



# ANTONIAN

ST. ANTHONY'S CHURCH, VAKOLA

HOLY WEEK ISSUE - MARCH, 2013





## Editorial: Foolishness of The Cross

In this Season of Paschal Joy, Jesus, who overturned the tables of the Temple money changers, also overturns our ideas and expectations, replacing them with “the foolishness of the cross.”

Was Jesus always meek and mild? The gospel tells us that he got angry. Why? There is no suggestion that the money changers whose tables Jesus overturned were corrupt. Both they, and the people who sold the animals used in the Temple sacrifices, performed useful and necessary functions. To understand Jesus’ anger, we must turn back to the criticism which the prophets made repeatedly of the way their people worshiped God. In cleansing the Temple, Jesus was acting out this criticism in a particularly dramatic way.

Amos, for instance, the first prophet to write down his message, represents God saying to the people of his day: “I hate, I spurn your

pilgrim feasts; I will not delight in your sacred ceremonies. When you present your sacrifices and offerings, I will not accept them.” (5:21).

Repeatedly the prophets emphasized that God was not interested in the offering of material things. He desired the worshipers’ hearts and minds. To come before God with prayers and material offerings, while living in disobedience to God’s law — lying, cheating, stealing, and oppressing the poor — was worse than useless, the prophets said. It cried to heaven for vengeance. That was the consistent message of all Israel’s prophets. (Cf. Hos. 6:6; Mic. 6:6-8; Is. 1:11-17; Jer.7:21-23)

The demand of the Jewish prophets for pure worship is the background for Jesus’ cleansing of the Temple. The gospel writer is referring to Jesus’ death when he quotes the words of Psalm 69: “Zeal for your house will consume me.” The words refer to Jesus’ zeal for the

offering of pure, spiritual worship in the Temple, the earthly dwelling place of Jesus' heavenly Father. But the words have a deeper meaning as well. Zeal for his Father's house would consume Jesus in a literal sense, by leading to his Crucifixion. Enraged by Jesus' attack on their religious observances, the religious leaders of his people delivered him to death.

Jesus was also referring to his death when he spoke of the Temple being destroyed and "raised up" in three days. His hearers naturally assumed that he was talking about the building in which they were standing. In reality, the gospel tells us, "he was speaking about the temple of his body." As God's Son, Jesus is himself the dwelling place of God in a way that no building of wood or stone could ever be. After he was raised from the dead, the gospel says, Jesus' friends recalled Jesus' words, and for the first time understood their real meaning.

Jesus' overturning of the money changers' tables was typical of his whole message and ministry. Jesus is constantly overturning worldly standards and expectations. This is what St. Paul spoke of people who demand a "sign" before they will believe, will find this demand overturned by Jesus Christ. He does not offer any sign strong enough to compel faith. Jesus'

greatest signs were the empty tomb of Easter morning, and his appearances to his friends thereafter. Neither then, nor since, did those signs compel anyone to believe in Jesus Christ.

It is the same, Paul writes in the second reading, with people who expect Jesus to impress them with some special "wisdom": subtle arguments, deep philosophy. Jesus overturns that expectation too. Instead of wisdom, Jesus offers what Paul calls the "foolishness" of the cross: the symbol, not of success but of humiliating failure. "We proclaim Christ crucified," Paul writes. The Crucified Lord drives out the longing we all have for a success story, as surely as Jesus drove from his Father's house those who were encouraging people to use worship, which is the offering of grateful praise to God, as a form of barter with God.

To all those, however, who are willing to have their ideas and expectations and demands overturned, this crucified Lord is, Paul writes, "the power of God and the wisdom of God. For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength."

Fr. Lawrence A. D'Souza  
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# The Reality of the Pains of Purgatory

## Why does one offer Masses for the souls of their departed loved ones?

We see many people offering Masses for the souls of their departed loved ones. We may have heard nowadays, quite too often from someone that the one who has died is already in Heaven. Can we be so sure that our near and dear one who has expired is already in Heaven? Then, in that case what is the reason for offering Masses? If a particular soul was in Heaven already, that means, a Mass would not benefit him or her. On the other hand, if a soul was in Hell, he or she would not benefit either from a Mass, as the one who is condemned to Hell, cannot come out of the torments of hell or eternal damnation. In the previous edition of 'The Antonian', we had seen the proof of purgatory from the Bible and Church teaching. Those souls which are neither in Heaven or Hell would benefit from our prayers, as we believe that they are in the state of purification known as purgatory.

The Church has officially stated two truths which must be believed as dogma (A Definite Truth). (All Catholics are to believe in all the defined Truths or Dogma of the Church. Any person who denies even one Truth would fall into heresy or is a heretic.)

The Truths with regards to purgatory are as follows:

1. That there is a Purgatory
2. That the souls in Purgatory can be helped by our prayers and sacrifices.

## What are the pains of purgatory like?

The common teaching on the pains of purgatory consists of two things:

**The Pain of Loss:** The pain of loss consists in being deprived for a time, the sight of God, who is the Supreme Good, the beatific end for which

our souls are made. It is a moral thirst which torments the soul.

**The Pain of Sense:** or sensible suffering is the same as that which we experience in our flesh. Its nature is not defined by faith, but it is the common opinion of the Doctors that it consists in fire and other species of suffering. ("Purgatory Explained" by Fr. F. X. Schouppe, S.J.)

## The Severity of the pains of purgatory:

1. The fire we see on Earth was made by the goodness of God for our comfort and well-being. Still, when used as a torment, it is the most dreadful one we can imagine.
2. The fire of Purgatory, on the contrary, was made by the Justice of God to punish and purify us and is, therefore, incomparably more severe.
3. Our fire, at most, burns this gross body of ours, made of clay; whereas, the fire of Purgatory acts on the spiritual soul, which is unspeakably more sensitive to pain.
4. The more intense our fire is, the more speedily it destroys its victim, who therefore ceases to suffer; whereas, the fire of Purgatory inflicts the keenest, most violent pain, but never kills the soul nor lessens its sensibility.
5. Uncomparably severe is the fire of Purgatory, the pain of loss or separation from God, which the souls also suffer in Purgatory. The soul separated from the body craves with all the intensity of its spiritual nature for God. It is consumed with an intense desire to fly to Him. Yet it is held back. No words can describe the anguish of this unsatisfied craving." ("Read Me or Rue it" by Fr. Paul O'Sullivan)

## The Saints on Purgatory

**St. Augustine** (XLI De Sanctis): "This fire of Purgatory will be more severe than any pain that can be felt, seen or conceived in this world."

**St. Thomas Aquinas** and **St. Bonaventure** teach that the flames of purgatory resemble earthly fire." Nevertheless, it is generally agreed among the saints and spiritual writers that the Holy Souls undergo the pain of sense as part of their purification, and this may well include the pain of fire. St. Thomas Aquinas held that the least pain in purgatory was greater than the worst that could be experienced in this life.

**St. Bonaventure** and **St. Robert Bellarmine** mention, that the least pain in purgatory surpasses the greatest earthly suffering. It means that "for one and the same sin, the smallest suffering in purgatory is greater than any corresponding suffering on earth."

**St. Catherine of Genoa** says that the pain of purgatory is greater than any pain that can be experienced on earth. But she also says that the pain of purgatory is more joyful than the greatest joys on earth. The joy of purgatory comes from knowing that eternal life is ours, that we will enjoy a happiness that exceeds our capacity to imagine and which will never end. The sorrow of purgatory comes from — among other things — knowing fully the harm that our sins have caused others as well as the complete awareness of the stains left on our soul, which render us unfit and unable to tolerate being in the presence of pure Innocence Itself (Treatise on Purgatory).



