“You did not choose me, but I chose you.”** John 15:16

And that stayed with me.

Maybe those 26 days, 143 hours weren't just practice. Maybe that small group growing into something so much bigger wasn't just a coincidence. Maybe that one small **“yes”** I said wasn't just a moment. Maybe we were all chosen. Chosen to be there. Chosen to be part of something meaningful. And maybe that's why it didn't feel like it was over. Because some moments don't just pass, they become a part of you. And this...this was one of them.

Daliya Billgates F  
PYC – Shalom, Community No. 30

## Taizé 2026 Faith Beyond the Church Walls

Taizé is not something you can fully understand through explanation; it is something you experience. It is a quiet time of prayer where everything becomes still. The lights are dim, candles replace brightness and instead of long readings, short lines from scripture are sung repeatedly. At first, it may feel repetitive, but gradually it brings calm. You stop overthinking and simply sit in the moment.

Taizé, organized by the PYC, reflects our motto of faith, fellowship and service. This year, Taizé was held on 21st March 2026, and it felt different from previous years. Usually, it takes place inside the Church, where the structure, lighting and acoustics naturally create a peaceful atmosphere. However, with the Church under renovation, we had to move it to the parish grounds. That one change brought uncertainty.

Around 20 youth participated, divided into choir and technical teams. The choir focused on singing, while the technical team handled sound, lighting, presentation deck and the arrangement of battery-operated candles. Our biggest challenge was the location. Inside the Church, managing lights is simple due to proper electrical connections. Outside, most of the setup depended on a single connection, making lighting difficult to control. Even the candles looked different. In the Church, their glow feels soft and focused, but outdoors, the same effect was harder to create.

There were moments when we wondered if everything would come together. Many of us were also involved in the enactment of the Stations of the Cross for Good Friday, so balancing practices became another challenge. Yet, people showed up. The choir practiced two to three times a week despite busy schedules.

A few new youth joined as volunteers and Taizé became their first step into the youth group.

When Taizé finally began, the worries faded. A cool breeze flowed through the open ground, and with dim lighting, softly glowing candles and voices rising together, the atmosphere felt calm and natural. It did not feel like we were missing the Church; it simply felt different in a good way.

Looking back, Taizé was a success not because everything was perfect, but because it came together despite the challenges. The outdoor setting, the breeze and the unpredictability made it more meaningful. Honestly, it felt like one of the best Taizé experiences we have had—and perhaps a reminder that faith is not confined within Church walls.

Raizel Muntode  
PYC - Secretary

# Summer Camp 2026

## A Journey of Joy, Faith and Togetherness

Summer Camp 2026 was a vibrant and enriching three-day experience that beautifully brought together joy, learning and a strong sense of unity. This year, due to the implementation of the New Educational Policy (NEP), the duration of the camp was reduced from a week to three days, it was held from 1st to 3rd May, 2026. Despite this limitation, the overwhelming number of registrations was both surprising and encouraging, reflecting the enthusiasm and trust of the children and their parents.

At the outset, I would like to express my sincere gratitude to God. It is often said, "bacche Bhagwaan ka roop hote hai," meaning that children are a form of God. This truth is deeply experienced during such camps. While organizing the event can be physically demanding for the youth, the joy, innocence and energy of the children continuously inspire and uplift us, giving us the strength to serve with dedication and happiness.

The first day of the camp focused on creativity and bonding. Volunteers reported early and ensured that all preparations were in place. The day commenced with registrations, followed by a prayer and an energetic action song that set a lively and positive tone. The children were then divided into teams and engaged in creative activities such as mascot-making, flag design and thumb printing. These activities not only encouraged creativity

but also fostered team building. After a short break, the workshop session provided an opportunity for the children to learn new skills in an interactive and engaging environment. The day concluded with a prayer, leaving everyone eager for the next day.

The second day was centred around faith-based activities and recreation. It began with preparations by the volunteers, followed by a prayer and an action song. A biblical activity and quiz were conducted, helping children deepen their understanding of faith in a fun and interactive manner. The highlight of the day was the water games, which brought immense joy and excitement, especially in the summer heat. Laughter and enthusiasm filled the atmosphere, making it a truly memorable experience for all. The day ended on a peaceful note with a closing prayer.

The final day was filled with energy, celebration and a spirit of togetherness. After organizing the teams and welcoming the children following Mass, the evening began with prayer and an action song. Various games were conducted, and the ground was alive with cheers, encouragement and companionship. After the competitions, winners were announced and prizes were distributed, adding to the excitement. The camp concluded with a lively "Just Dance" session, followed by refreshments and heartfelt farewells, marking a perfect end to the event.

