

Antonian

Dear Friends in Christ,

With the perspiring warmth of Summer giving way to the coolness of Monsoons, we have stepped into the Ordinary Season of the Liturgical year symbolized by the color 'green' seen on the altar linen and vestments of the Priest. 'Green' signifies first and foremost the Year of "CARE FOR CREATION" as declared by Pope Benedict XVI and in the deeper vein, it signifies the fruitfulness of Christian life that flows from the in-filling of the Holy Spirit at the Solemnity of Pentecost, which inaugurates the Ordinary time of the year. We pray that deeply reflecting on the life and teachings of Our Lord, as given to us by the Gospels, we may become a more fruitful Community yielding a harvest of perseverance.

This issue of the Antonian enlivens the fruitfulness of the Spirit, seen in the life of our parish community at various levels beginning with our parish associations; our youth, who have excelled in their SSC & HSC exams; our Parents, who have given their best to their families; our children who provide us the freshness of their imagination through quizzes and poems; our youth who are sharing with us their fruitfulness experienced in their NYGs; as individuals and as a community, how we can maintain a good and healthy living, with holistic approach to life; through the Lectio Divina, deepening our knowledge and love of the Word of God and to base our community life on it; our SCCs who are alert and responding to the call of the Church in Mumbai to grow as Clusters, reaching out to the people at the grassroots.

Furthermore, in the context of the Solemnity of the Assumption & our Independence day, we have reflections on the life of fruitfulness of the Spirit lived by Our Lady from her nativity to her Assumption and how we can be more fruitful as "Indian Christians" relevant to our times in the wake of the on-going persecutions in our country.

May Mary, Our Queen assumed into heaven be our model and example in being united with Her Son, Jesus, the true vine and in bearing the fruits of the Spirit such as love, joy, peace, patience, kindness, gentleness and humility in our lives and as Christ's body, One Parish Community. We are thankful to Lenin D'Cruz, Reynold D'Cruz & Alan D'Souza for the new design of the Antonian as well as to the Editorial board of Sarah, Jennifer, Succorine & Zenia for their laborious work in collating and editing the matter. Also thanks to all Adults, Youth and Children who have contributed their mite towards making "Antonian" relevant and homely!

GOD BLESS!

Fr. Lawrence A. D'Souza
Editor

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Celebrating Parenthood

Parenthood is a blessing granted by God for couples to nurture His creation. And St. Joachim and Ann have inspired many in this process.

Our parish celebrated parenthood in a unique way after many years courtesy Fr. Lawrence's initiative. On 25th July, a special mass was celebrated for parents at 5.00 pm followed by a get-together organized by SCCs of our parish along with the Youth, and was attended by approximately 75 Couples and 50 Single parents.

The programme in the school hall began with a cutting of cake by the youngest and oldest parents, followed by a parents march, live music by the band Silhouettes and dance performances by children and youth choreographed by Miss Tracy D'souza. The compeer for the evening, Ms Thereza Fernandes set the mood right with good music, a game and some spot prizes. Snacks and cold drinks were provided at regular intervals and dinner was served by 9.30 pm. A vote of thanks to the organizers by a couple was also read out.

A special feature for the evening was a photo session for parents to add to their collection of memories. All in all the programme had a smooth sailing courtesy the collaborated effort of the youth and SCC members which made Parent's Day a special experience for many.

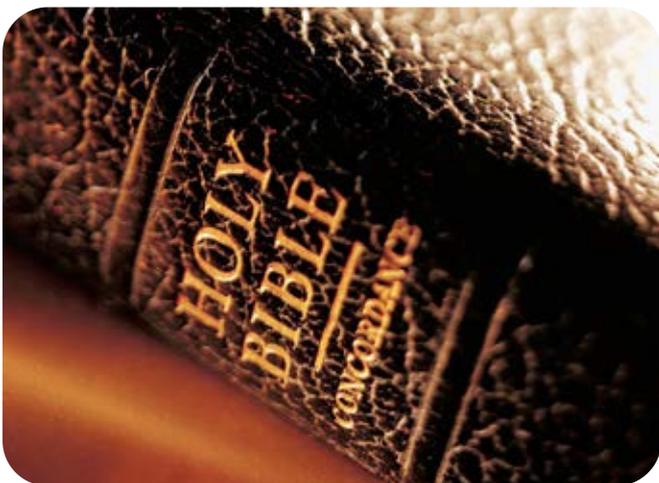


- Diana Fernandes
Core Team Member - SCC

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Lectio Divina

"To be ignorant of the Scripture is not to know Christ." - St. Jerome



After several reminders by Fr. Lawrence, I decided to attend the Bible Class. Just to learn something more about Scriptures. My curiosity soon changed to wonder and amazement and has now grown into a yearning for a deeper understanding of God's word.

