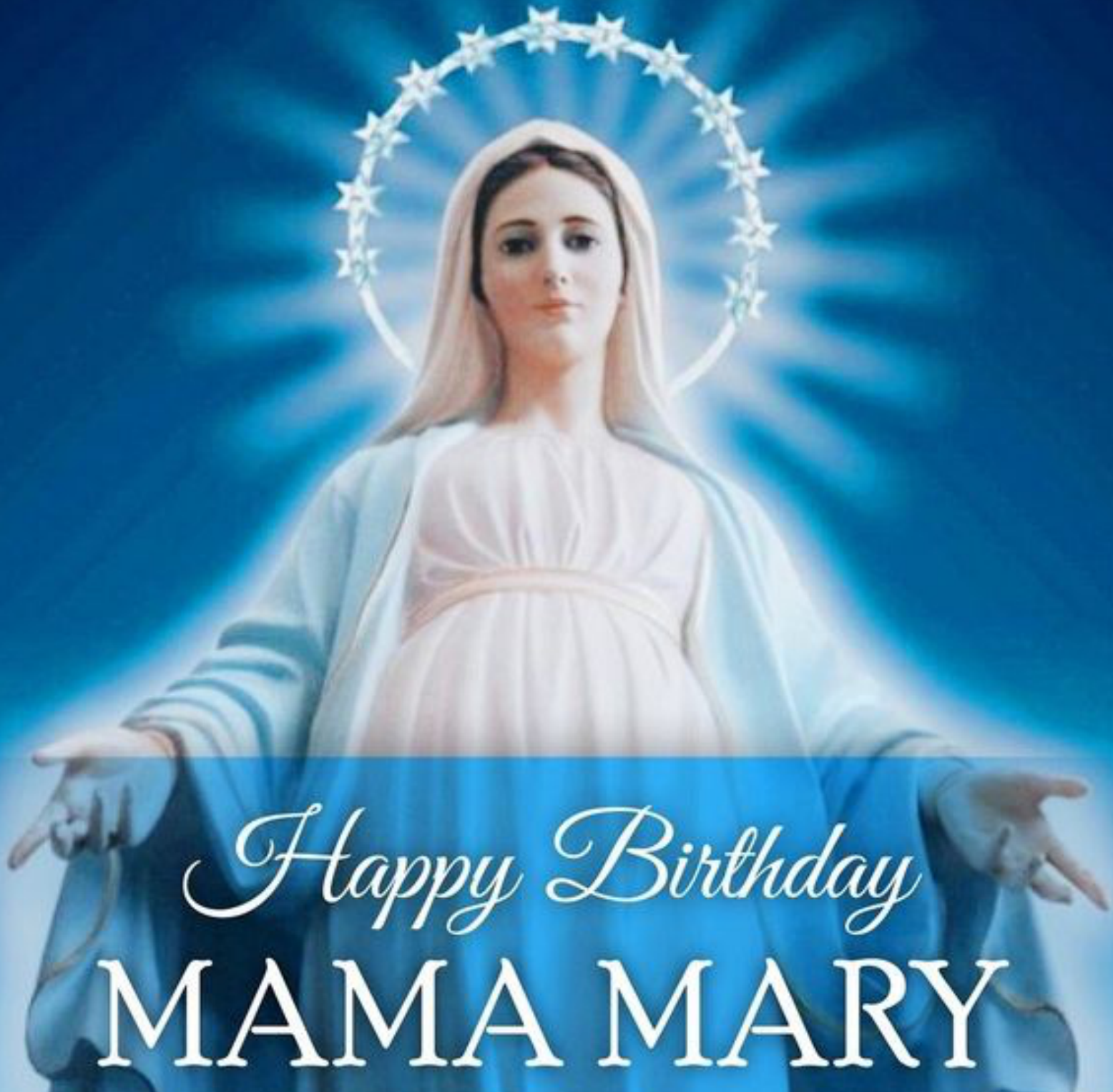


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AUGUST 2023

# FLOCK NEWS

GOOD SHEPHERD CHURCH, ANDHERI WEST, MUMBAI 400053



*Happy Birthday*

**MAMA MARY**

**OUR VISION FAMILIES IN COMMUNION WITH GOD LEADING  
TO VIBRANT COMMUNITIES & EMPOWERING THE NEEDY**



# OSHIWARA LOKHANDWALA CITIZENS FOUNDATION (OLCF)



G-105, Om Heera Panna Mall, Oshiwara, Andheri (W), Mumbai -400 102.  
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TRUSTEE

**CAPT. RAKESH COELHO**  
TRUSTEE

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## *From the Pastor's Desk*

### **MARY AND THE GIRL CHILD**

The role of Mary in the plan of Salvation is an extraordinary one. By faith and total trust in God, she embraced all the pains, sufferings and sacrifices. Her simple 'yes' created a tremendous impact during her time and up to now. We are still in awe and reverence of her 'yes'. Our Mother Mary is close to our hearts and plays an important role in our lives and our families.

She is the perfect embodiment of the model woman that all women can emulate. Her birthday is also therefore observed as the 'Day of the Girl child'.

The incidents in the last few months in Manipur have shocked us and the whole world. India in the last few years is ranked among the lowest when it comes to women's safety. Even below Pakistan and Sub-Saharan Africa. It is a SHAME for a country that had an Ancient Civilisation that treated women as equal to men. A country that cannot protect its women, children and minorities is a barbaric, backward nation. That's how low we have come in the last few years.