We are grateful to our sponsors for their generous contributions. A special appreciation goes to all the youth volunteers whose dedication, hard work and commitment made this camp a success. We humbly request everyone to keep the youth in their prayers as they continue to serve with love and responsibility.

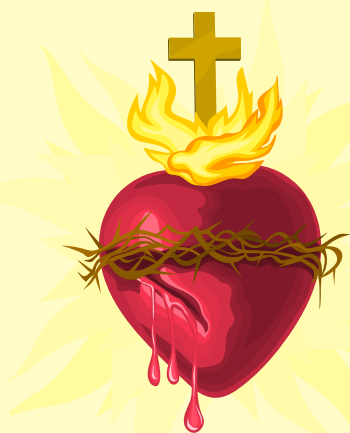
Prince Dsouza  
PYC- Vice President

“

**I will seek refuge  
in the Sacred Heart  
of Jesus, where I  
shall find strength  
to govern my life  
according to His will.**

”

- St. Thérèse of Lisieux



*On this blessed Feast of the Sacred Heart of Jesus, may His infinite love and mercy fill our hearts with peace, strengthen our faith, and guide our steps each day. May the Heart of Christ be our refuge and our joy, now and forever.*

**Happy Feast!**

# HEALTH PAGE

## Journey Through Cancer

Cancer has become so prevalent, that it is now discussed openly. Everybody has come across a cancer patient be it a family member, friend, office colleague, etc.

**Year 2026 Projections**, indicate that about 0.25 to 0.30 percent of the population will be newly diagnosed with cancer, translating to roughly 20% or 1 in 5 individuals developing cancer at some point in their lives. India is projected to have 15 lakh new cancer cases annually.

**Cancers are broadly categorized** into, **Solid Tumours** originating primarily in various body organs and **Blood Cancers** arising from the bone marrow or blood. For men the leading cancers include lung, oesophagus, larynx, mouth, and tongue, which are mainly tobacco related, while among women its breast, cervical, and uterine cancers.

**Tobacco** is a significant contributor to cancer in India. Avoiding it in any form can help prevent many cancers.

Cancers linked to **Viral Infections** can be prevented by vaccines specific to that virus, e.g. hepatitis B vaccine can guard against liver cancer, while the human papillomavirus (HPV) vaccine is effective in preventing cervical cancer. However, these benefits are only realised if vaccinations occur and immunity is achieved before exposure to the virus.

**Early Detection and Treatment** of cancer leads to a high cure rate. **Screening** asymptomatic individuals aids in catching cancers early. Cost-effective screening tests focus on commonly occurring cancers such as oral, lung, breast, cervical, rectal, and prostate. Breast Self-Examination (BSE) and comprehensive patient examinations—including oral, breast, gynecological, rectal, and imaging like chest x-rays and mammograms—are vital. Regular screening, ideally annually, is crucial for effectiveness.

Everyone should be aware of the **warning signs and symptoms of cancer**. These include unusual lumps, sores that do not heal, changes in moles or warts, unexplained bleeding, alterations in bowel or bladder habits, persistent coughs, breathlessness, swallowing difficulty, jaundice with ongoing digestive issues, significant pain, unintended weight loss accompanied by fatigue, and neurological symptoms like headaches with vision loss or paralysis. While these symptoms can be concerning, they do not confirm cancer. It's advisable to consult a doctor for examination and necessary investigations, who should refer you to a cancer specialist if reports are suspicious.

**Navigating a Cancer Diagnosis** can be a lengthy, bumpy, stressful, shocking and a challenging journey. It involves various phases; each with its own set of investigations, treatment options, decisions, challenges and adjustments. A stepwise approach helps minimize unnecessary expenses while aiming for an accurate diagnosis. A positive biopsy confirms cancer, but imaging tests like PET scans are essential for assessing the disease's extent i.e. Staging. Treatment Options include one or more modalities, each with its own pros, cons and most important costs. Confusion often arises from conflicting information found on social media or advice from relatives and friends. Seeking multiple medical opinions are legitimately entitled to every patient, but they should be thoughtful in selecting reliable specialists and make informed choices about treatment options based on their financial capacity. Remember, more expensive treatments do not inherently lead to better outcomes.

Treatment protocols typically encompass:

- Surgery: open, minimally invasive, or robotic.
- Chemotherapy: conventional, targeted, immunotherapy, and bone marrow transplants.
- Hormonal Agents: anti-estrogens, anti-androgens.

- Radiotherapy: linear accelerator, IGRT, IMRT.
- Radioactive Agents: iodine 131.
- Supportive Agents: for side effects, toxicities and improving wellbeing.

**In early-stages, surgery** is the mainstay of treatment, with others added to improve outcomes. **Chemotherapy** is the mainstay for **blood cancers and advanced cancers**. Monitoring side effects through frequent investigations is crucial for patient safety. Good nutrition, light physical activity, and stress reduction, support recovery.