**St. Francis de Sales** expresses, "the Holy Souls enjoy a peace which no earthly happiness is comparable. For they are in perpetual union with God; they are completely obedient to His will, or rather their wills are merged in His, so that they desire nothing but what He desires. And so even if the gates of heaven were open to them they would rather plunge into hell than appear before God's face with the sins that they see in themselves."

**St. Faustina on Purgatory:** "...I saw my Guardian Angel, who ordered me to follow him. In a moment I was in a misty place full of fire in which there was a great crowd of suffering souls. They were praying fervently, but to no avail, for themselves; only we can come to their aid. The flames, which were burning them, did not touch me at all. My Guardian Angel did not leave me for an instant. I asked these souls what their greatest suffering was. They answered me in one voice that their greatest torment was longing for God. I saw Our Lady visiting the souls in Purgatory. The souls call Her "The Star of the Sea." She brings them refreshment. I wanted to talk with them some more, but my Guardian Angel beckoned me to leave. We went out of that prison of suffering. [I heard an interior voice which said] 'My mercy does not want this, but justice demands it. Since that time, I am in closer communion with the suffering souls.'" (Diary, 20)

### **How can we help in such a purification?**

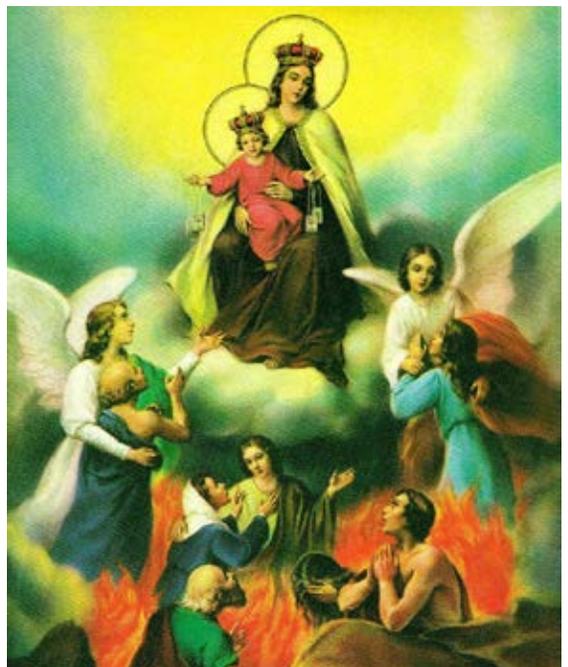
God our Loving Father, purifies all souls in Purgatory, with the merits of our Lord Jesus Christ who suffered, died on the Cross and rose from the dead. We as pilgrims on earth can help our loved departed ones who are in Purgatory:

- With our prayers for the departed souls, in particular by participating in the celebration of the Holy Mass, and especially by giving Holy Masses for them.

- With works of penance and charity (the spiritual and corporal works of mercy).
- With Indulgences, which are the special forgiveness granted by God. When we gain indulgences by certain prayers, offering of Masses and certain Church prescribed acts, of temporal punishment for the sins already forgiven as regards one's offences.
- Every Christian living on earth can acquire through the intervention of the Church, such Indulgences, if duly made available and under certain conditions, and can apply them to the departed soul in such a way that they can be relieved from due temporal punishment for their sins.

As we are in lent, a special season of God's grace, let us pray more fervently for our departed loved ones, who suffer such immense pain, in their process of purification. Let us gain indulgences by praying, fasting, penance and works of mercy (spiritual and corporal), and thus apply them to our near and dear ones who have died and gone before us.

- Fr. Clarence Sequeira



## The Two S' – the dynamics of Catholic Life

Today many assume that life has no ultimate meaning, that we are born into this world of colour, shape and sound with no purpose except to disappear some seventy or eighty years later. There are others who still continue to search for the true meaning of their lives and a small number who are convinced they have found it. As a catholic, life has a special meaning and a special calling. Let me begin with a story; we might have heard this story many times, let's ponder over it,

One day, a man went to the Lord and said, "Help me; Lord....I can't take this suffering anymore. Please give me a different cross to bear." So, our gentle Lord said, "Come with me." All of a sudden, the man and the Lord were standing in a huge room with every kind of cross imaginable. Some were small, some large, others beautiful, some ugly, etc.....The Lord said to the man, "Now you look around and pick out another cross you'd like to carry." Happily, the man searched and searched and finally found one. He said to the Lord, "Lord, Lord, I will take this one." The Lord just smiled and said, "My dear child that is the same cross you came in with."

This means that every human being living on this earth is assigned with a cross – a cross of suffering and this suffering is meant to be a joyful suffering. This suffering comes with a promise and the promise is that the Lord will never let us suffer beyond our strength. At times we feel frustrated when suffering comes in our lives, we cry and question God - why did it have to happen to me, but we fail to realize that every suffering has an experience related to it and that experience never goes in vain. This in other words could mean that, **"Suffering is a blessing in disguise."** For example, in the Old Testament we read in the book of Exodus

– Moses a Hebrew child was bought up by an Egyptian princess, lived his life in the palace and when it was revealed that he was a Hebrew he was banished in the wilderness, there he encounters God in the burning bush and returns back to the palace on God's command to release God's people and lead them to the promise land – here we see that when Moses was banished in the wilderness he had to suffer in the desert and had to get himself acquainted to the conditions there (which at that time he thought was a suffering) but that same experience of suffering turned out to be a blessing for him when he led the Israelites in the desert as he was well aware of the place.

Thus the foundation of catholic life is based on two principles suffering and sacrifice.

Jesus too as a human had to undergo suffering; suffering to such an extent that he gave himself completely, dying on the cross as a ransom for our sins and the fruits of which we enjoy today i.e. the complete freedom from the slavery of sin. Due to His sacrificial death, each person on earth has the opportunity to accept that gift of atonement and be forgiven by God. For without His death, God's Law would still need to be satisfied—by our own death (Romans 8:3-4) *"The law of Moses could not save us, because of our sinful nature. But God put into effect a different plan to save us. He sent His own Son in a human body like ours, except that ours are sinful. God destroyed sin's control over us by giving His Son as a sacrifice for our sins. He did this so that the requirement of the law would be fully accomplished for us who no longer follow our sinful nature but instead follow the Spirit."*