We can only help by showing our outrage and firmly opposing the forces that degrade women. Let us also show utmost respect to our Mothers, sisters, daughters and the women who come in contact with us.

Mary our Mother protect the girl child, women and the minorities.

**HAPPY BIRTHDAY DEAR MOTHER  
MARY HELP OF CHRISTIANS – PRAY FOR US**

**FR. ANIL REGO**  
Parish Priest

## SHEPHERD'S VOICE -Inspiration

- "Let us run to Mary, and, as her little children, cast ourselves into her arms with a perfect confidence." - St. Francis de Sales
- "Pray, hope, and don't worry; worry is useless. God is merciful and He will hear your prayer." - Padre Pio
- "Before, by yourself, you couldn't. Now, you've turned to our Lady, and with her, how easy!" - St. Josemaria Escriva
- "We must love Christ and always seek Christ's embrace. Then everything difficult will seem easy." - St. Jerome
- "If you invoke the Blessed Virgin when you are tempted, she will come at once to your help, and Satan will leave you." - St. John Vianney
- "If you ever feel distressed during your day, call upon our Lady, just say this simple prayer: 'Mary, Mother of Jesus, please be a mother to me now.' I must admit, this prayer has never failed me." - St. Teresa of Calcutta
- "What a joy to remember that Mary is our Mother! Since she loves us and knows our weakness, what have we to fear?" - St. Therese of Lisieux

# EXCEL ENTERPRISES

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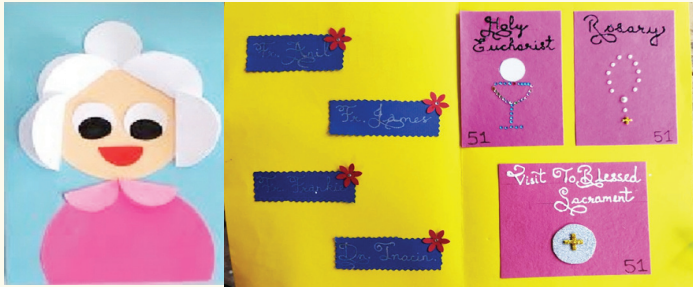
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## SUNDAY SCHOOL - OUR CHILDREN'S SHEPHERDS



### Grand Parents / Parents Day

Our Priests, Grandparents and Parents represent 'The Good Shepherd' as rightly described by Nelson Mandela in his autobiography...Long Walk to Freedom. "HE (Shepherd) stays behind the flock, letting the most nimble go out ahead, whereupon the others follow, not realizing that all along they are being directed from behind". Although we might be oblivious to all that, it is clear that through our Priests, Grandparents and Parents constant care, we thrive and blossom.

On the occasion of Parents & Grandparents day, it was time again to show children's love for them. And, what better way to do this, then letting their creativity run free by making a hand-made card. Children from the Primary Section of Good Shepherd Sunday School, were engaged in a card making activity during the Sunday school class. Children came prepared with their tinkles and sparkles to make these beautiful masterpieces. It was awe-inspiring to see how each card had its own uniqueness and beauty to it, despite the crooked lines and over sketched drawings. Some also captured the features of their family members to the detail of adorning the grandmother's hair with flowers or capturing the dress or the hair-tyl of their mother/father. For the children their Parents and Grandparents shined through and they put every little effort in making their cards special. These cards were presented by the children to their parents for the Children's Sunday Mass on 23rd July as the children choir sang out a Thank You melody to all the Parents and Grandparents...showing that love supersedes and has no measure, even if it's in a form of jagged lines.

### Vianney Sunday

In celebration of the feast of St. John Marie Vianney, the patron saint of all Priests, our Priests and Deacon were presented with a surprise tribute by the children from the Primary section Sunday School and the Children's choir in the form of a Spiritual bouquet. The spiritual bouquet was adored with prayer offerings in the form of Rosaries, Holy Eucharist and Adoration before the Blessed Sacrament interceding for our Priests and Deacon.

The Children's choir sang the hymn 'Keep Them We Pray' encouraging all gathered to join in the prayer song, while the prayer petition & wishes were displayed by the children. A Priest's life given in service of the people is never easy and full of spiritual battles to face. We hope these offerings lifted up from the innocent hearts of our children overshadow them, during tough times and strengthen our dear Shepherds.

- Ruvina Dias, GSC Sunday School

## RITE OF INITIATION - CONFIRMATION

Each year we have our eligible youth embark on their journey of the sacrament of Confirmation. Whilst it may seem a routine church activity year after year, very little is known about the efforts that go into preparing a confirmand (candidates being confirmed are known as confirmands).

Hence it is of paramount importance to have an Orientation day which marks a blessing filled beginning of the confirmation journey.

The Orientation Day for the confirmation students was held on June 25th, 2023 in the St Louis Convent school hall. This year we have a batch of 26 confirmands, my son included. In attendance were the Confirmation teachers, the confirmands and their parent/s and most importantly our spiritual director Fr Frankie Crasto.

The event kick-started with a warm welcome and an ice breaker conducted by one of the teachers with a dynamo persona, Amit Furtado. This was much needed

as it brought together eager participants , both- the confirmands and us parents , fostering a sense of community and camaraderie.

With the tempo in relax mode, we were then guided towards listening to the Word of God ,followed by a small spiritual reflection and contemplation conducted by the team of teachers.