The explanation given by Fr. Lawrence and moreover his method of breaking the Word has me spellbound. The meditation, prayer, & sharing enlighten and enrich me and all those who attend. As the weeks progress the number of people attending has risen, at present we are thirty odd people.

The Lay faithful are from all walks of life-students, adults and Religious. A humble beginning that holds great promise for us parishioners.

Thanks to Fr. Lawrence, who in spite of his busy schedule has taken the initiative to help us focus on God's message for each one of us. Knowing Christ helps us to serve him and our neighbour in our homes and our community.

- Anthony Gomes

Clusters

A workshop was organized by the 'Think-Tank' under the guidance of Sr. Auxilia, who is a Religious Coordinator of the Archdiocese of Bombay and is very actively involved in the SCCs of our parish. In this context, 4 sessions were held on consecutive Sundays of July for all the 4 Zones of the Parish. It was very well attended by nearly 300 animators. Several banners were displayed, highlighting the importance of Clusters.

The special feature of the program was that it was held zone-wise and each zone consists of 12/13 communities. Each area was seated in their own community. This gave them the opportunity to share their views easily, get listened to, be affirmed and challenged.

Sr. Auxilia explained from the grassroot level, the 'Role of Animators' in the formation of Clusters. She brought to light the true meaning of the term 'animators' which comes from the word "Anima' meaning 'Soul'. And it is this soul that gives life to the body. In this context, animators felt encouraged and convinced of the need of Clusters, inspite of the obstacles foreseen.

Coming to Clusters, it is actually a break-up of a large SCC into smaller groups, probably those living in the same building/street. It was decided that the group would meet at least once a month at a common venue and join together in praying, gospel-sharing, rosary, issue discussions or even a celebration. Thus, the advantage of belonging to a small group was truly understood. When members experience this warm acceptance, they can be themselves and are able to open up freely.

After receiving the necessary input – handouts were distributed amongst the members. The workshop enabled the different communities to compare their findings with the insights of the other communities. In this way, the objectives of the SCC was brought out, i.e., Participation and Serving with Communitarian Spirituality. An Action Plan was drawn up for the month of July and animators got an idea on how to plan for the coming months. A feed-back was called for by every individual on a formatted paper. Refreshments were also served and this helped to create an atmosphere of relaxed well-being.

To conclude, the training program held by Sr. Auxilia was very enriching and motivating. We look forward to having many such sessions, as they provide a forum to members to express their view and to get families involved. It ended with the Lectio Divina conducted by Fr. Lawrence. This is the method that helps us to go deeper into the Word of God with 4 steps of (a) reading the passage (b) Meditation (c) Dialogue in prayer (d) Contemplation. He also gave us new insight on how to meditate on the Word of God and understand it.

The Team work of the 'Think-Tank was very edifying. The animators are very grateful to Fr. Seraj, Fr. Tony, Mr. Anthony Gomes and his team.

- Jennifer Mendonca
Area No. 5 (Cell no. 9819703847)



Another Year Begins...

On the 25th of July 2010, the Parish Youth Council (PYC) began a new year, a fresh beginning. It started with the youth mass at 10.15 am celebrated by our Spiritual Director Fr. Lawrence D'souza. The new representatives from the Neighborhood Youth Groups (NYG) were initiated into the PYC in this mass, when they took the Oath of Service. The first PYC meeting of the year 2010-11 followed the mass. The handing over ceremony was held in the meeting, where the old PYC representatives lit candles and gave them to the new representatives symbolizing the handing over of the responsibility of the PYC. Then our Youth Coordinator, Charleston Mendonca, briefly explained the roles and responsibilities of the PYC and the structure of the Diocesan Youth Movement. The Calendar of Events was also distributed among the members.

Hopefully, the fresh start yields good results for the youth and we can have another fruitful year.

- Zenia D'Cunha

A snap shot of the activities held in our Parish



My Journey through SSC Board Exams

The word 'Board Exams' itself was enough to make me feel nervous but the ultimate result has made me feel happy and blessed by God. For me, securing 94.36% (Best of five) was a dream come true. 17th of June, 2010 was like a turning point in my life, I felt like the happiest person ever. As I look back, I remember that this journey began in January 2009. Although the academic year in St. Charles, my school, began in April, the preparation had already begun on the day my Hindi teacher taught us the first lesson. I had studied the most difficult subjects like Economics and Science I beforehand so as to avoid all the tension at the last moment; but my level of tension just grew each day as 5th March 2010 came closer. But as time passed, I became calmer. I always aimed at 95% and above but I couldn't believe my ears when my father told me the percentage I had secured. For my parents it was a moment of immense pride and joy. I can never forget the joy in my mother's eyes when she heard my percentage. As for my future plans, I plan to take up Science and appear for the MH-CET examinations.