As we enter the season of lent, most of us make sacrifices as an obligation. On Ash Wednesday and Good Friday most of us fast or throughout the whole season of lent, some contribute through works of charity, some spend more time in prayer and attend a retreat and do some sort of penance and feel that they are done with their job and cleared

their way to go straight to heaven. But is this the true meaning of sacrifice? Leaving the 40 days of Lent, what about the rest 325 days? Why can't each day be lived as a Good Friday? Our answers lie in the lives of our holy men i.e. martyrs and saints, they are the ones who understood the true meaning of joyful suffering and happily sacrificed themselves for living their faith. Sacrifice means setting our egos aside and 'LETTING GO' – our pride, hatred, jealousy and most of all granting FORGIVENESS to those who have hurt us and made us bitter. And that's what we see in the lives of our saints – some examples are (1) **St. Francis of Assisi**, he was the son of a wealthy merchant, but once he encountered Christ, he gave up all worldly pleasures and worked for Christ to such an extent that he desired for the same wounds as Christ – the stigmata wounds and bore them joyfully on himself, (2) **St. Lawrence** was condemned to a slow, cruel death. The Saint was tied on top of an iron grill over a slow fire that roasted his flesh little by little, but Lawrence was burning with so much love for God that he almost did not feel the flames. In fact, God gave him so much strength and joy that "Turn me over," he said to the judge. "I'm done on this side!" And just before he died, he said, "It's cooked enough now." Then he prayed that the city of Rome might be converted to Jesus and that the Catholic Faith might spread all over the world. After that, he went to receive the martyr's reward. (3) In 1902 an eighteen-year-old neighbour, Alexander, grabbed **Maria Goretti** from her steps and tried to rape her. When Maria said that she would rather die than submit, Alexander began stabbing her with a knife. As she lay in the hospital, she forgave Alexander before she died. Her death didn't end her forgiveness, however. Alexander was captured and sentenced to thirty years. He was unrepentant until he had a dream that he was in a garden. Maria was there and gave him flowers. When he woke, he was a changed man, repenting for his crime and living

a reformed life. When he was released after 27 years he went directly to Maria's mother to beg her forgiveness. Thus, true sacrifice should have the power 'To bring about a CHANGE'.

Sacrifice doesn't just mean giving something out of the excess that you have, it means giving completely without keeping anything back. We read about Jesus teaching us the same thing when he speaks of the widow's contribution of the penny being much higher than the other rich people who contributed, as she gives everything that she has in Mark 12:41-43. God expects not just charity in terms of money but in terms of your deeds: a humble contrite heart as a sacrifice, who is willing to Love the Lord and give him the first place always. Psalms 51:17, *"The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, God, thou wilt not despise."* The next question that arises is, 'I am a simple man, how can I do great deeds as the saints did?' The answer is, 'Yes, it is possible. Acknowledge the good deeds that the Lord has done for you. Don't do unto others what you will not like to be done to you. Be kind to the less fortunate and most importantly, Forgive (just as we promise when we pray 'The Our Father' each time – Forgive us our trespasses as we forgive those who trespass against us.) Mt 6:12.

I would like to end with a beautiful verse from the Bible that sums up what I have to say, *"You have heard that it was said, 'An eye for an eye and a tooth for a tooth.' But I say to you, Do not resist one who is evil. But if anyone strikes you on the right cheek, turn to him the other also; and if anyone would sue you and take your coat, let him have your cloak as well; and if anyone forces you to go one mile, go with him two miles. Give to him who begs from you, and do not refuse him who would borrow from you."* – Matthew 5:38-42

- Sucorrine Dias

## On the Cross: The Risen Christ or the Crucified Christ?



**The Risen Christ on the Cross:** In our homes today, there is a growing tendency to put a Risen Christ in place of a Crucified Christ. There is also a gradual decline in the installation or keeping Crucified Christ in one's place of work or on one's body.

**Crucified Christ on the Cross:** When we look at the crucifix (not a risen Christ on a cross), it reminds us of the sacrifice of Jesus. Our thoughts may have been wandering, but when we see the crucifix, we are able to refocus and return to prayer. For St. Paul, the Cross of Christ was not only a precious remembrance of Christ's suffering and death, but also a symbol closely associated with His sacrifice and the mystery of the Passion. He says in 1 Cor 1:23, "But we preach Christ crucified, unto the Jews indeed a stumbling block, and unto the Gentiles foolishness." On October 29, 2008, Pope Benedict reflected on St. Paul, thus in his General Audience, "In the encounter with Jesus, St. Paul had understood the central significance of the cross: He had understood that Jesus had died and risen for all and also for [Paul] himself. Both elements were important – the universality: Jesus had truly died for everyone; and the subjectivity: He had died also for me." Further the Apostle writes in 1 Cor 2: 4, "For I judged not myself to know

anything among you, but Jesus Christ: and him crucified". St. Paul is so convinced of the need of the Cross for salvation that he says, "For the word of the cross, to them indeed that perish, is foolishness; but to them that are saved, that is, to us, it is the power of God". He is clearly emphasizing that there will be those who will choose to ignore the suffering of Jesus during his excruciating Passion which includes his Crucifixion which led to his death.

Since the first century, the Church has always venerated the Cross, with Christ crucified on it. It was, moreover, natural that it should be venerated. The Christian veneration of images is not contrary to the first commandment which proscribes idols. Indeed, 'the honour rendered to an image passes to its prototype', and 'whoever venerates an image venerates the person portrayed in it'. The honour paid to sacred images is a 'respectful veneration', which is not the adoration due to God alone.

**Church teaching and Liturgical norms emphasize the Crucified Christ on the Cross:** The Important Books for reference when it comes to liturgy and images are "The Sacramentary" and "The General Instructions of the Roman Missal". Other important books which give us what is permitted or required are "Canon Law" and "Catechism of the Catholic Church".

The Catholic Church writes its laws and doctrines as positive-affirmative, which simply means that what they mention is what is either required or what is permitted. For example, the Sacramentary has a section in the beginning that lists what is permitted to be placed upon the altar.

In 846.1 of the Canon Law, it is written thus, "The liturgical books approved by competent authority are to be faithfully observed in the celebration of the sacraments; therefore no one on personal authority may add, remove or change anything in them." The Catechism of the Catholic Church (CCC) mentions that the altar

of the New Covenant is the Lord's Cross (in our faith the cross means a crucifix), from which the sacraments of the Paschal mystery flow (CCC 1182). By His glorious Cross, Christ has won salvation for all men (CCC 1741).

Let us check what the Church tells us about the liturgical norms with regards to the Risen Christ on the Cross. The General Instruction of the Roman Missal (GIRM) requires that a crucifix (a cross with a body of the crucified Lord on it) to be on or near the altar. If there is a crucifix affixed to the wall or suspended above the altar or if the processional crucifix is placed near the altar, then no additional crucifix is needed on the altar. Likewise, on the altar or close to it, there is to be a cross adorned with a figure of Christ crucified. The candles and the cross with the figure of Christ crucified may also be carried in the procession at the Entrance. In 308, the GIRM, mentions "There is also to be a cross, with the figure of Christ crucified upon it, either on the altar or near it, where it is clearly visible to the assembled congregation. It is appropriate that such a cross, which calls to mind for the faithful the saving Passion of the Lord, remain near the altar even outside of liturgical celebrations."

**Risen Christ cannot be a substitute for the Crucified Christ:** In the context of the Roman liturgy, 'cross' means a crucifix (a cross with Christ crucified upon it). A figure of a risen Christ behind an altar cannot be regarded as a substitute for the cross. Risen Christ is a more common feature nowadays: The whole emphasis is on "Celebration" which has Pentecostal and Evangelical leanings. They focus chiefly on Risen Lord, emphasizing thus the need to "Rejoice and Celebrate." If we reflect deeply, we can clearly see that the resurrection is the 'result' of the passion of Christ. We have received our redemption mainly through the passion and the death of our Lord. On the other hand, the Resurrection of Christ is a reminder of the eternal hope of all those who die in Christ, i.e. our own bodily Resurrection. Therefore, we need the crucifix to remind us as long as we are in the world that we have to carry our own

cross and die on it. "If any man will come after me, let him deny himself, and take up his cross, and follow me" Matt 16:24. Here the emphasis is more on penance, sacrifice, mortification and a continuous purification through the Blood of Jesus. What is strange is that the new evangelical movements and prosperity Gospel preachers call on the Blood of Christ without going through his passion or meditating on his suffering.

