



FLOCK NEWS

GOOD SHEPHERD CHURCH, ANDHERI WEST, MUMBAI 400 053.



WHAT IS JESUS ASKING OF US TODAY?

There are moments when a community must ask: Who are we, and what are we called to be when our identity, presence and contribution are questioned? I believe we are living through such a moment.

As Catholics in India, we have experienced suspicion, opposition and, at times, hostility. Laws concerning religious conversion and foreign contributions have become matters of concern. The proposed FCRA Amendment Bill, 2026, has generated debate because of the powers it proposes concerning organisations receiving foreign contributions. At the time of writing, it has been referred to a Joint Parliamentary Committee.

We must neither exaggerate the situation nor pretend there is nothing to be concerned about. But perhaps the deeper question is not simply, "What is happening to us?" It is: "What is Jesus asking us to become because of what is happening around us?"

Jesus challenged exclusion, welcomed the unwanted, defended the vulnerable, forgave sinners and restored dignity. The Cross reminds us that discipleship has never been about seeking popularity. We follow the Crucified One.

For centuries, the Church has established schools, hospitals, homes for the elderly, institutions for persons with disabilities, shelters and countless initiatives for the poor and marginalised. We do not say this to boast, but to remember. We are not here merely to defend our institutions; we are here to

continue the mission of Jesus. Yet when threatened, we can become defensive, angry and consumed by complaints.

Jesus offers another way:

"You are the salt of the earth." Salt does not shout. It transforms.

"You are the light of the world." Light does not argue with darkness. It shines.

"The kingdom of heaven is like yeast." Yeast transforms from within.

So what does this mean for us in Good Shepherd?

To be salt means making our homes and workplaces more humane: refusing corruption, treating every worker with dignity, respecting people of other religions and refusing to spread hatred or misinformation.

To be light means standing beside the lonely, visiting the sick, supporting families and listening to the lonely.

To be leaven means transforming our surroundings: bringing honesty, compassion and hope wherever we are.

To be a mustard seed means refusing to say, "I am only one person. What difference can I make?" Small acts of courage and goodness can change communities.

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CONSULTANTS	DESIGNATION	DAY	TIMINGS
Dr. Sheela Vadakepat MBBS	Family Physician	Mon, Tue Thu, Fri, Sat Wed	9 am to 1 pm 10:15 am to 1 pm
		Mon, Wed Thur, Sat Tue, Fri	7 pm to 9 pm 6:30 pm to 8 pm
Dr. Farhan Ansari MBBS, MD, DM Neurology (NIMHANS)	Neurologist and Movement Disorder Specialist	Tue	2 pm to 4 pm
Dr. Pratik Patil MBBS, MS (Orthopaedics), FRJR	Orthopedic and Robotic Joint Replacement Surgeon	Thur Sat	3 pm to 4 pm
Dr. Ashish Castellino MBBS, DNB (ENT), MNAMS, FIO	ENT	Wed	8:30 am to 10 am
Dr. Ajay Puri MBBS, MS (Orthopaedics), FRJR, FISS (Mumbai)	Joint Replacement & Spine Surgeon (Slip Disc)	Tue, Fri	8 pm to 9 pm
Dr. Nileshkumar Rai MBBS, MD (Medicine)	General Medicine	Wed	4:30 pm to 6:30 pm
Dr. Nikhil Rao MBBS, MD, DM Nephrology (KEMH)	Kidney Specialist and Transplant Physician	Fri	4:30 pm to 6:30 pm
Dr. Amala Jose MBBS, DNB (Obstetrics & Gynaecology)	Obstetrician and Gynaecologist	Mon, Thur	4:30 pm to 6:30 pm

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Yet courage must never become hatred. We can defend religious freedom without hostility. We can oppose injustice without dehumanising those with whom we disagree. We can question unjust policies while remembering the dignity of every person.

Our weapon is truth. Our strength is unity. Our method is peaceful engagement. Our motivation is love.

Perhaps this moment is our kairos—an opportunity for us to move from being a community that comes to church to becoming a community that goes out into the world. Let our Small Christian Communities become neighbourhoods of service and mission and our families, schools of compassion. The world does not need Christians afraid of becoming a minority. It needs Christians who know why they are here.

We are here because Jesus has sent us: to be salt, light, leaven and mustard seeds. So let us not ask only, “How do we protect what we have?” Let us ask: “What can we become for India today in the name of Jesus?”

When darkness increases, let us shine. When society becomes bitter, let us become salt. When hope disappears, let us become leaven. When our contribution seems small, let us trust God enough to become mustard seeds.

That is how disciples of Jesus change the world—not by conquering it, but by transforming it, one act of truth, courage, compassion and love at a time.