I credit this success to God, who has been my greatest strength, my parents who have been very supportive throughout, my school Principal Sr. Jacintha, and my teachers who have been the source of all my wisdom. I would also like to thank all my near and dear ones, who have contributed to my success in some way or the other. Lastly, I would like to advise all my friends appearing for the SSC examinations this year to study hard from the very beginning and never lose faith in God because God helps those who help themselves and remember that hard work always pays.

- Amantia D'Souza
St. Charles High School

My Journey to Success in Std 12th

It was the 25th of May the day that would mark the end of an agonizing long wait for the results of my 12th board examinations, the day that would decide my future. And as soon as the clock struck 11 am the results were put online and I entered my seat number and checked my results. It said 560 out of 600." Yes, it was 93.33% an amazingly pleasant surprise!! An amazing result for a year full of hard-work and sacrifice. My academic year for std 12th was just like any other science students' being hit like a tennis ball from classes to college and back home would be a bit of exaggeration but my life in std 12th did revolve for the most part around my books. However I did enjoy my bit of picnics and parties all the year around. But there was sure a lot of studies all through the year. While chemistry and maths 2 subjects that I kind of liked studying, it was physics that got the better of me most of the time. And it did take a lot of pains and headache to come to some sort of truce in my battle with physics. At the end of it all, I can say, it wasn't in vain after the results! So well friends, I'd like to tell all my friends preparing to give your all- so- ever- important 12th board examinations this year, it's just 1 year of pain but at the end of it there's a lot to gain. And also remember prayers and God's blessings are just as important as your hard work. So go ahead and give it your best shot. ALL THE BEST!

- Brendon Falerio
HSC student



Mary from Nativity to Assumption...

... is a role model and a blessing to us all. The Church looks upon Mary as Advocate, Helper, Benefactress, and Mediator (CCC 969). Comparing Mary with Eve, it is said: "death through Eve, life through Mary."

The Old Testament mentions Mary in the promise of victory over the serpent, also she is "the Virgin (who) shall conceive and bear a son, whose name will be called Emmanuel".

Mary's Immaculate Conception is the Dogma as Pope Pius IX proclaimed in 1854: The most Blessed Virgin Mary was, from the first moment of her conception, by a singular grace and privilege of almighty God and by virtue of the merits of Jesus Christ, Saviour of the human race, preserved immune from all stain of original sin. (CCC 491) The Angel Gabriel at the moment of the annunciation salutes her as "full of grace". (CCC 490) Mary obediently replies: "Behold the handmaid of the Lord, be it done unto me according to thy word." Even Elizabeth, greeted Mary as, "blessed" because of her belief in the promise of salvation and the forerunner (John the Baptist) leaped with joy in the womb of his mother.

In the public life of Jesus, Mary makes significant appearances, starting with her intercession at the feast of Cana. Jesus declared blessed those who heard and kept the Word of God, as she was faithfully doing. She stood, with a grieving maternal heart, at the Cross, before being given as a mother to His disciple. Mary was there in the upper room imploring the gift of the Spirit, which had already overshadowed her in the Annunciation. Mary continued to aid the beginnings of the Church by her prayers.

The Most Blessed Virgin Mary, when the course of her earthly life was completed, was taken up body and soul into the glory of heaven, where she already shares in the glory of her Son's Resurrection, anticipating the resurrection of all members of his Body. (CCC 974)

"We believe that the Holy Mother of God, the new Eve,

Mother of the Church, continues in heaven to exercise her maternal role on behalf of the members of Christ." (Paul VI, CPG # 15).

- Charleston Mendonca

Reconciliation in a fragmented World

Violence begets violence, revenge begets revenge, and killings beget killings. We are living in such a world during the past few years. The question people are asking today is whether another world is possible. A world where we can live in harmony and security. A world where we will not be afraid to travel by trains and buses. A world where we can enjoy our differences and still live to our potentiality of our uniqueness. I believe that another world is possible. Do you believe? Then let's work for another world.

Archbishop Emeritus Desmond Tutu states that a reconciliation movement is taking place throughout the world. People are beginning to see that there is a way out of the bloodshed and fighting and violence. They are beginning to see that if they try to understand one another, try to see the humanity in every person, then they can learn to get along, or at least live in peace with one another. In South Africa people did not want to perpetuate the

anger and hatred that had been directed against them. They wanted another way out. They needed to deal with the pain in their hearts, but they wanted to transcend it. They wanted nurturing for themselves not punishment for others. Reconciliation was the way out. It was the way to transform individuals and the whole of society. It was the way to look at perpetrators of human rights abuses and see brothers and sisters. A way to look at the victim in oneself and see a survivor. These are thought provoking words that invite us because we begin to look at the world and people as victims, perpetrators, bystanders, everyone part of the same family of humanity. Reconciliation embodies the idea of oneness of everything.