**Post-treatment**, patients undergo **follow-ups** for at least five to ten years to ensure recovery and detect any recurrence. Patients with early cancers usually lead normal lives long into old age. For recurrent or progressive cancers, various treatment options are available, though these might come at a high cost or could be toxic for patients.

**In advanced metastatic disease**, treatment may extend life by weeks, months, or occasionally years. Patients should agree for treatment if affordable and medically stable. Treatment usually lasts till the patient can tolerate the side effects or the family is drained financially.

**Palliative Care** is a legitimate and ethical option which focusses on good quality of life rather than longevity. Not only should it control symptoms, but also be affordable and benefits should outweigh complications.

Every human being would prefer to spend the final days of their life at home surrounded by family and friends. Home based palliative care is strongly advocated but requires the help of family, friends, neighbours and society.

***"Always Uplift the patient's Hope, Downplay Sufferings and Maintain Dignity"***

**Dr. Joseph Sequeira**  
Cancer Surgeon and Oncologist  
St. Anne, Community No. 26

# FROM THE PARISH REGISTER



## Baptized in Christ

Dania Dsouza	D/o	Sunny & Rida Dsouza	12-Apr-26
Amelia Fernandes	D/o	Bradley & Ann Fernandes	12-Apr-26
Celyn Valantan Rodrigues	S/o	Valantan & Steffi Rodrigues	12-Apr-26
Isha Izel Iyer	D/o	Anand Iyer & Priyanka Fernandes	12-Apr-26
Rishi Gaur	S/o	Lordly Prasad & Jyotsna Gaur	19-Apr-26
Pritibala D'souza	D/o	Johnson Balaji & Rajas Shrisundar	19-Apr-26
Catherline Dsouza	D/o	Christopher & Pritibala Dsouza	19-Apr-26
Joshua Dmello	S/o	Leon & Jocelyn Myrtle Dmello	26-Apr-26
Naomi Gonsalves	D/o	Dirk Walwyn Gonsalves & Astrid Martha Lobo	10-May-26



## United in Christ

Freddy Rodrigues	To	Linet Pereira	11-Apr-26
Sean Raymond Annunciation	To	Dyann Loren Dsouza	12-Apr-26
Atul Gaikwad	To	Mercy Chettiyyar	19-Apr-26
Christo Francis Mekkattukulam	To	Jerina Maniyan	10-May-26



## Resting in Christ

Joaquim Gonsalves	93 Years	C/604, Dheeraj Darshan, Kokan Nagar	5-Mar-26
Milton Dias	64 Years	B/204, Swaroop Apts, M.C.Road	10-Mar-26
Leena Pereira	77 Years	Dreamix Heights flat no 202, 2 flr, Sher-E-Punjab	10-Mar-26
Fibby Fernandes	60 Years	A/12, Uttarayan, M.C.Road	23-Mar-26
Steven Rodrigues	43 Years	2B/601, Shanti Nagar Rah. Society	21-Apr-26
Sobin Fernandes	92 Years	A/303, Sungold, Sher-E-Punjab	21-Apr-26
Reshma Bhima Nageshi	33 Years	2/507, Shiv Darshan Chsl, Sariput Nagar	24-Apr-26
Leo Mathias	74 Years	D/10 Nav Neelima Chsl, M.C.Road	10-May-26

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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Sacred Heart Church Andheri East

“

O Jesus, King of Love, rule over my heart with Thy Sacred Heart. May Thy will be the law of my soul, and Thy love the fire that governs all my actions.

- St. Gertrude the Great

”



- **Severino, Malaika, Andre and Anaiah Alphonso**  
Community No: 18, Family No: 1214
- **Bernadette Peter Hirve and Mathias Peter**  
Community No: 6, Family No: 365
- **Marcus, Morisca and Terence Fernandes**  
Community No:4, Family No:235
- **Savio, Louanna and Zion Dsouza**  
Community No:32 Family No:2791
- **Valerian, Sylvia, Saniya, Sherwin Saldanha**  
Community No:30, Family No:2816

## Prize Distribution Of Family Quiz Winners December 2025



# Inspiration from Saints

## *Saint Peter To Rot: A Catechist Husband and Martyr for the Faith*

**Patronage :** Married Couples, Catechists, Rakunai and World Youth Day 2008

**Feast day:** July 7

Peter To Rot was born on 5th March 1912, he was the third of six children of Angelo To Puia and Maria La Tumul. His parents were among the first natives baptised in Rakunai, New Britain island of Papua New Guinea. To Rot's father, was a respected chief and local leader. He donated land for the construction of the Church, school and house of the Missionaries of the Sacred Heart, who had arrived on the island in 1882, sent by Pope Leo XIII.