**We need the Crucified Lord:** The world is suffering and it needs a God who is on their side. When people look at our Lord Jesus Christ, suffering, agonizing with excruciating pain and shedding even the last drop of his blood on the cross innocently, it definitely gives meaning to their own suffering and also the hope to live and follow our Lord and Saviour Jesus Christ. By just focusing on the "Risen Lord" and bypassing his suffering, it does not give us hope. Whenever an "Exorcism" is done, the priest uses the "Crucifix" and not the "Risen Lord". Satan is defeated by seeing the wounds of Jesus bleeding and the smell of the Precious Blood suffocates him that forces him to flee.

**The Saints and the Crucified Christ:** St. Francis Xavier is always pictured with a Cross (with the crucified Christ on it). Imagine how improper it would be to take away the crucifix from St. Francis Xavier's hand and replace it with the "Risen Lord." The whole emphasis of Christ's sacrifice would have been negated. The great saint and mystic, St. Gertrude said thus, "Every time anyone kisses the Crucifix or looks at the Crucified Christ with devotion, the gaze of the Blessed Trinity is fixed upon that soul - and at the same moment a wondrous beauty is added to that soul, and a reward treasured for an endless glory".

During this Lent, we ask God for the grace to constantly gaze on the Crucified Lord, thus focussing on his passion and death, that we may detest sin and all its effects. We ask God also for the grace to have a deep love and true devotion to our Crucified Lord and his Cross, by which he has redeemed the world.

- Fr. Clarence Sequeira

# Did you know?!

The correct way of using toothpaste with tooth brush.



**INCORRECT**



**CORRECT**

The toothpaste should go **IN** the brush & **NOT** remain **ON** the brush.  
This ensures the correct amount of paste & correct pressure for brushing.  
Hold the paste tube perpendicular to the brush & squeeze to push paste into brush.

**Do not open your mouth W I D E while brushing teeth.**

Start cleaning from the **LAST** tooth forward.

Remember to clean the inside surface (towards tongue/palate) of teeth.

For additional valuable information, you may register on [www.bracesnmore.com](http://www.bracesnmore.com)  
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## News from Rome: Pope Benedict XVI's full resignation statement



Dear Brothers,

I have convoked you to this Consistory, not only for the three canonizations, but also to communicate to you a decision of great importance for the life of the Church. After having repeatedly examined my conscience before God, I have come to the certainty that my strengths, due to an advanced age, are no longer suited to an adequate exercise of the Petrine ministry. I am well aware that this ministry, due to its essential spiritual nature, must be carried out not only with words and deeds, but no less with prayer and suffering. However, in today's world, subject to so many rapid changes and shaken by questions of deep relevance for the life of faith, in order to govern the bark of St. Peter and proclaim the Gospel, both strength of mind and body are necessary, strength which in the last few months, has deteriorated in me to the extent that I have had to recognize my incapacity to adequately fulfill the ministry entrusted to me. For this reason, and well aware of the seriousness of this act, with full freedom I declare that I renounce the ministry of Bishop of Rome, Successor of St. Peter, entrusted to me by the Cardinals on April 19, 2005, in such a way, that as from February 28, 2013, at 20:00 hours, the See of Rome, the See of St. Peter, will be vacant and a Conclave to elect the new Supreme Pontiff will have to be convoked by those whose competence it is.

Dear Brothers, I thank you most sincerely for all the love and work with which you have supported me in my ministry and I ask pardon for all my defects. And now, let us entrust the Holy Church to the care of Our Supreme Pastor, Our Lord Jesus Christ, and implore his holy Mother Mary, so that she may assist the Cardinal Fathers with her maternal solicitude, in electing a new Supreme Pontiff. With regard to myself, I wish to also devotedly serve the Holy Church of God in the future through a life dedicated to prayer.

From the Vatican, February 10, 2013  
BENEDICTUS PP XVI

# Scott Hahn: Resignation shows Pope's servant nature

*STEUBENVILLE, OHIO, February 12 (CNA/EWTN News)* - Pope Benedict's decision to resign as Bishop of Rome shows how the papacy is an office not of power but of service, reflected author and professor Dr. Scott Hahn.

"It seems to me this might be for him, the most humble and obedient act of service that he can render in his own conscience," Hahn, a professor of Biblical theology at Franciscan University of Steubenville, told CNA Feb. 11.

"It's a profound reminder that the papacy is not an office of power, but one of service, and so, if anybody has had a sense of servant-hood, it is Pope Benedict."

Hahn said that while the decision is a surprise, in retrospect, "we can see the clues."

He recounted that a friend of his who taught in Rome for some fifty years "in December told a friend of mine and me that he knew, that he had heard, that within three months the Pope would resign."

"In some ways I'm surprised at how surprised I am," Hahn said. He pointed out that Pope Benedict had said in a 2010 interview with Peter Seewald that a Pope has "a right and, under some circumstances, also an obligation to resign."

Of the 256 Bishops of Rome, Pope Benedict XVI is the third to clearly resign, and the second to do so freely. The previous two were Gregory XII in 1415, who resigned to resolve the Western Schism, and Saint Celestine V in 1294.

Perhaps foreshadowing his decision to step down, Pope Benedict twice visited the relics of St. Celestine while he was Pope. In 2009, he prayed at the tomb and left his own pallium – an episcopal vestment worn over the shoulders –

on top of it. And again in 2010, he visited the cathedral of Sulmona to visit the relics of St. Celestine and pray before him.

Hahn noted that he and his family prayed together as soon as they heard of the Pope's decision, but as he considered it, these visits to St. Celestine came to mind.

"I began thinking about it, and when I hearkened back to those two seemingly irrelevant, or unimportant stops...Celestine V has always been an interesting figure in my study of the papacy, and I went and looked at this, and began to realize that this has been on his mind for a long time."

As Prefect of the Congregation for the Doctrine of the Faith, Cardinal Ratzinger two or three times submitted his resignation to Pope John Paul II, Hahn noted.

"I'm sure the Holy Spirit will be steering the barque of Peter in a wonderful direction, but it is unsettling, because he is a father, and as we think of the Church as a family, there comes a time when a father becomes so old and infirm, that one of the most profound gestures of love might be to hand things over to the next one in line," he observed.

"You can see this in Scripture too, David stepping down as king and appointing Solomon before he dies."

Hahn reflected on the deep effect this decision is having on Catholics the world over.

"It's a hard thing to explain to outsiders, the mystery of a family bond that we all share, and how deeply we feel it. But here is a man who is a father figure to us all, and not just in a kind of symbolic way, but inasmuch as we are really united in a new birth, and the flesh and blood of the Eucharist, and this man, we know him to be our father, even more than our natural dads at one level."

He contrasted the witnesses of Pope Benedict and his predecessor, saying both have something to offer the Church. "On the one hand, it was a profound thing for Blessed John Paul II to show us how to suffer and die."

"On the other hand, here's a man who began when he was 78... so I think there's something magnanimous about this alternate direction that he's taking. It's not something that strikes a chord with me, there isn't a sliver of me saying, 'oh I'm glad he did it,' but I can see why, and I can see how, our Lord will use it."

Hahn also discussed the profound thought of Pope Benedict.

"I was devouring this guy's stuff before I was even sure I was gonna become a Catholic. I like Balthasar, de Lubac, Congar, Danielou, and all

the rest, but they couldn't hold a candle to this guy."