Reconciliation is the most natural thing in the world. And yet there are many facets of reconciliation. Each situation is different and so our responses will be different. Reconciliation cannot be based on unquestioned platitudes; we need to answer realistic questions like



the need for justice, instilling democratic political values, and the need to remedy maldistribution of resources and wealth.

However, one intriguing aspect is that reconciliation has a complicated relationship with Justice. In Rwanda, this has meant that the Government would not promote reconciliation until after the regime of prosecutions against the accused genocidaires has run its course. However, reconciliation and justice can be brought together, if reconciliation involves redressing the balance, vindicating the victims and restoring them to their former, pre-violation selves, as does every conception of justice, including punitive justice.

I must confess that I do not have a readymade solution to the violence in today's world. What I am proposing is that we sit down and work out strategies of reconciliation rather than ways to continue the conflict. Conflicts are part of life but we need to transform conflicts into bridges of reconciliation. May be we can keep Barack Obama's pre election speech in mind: "There are no black and white Americans, there is only the United States of America; there are no liberals and conservatives, only the United States of America." Yes, there are no West, East, North and South Indians, there is only India. Can we live as Indians?

- Valerian Pereira

An Exemplary Couple – St. Anne & Joachim

St. Anne and Joachim are the parents of Mary, the Mother of God and the grandparents of Jesus Christ. They were simple, pious, God-fearing, patient, kind-hearted and a peaceful couple. They spent most of their time in prayers. They knew their Faith, loved God and looked forward to the fulfillment of His Promise of a Savior. They were an exemplary couple. Theirs was the best family next only to their daughter's, Mary's, which comprised of Mary, Joseph and Infant Jesus.

As Jesus was sent to a spotless virgin, conceived immaculately; so it stands to reason, His Mother would be sent to extraordinary parents who would care for her, protect and guide her.

According to the Gospel of James, St. Anne and her

husband Joachim, after years of childlessness, were visited by an angel who told them that they would conceive a child. Anne promised to dedicate the child to God's service. When Mary was three years old, Anne took her to a temple and offered her to God's service and thus she fulfilled her promise. Anne had kept her word to the Lord; she never forgot the promise she had made. She had consecrated this child to the Temple of God because of His generous miraculous gift to her; she had filled this child of her golden age with the traditions and hopes of her people, the coming of the Messiah. So although it was Mary who said yes to the Angel, it was her Mother Anne's teaching and grooming which prepared Mary to receive this messenger from God and say yes.

St. Anne and Joachim nurtured Mary, taught her, brought her up to be a worthy Mother of God. It was their teaching that led her to respond to God's request with faith, "Let it be done to me as you will." It was their example of parenting that Mary must have followed as she brought up her own son, Jesus. It was their faith that laid the foundation of courage and strength that allowed her to stand by the cross as her son was crucified and still believe. Such parents are examples and models for all parents.



St. Anne is also regarded as the patron saint of Christian mothers and of women in labor.

The feast of St. Anne and Joachim is celebrated every year on July 26 which is also regarded as parents' day. This feast gives us an opportunity to remember our old parents, grandparents and other elderly people in our neighborhood/parish, who may be ailing in their homes and helpless. They looked after us and took care of us when they were in good health. Today, they are old and frail and need our assistance and shelter. Just because they are old, we should not dump them in a corner or admit them to Old-Age homes. We must behave with responsibility towards our old parents, grandparents and other elderly people, and set a good example to our children.

At this great feast, let us emulate St. Anne and St. Joachim, follow in their footsteps and promise to look after and take care of our elderly. We also pray for all parents that they may provide the loving home and faithful teaching that St. Anne & Joachim imbibed in Mother Mary. Amen.

- Ms. Valerie

Word of God

In Darkness, I was Lost
Nowhere to go, no one to love
No hope, no joy, no Life.
Lost in this Mad world
Loneliness engulfed me, Sorrow surrounded me
Happiness became an enemy.
Tears filled my eyes, Blinded with the World's Lies.

Searching for peace and happiness,
I went far n wide.
But what a fool I say now,
True happiness lived along [with me]
But I never bothered to look at it [touch it]
Then, finally I opened this GREAT book
Which spelt me the Meaning of Life.

Life took a round bout turn,
No more in Darkness, Never

For I found the light to expel the darkness [in my life]
Marvelous as it is, reading it fuller I felt
For the word I read was ETERNAL.
It became my daily bread, I thrived on it.
It became my strength in sorrow, consoler in distress.
Finally finding the Purpose to Live.
The soothing effects, is here to stay
Making me happy n Gay, each day.
For it is written I AM THE BREAD OF LIFE.
The word healed my inner being,
Love engulfs me now, Joy surrounds me
Happiness my companion, eyes speaking only Love.