- Fr Reuben Tellis



FLOCK NEWS

Published by:
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Design & Printing:
Pratikruti Printers



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'Sarita' Working Women's Hostel

Inaugurated at Andheri

In a significant initiative aimed at enhancing women's safety and fostering economic independence, the Sarita Working Women's Hostel, designed primarily for women from lower-income groups, was blessed and inaugurated on June 3, 2026, by Archbishop Rev. John Rodrigues in the presence of clergy, religious sisters, benefactors, and distinguished guests. Sr Pushpa Louis, Province Leader, Central East India – Nepal made her presence felt.

Strategically located near Good Shepherd Church, Andheri West, the thoughtfully designed five-storey facility curated by the Sisters of Our Lady of Charity of the Good Shepherd, seeks to address the accommodation challenges faced by working women who migrate from rural areas in search of employment opportunities in the city. Equipped with modern amenities that prioritize both comfort and security, offering a variety of accommodation options, the amenities include a library, prayer room, hygienic kitchen, and spacious dining area. To ensure the safety of residents, the hostel is fitted with CCTV surveillance systems and supported by dedicated security personnel.

Following the inauguration & blessing ceremony, the guests assembled at the beautifully decorated Sarita Hall, where Archbishop Rev. John Rodrigues, together with the concelebrating priests, celebrated the Holy Eucharist. His homily was full of encouragement and appreciation for the Sisters and their contribution to the Church and society.

The mass was followed by a celebration on the Sarita Lawns. The ceremonial cake cutting was followed by a variety of dance presentations, speeches and a beautiful video presentation covering the reasons behind the construction and the scope of activities organised by the Sisters. The dignitaries and stakeholders in the construction were felicitated with a shawl and a potted plant. The programme was compered by the vivacious Bianca Rosemeyer who did interesting Q & A's outlining the history of the work of the Sisters in Mumbai right from 1967 and kept us engaged throughout the celebration in her inimitable style.

Gratitude was expressed to all those who worked with enthusiasm and dedication to make the event a grand success. The memorable occasion concluded with a sumptuous meal shared by all present, fostering fellowship, gratitude, and a strong sense of community spirit.

- Kamla N. Desouza



ECO VILLAGE TRIP

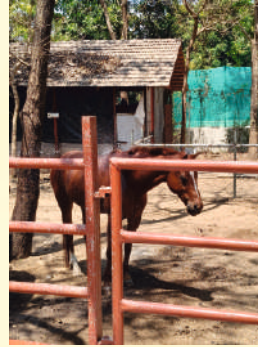
A tour on sustainability by the green cell team was organised on 1st May '26 to Govardhan Eco village at Palghar. This eco village is a sustainable community which is two hours away from Mumbai and spans over 100 acres of lush greenery. They strive to inspire a way of life that respects the environment, uplifts communities and preserves spiritual and cultural heritage by integrating sustainable eco friendly practices and holistic living.



On reaching at the serene and peaceful eco village, we were mesmerised by the landscapes of nature around us with a variety of trees, beautiful pathways of flowers, shelters for animals, eco resorts, ducks in the river and birds chirping their joyful melodies. The canteen space was so well organised with organic eateries, the spaces used with mindfulness..



We were warmly welcomed by the in-house volunteer for a tour guided through the village for their sustainable initiatives. We explored different Eco Zones from Organic farming and fertilizer production wherein farmers from the nearby villages were encouraged and trained in organic farming and were also employed to water conservation initiatives of rain harvesting and re-usage of water in pottery and gardening, waste management of food and plastic, ethical animal care at the gaushalas, energy conservation by usage of solar power, green building structures which keeps the housing cooler, rural development, food distribution,



biodiversity conservation using vermi compost, bio gas usage and health care using organic products.

The eco village trip, with its insights of the tour were so impactful, impressive and inspiring in helping us navigate a way further towards cultivating our values



and responsibilities and educated us in implementing these eco activities in our daily way of living at the parish, communities and neighbourhood.

The world today struggles with escalating environmental challenges and so there is an urgency to care for creation with cultivating ecological consciousness.



By empowering care for God's creation and cultivating ecological awareness, we nurture a generation to value sustainability, eco-consciousness and be compassionate to live in harmony with nature.

- Joan Rodrigues

A Night to Remember:

Celebrating Our Parents and Grandparents

Sunday, 26th July was a joyful evening as our parish gathered at the Carlo Centre to celebrate Parents' and Grandparents' Day. Organised by the youth group, the celebration was a heartfelt expression of gratitude to the parents and grandparents who quietly nurture our families and faith.

The evening began with a prayer led by Fr Joseph, setting a warm and prayerful tone. What followed was an evening of laughter, games and lively participation.