Hahn recalled how he submitted the manuscript of his work "Covenant and Communion: The Biblical Theology of Pope Benedict XVI" to an evangelical Protestant publishing house, expecting it to be turned down.

"But they didn't, and they picked it up enthusiastically. The editor in chief said, 'I had no idea that your Pope could make the Scriptures come alive, and the Scriptures saturate all of his theology.'"

Pope Benedict, Hahn said, is a man whose thinking, preaching and prayer are all "profoundly biblical."

Courtesy: CNA/EWTN NEWS

## St. Anthony's English Prayer Group, Vakola

**The Catholic Charismatic Renewal is of the Church, by the Church and for the Church. And the Renewal's GOALS are to help Catholics rediscover the Beauty and Power of Prayer, to help them experience the Baptism of the Holy Spirit, use their Charismatic gifts and to foster an On-going Growth in Holiness and also promote Evangelisation in the Power of the Holy Spirit. In line with these goals, based on Phil 2:15, the vision of our prayer group here in Vakola is "That Every Member Be A Shining Star Unto Jesus, A Gift To The Family, Prayer Group, Parish And Nation".**

The prayer group members meet every Monday after the 7.00 pm Mass in the Church for an enriching experience of the love of our Lord which helps us live our life with the guidance of the Holy Spirit. This helps us experience the closeness and the power of our Lord Jesus in the Holy Eucharist and in the Sacrament of Reconciliation. With the additional exposure to the Word of God and the teachings by inspired eminent speakers we are better equipped to handle the opposition of the other sects as well as the daily pressures

of modern life. It is wonderful to live for Jesus and experience His protection in our day to day lives.

Our Prayer Group has just celebrated its 39th Anniversary in December '12. It owes its existence to the tremendous and Spirit filled efforts by Ms Fay Alvares nee Dias, who along with the late Fr. Leslie Ratus and few others were instrumental in beginning our prayer group in 1973. The prayer group at that time was named the 'CENACLE' meaning the 'UPPER ROOM' and the meetings used to be held every Friday

at the presbytery. Under the leadership of late, Fr. Leslie Ratus, a Bible Scholar, and with his expositions of the Word of God, the prayer group grew in strength and numbers. It drew members even from the neighbouring Kalina parish. With the result we were forced to shift the venue to St. Charles School Hall. The prayer group continued to operate there till 1987 under the able leadership of, Michael Cardoz (first gift of our prayer group to the priesthood), Antoinette Mascarenhas and Francis D'souza.

In 1987, as per the instructions of the Bombay Service Team, our Prayer Group amalgamated with the Kalina Kurla and Kirol region. Since most of our members from Vakola were younger, we generously agreed to merge our Friday meetings with the Thursday meetings at Kalina. Hence from 1987-2000 we represented the Vakola region at Kalina and Francis D'souza of Vakola was the 1st Prayer Group Leader of the amalgamated Prayer Group. It was only in December 2000 that we returned home and

restarted our prayer meetings on Monday at Vakola in the Church.

We are extremely grateful to God and our past leaders/members who were responsible for sustaining our prayer group all these 39 years.

Besides our main prayer meetings, we do conduct weekly Youth Cell Meetings every Thursday after the 7.00 pm mass in a classroom, where youth related Talks on the current happenings in the church, testimonies, praying for one another and fellowship are part of the meeting. In addition our intercession ministry meetings on Tuesdays and Fridays cater to our intercessory needs. Our intercessory groups are connected to the All Bombay Network, where serious needs are prayed for by these members all over Mumbai.

We exhort all to participate at our prayer meetings and taste and see how good our God is.

- Natty Rodrigues & Antoinette Mascarenhas



*Unless the lord builds the house,  
those who build it, labour in vain.  
Psalm 127:11*

# Welcome to God's Family



## Krupali Panchal

I expect to learn different ways to increase my faith and also learn more about Lord Jesus Christ, lastly receive eternal life.

God is my only Lord who I can trust blindly. He is with me every time, besides me, behind me, everywhere. It's my wish to be his disciple and his will for me is to follow him. I am glad he led me on the right path



early in life. I came closer to him. I have known him very deeply. There is a lot about him that can never finish. But I have decided to follow him and he is the only God that I will believe. He is my true faith and I know he loves me and cares for me like no other.

## Vinod Adiparamwill

I, Mr. Vinod Adiparamwill residing at Shankar Apartment 'A' wing/505, Yeshwanth Nagar, Vakola, Santacruz (E), married Shirley Dias in St.



Anthony's Church on 3rd July, 2004. We were blessed with two daughters Shanaya & Samaiyra who were baptised. The daily prayer and faith in God in my family drew me to Jesus Christ. I know that God in

Jesus Christ has chosen me to become one with him. My inner voice has made my devotion come true over the years. My faith towards Christianity and God's word in my daily prayer has made me believe that I am the elected one and God loves me.

## Geeta Rajesh Pillai

I, Geeta Rajesh Pillai, want to get converted into the Catholic faith because it is my wish and I have experienced God's touch and want to come more closer to God. Therefore, I have made a firm decision to get baptised, and my parents have no objection to it.



## Roshni G Subbaiah

I want to become a Christian because I have experienced God in my life. I myself have seen miracles in my life through His grace. He is my true living God. Jesus was the only one who helped me and that was the first time I experienced him. From that time, I have understood that

## Amruta Bhage

Praise God, for calling me by name, to follow Him. I am a Hindu. Two years ago I fell in love with a Catholic boy. By nature he is a nice person. Through him, I could see that Jesus lives in every Catholic. After a year, I decided to follow this Jesus and so joined the RCI

classes since June 2012. Every Monday there was a certain urge in me to attend the classes. There was something more to learn about Jesus. I got married on 10th February, 2013 in a Catholic Church. I shall be baptised this Easter. I am so much in love with Jesus that after my Baptism, I will make every effort to preach Jesus to as many as I can, because He has called me by my name, and has carved me on the palm of His hand.



## Geeta Zamir D'cunha

I am married for the last nine years. I have 2 daughters. I want to become a Christian because I know that God, in Jesus Christ, is ELECTING me to be one. I thank Jesus for calling me by my name, not based on any merit of my own but purely out of a gracious choice of a Sovereign God. I want to bring up my children with good Christian morals. I am studying in the RCI class. I shall be baptised on Easter. I promise Jesus that I will live only in His presence all the days of my life.



## Bharati Corda

I thank God for the gift of a Catholic boy in my life. I am a Hindu, married to a Catholic. Looking at his prayer life and his personal behaviour, I always felt there is something special about his religion. I decided to follow Jesus, whom my



husband is so much in love with. I joined the RCI classes last June and will receive Baptism this Easter. Reading the word of God everyday gives me immense joy and peace. My whole life has taken a different turn. I feel the need to read the word of God every day. I shall make every effort to live it, for the Word of God says, "We should not only be hearers of the word of God but doers," and as Mama Mary says, "Do whatever He tells you.," I shall endeavour to obey her through her Son, Jesus.

## Vijaya Sitap

I am a Hindu, married to a Catholic. I have an 18 year old daughter who is baptised. I enjoyed all the Catholic festivals all these years of my married life. But did not feel the need to be a Catholic. As years passed by, I felt that the Lord is calling me by my name. I joined the RCI classes last June and I enjoyed every moment spent in the class learning more and more about Jesus. The word of God is inspiring and transforming. I read it every day and I feel the presence of Jesus in my heart. I thank my teachers who come week after week to give me more and more knowledge about The Word. There is a certain kind of joy I experience, I can only say, "Oh! I love that man of Galilee, for He has done so much for me." I shall live all my life in His presence and make him known to as many as I can.