Taste this fruit of Eternal Life,
You will hunger n thirst no more.

For it Expels the darkness,
Marvelous as it is,
Reading it makes you complete.
For the WORD IS ETERNAL.

- Sarah Joseph

The weak can never forgive;
forgiveness is the attribute of
the strong.

—Rabindranath Tagore

What If ...

What if,

Our lives could be ideal
And we would never suffer any ordeal.

What if,

Every man was blessed with peace
And there was nothing like a disease.

What if,

Everybody lived with cheer
And no one would shed a tear.

What if,

Every stomach on earth was filled
And nobody would be killed

What if,

Each had enough for their need
And there was no place for greed.

What if,

The glaciers wouldn't melt,
And no Global Warming would be felt.

What If,

Only energy would be nuclear,
And war would not be a fear.

What if,

'Jihad' would not exist
And nobody would be a terrorist.

What if,

Our world was full of magic
And nothing was ever tragic.

What if.....

-Zenía D'Cunha

Friendship.....My most treasured possession

Friendship is like a beautiful flower
growing in beauty and faith
year after year it blooms with power,
it is about love defeating hate!

And like a garden,
it blooms lovingly n fair,
when carefully tended,
by those who care.

Every friendship has its own ups and downs,
Best among the worst when we laughed
And enjoyed like clowns!

To all those special friends,
your love and kindness,
your strength and power
have helped me grow,
and now with our friendship,
I'll never let go!!

- Belmira Miranda

When in Rome... (News of the Catholic World)- The Acts of Pope Benedict XVI

1. June 6, 2010, Sol of Corpus Christi (Nicosia, in Cyprus) – The Pope underlined the importance of the Eucharist, noting that the faithful who feed on the Body and Blood of Christ are gathered into One People of God. He said, "Christ is alive in us, his body, the Church, His priestly people. By feeding on Him in the Eucharist and receiving the Holy Spirit in our hearts, we truly become the Body of Christ that we receive, we are truly in communion with Him and with each other, becoming the instruments, in witness to Him before the world. And we are called to proclaim the death and resurrection of the Lord until he comes."

2. July 2, 2010, Vatican – Upon receiving a delegation of sponsors on the next International Youth Day, set to take place from August 16-21 2010, in Madrid, Spain, the Holy Father said, "The World Youth Day isn't just another big event, but rather a privileged occasion for youth to encounter the love of Christ, to hear his Word, which is always young and to be able to share the faith that unites us and the desire to build a better world, inspired by the values of the Gospel. This is a "privileged" occasion for our Young people to let themselves be conquered by the love of Christ Jesus, Son of God and of Mary, the faithful friend, the Conqueror of sin and death."

3. July 4, 2010, (at Sulmonia, Italy) – Silence might be a fearful thing to modern man, but Benedict XVI is encouraging an acceptance of interior and exterior silence, so as to be able to hear God's voice and the voices of our neighbor in need. The Pope said, "We live in a society in which it seems that every space, every moment must be "filled" with initiatives, activity, sound; often there is not even time to listen and dialogue. Let us not be afraid of silence, outside and inside of ourselves, so that we are able not only to perceive God's voice, but also the voice of the person next to us, the voices of others in need."

4. Pope Benedict XVI is spending his holiday putting the finishing touches to the third and final volume in his series on the life of Jesus, dealing with his infancy and childhood.

5. July 13, 2010 – The Pope's 2011 World Peace Day message will focus on Religious freedom. He intends



to discuss how the fundamental right to believe in God is a pre-requisite to full human development and a condition for the realization of the common good and the promotion of peace in the world.

6. July 14, 2010 – The Holy Father said that the current economic crisis has highlighted the need for financial institutions to place "people" at the center of their policies and practices – "people-centered approach"

7. July 15, 2010 – The Vatican has revised norms on clerical sex abuse thus sending a clear signal that the Church is serious about the issue and streamlined its disciplinary measures. At the same time, it will include the "attempted ordination of women" among the list of most serious crimes against Church Law. The Pope said that these scandals must inspire Bishops and Priests to rediscover the need for Penitence, purification, forgiveness and justice.

8. Benedict XVI appealed for fair treatment of the world's refugees, for they deserve to be welcomed with respect for their rights and human dignity. He also appealed to the International community to put an end to ethnic violence in Kyrgyzstan and to provide humanitarian aid to them in the Central Asian country.

9. The long awaited Revised English translation of the Roman Missal is now ready, and is a considerable improvement on the one currently used, both in its accuracy and for its dignified language. The overall tone of the new Missal with its strong emphasis on the sacredness of the Divine Liturgy and our dependence on God's goodness and mercy and our own unworthiness. The ICEL's on-going translation (International Commission on English in the Liturgy) of the Roman Missal proceeds in accordance with the principles set out in Liturgiam authenticam – the document of the Congregation for Divine Worship (released in July-Aug 2001). The new Missal will come into effect from Advent 2011.