We then had the teachers introducing themselves. The confirmation teachers, Belinda Rodrigues, Esther Henriques, Priya Pereira , Subhash Kantaria and Amit Furtado bring with them decades of experience in teaching the faith and imparting spiritual knowledge . Most importantly they have the knowhow in interacting with the teens and keeping them engaged , assuring us that our teens are in safe hands. They shared their personal anecdotes, advice, and wisdom, serving as role models exemplifying the principles of the faith in their daily lives.

We then moved on to a session filled with guidance and insights of the confirmation classes that will be held , setting the tone for the upcoming confirmation journey. A PowerPoint presentation was shown apprising the confirmands of the dos and don'ts and the code of conduct expected to be followed through the classes tenure. We were also familiarized with the various programs and retreats that

are in the pipeline for the year. At this juncture, parents too were apprised what was expected from us , gently reminding us that as parents, we too have a vital role to play in this journey. We then had a casual discussion on the year planner.

The highlight of the day was the Rite of Initiation, led by Fr Frankie who called for a sincere and fervent commitment from the parents and the confirmands. This spiritual activity allowed the confirmands to connect with their inner selves and to grasp the depth of their faith. This moment also provided us an opportunity to spiritually bond with our child and to align our thoughts, emotions, and aspirations with our religious convictions. I would like to express my gratitude to Father Frankie for leading us through this enriching spirit filled time with his expertise and vast experience in the journey of confirmation. My accolades to the confirmation teachers who are an epitome of dedication and commitment.

The beautiful morning ended with the mandatory group picture .

My take away from this Orientationday was a morning filled with an enlightening experience paving a way for us parents to a beautiful Confirmation journey ahead with our confirmands.

- Nalini Dpenha

## VIANNEY SUNDAY - 'YOU & ME'

St. John Marie Vianney is the Patron Saint of Parish Priests in Mumbai and around the world. He died on 04th August... and this day, is celebrated as his Feast Day. The Church celebrates this feast on the first Sunday after August 04th. Thus, we at Good Shepherd celebrated this feast on Sunday, 06th August 2023. This is the day when our lay faithful get an opportunity to express our appreciation, affection and gratitude to our priests.

The PPC members along with the Steering Committee members organised a celebration for our Priests - Fr. Anil Rego, Fr. James D'Costa, Fr. Frankie Crasto and Dn. Inacin Fernandes. The celebration was held after the 10.00am Mass.

To begin with, a short skit... 'What is Vianney Sunday all about and a brief biography on the life of St. John Marie Vianney', was performed by Dora Martis and Percy Pereira. A few PPC members and Coordinators spoke about each of our priests. We felicitated them with a token of gratitude and love, along with a card specially hand-made beautifully by Andrea Lobo of Media Cell. On behalf of the Youth, Ruth Ferreira and Allwyn Fernandes also presented gifts to each of them.

We had a cake cutting ceremony, a complimented special sugar free yummy cake, thanks to Melissa Naidu from St. Sebastian Community. It was then



followed by a round of snacks and soft drink. To make it all exciting, we organised a couple of innovative team games, thanks to Ruvina Dias by which we managed to get all involved including our parish team.

Fr. Anil thanked the PPC and Coordinators, for their continuous work and support in helping the parish to grow. The event was compered by Joan D'souza, vote of thanks by Terence Gonsalves, prayer and grace by Zynidia Michael followed by a hot buffet lunch.

All in all, it was a memorable Vianney Sunday... 'Just like You & Me'. It did take some planning and team work to put it all together by an enthusiastic team of Percy, Terence, Dora, Zynidia, Ruvina and Joan.

# THE BOMBAY CATHOLIC SABHA

31st AGM on 18th JUNE, 2023.

The Bombay Catholic Sabha of Good Shepherd Church Unit had our 31st AGM on 18th June, 2023. The AGM was attended by our Spiritual Head - Fr. Anil Rego, our committee members and few of our Sabha members. Items on the agenda were discussed. Mrs. Dora Martis - Chairperson, explained the various activities conducted by the Centre and its incentives and also thanked Fr. Anil for his support and guidance.

Fr. Anil appreciated the work being done by the present team of Executive Committee, their participation and interactive discussions. He also extended his full support to the unit, going way forward. Fr. Anil said to have the Help-desk for updating/of voter list for the upcoming elections .Aadhar card, issuing voter cards for our youth, membership drive and for any

miscellaneous services for our parishioners.

A Vote of Thanks was given by the Vice Chairman - Mr. Wilfred Pinto. He spoke on the involvement on the Socio, Civic & Political Affairs and also involving and motivating the youth to participate and get involved in the Sabha. The AGM concluded with a thanksgiving prayer.

Snacks and cold drink were served to all. A game of Housie was conducted by Jasmine Nair - Hon. Secretary and Terence Gonsalves - Jt. Secretary. Tickets were free to all members present and cash prizes were given.

## SAVE AAREY - 50th SUNDAY OF PROTEST

On 23rd July, members represented our unit parish to attend this event at Aarey Colony, Picnic Spot holding banners and placards to express our solidarity for the protection of the green lungs of Aarey and with the Adivasi Communities for their homes and livelihoods.

## INDEPENDENCE DAY - FLAG HOISTING

The Bombay Catholic Sabha organized the flag hoisting on 15th August. Fr. Anil Rego, our Parish Priest hoisted the flag after the 7.00am mass in the presence of more than 100 parishioners and our BCS members. The National Anthem was sung. Percy Pereira, Vice President - PPC spoke on the importance of the occasion. Cake was distributed to all.