# Putting Christ back into Christmas



'The future of humanity passes by way of the family', said Pope John Paul II. Keeping this in mind, the Family Cell under the able guidance of our Spiritual Director Fr. Lawrence D'Souza is constantly working to build solidarity in and among our families.

The family cell has so far been conducting programmes to enhance the bond between the couple. But Faith is a precious gift to be transmitted. Hence on the occasion of the Feast of the Holy Family, the Family Cell in collaboration with the DYC & Open Secret organized the musical 'O Come All Ye Faithful' which was open to all families in our parish.

In spite of the chill in the air, the show was well attended. Fr. Walter's inspiring message helped us understand and relive the magic of the Nativity realising that Christ is the reason for Christmas.

An evening of worship that was truly memorable for all those who attended.

- Antonio & Mayola Gomes (Family Cell)

## Evening of Carols with Christmas Bazaar

The Small Christian Community's Core Team organized an Evening of Carols & Christmas Bazaar on the 22nd of December, 2012. It was a platform for communities to bring in the Christmas spirit with a variety of carols and Christmas song which was well participated by the children, adults & choir members, as well as a priests & religious who sang carols in different languages. The children of Community No. 20A enacted the scene of Annunciation & Nativity in Hindi with the guidance and training of Sr. Shakuntala.



Since it was the first time, we had few stalls at the Christmas Bazaar. But this helped encourage other parishioners to purchase



Christmas decoration & sweets. The Sisters of Helpers of Mary too put up a stall of Medicinal products.

We thank the Priests for their co-operation and support. Also, we hope to organize this event on a grander scale next year with more participation and better planning.

- Christina Lobo (Parish Project Co-ordinator)

## Fun, Frolic and much more...

The Christmas Party for the children of area no 4, 5 & 6 was held on the 17th December 2012 at St. Bridgettine's Convent. The programme began with a prayer said by one of the children. All the children were in party clothes and all were waiting for their presents as we all know Christmas is the time for giving. There were many children here laughing and smiling for Christmas is a child's festival. They sang the Christmas carols. There was a lot of participation from the children of the area but the reason this was possible was because of the efforts put



in by the animators to go to every house and inform the parents and the children. A lot of games were organised for the children by the animators like musical arms, passing the parcel etc. It was such a pleasant sight to see children dancing with joy and making merry. After all the dancing and singing the children were treated to mouth watering snacks and soft drinks and not to forget the brownies which was a hit with all young and old. The children were eagerly waiting for their gifts and once the gifts were given to them the children shrieked with joy and delight. The icing on the cake was the arrival of Santa Claus. Every child was vying for his attention. Sweets were distributed to all the children by Santa. A child's laughter is infectious and priceless and that evening every child had a big smile on their faces and all this was because of the Sisters of St. Bridget.

- Estella D'souza (Community No. 6)

## Community Christmas

Children of our community participated in the "Evenings of carols". The group was headed by the youngest member of our community, Elita Mascarenhas. The children made us feel proud and helped us bring in the Christmas spirit.

The youth of our area in turn left no stone unturned to put up a Star on the theme "Year of Faith". Our community also had a Christmas celebration where we had lots of games and merriment to encourage fellowship. We also had a lot of participation from our non Christian brethren as well, making it a joyous festive season for everyone.

- Celfa Noronha (Community No. 18)

## St. Anthony's Senior Citizen group

This group was formed on 27th March 2011. We celebrate 21st August as Senior Citizen's Day, 1st October as World Elders Day and Christmas/

New Year party in the first week of January.

There is no membership fees. Every parishioner above 60 is eligible to be a member. We request all those who completed 60 to please get their Senior Citizen I-card which is done by the Bombay Catholic Sabha and Asha Kiran. We request every co-ordinator to send at least 2 representatives of their area to our monthly meeting which is on every 2nd Thursday at 6 p.m. in the classroom next to the Sacra. And we also request people who have jobs for Senior Citizens to please contact us.

- Douglas Lobo (Founder President)

## Community Report

Our area consists of about 40 families. We have about 16 to 17 youth, mostly college going ones. We have simple activities and our youth help according to what they are good at doing. Our first activity was Parent's Day celebration. One of our youth prepared the card. The other few prepared the prayer service.

Senior Citizen's Day - the youth along with the animators prepared a small take away for each senior citizen. We had a prayer service, games and snacks. They were very happy. As most of them stay alone, it was a mission fulfilled seeing the joy on their face.

Teacher Day - Our area has about 8 teachers. We had prayer service cards and gave them gifts during the prayer service. We remembered all our teachers who had taught us.

We had 9 days of novena in honour of our lady of Velankanni where the rosary and novena was recited each day.

Area Mass and Children's Day was celebrated on the same day. Here everyone helped in organizing the mass.

The entire preparation for the crib and star began with barely few days left before Christmas. It began with the community contribution on the 19th of December, whereas actual work commenced only on the 22nd December. The Youth were encouraged by the elders of the



community with support and help from all. A lot of thought was put into establishing the entire concept based on the theme of 'Year of Faith'. It has always been a beautiful experience making the area crib and star. For our youth, it has been an enthusiastic endeavour which brings all our neighbours from other faiths together in helping us make the crib and star.

The youth of the area have always looked forward to this beautiful advent experience as an example of faith to all around us. We ended the year with a Thanksgiving Rosary thanking God for all his blessings bestowed on us.

- Plassey Braganza (Community No. 29)

## Vakola ALM

### What is an ALM?

An advanced locality management (i.e. ALM) is a concept of MCGM. The first ALM was formed in 1997 in Ghatkopar by the residents of Joshi lane, and was supported by Mr. Ratnakar Gaikwad, the Municipal Commissioner in charge at that time.

### Objectives of ALMs

The main objective of ALMs is helping or assisting MCGM in waste management.

The area of Mumbai is 437 sq. km having a total population of more than 1.27 crore. The waste generated per day is more than 7500 tones. The MCGM has a great challenge to meet as dumping is not the solution for such a large quantity, as we may end up using all the open spaces filled with waste and the truck awaiting the piece of land to dump the garbage thereafter.

Citizens of Vakola were worried about this since for a long time. They took initiative and formed a body called ALM (An Advanced Locality Management). Thus the Vakola ALM was born on 23rd January 2011 with a purpose to meet the challenges and partner with MCGM for the solutions by public participation.

It has 30 societies as members who have been

meeting regularly and have been devoting their time for social consciousness.

The efforts of the Vakola ALM are posted on Facebook with photographic glimpses for record and as a format for fellow ALM's to follow the model.

### Projects by Vakola ALM

Following activities were conducted by the Vakola ALM.

1. Induction to female residents of various Co-op Hsg. Societies on waste segregation.
2. Induction to the sweepers working in the CHSLs in the locality on waste segregation by holding a 'Haldi Kumkum' Ceremony.
3. Increase in the number of community garbage bins on the existing locations to stop spread of garbage on the roads.
4. Regularised waste pick-up vans thrice a day at regular times for collection of garbage in the locality.
5. Distribution of garbage bins to the members of CHSLs with the help of Corporators.
6. Application to attain a common space for the composting of the wet garbage to

MCGM.