Farewell Fr. Joe

It was indeed the Lord's call and his mission of service that brought Fr. Joe to serve us at 'St. Anthony's Church', Vakola. He describes his experience in the parish as an enriching one and expresses his gratitude to God for having sent him in the parish where he completed almost 7 years. He also extends his gratefulness to the people of the parish for their active participation and co-operation.

As a Parish priest, he was more inclined towards the Church, community funds, as well as the Antonian.

He was touched by the friendliness and simplicity of the parishioners. Help came easily when it was wanted. He had no problem with cooperation either. The devotional life of the parish was outstanding, compared to his earlier parishes. The talent in Vakola, specially in music and singing was outstanding. On his egging, the choir took complicated hymns which were classical, and did a good job of it. While he had a major medical disaster while in Vakola (and . . . almost died) yet the parishioners understood the situation and were cooperative. The parishioners took it all in their stride. Keep up the friendliness and simplicity which you have. It makes a big difference to the atmosphere of the parish, and to your reputation.

We all pray and wish him success to continue his apostolate at Gloria Church, Byculla.

Farewell Fr. Gavin

Fr. Gavin's mission at 'Saint Anthony's Church', Vakola was indeed a very memorable one that he would cherish forever. As he bids farewell to our parish, he remembers every bit of the people and parish of Vakola.

During his short tenure of a year, he found the parishioners very affectionate, simple, religious, generous and full of devotion. His activities included - Sunday school, Altar servers, Cantors, Lectors, Choirs & helping the youth along with then Brother Lawrence.

He truly appreciates the people for their involvement and active participation in various activities of the Church. As he continues to serve the Lords Vineyard at St. Francis Xavier's Church Vile Parle.

By- Jennifer Mendes

Welcome Fr. Sabiano D'Silva

The first thing you notice about Fr. Sabiano is his wide smile, and once you start talking to him, you realize that he just like his smile – warm and enthusiastic. Ordained in 1967, he is a priest rich with 43 years of experience, even though he does not look his age at all. A pucca East Indian by his own admission, he has served both as priest and Parish Priest in over 11 parishes all over the Thane District. Vasai, Nala Sopara, Virar, Bhayandar, Uttan Pali, Gorai, Dongri and closer home Kalina, Vile Parle and Mahim, he has served all these parishes in different capacities. Here in Vakola, his 13th Parish, he is looking forward to another fruitful ministry. His mission is very simple, to get more and more people involved in church activities. He is already in charge of the lectors and hopes to do a lot more in various associations.

Fr. Sabiano, we wish you all the best and pray that you may have a rewarding experience at St. Anthony's Church.

Welcome Fr. Lucian

Fr. Lucian Fernandes makes you feel comfortable and warm at the very first meeting. He is very compassionate priest with an experience of working for 18 years for the church in the United States. He is now on the staff of St. Anthony's church, Vakola.

We the parishioners extend a warm welcome to him and wish him a happy and joyful stay in our parish.



Know Your Leaders

Parish association	Lay head	Priest in- charge
Parish Pastoral Council	Marlon Rego	Fr. Seraj Pinto
Small Christian Communities	Anthony Gomes	Fr. Anthony Cardozo
Parish Youth Council		Fr. Lawrence D'Souza
Bible Cell		Fr. Lawrence D'Souza
SVP		
English Prayer Group	Yvette Pereira	Fr. Lawrence D'Souza
Students Faith Academy	Charleston and Romina Mendonca	Fr. Angelo Lobo
Lectors committee	Juliet	Fr. Sabiano D'Silva
Cantors and choir		Fr. Lawrence D'Souza

Learning and Growing with my NYG

Youth are the days full of life and energy. Our action can never go unnoticed, a time of growth and fun. I've had the best of both the worlds, in college and the church. No one can replace the fun of our college days but I just want to share my joy of working in the NYGs. When I first started getting involved in my NYG, I was a little hesitant and it was more of a burden but as months progressed, the same work became so much fun especially with the companionship of the other youth. This interaction not only revealed the "hidden me" but also surprised me at the things I could do and achieve.

I've found the confidence to organise things and believe in myself through all the activities held in the NYG. This is helping me a lot at my work place. From getting positive stokes on your successes to looking at areas of improvements in failure, it also introduces you to people of different temperaments; there's lots to learn. Spiritually too, I've learnt the power of God's love. It is rightly said 'What God has given us, is His gift to us, and what we make of ourself is our gift to Him'

Dont miss this chance to make a difference in your society. We the youth are the movement of the church, so go, be that movement!!

- Flory Mascrehnas, Community # 25



Youth always on the go.....