A Big Thank-You to our Spiritual Director - Fr. Anil Rego for your guidance and to you dear parishioners for all your support. We thank God for his many blessings to us and our families and may our Parish Unit continue its journey towards creating 'A Better Tomorrow Today'

- Dora Martis





## KIEARA PLAY'S FOR MAHARASHTRA

Kieara Rosemeyer from Zone 1 , Unit 3, achieved one of her football goals by representing Maharashtra state in the 66th National School Games Competition for Girls Football-U19 held in Bhopal in June 2023.

From the all Maharashtra selection camp at Kholapur to the training camp in Amravati to the tournament

in Bhopal, Kieara had a wonderful experience and hopes to represent the state in the future as well.

Currently, a student of BMM ( Mass Media) at KC College , she is part of their football team and also plays for FC Young Guns - a football club located in Mumbai.



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# Appointment of New Superior in Good Shepherd convent Andheri



Sr. Mary Usha Varghese is appointed as the Superior of the Good Shepherd Convent Andheri on 31st of August 2023. Sister has served for 28 years in religious life as a Formator and in Social Action Ministries. Sister has been transferred from Andhra Pradesh to

Mumbai after her dedicated service for 9 years. All through her years sister has worked in the south and it was her ardent desire to work in the North. She is glad that her wish is fulfilled to serve in Mumbai.

## Take Charge of Your Health – Let Nature Help You!

### Health Promotion Trust's Naturopathy Residential Wellness Centre

The Health Promotion Trust (HPT) of the Archdiocese of Bombay invites you to participate in a life-enhancing program conducted by the Naturopathy Residential Wellness Centre at the Convent of Jesus and Mary, Nun's Hill, Khandala. HPT initiated this enterprise in collaboration with the **National Institute of Naturopathy, (NIN)**, Pune (AYUSH Ministry – Government of India.)

The Centre's goal is to offer holistic health options emanating from nature's healing power. Doctors and therapists with expertise in naturopathy will empower attendees to take charge of their health through the practice of natural healing techniques. These have proven to be extremely effective in disease prevention, treatment and overall restoration of the body, mind and soul.

The program comprises a 3-day residential camp for a maximum of 20 participants, with nominal rates for boarding and lodging. The therapies offered include:

Mud therapy	Acupressure	Acupuncture	Hydrotherapy	Indoor Exercises
Ozone therapy		Enema	Meditation	Fasting & Diet therapy

For additional details please contact the Health Promotion Trust office: **24440121/ 9619001142** or email us at:

[hptkhandala@gmail.com](mailto:hptkhandala@gmail.com) / [healthpromotiontrust@gmail.com](mailto:healthpromotiontrust@gmail.com)

Website: [www.healthpromotiontrust.org](http://www.healthpromotiontrust.org)

**Fr. Rocky Banz, Director, Health Promotion Trust**

## Aqua Antics

Good Shepherd Youth Group organised "Aqua Antics" a fun-filled evening with water games on the 30th of July, 2023. It was an event filled with laughter and excitement as youth splashed through a series of thrilling water games. From water balloon tosses to water balloon dodgeball, the day was a non-stop adventure, making it an unforgettable evening of aquatic fun. The event really helped everyone to interact with the others and make new friends. Our

spiritual director, Fr Frankie Crasto involved himself in the games as well which made this evening even more fun! We also had a break half time where some lovely Samosas along with hot Coffee was served. We had a ton of fun throwing around water balloons at each other and dancing our hearts out to some amazing music. We made some amazing memories and new friends too.



## Cyclathon

One of our hit events that we organised last year was Cyclathon, and we were really eager to organise it this year as well. On Independence Day, we went cycling to Juhu beach. We had some amazing cake after the

flag hoisting ceremony and were on our way. The adrenaline pumping in our bodies, the cool morning breeze and each of us one behind the other made us feel euphoric. Once we reached the beach, we interlocked our cycles and took a walk on the not so crowded beach and really enjoyed the moment. We got some pictures taken and then headed off to fill our hungry stomachs at Fresco bakery. We also enjoyed some hot coffee which added to our incredible experience.



## LITTLE FLOWER COMMUNITY -ZONE 3 UNIT 3

### ROSARY CELEBRATION & GRANDPARENTS EVENT

During the month of May our family rosary was conducted online thrice a week. We celebrated our unit community Rosary on the 31st of May 2023 at Cross gate community hall, lokhandwala. We had our unit family fellowship and gathering of thirty-five members and it was a blessed and prayerful celebration. All animators were excited to help with the arrangement for the evening. We started with reciting our rosary prayers at 7pm. After each decade

of the rosary, we prayed the rosary reflections with hymns along the community members. This was followed with Marian Quiz which was so exciting and engrossed with finding the answers. The game was well conducted, and we made sure that there was full participation. Prizes were distributed to the winners. Snacks were served to all and there was a game of houseie which was enjoyed with fun, laughter. We clicked a few memorable community photographs. It was a joyful feeling to come together to pray and bond as a family. A special thanks to our members





for their generous contributions. Overall, it was well organised and with support of our members the event was a great success.