7. Gathering the methodology of the various composting technologies.
8. Plantation on the dividers on Nehru road from Vakola Bridge up to Vakola Masjid in association with the residents of member societies & Patuck Polytechnic Trust.
9. A rally in support of JAN LOKPAL BILL.
10. Conducting "meet your candidate" meeting during the corporator elections of 2012.
11. Installation of traffic signals near St. Anthony's church & at Vakola Bridge junctions.
12. Waste management induction seminar for 4500 students of Patuck School.
13. Water conservation seminar for 4500 students of Patuck School.
14. A seminar for awareness on cleanliness and water conservation was conducted for the School heads from whole H (E) ward

15. Organization of a Mini Marathon in Vakola where nearly 500 people participated.

#### **ALM co-ordinates the following tasks**

1. Holds monthly meetings with the members of the ALM with prior agenda.
2. Circulates the Happenings of the meeting to all the CHSL members.
3. Reports the status of activity done and enlists the problems in the locality raised by the local residents during the monthly meeting.
4. Meets the concerned department in the Ward Office and report to the officer.
5. Persuades the matter till the task is completed.
6. Finds the information pertaining public service through RTI.
7. Participates in various activities by other NGOs for the social awareness and up gradation.

- Joe Pereira (Community No. 8)

## **Thank you Christina and Congrats!**

On behalf of Fr. Seraj and the Parish Team as well as on behalf of our faithful, a Big "THANK YOU" to you, Christina, for responsibly carrying out your office as the Project Co-ordinator of the SCC's. I would like to keep on record your all-time availability, promptitude, punctuality and great efficiency in handling your office, with maturity and patience in dealing with community issues. You coordinated every programme taking into confidence the SCC Core team and Executive body of coordinators as well as the animators. You always sought to bring about all-round participation bringing up new people and encouraging new talents each time. You have always driven home the message that everything in the parish needs to percolate down to the level of communities and be executed through them for a more fuller participation. Thank You for your great Service to our Parish Community and we Congratulate you on being appointed by Bp. Bosco on the FILMC Team, to offer your experience and expertise at the Diocesan level of SCCs. May God Bless you and all your humble efforts and your labour in the vineyard of His Church. ALL THE VERY BEST!



- Fr. Lawrence A. D'Souza (Director of SCCs in Vakola).

## Another feather to his hat

A Gold Medalist who qualified as an Attorney-at-Law (Solicitor) with distinction from the Bombay Incorporated Law Society in 1983, Mr. David Agnelo Joseph has earned a new appointment as a 'Mediator' the first Catholic Solicitor in India.

We congratulate Mr. David Joseph for his achievements over the past 30 years of his professional career. We would like to highlight some of his key achievements as mentioned below:

He has drawn up a Charter for the establishment of the World Peace Organisation and submitted the same to the United Nations, which has been accepted, deliberated and discussed at the meeting of the General Assembly held in September 2005 – 2007.

He has been honoured as "Samajshri", "Sarvashri" and has been awarded the "Master of the Millennium", Gold Medal and Order of Merit for Legal \_ Aid in recognition of his outstanding and distinguished Legal Services rendered to the General Public.



David has also drafted four Bills to be tabled in Parliament, namely "The Peace Commission of India" (PCI), "The National Commission for Senior Citizens of India" (NCSCI), "The Protection of the Minority Rights" (PMR) and "The

Mediation Commission of India" (MCI). "The Municipal Redressal Tribunal "(MRT) Bill is in the process of also being drafted by him, which body will handle all matters covering Municipal Laws, Rules and Regulations.

The former Governor of Maharashtra, His excellency S. C. Jamir had constituted a Peace Team to be headed by David to work for the establishment of peace, stability, development and harmony in the State of Nagaland.

We would like to wish David the very best for his future endeavours.

## 3 cheers to our Bible Quiz Winners

Our hearty congratulations to Amanthia Dsouza, Janice Dsouza and Jane Dsouza for winning the first prize at the Faith Festival Bible Quiz organized by the Diocesan Youth Centre at St. Michael's Quadrangle on 10th February '13. Competing against participants from 40 parishes across Mumbai, we'd like to thank our youth trio for their efforts in making us proud.





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# What is Osteoporosis??

Osteoporosis is a condition in which the bones become fragile and brittle, leading to a higher risk of fractures (breaks or cracks) than in normal bone.

Osteoporosis occurs when bones lose minerals, such as calcium, more quickly than the body can replace them, leading to a loss of bone thickness (bone mass or density). As a result, bones become thinner and less dense, so that even a minor bump or accident can cause serious fractures.

*Love your bones, so they'll love you back*

*- Bombay Catholic Sabha*

Any bone can be affected by osteoporosis, but the most common sites are bones in the hip, spine, wrist, ribs, pelvis and upper arm. Osteoporosis usually has no signs or symptoms until a fracture happens - this is why osteoporosis is often called the 'silent disease'.

Fractures due to osteoporosis (osteoporotic fractures) can lead to changes in posture (eg developing a stoop or Dowager's hump in your back), muscle weakness, loss of height and bone deformity of the spine. Fractures can lead to chronic pain, disability, loss of independence and even premature death.

In order to prevent osteoporosis, promote strong bones, increase its awareness and reduce human suffering the Bombay Catholic Sabha, Vakola Unit organized an Osteoporosis Medical Camp on 4th November, 2012. This Camp was organized in association with Elder Pharmaceuticals at a very subsidized rate so that all our parishners could avail of this facility. The inauguration was done by our very own Parish Priest – Rev. Fr. Seraj Pinto. It proved to be a great success with over 200 people getting checked up for their bone density.

We need to understand that Osteoporosis and the broken bones it can cause are not part of normal aging. There is a lot you can do to protect your bones throughout your life. You're never too young or too old to improve the health of your bones. Osteoporosis prevention should begin in childhood. But it shouldn't stop there. Whatever your age, the habits you adopt now can affect your bone health for the rest of your life. Now is the time to take action.

- Rebecca D'silva

## Parkinson Disease (A brief understanding)

Parkinson's Disease (PD) is a gradual progressive disorder of the nervous system due to degeneration of brain cells, which is life altering but not life threatening. It is characterized by a combination of slowness of movements, tremors, rigidity or stiffness and postural instability. Apart from the symptoms affecting movement (Motor Symptoms) PD can also affect other body systems including sleep, mood etc. (Non Motor Symptoms). The group of cells which most commonly degenerate in PD are the dopaminergic cells causing a deficiency of this chemical in the brain.

Symptoms are generally classified in two major groups called the motor and non-motor symptoms.

Motor symptoms are:

1. TREMOR of the hands, arms, legs, jaws and face
2. BRADYKINESIA or slowness of movement
3. RIGIDITY or stiffness of the limbs and trunk
4. POSTURAL INSTABILITY or impaired balance and coordination

Non motor symptoms are: Loss of smell, taste, no proper sleep, constipation, bladder problems etc.

Till date there are no treatment options to reverse the course of PD. However, there are excellent therapies aimed at improving the symptoms of patients with PD. The mainstay of drug therapy for PD focuses on dopaminergic therapy. Physical therapy (Physiotherapy and Yoga) and Speech therapy are very helpful along with drugs. In selected cases of advanced Parkinson's Disease surgical therapies are available and continuous dopaminergic stimulation is also evolving as excellent options to improve the quality of life of patients with PD.

PD is a life changing Disease. It is associated with physical difficulties and also the emotional disturbance of having a progressive disease. The Parkinson's Disease and Movement Disorder Society Support Groups have been formed to provide support to patients and caregivers and help them cope with the changes in life related

to the disease.