Area 31 Reporting

1. 9 youth met on 4 April and decided to prepare a Spiritual Bouquet for Bro. Lawrence's ordination. 4 of them agreed to visit all the families for their contribution while Arlene agreed to prepare the card. We decided to hand over this to Fr. Lawrence at our NYG activity on 18 April.

2. Annette told us that the ordination was on Saturday, 10 April at the Seminary at 6 pm and our parish had arranged transportation. Arlene agreed to attend along with Annette.

1. Arlene suggested we conduct the Chaplet of Divine Mercy and the Novena prayers from 2nd April up to 11 April – the feast of Divine Mercy. All agreed and requested her to take charge as she would have completed her exams by then. She agreed and conducted it in which adults, youth and children attended regularly.

2. We conducted the Bible sharing activity for children in our NYG. 13 youth, 10 children and 5 Adults attended it. Fr. Gavin, Charleston & Rowena also attended

and had the privilege of handing over the gifts of appreciation and prizes for the games.

3. On 1st May our area had its Community Rosary Day where in 8 youth attended.

4. 6 of us met on 16 May and decided to conduct the Rosary at the Church Grotto on 29 May. The Rosary at the Church Grotto was conducted by 10 youth.

5. Annette conveyed to us the 9 day Novena Mass would be in English and the themes were based on the Liturgy this year. She urged us to attend it as it would give us a better insight into the recent changes and reforms in Liturgy. About 12 youth daily attended these Novena Masses while 6 youth took active part on the 8th day as Lectors & Choir.

6. 4 youth visited the sick & home bound members on 13 June to wish them a Happy Feast.

Kid's Corner

Can you figure out these Bible names by rearranging the letters?

1. Jalleh _ _ _ _ _
2. Henteps _ _ _ _ _
3. Ulpa _ _ _ _
4. Bamhara _ _ _ _ _
5. Lisas _ _ _ _ _
6. Anho _ _ _ _
7. Raash _ _ _ _ _
8. Nana _ _ _ _
9. Ossem _ _ _ _
10. Utist _ _ _ _ _

Match the Following -

1	August 15	A	The sin that we all inherit from Adam.
2	Assumption means	B	heavenly coronation of the Blessed Virgin
3	Mary was free of original sin	C	Feast of the Assumption
4	Mary- Queen of Heaven	D	Body and soul in heaven
5	Her acceptance into the glory of Heaven	E	Our Lord's Ascension
6	Mary's Assumption corresponds to	F	Symbolizes the promise made by Jesus to all enduring Christians that they too will be received into paradise.

General Knowledge Quiz

1. Which is the largest island in the world?
a. Srilanka b. Australia c. Greenland
2. Which is the longest canal in the world?
a. Titicaca b. Angel c. The Grand Canal of China
3. Which country is known as the lady of snow?
a. Greenland b. Canada c. Pakistan
4. Which country is known as the roof of the world?
a. Switzerland b. Argentina c. India
5. Which is the largest ocean in the world?
a. Atlantic Ocean b. Pacific Ocean c. none of these
6. Who is known as the father of computer?
a. Charles Cabbage b. Charles Babbage c. James Watt
7. In which year was the first electronic computer made?
a. 1937 b. 2000 c. 2005
8. Who is the creator of James bond?
a. Lewis Carroll b. Sherlock Holmes c. Ian Fleming
9. Which is the longest river in the world?
a. Volga b. none of these c. Nile
10. Which of the following is a carnivore?
a. Vulture b. crow c. goat
11. Who is the author of Harry Potter?
a. J.K Rowling b. Charles Dickens c. Arundhathi Roy
12. Which is the biggest bird in the world?
a. Ostrich b. Eagle c. Vulture

Answers: 1. C; 2. C; 3. B; 4. A; 5. B; 6. B; 7. A; 8. C; 9. C; 10. A; 11. A; 12. A

Answers: Scrambled Bible Names: Elijah, 2. Stephen 3. Paul 4. Abraham 5. Silas 6. Noah 7. Sarah 8. Anna 9. Moses, 10. Titus

Answers: Match the following: 1 C, 2 D, 3 A, 4 B, 5 F, 6 E

-Compiled by Ms. Jennifer Mendes

What do I do with my Ailing Knee...

No sooner does your knee begin to give trouble, you realize that age is catching up with you. When you start to notice that you can no longer climb more than two floors without a struggling knee, it's about time you see a doctor. You are most likely to be experiencing the first signs of osteoarthritis.

Osteoarthritis is commonly known to be a disease of the old age, a cause of concern for the retired few. But with drastic changes in our lifestyle and increasing amounts of stress, today we see even 30 year olds beginning to develop osteoarthritis.