Pope Francis proclaimed the World Day of Grandparents and the Elderly to be celebrated on the 4th Sunday in July every year which happened to be this year 23rd July. In our community we had an activity of visiting the grandparents. We had

taken grandchildren to visit the grandparents. The Grandparents were so touched with the thought of meeting the young. They were filled with joy and were taken by surprise as they were also given a small gift. It was a very touching experience at both ends and we felt very happy doing this activity. God bless all our grandparents as they are the heroes of our life.

- Joan Rodrigues

## Holy Family Community, Zone 3, Unit 7



God for the gift of Parents and Family. The blessing prayer taken from book of Numbers 6:24, was invoked for all by placing their hands on the shoulders of the fellow members. The interactive games with innovative dares kept everyone present bustling with joy. This event also marked the reunion of Unit members, who had gathered together after Covid19 pandemic. From time to time the room echoed with friendly

gupshup, between the members.

The highlight of the event was the serenade performances by the children in form of a poem, music and a konkani kantar by late Wilfy Remimbus in ode to the Parents and Grandparents. The celebrations ended with the gifting of mementos with handmade cards for all families. It truly was an evening well spent and fulfillment of Psalm 113:1 "How good and pleasant it is when God's family live together in Unity..."

- Ruvina Dias

### Treasure of greatest price!

" You're a treasure in our family, a gift of the greatest price. There's no one quite as Special and no one quite as Nice" Anonymous.

Our Holy Family Community (Zone 3, Unit 7) organized a get-together cum appreciation day for our Parents and Grandparents from the Unit. The occasion was extra special as the Children from the Unit took up the responsibility

for organizing the program for their Parents. The program began with a short prayer in thanksgiving to

## ST AMBROSE COMMUNITY ZONE V UNIT II

Since May is a special month for Mary, our Mother, it is a month dedicated to rosary devotion. The rosary was recited every weekend at various places. Families from each building participated in the statue's decoration and helped set up the recitation of the rosary in the building premises. Many people of our community came and joined in collective prayer for our students, the sick and senior citizens. At the end of each rosary we held a small fellowship so that all members could interact with each other. We are grateful and appreciate the help & co-operation from our co-ordinator and animators

- BETTY RODRIGUES



## ST. ANDREW'S COMMUNITY - ZONE II UNIT 5

### Grandparents Day

The feast of St. Anne and St. Joachim on 26th July is celebrated in the Catholic Church as Parents Day/



Grandparents Day. It is believed that St. Anne and St. Joachim were childless for many years and Mary was born to them when they were quite old. We, in the Catholic Church, honour St. Anne and St. Joachim, who in God's grand plan were chosen to be parents of our Mother Mary and grandparents of Jesus. Hence, they are worthy of being honoured and emulated by us as ideal parents.

We celebrated this feast by honouring the grandparents in our community with a bouquet of flowers and a packet of sweets. Each Animator visited the grandparents in their cluster and handed over this small gift to them. It was a rewarding experience for us as we were met with a surprise on their face and a smile. It also offered us an opportunity to interact with them and show them that they are a valued part of our community.

- Vilma Kantharia

## ST. LOUIS COMMUNITY - ZONE II Unit 1

### Feast of Our Lady of Assumption

We celebrated the Feast of Our Lady of Assumption and our beloved Country's Independence Day, which is our Pride and Joy. We started our celebrations at 8.00 pm. The Feast of Our Lady of Assumption began with a lot of energy and positive vibes. We welcomed the first event by reciting the Rosary dedicated to Our Mother as a Big Happy Family.

### Independence Day

Our second event commemorated our Country's Independence Day. The warmth we received as we started singing the Patriotic Song 'We Shall Overcome' was just amazing and had tears in our eyes. We also sang 'This Land is Our Land from Kanyakumari to

Kashmir Highland' and with a nice gesture when we sang 'Saathi Haath Badana'.

Later, we conducted the Tri-Coloured Tambola with a twist. The Tambola had a set with tri-colour on the board, which we explained to the participants. It was just Phenomenal. The winner of the full house would be the one with the maximum number of Flags they possess. Quite a concept with a twist and a lot of fun.

We then served snacks to all present. We had to end the festive and wonderful magnificent evening. Everyone enjoyed and had a blast.

Thank you all for helping make this event a Magical One.

- Marina Borthwick



## INFANT JESUS COMMUNITY - ZONE V UNIT 3



"The love between grandparents and grandchildren is a timeless bond that defies the limitations of age"  
On the evening of July 29, 2023, few animators from our Community, paid visits to the grandparents as well as the elderly of our unit to commemorate the feast of St. Joachim and St. Anne, the parents of the blessed Virgin Mary.

They were all extremely pleased to see us and a few of the ones who were staying alone even expressed happiness at our visit. We visited their homes, wished them and spent some time with them. The elderly even blessed us and expressed their sincere gratitude to us. Undoubtedly, it was a blessed evening. We appreciate the efforts of all our animators.

- Mrs. Christabel Passanha

## EPIPHANY COMMUNITY: ZONE II UNIT 6

### GRANDPARENTS DAY CELEBRATION...!!!

On July 26 the Roman Catholic Church commemorates the parents of the Virgin Mary, Saints Joachim and Anne. The couple's faith and perseverance brought them through the sorrow of childlessness, to the joy of conceiving and raising the immaculate and sinless woman who would give birth to Christ.

Our community celebrated the feast of Grandparents on 30th July 2023. The Children and youth of our community made endeavours to prepare handmade cards for the grandparent members of our community to express their love and gratitude.