### Childhood

When To Rot was seven, his father sent him to the village school. He knew the value of education if To Rot was to become a leader. At school, To Rot showed himself a quick and able student. His teachers noted that his journal of activities of the previous day always included morning and evening prayer.

His childhood was like that of most boys his age. He served Mass, participated in sports, helped at home with daily chores and joined in occasional practical jokes and the usual boyhood mischief. What stood out was his humility and natural leadership.

### Catechist

From an early age, To Rot offered himself as a servant at Mass. The parish priest, Carl Laufer, msc, advised him to enter the school for catechists at the age of 18.

To Rot applied himself fully to the studies. His prayer life grew with daily participation in Mass and Communion, regular stops at Church to pray during the day and increased devotion to the Blessed Sacrament.

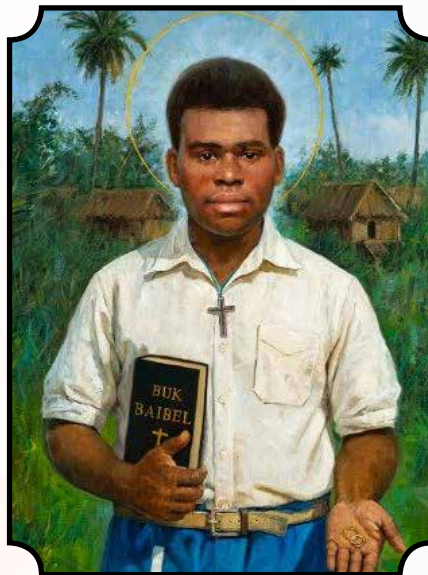
To Rot returned to Rakunai and became the youngest catechist at 21 years of age. He taught in the parish school, visited the sick and guided the community with kindness, calmness and integrity. He was respected for living out the values he preached.

### Marriage and family

On November 11, 1936, To Rot married Paula Ja Varpit at the Rakunai Church. Paula had been a student in his classes and their two families arranged the wedding. Their marriage was a happy one. To Rot was an exemplary husband and they prayed together every morning and evening. They had three children, one of whom was born after his death.

### Japanese invasion and atrocities

During World War II in 1942, the Japanese army invaded Papua New Guinea and imprisoned all missionaries, though they initially allowed the local population to continue practicing their faith. In the absence of priests, To



Rot took on a crucial role in sustaining the Christian community. He gathered people for prayer, baptized and catechized both adults and children, officiated marriages, visited the sick, taught students and catechists and even brought food to imprisoned missionaries and prisoners of war.

By late 1943, Japanese tolerance turned into strict control. To Rot was questioned about his activities and ordered to restrict them. Aware of the risks, he continued his mission in secret, even building a shelter on his property where small groups could gather for prayer and the sacraments.

### Defender of Christian Marriage

As the war progressed, the Japanese authorities legalised polygamy to gain support from local leaders. He openly opposed the practice as it was against the teachings of Christ. His stance brought him into direct conflict with influential figures, including a local policeman, To Metapa, who reported him for officiating Catholic marriages.

To Rot was arrested and sentenced to two months' detention. Despite this, he remained steadfast. During his imprisonment, he showed calm resolve, convinced that he had acted rightly in defending the faith and upholding Christian values. He expressed no regret and remained committed to his duties as a catechist.

### Martyrdom

*"I am here because of those who break their marriage vows and those who do not want to see God's work go forward. That's it. I shall die."*

In early July 1945, To Rot, aged 33, caught a cold while in detention. Under suspicious circumstances, he was given an injection and a so-called medicine. Soon after, he felt like vomiting; the doctor covered his mouth, and he died shortly thereafter. Authorities claimed he had died of illness.

When his body was prepared for burial, villagers noticed clear signs of violence—foam from his mouth and nose, puncture wounds on his head and a crushed throat. It became evident that he had not died naturally.

To Rot was buried near the Church where he had served. Though many attended, the funeral was held in silence out of fear of Japanese retaliation. From that moment, he was honoured as a martyr who gave his life for his faith.

### Beatification and Sainthood

On January 17, 1995, Pope John Paul II visited Papua New Guinea to celebrate the beatification of Peter To Rot.

He was canonized as a saint by Pope Leo XIV on October 19, 2025, becoming Papua New Guinea's first indigenous saint recognized for his martyrdom, defense of marriage and dedication as a catechist.

# Parish Vision Mission Statement

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

Bishop Stephen Fernandes Blessing The Refurbished Church On Easter Sunday 2026



Trip To Infant Jesus Shrine, Nashik - Community No. 16

Good Friday - Stations Of The Cross By The Youth



Divine Mercy Sunday

Summer Camp Organized By The Youth