Osteoarthritis is a degenerative disease of the joints- which means it is a gradual decline of a healthy and strong joint into a weak and painful one. There is no definite cause for OA (osteoarthritis) to develop in any individual, although hereditary factors do play a moderate role. But the good news is that even if you have a history of OA in your family, you could still prevent yourself from hitting the walking stick. Well, there is no magic formula for this, but a change of lifestyle and developing good postural habits could do the trick. It's good to start young but then, it's never too late.

Let's begin with our diet. For your knees to remain strong and healthy till you are 80, you need to consume a good amount of Calcium rich foods. As you all know, milk is a good source of calcium, it's also important to know that you ought to consume atleast 3 portions of milk everyday. These 3 portions could either be in the form of a glass of milk or a bowl of yogurt (curd) or may be a glass of buttermilk. Some people have the misconception that milk makes you put on weight. Milk does contain fat and proteins, but if the rest of your diet is well balanced and under control, you have no such threat from milk. Raagi (Naachni) is another rich source of calcium. A bowlful of raagi porridge every morning will do you a lot of good for a long time to come.

Your sitting posture also needs to be checked to make sure your knee stays good for as long as it would. This is mostly applicable for those sitting for long hours at work without taking a break for a quick leg stretch or exercise. Lack of exercise, is a major reason why today's

generation is falling prey to OA. A good 45 minute brisk walk on a daily basis is a must for everyone, whether young or old, overweight or not. Once OA sets in, it is not completely curable/ reversible. But if treated in time and taken care of, you can go on with life, almost as if it never happened to you. Pain killers are not the solution to your arthritic knee, and so are not- balms, ointments and other external applications. They may give you temporary relief if you are looking for it, but will not cure the degeneration taking place in your knee joint.



If you already have OA, your diet also, must necessarily include all the things mentioned above. In addition, methi seeds work like magic pills. All you need to do is soak half a teaspoon of methi seeds in water, overnight. Consume the softened seeds in the morning on empty stomach.

Several of my patients suffering from OA have found it immensely helpful. Those already with OA must also be careful not to jerk their knee, or stand suddenly from a sitting position in order to catch a train/ bus or climb or go down stairs hastily. Avoid squatting positions or any positions that cause discomfort. While all the above must be prevented/ avoided, a little exercise is also a must. You need to give your knees the 'oiling' they require by practicing exercises like gentle cycling in the morning as you wake up or before you get out of bed. That is the time your knee gets stiff the most, as they have been resting with little or no movement through the night.

Medically, the knee joint is also called as a "weight bearing" joint which means it requires to bear the weight of your body while you stand or walk. Hence, for all those who are overweight, you need to work harder, and bring down your weight.

I am sure all of us are aware that our lives are beautiful gifts from God- whatever the package may contain. The Lord has entrusted us with the responsibility of taking care of our bodies, our health. He has always been faithful. Now it's time for us to respond to His faithfulness by taking good care of our physical being which is precious not only to us but also to HIM!

- Dr Angelica Joseph BHMS

Consulting Homoeopath

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Mass and Para Liturgical service timings

Mass timings for Week Days

Regular

6.00 a.m.; 6.45 a.m.; 7.30 a.m. (reserved for Month's Mind and First Anniversary); 7.00 p.m.

Mass timings for Sundays

Regular

5.30 a.m.; 6.30 a.m. (Konkani); 7.45 a.m.; 9.00 a.m. (Children) 10.15 a.m.; 5.00 p.m. 6.30 p.m. (Konkani) except last sunday of the month, mass in Marathi.

First Thursday of the month, Holy Half Hour in Konkani at 7.00 p.m. followed by mass in Konkani

First Friday of the month, Holy Half Hour in English at 7.00 p.m. followed by mass in English.

Funeral Masses:

9.00 a.m. and 4.00 p.m.

Wedding Masses:

5.00 p.m. Only Bread and Wine is allowed to be offered. The couple are strongly recommended to give something to the poor.

Marriage Preparation Course must be done before coming to the church to fill in the papers. For details of these programmes see the webpage <http://www.snehalaya.in/>

Please approach the parish office 4 months before the wedding.

Marriage Banns

1st Banns - read at the 7.45 a.m. mass on Sundays

2nd Banns - displayed on the Church Notice Board.

Baptisms:

On Sundays after the 10.15 a.m. mass (Pre-baptism course is compulsory, and is conducted every alternate month)

Novenas:

St Anthony:

Tuesdays in Konkani ... 6.30 p.m. and English at 7.30 p.m.

Our Lady of Perpetual Succor

Wednesdays: Konkani at 6.30 p.m. and English at 7.30 p.m.

Divine Mercy Devotion

2nd and 4th Thursdays from 6.30 to 7 p.m.

Rosary at the Grotto:

May & October6.30 p.m.

Adoration in the Chapel

6.30 a.m. - 1.00 p.m. & 3.00 p.m. - 8.30 p.m. daily