Parents and grandparents were encouraged to join the fun, much to the delight of the younger generation. Their enthusiasm, good-natured competitiveness and infectious smiles made the evening memorable.

The youth band, Tenebrae, added to the celebration with an energetic musical performance. Soon, the entire gathering was singing and dancing together, creating a beautiful moment of intergenerational joy.



Beyond the entertainment, the evening offered an opportunity to honour the love, sacrifices, wisdom and prayers of parents and grandparents who have shaped generations and strengthened family life. It

was a simple yet meaningful reminder of the importance of spending time together and expressing gratitude.

Fr Anil concluded the evening with a vote of thanks, acknowledging the organisers, performers and, especially, the parents and grandparents being celebrated.

The evening beautifully demonstrated that the bond between generations in our parish is strong and vibrant—a bond worth cherishing, nurturing and celebrating.

- Kelly Carvalho

GRACE

All that is here & all that is now,
Can be snatched up by Fate's swiftly turning plough,
Slipping through your grasp, though clutching tight still,
You desperately try to oppose divine will.

As light as a feather, as noiseless as mist,
Like a soul set free from life's eternal grist,
The love that long association takes for granted,
Eternally out of your reach, your Maker has transplanted.

You pluck at the air & tighten your grasp,
Alas! The object of your love has long passed,
And as you rail at Fate's relentlessly turning plough,
Tears staining your cheeks, with your deep furrowed brow.

Your hands tightly clenched as you refuse to let go,
Of a blessing that now exists no more,
Lord grant us the grace to unclench our palms,
For as one blessing departs, another one comes.

As light as a feather, as noiseless as mist,
Another new blessing slips into your fists,
Lord grant me the grace to unclench my palms,
And accept a new crop of blessings, with wide open arms.

- Chriselda E. Pinto

Mama Mary, My Comfort and Refuge

William Wordsworth wrote a sonnet entitled “The Virgin”, in which he praised Mary as “our tainted nature's solitary boast.” If current events show us how corrupt people can become, the Blessed Virgin Mary reminds us of the exalted heights to which God calls us. And it reminds us all, of God's promise to enrich us with his gifts of grace.

When Mary said “yes” to the angel of the Lord, she became the Mother of Jesus, the Mother of God. Through Jesus, Mary also became our mother. Mary, the Mother of the Church, is also our shelter in whom we can seek refuge.

Most of all, Mary gives us her love. Mary prays for her children with the same love that she does the will of her Son, and the will of the Father. Mary listens to our prayers, and hears our needs, our sorrows and joys, and gives us her love and help throughout our lives in whatever way the Father feels we most need it, asking only for our love as her children in return.

The month of October each year is dedicated to the Most Holy Rosary. This is because the liturgical feast of Our Lady of the Rosary is celebrated annually on October 7. It was instituted to honour the Blessed Virgin Mary in gratitude for the protection that she gives to the Church in answer to the praying of the Rosary by the faithful.

John Paul II called the Rosary his favourite prayer, in which we meditate with Mary upon the mysteries which she, as a mother meditated on in her heart. The Blessed Virgin Mary stands as the crown jewel of God's creation, and as the model of what God can do in the lives of those willing to be filled with his grace.

The world is in a lot of trouble right now. The war that's affecting the whole world, pandemics, social unrest, unemployment, stress and depression, all compete for our attention. We now face, once again, the terrible destruction wrought by sin. And that causes us, in turn, to reckon with our fallen nature, a term that in better times can sound deceptively gentle, but which now strikes us with its full force.

At a time when the depravity of our humanity is so dramatically on display, the radiance of the graced-

humanity of the Blessed Virgin Mary stands out all the more sharply, cutting through the darkness of sin and offering a beacon of hope.

May the radiant beauty of the Blessed Virgin Mary be for us a source of hope and strength in these days. And may we never fail to seek her help as we confront sin and its consequences, striving to draw all of Mary's wounded and scattered children closer to her.

Maybe October would be a good month to turn off the music as you commute to work

or school and pray the rosary instead. See what graces the Lord wants to pour into your life from the rose garden of this daily meditation.

In the month of October, let us consider this beautiful prayer of the Rosary as a means that we too can use in order to draw closer to Jesus through Mary by meditating on the great mysteries for our salvation.

There's a war going on for our souls and we're in the middle of the battle. So, let's go to the battle prepared with the most powerful weapon ever created: The Most Holy Rosary.

- **Caroline Britto**



Andheri West Deanery – Faith Celebration

The Andheri West Deanery Faith Celebration for children of Classes 5 and 6 was held on 16 August 2026 at St Blaise Church, Amboli, bringing together 65 children and 15 catechists from St Blaise Church, Christ The King Church, Oshiwara, Good Shepherd Church, Four Bungalows, and Our Lady of Health Church, Versova. The theme of the Faith Formation programme was the Eucharist.