On Sunday (30th July 2023), our community

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members visited the houses of 7 Grandparent members and honoured them with the cards. Moreover, they spent quality time with them and also prayed for their wellbeing. Few grandparents were touched by this gesture as they stay away from their grandchildren and missed being with them.

Dearest Saints Joachim and Anne, pray that our families may grow in holiness and that our homes may become grace filled sanctuaries of love. By your powerful intercession, protect and guide all grandparents that they may be great examples of faith.

- Remita Fernandes(Coordinator)



# HOLY TRINITY COMMUNITY - ZONE V - UNIT I



“Blessings of elders work, where everything else fails.”

As a community on 22nd July, our Holy Trinity community members embarked on a journey to give back to our elders by spending our time with them by visiting St. Catherine's Old Age Home.

We were able to collect donations of myriad items like bathing soaps, washing powder, biscuits, coconut oil, diapers, bed sheets, tissue boxes, tender coconut powder, toothbrushes, hand towels etc. from our different community members.

We also donated 70 food boxes containing pattices, cake slices and kheema pav.

Additionally, exquisite handmade cards were given to all the residents of the old-age home and that added a special touch to the event.

Participants: Finiya, Maria, Marie, Archana, Charlotte, Andrea, Cheryl & Dagmar.

Donors/Sponsors: Charlotte, Maria, Marie, Steffanie, Simral, Shane, Archana, Andrea, Joan and Deandra.

We said prayers, sang hymns, distributed handmade



cards, distributed cake slices and interacted with the residents of the old age home.

The Holy Trinity Community will be completing 25 successful years this year. On 29th November 1968 our founders Fr. Richard Crasto, Elvin Colaco and Sr. Shalini, participated in the opening ceremony of Holy Trinity Community. Sr. Shalini was our mentor and she has always been available to our community through thick and thin by sharing with us her immense spiritual knowledge and constant guidance and support. A big part of the success seen with our Small Christian Community (SCC) lies with Sr. Shalini's contributions. She has played a big part in bringing up our Holy Trinity Community as well. Presently she is in the Home called Helpers of Mary, Andheri West.

Unfortunately, currently she is not in her best health & faces limited movement as well.

Our Holy Trinity Community members had the honor of meeting her during our visit and she was extremely excited and delighted to see all of us.

We wish Sr. Shalini good health and the blessings of the Holy Spirit & that she will always be remembered as one of our Holy Trinity Community Founders.

Parents Day : Our Community distributed handmade cards to few of our parents who included the home bound and senior citizens.

Community members participated in the Parents/Grandparents Day Trivia Activity.

Flory D'Souza, from our community won the second prize for the WhatsApp group activity conducted on 26th July'23.

- Finiya Thomas (Coordinator)



## St. Sebastian's Community – ZONE 3 UNIT 4



We're thrilled to mention that in the recent elections for the nomination of PPC members. Mr. Percy Periera from St. Sebastian's Community has been elected as Vice President of the PPC.

Additionally, on 29th March 2023, we had a remarkable visit to Jivan Asha, a Home for the Aged in Shradha Vihar, Andheri West. Our community members were warmly welcomed by the elderly residents. The highlight of our visit was the Way of the Cross, conducted for the elderly and the sisters of the Home. The prayers served as a poignant reminder that we are not alone in our suffering, for Jesus suffers with us and embraces every facet of human life. We also engaged with the elderly, shared heartwarming moments, and hosted a delightful game of "Housie" for them. The spiritual journey of the 14 stations and the joy of the Housie game left a profound impact on all of us.

We distributed chocolates to the residents, and their gratitude was heartwarming. The sisters at the home were also appreciative of our presence. We extend our heartfelt thanks to our community members for their kindness and time. We aim to continue making

positive impacts on the lives of others and look forward to sharing more exciting experiences.

In May, we dedicated our prayers to our Lady of Fatima, with community members joining in for the Rosary Recital every evening. This prayerful act of honoring our Lady brought us closer together as a community. We hosted the Rosary at different homes, fostering a sense of togetherness and spirituality. We also hold a monthly community Rosary & Prayers for all communities, promoting social bonding and community spirit.

On 23rd May 2023, we organized a Community Picnic at Samara Gardens, Madh Island. It was a day filled with intellectual games, a refreshing dip in the swimming pool, and soulful singing sessions, concluding with a personal prayer and Rosary at the Grotto. Our objective of enhancing social bonding and community interaction was successfully achieved.

Thank you for your support, and we eagerly anticipate more memorable moments ahead.

- Aloma Fernandes

## St. Vincent de Paul Community - Zone III unit 2

On July 26 the Roman Catholic Church commemorates the parents of the Virgin Mary and the grandparents of Jesus Saints Joachim and Anne.

On this day, the church celebrates Parents and Grand parents Day. A day dedicated to all parents and grandparents for their selfless sacrifices, dedication, and love for their children.

The kids of our community, celebrated us with creatively handmade cards which were given to all the members of our community. What a beautiful gesture to show their love and

gratitude. Thank you to all the kids for thinking about us and making us feel special. God bless you all.



## St. Jude's Community - Zone 3 – Unit 5



### AN EVENING TO CHERISH WITH GRANDPARENTS & PARENTS

St Jude's community celebrated Grandparents & Parent's Day by organising a fun-filled evening for their members on the 22nd of July 2023.

The event began with a prayer in which we prayed for good health and long lives for those present and for those who could not be present for various reasons.