The programmes and activities help patients and caregivers manage the symptoms of PD using a multidisciplinary approach. The activities include, Medical updates on PD, Physiotherapy, Occupational therapy, Speech therapy, Diet and Nutrition, Yoga, Educational and Cognitive training, Art and Dance therapy.

Presently, we have 10 centres located across Mumbai. One Support Group is conducted at Prabhu Yesu Samaj Seva Kendra, Near The Yoga Institute, Santacruz (East) on the 1st Saturday of every month from 4.00 p.m. - 5.00 p.m. All services at these centres are provided free of cost.

Feel free to contact us on (Debbie-9967981801) or pdmds.india@gmail.com

- Francis Fernandes (Community No. 4)

## Divine Mercy Novena and Feast 2013

**Diary of St. Faustina Kowalska – Notebook iii (nos. 1210 – 1228)**

Jesus says: "Bring to me:-

**1st Day:** 29th March: 3 pm to 4 pm: All

Mankind especially all sinners (**Good Friday**)

**2nd Day:** 30th March: 3 pm to 4 pm: The souls of Priests and Religious

**3rd Day:** 31st March: 3 pm to 4 pm: Devout and Faithful souls (**Easter Sunday**)

**4th Day:** 1st April: 3 pm to 4 pm: Pagans and those who do not yet know Me

**5th Day:** 2nd April: 3 pm to 4 pm: Souls of Heretics and Schismatics

**6th Day:** 3rd April: 3 pm to 4 pm: The Meek and Humble souls and the souls of little Children

**7th Day:** 4th April: 3 pm to 4 pm: The souls who especially venerate and glorify My Mercy

**8th Day:** 5th April: 3 pm to 4 pm: The souls who are in the prison of Purgatory

**9th Day:** 6th April: 3 pm to 4 pm: Souls who have become lukewarm

**7th April: Feast Of The Divine Mercy – 10.15 am Mass – Solemn High Mass; 3 pm – 4 pm : Holy Hour & Benediction**

**Jesus to St. Faustina: "I desire that during these nine days you bring souls to the fount of My Mercy, that they may draw therefrom strength and refreshment and whatever graces they need in the hardships of life and especially, at the hour of death.**

**On each day you will bring to my Heart a different group of souls, and you will immerse them in this ocean of My mercy, and I will bring all these souls into the house of My Father. You will do this in this life and in the next. I will deny nothing to any soul whom you will bring to the fount of My Mercy. On each day you will beg my Father, on the strength of My bitter Passion, for graces for these souls."**

(Diary of St. Faustina, no. 1209)

*Jesus, I Trust in Thee! St. Faustina, Pray for Us!*

# Prayer Service for Easter Blessing of Homes in English & Konkani

## ENGLISH

By the Head of the Family (H)

(The whole family assembles at a convenient time and begins with a hymn- Bind us together)

H: Peace be upon our house

R: And upon us who dwell here

S/s Reading: Col 3/12-25 (Reflect & Share)

**INTERCESSIONS:** R/- Stay with us, Lord

1. Lord, make our family aware of your presence and keep us close to you, making us strong in faith and love. R/-
2. Lord, teach all the members of the family how to use our daily trials to build up a home of love. R/-
3. Lord, grant eternal rest to all the deceased members of our family. R/-

Let us pray: Blessed are you, O Lord in the Passover of the Old Testament you kept unharmed the Hebrew houses of your people, that were sprinkled with the blood of a lamb. Your Son was crucified for us and raised from the dead so that we might be saved. In your goodness send your angel to watch over us, your flock, to protect us and be with us to defend us from all harm. We ask this through the same Christ Our Lord. R/- **AMEN.**

(The head of the house then sprinkles holy water, while the rest sing – I saw living water flowing from the temple)

## KONKANI

Kuttumbachea vho ddilan (V)

Gaion: Mhojea Nanvan ektaim zal'leam

V: Sovostkai hea ghorak

Z: Ani soglleank hanga ravtoleank

Vachop: Kol 3/12-25 (Niall korcho)

**Bh.Prar:** Z/- Amchem modem rav, Dhonia

1. Hea ghorabeant soglle ami jieunk ani vaddonk ekvottan ani mogan, ravun sodanch tuje lagim. Z/-
2. Amcho Kristi ghorabo oddchonnim modem legun, sodanch ekvottan asunk. Deva lagim magum-ia. Z/-
3. Dhonia, dhi sassnacho visov amchea kuttumbachea sogllea mel'leank. Z/-

Prarthum-ia: Povitr Dhonia ani amchea Bapa, Tuji porza Ejiptantli bhair sorli tednam mornachi khast laitelea tujea dhutak Hebrevamchea ghoramnim rigunk tuvem dilem naim, zanchea ghoramcher menddrea-chem rogot ximpddail'lem aslem, jem zaun aslo rupkar Krista amchea Paskamchea Menddreacho, Zannem appnakuch amchea khatir somorpilo. Tujea boreaponnan, dhadd Tujea boddveak samballunk amkam sorv Vaitta-vignanntlem. Teach Somia Jezuche nanvim. **Amen.**

(Ghoracho Vhoddil ghor benzar korta ani ieram gaion kortat: Argham Tuka Somia.)

# Holy Week Programme 2013

## CONFESSIONS

18, 19, 20 March 2013, 10.00 am to 12.00 noon & 5.00 pm to 8.00 pm

(19th March – Solemnity of St. Joseph – Mass at 7.00 pm; On 18th & 20th – No Evening Mass

## PALM SUNDAY, 24 MARCH, 2013

Blessing of Palms: At the 7.45 am Mass

Passo Service/Veronica Singing/Sermon: 5.00 pm

Kindly Note: No 5.00 pm Mass. Mass at 6.30 pm in English

## MAUNDY THURSDAY, 28 MARCH, 2013

Liturgical Services: 5.00 pm in Konkani; 7.30 pm in English

Holy Hours: 10.00 pm in Konkani; 11.00 pm in English

## GOOD FRIDAY, 29 MARCH, 2013

Stations of the Cross: 6.30 am in Konkani; 7.30 am in English;

8.30 am in Marathi; 9.30 am for Children; THREE HOURS

AGONY ON THE LORD'S PASSION: 12.00 noon to 3.00 pm;

Divine Mercy Hour: Novena & Prayers: 3.00 pm – 4.00 pm.

The Lord's Passion Service: 5.00 pm in Konkani; 7.30 pm in English followed by Passo Service in Marathi

## HOLY SATURDAY, 30 MARCH, 2013

Divine Mercy Hour: Novena & Prayers: 3.00 pm – 4.00 pm

Easter Vigil Service: 8.30 pm Celebration of the Lord's Resurrection

## EASTER SUNDAY, 31 MARCH, 2013

MASSSES: 6.30 am in Konkani; 7.45, 9.00 & 10.15 am in English;

Divine Mercy Hour: Novena Prayers,

Holy Hour & Benediction: 3.00 pm – 4.00 pm.

NO EVENING MASS

FIRST COMMUNION – On 13 April, 2013, Saturday at 5.00 pm Mass

CONFIRMATION – On 24 April 2013, Wednesday at 5.00 pm Mass

*The Parish Fathers, Sisters and the Antonian Team wish our parishioners a "HOLY AND HAPPY EASTER" – Rejoice! Hallelujah! For Christ has Risen! Hallelujah!*