The main agenda of this fun filled evening was to get together as a community. To add some spice to this get together, we had an exciting quiz planned out. Three groups named Esther ; St Michael and St Matthew contested against each other. The first part was a Bible quiz. This was based on the various women from the Bible in keeping with the occasion. The second part was a general knowledge quiz and finally was a quiz based on fun facts. While the first two rounds went off by turn, the last round was a 'fastest finger first' round. It not only got our adrenaline pumping but



increased our knowledge about the Bible and general knowledge.

Since all that quizzing got the group hungry, it was followed by snacks and beverages. The results of the quiz were announced and everyone celebrated the win by team - Esther.

A long journey always needs a happy ending, and so we concluded this enjoyable session with a prayer, thanking God for bringing us together. We also prayed for the people of Manipur for all that they are going through.

These fun moments we experienced will always remain with us in our memory. A big "THANK YOU" to the members of the community who contributed everything they had to make this day special.

- Eva Pereira/ Franchelle Raj

St. Jude's Community, Zone 3 – Unit 5

## D'SOUZA ENTERPRISES

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# COMMUNITY WELFARE FUND

The Fifth Precept of the Church teaches that "the faithful have a duty of providing for the material needs of the Church" each according to his/ her abilities (CCC 2043). Therefore, financially supporting the church is a religious obligation that every Catholic has to fulfil irrespective of whether the church is rich or poor.

In the Archdiocese of Bombay, the Church expects every Catholic to support it by contributing only 1% of the total family earning. This 1% income is submitted in the Parish Office in an envelope as the Community Welfare Fund for which a receipt is issued. The amount so collected is utilised to help the poor and needy of the parish in the form of educational aid, medical aid, and other material benefits as and when approved by the CWF Committee. It is expected that every parishioner contributes conscientiously.

## Disbursement of Funds

There are various ways of disbursing or allocating the funds.

One suggestions is as follows :-

50% for medical and education for the needy of the parish.

The SVP would also draw from this to carry on their activities. 15% for Zonal / Unit activities.. such as Parents / Teachers / Children's / Senior Citizen's Day celebrations, Zonal or unit annual mass, etc.

20% for Church maintenance and Parish related activities including sending some one for training in catechists, etc.

15% for Parish Reserve Fund - for emergencies.

## Questions that may arise..

### Q1) Why force people to contribute. Leave it free for people to contribute.

Our emphasis is on the parish as a community where every parishioner makes his/her contribution of talents and resources for the growth of the community. It is our Christian obligation to reach out to our brothers and sisters and help satisfy their needs. The Community Fund encourages parishioners to do what Jesus did - care for the poor, the weak and the helpless.

### Q2) Do not people contribute at other times.. e.g. Sunday Masses and other collections for the Parish ?

The Sunday Mass collection will remain your FREE LOVE OFFERING. You may or may not give (incidentally the 1st and 2nd Sunday collection goes to Archbishop's House for the needs of the Archdiocese - especially the new and needy parishes). The contributions to the other archdiocesan collections are also free i.e Collections for Vianney Sunday, Mission Sunday, Lenten Alms, Hunger and Disease Campaign. On these occasions, one gives out of generosity.

### Q3) Is this a new venture or is there an experience we can go by ?

As of now, a few parishes have already initiated this process. The first initiative was taken by Infant Jesus Church, Dombivli in the year 1992. Other parishes too have tried this out, and met with a lot of success. One of our suburban parishes, for example, with only 46% of its parishioners contributing, was able to collect

more than 25 lakhs last year. The parish is thereby able to cater not only to its own needs but also to the needs of other parishes.

We like to insist that no one is forced. Much less is there a question of anyone being denied the Sacraments or Christian Burial because he/she has not contributed to the Community Fund. It is not a question of a person being forced : rather it is a self-obligation flowing from a person's realisation of belonging to a Community. When all the parishioners take the Community Fund seriously, it will be a blessing for the parish community and we may add to the contributor. We remember the words of Paul: Thin sowing means thin reaping. If we sow bountifully, we will reap in abundance. (2Cor.9.0). Indeed, the Lord has given us that beautiful promise. "Give and it will be given to you. A good measure, pressed own, shaken together, running over will be put into your lap, for the measure you give will be the measure you get back (Lk.6:38

## Kindly note ....

For Medical : Bills will be paid only for those who admit in Government Hospitals and NOT expensive Hospitals where the bills are steep . This is as per instructions from the Health commission headed by Bshp Allwyn D'silva

For Education : Bills from aided schools only, Only Tuition fees and not for Karate Classes, Music classes, etc., SOP for Co-ordinators for Medical / Educational Aid

1. The aid is given to the poor and needy of the parish.
2. Application Form available in the Church office to be filled by the Applicant mentioning aid for Medical or Education. Education aid from X Std to 3rd year college in any stream. For further professional studies, case-wise, aid will be given by the Parish Priest,
3. Applicant must mention reason for Aid from CWF
4. Original bills with admission fees from college for education aid and discharge certificate with medical bills of hospitalisation must be submitted with the application form
5. The application form must be given to the respective coordinator who has to personally verify the details mentioned in the application form and state / recommend the same in consultation with other animators in their monthly unit meetings
6. The form then must be submitted back to the church office which will be handed over to the Spiritual Head of CWF.
7. The CWF committee meets on second Saturdays of every month. The applicant is also called for this meeting. The application will be verified / scrutinised by the CWF team. Applicant is informed on the spot, amount being sanctioned.
8. For Education : 75% of the fee is sanctioned.
9. For Medical : Based on the bills maximum Rs. 40,000/- is sanctioned. In case the amount is more, they can meet the Parish Priest.

- Fr. Anil Rego, Parish Priest



The Mathews family requests for your prayers on the one-year death anniversary on 1st Sept of our beloved

*C.M. Mathews*

*Our beloved Dadda, we can't touch you anymore, can't hear you anymore  
but we can feel you all the time because you are alive in our hearts  
Your loss is so loud but the memories will last forever and now all we have  
left is the whispers of your voice in our hearts & a love that will never fade*

Those we love don't go away, they walk besides us everyday

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*“Reach the Gates of Heaven”*

# MILESTONES

## BAPTISMS

Date of Baptism	Date of Birth	Name	Parents
16-04-2023	27-01-2023	NATHAN COLLIN	ROHAN AND PRIYANKA PINTO
23-04-2023	05-01-2023	NOAH	JOAQUIM AND EVELYN FERNANDES
21-05-2023	09-05-2023	SKYRAH	ALAN AND POOJA SWAMY

## DEATHS

Date	Name	Age	Address
29-03-2023	MILAGRIN SAVIER FERNANDES	70 YRS	9/9 Vinayak Tower, N. Dutta Marg, D N Nagar, Andheri (W), Mumbai
09-04-2023	FRANCISCA SEBASTIANA GONSALVES	86 YRS	A/5 Dhan Chs, H.S. Road, 7 Bungalows, Andheri (W), Mumbai - 61
15-04-2023	WILLIAM CASTELLINO	69 YRS	18/B/28 Manish Kaveri, Manish Nagar, Four Bungalows, Andheri (W), Mumbai - 53
02-05-2023	JANE NAAMAN D'SOUZA	73 YRS	B-45, Bldg. No. 51, Sea Glimpse CHS, Andheri (W), Mumbai - 53
14-05-2023	SYDNEY LOUIS ROZARIO	59 YRS	35/303 Mhada, Shantivan, Oshiwara, Jogeshwari (W), Mumbai - 400102
09-06-2023	JOSEPH MENEZES	73 YRS	C-109, Jupiter Bldg, Lokhandwala, Andheri (W)
12-06-2023	JOSE JACINTO PATRICIO FERNANDES	71 YRS	C-104, Satelite Past, Caves Road, Jogeshwari East
14-06-2023	PATRICK HENRY MENDONCA	73 YRS	6-A-5, Bhudargad CHS, Near RTO, 4 Bungalows, Andheri (W), Mumbai - 400053
28-06-2023	BERTILLE RUFINO RODRIGUES	74 YRS	Jupiter Apartment, S.S. Nagar, Andheri (W)
14-07-2023	ELIZABETH CECIL MISQUITTA	78 YRS	Bldg No. 36 R.No.1427, Matruchaya Society, Nr The Club, D N Nagar, Andheri (W). Mumbai - 53
18-07-2023	BENNY JOHN GONSALVES	78 YRS	Flat No 5, Paras Apts, N. Dutta Marg, 4 Bungalows, Andheri (W)
18-07-2023	CYNTHIA ARTHUR MENEZES	80 YRS	B-302, Harmony, Lokhandwala Complex, Andheri (W), Mumbai
02-08-2023	FREDRICK JOACHIM NORONHA	74 YRS	Bldg No 1, Flat No D/6 Blue Arch Chs Ltd, Convent Avenue, St. Louis Convent School, 4 Bungalows, Andheri (West)
10-08-2023	ELEAZAR DAMIAN MONTEIRO	86 YRS	Bldg No. 9, Flat No 202, Laxmi Ratan Chs Ltd, 4 Bungalows Road, Andheri (W), Mumbai - 53

## FUNERAL PROTOCOL

1. When you lose a loved one, you are requested to inform the priest on duty and fix with him the date and timing of the Funeral. This has to be done with the priest and not the undertaker or the Office clerk. Timings for funerals on weekdays is 10.30 am or 4.30 pm. Sundays: only at 11.30 am.
2. The SCC animator should also be informed and arrangements should be made to announce in the Church and via Whats app.
3. You have to inform the priest whether you want the priest to come home or bring the body IN FRONT OF the church for viewing and condolences for 15 to 20 mins. Most people prefer the 2nd option, as it is more convenient and less time consuming.
4. Condolences will not be allowed in the Church.

Soon after the final commendation, the coffin will be moved to the hearse accompanied by the family. Those who wish to condole may do so at the time of the viewing before Mass or at home if the body is kept there. PLEASE DO NOT DELAY THE FAMILY FROM REACHING THE CEMETERY, AS IT CLOSES AT 6.00 PM.

5. There should be NO assembly in front of the Chapel. Lest you disturb those who are praying there
6. EULOGIES will be restricted to one person only. And it should not take more than 8 mins.

LOOKING FORWARD TO YOUR CO-OPERATION FOR YOUR OWN CONVENIENCE

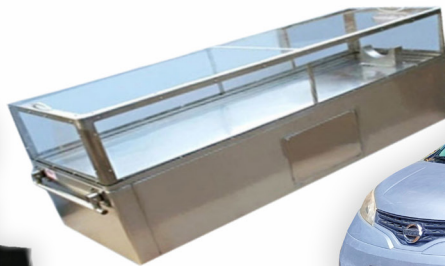
- Fr. Anil Rego, Parish Priest

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