The programme was preceded by two preparatory meetings that brought together the SJC Co-ordinators and catechists from all four parishes. Merlyn, the Deanery Coordinator, took the initiative in coordinating these meetings. The team planned four segments—Starter, Development, Word of God and Expression—with each member taking responsibility for a part.

The day began with the Eucharist at 8.30 am, celebrated with the children and catechists. Children from the different parishes united in prayer and song, while the choir enriched the celebration with appropriate hymns. In his homily, Fr Dorson highlighted the Eucharist as nourishment for our souls.

Following Mass, the children gathered in the school hall, where they were welcomed and provided breakfast. An interactive introduction helped them reflect on why they had gathered and what they hoped to learn. The Starter segment, led by Christ The King Church, used warm-up activities, group formation and ice-breaking exercises to help the children meet one another and form new “faith friendships.”

The Development segment, jointly conducted by St Blaise and Good Shepherd, explored the Eucharist through Scripture, multimedia presentations, discussion and examples. The children reflected on Jesus' words at the Last Supper, the Eucharist as a

memorial of His sacrifice, and the Body and Blood of Christ represented by bread and wine. Themes of love, sacrifice, self-giving and the New Covenant were highlighted. Stories of St Thérèse of the Child Jesus and St Carlo Acutis, the feeding of the five thousand, and the miracle of daily life enriched the session.

Our Lady of Health Church, Versova, led the Word of God segment, presenting the Eucharist through three central dimensions: Sacrifice, Presence and Meal. The children were taught that Christ's sacrifice on Calvary is made present in the Eucharist, that Jesus is truly present under the appearances of bread and wine, and that the Eucharist nourishes us by sharing God's life. Relatable examples of parental love and sacrifice helped the children understand these teachings. They were also encouraged to reverence and receive the Eucharist regularly and to seek Mary's guidance in drawing closer to Jesus.

The Expression segment, led by Good Shepherd, brought together the learning from the earlier sessions. Through activities, audio-visual material and discussion, the children reflected on two questions: “What did you learn about the Eucharist?” and “What do you seek from Jesus?” Their responses were written on bookmarks as personal keepsakes.

The celebration concluded with parish-wise photographs and a large group photograph. The Faith Celebration was a meaningful experience of prayer, learning, fellowship and faith, helping children from four parishes discover the Eucharist more deeply and encouraging them to grow closer to Jesus..

- Nora

Catechist - Our Lady of Health, Versova

Indigenous Day Celebration

Indigenous Day was celebrated with great joy, unity, and enthusiasm by the Domestic Migrants Good Shepherd Unite, Andheri (West). The celebration began with a meaningful Eucharist, celebrated by Fr Sunil Soreng. The Eucharistic celebration was a beautiful moment of prayer, thanksgiving, and reflection, bringing everyone together in faith and fellowship.

Following the Holy Mass, there was a session the Cultural Programme was held at Good Shepherd Convent, Saritha Hall. The programme provided a wonderful opportunity to celebrate and appreciate the rich heritage, traditions, and identity of the Adivasi community.

A highlight of the programme was the inspiring session given by Mrs. Sharon Rodrigues, associated with St Joseph's Church, Juhu. She is expertice in social work and also worked with the Premdarshan Community Service Centre and the Health Promotion Trust. She spoke about "From Cultural pride to Workplace Rights: Building Dignity and Well-being". The life and identity of tribal communities and the importance of good health. Her message was simple, meaningful, and motivating. She encouraged everyone to value their traditions, live with dignity and moral responsibility and take proper care of their physical and social well-being.

The programme was also graced by the presence of Fr Rock Bans and Fr Sunil Soreng, whose support and encouragement added joy and significance to the celebration. The cultural programme included beautiful traditional Adivasi dances, presented with great enthusiasm. The performances reflected the richness of Adivasi culture, unity, joy, and respect for their ancestral traditions.

The celebration concluded in a warm and joyful atmosphere with delicious high tea, allowing everyone to share fellowship and happiness with one another.

Overall, the Adivasi Diwas celebration was a meaningful and memorable occasion, with the participation of 635 migrant members. It strengthened the spirit of unity, faith, cultural pride, and mutual appreciation among all those who participated. The day concluded with grateful hearts and renewed motivation to preserve, cherish, and promote the rich cultural heritage of the Adivasi community.

- Sr Neeraja



Women's Cell

Chosen to Shine – A Workshop for Women

On 23rd August, the Women's Cell of Good Shepherd Parish organized a beautiful recollection titled 'Chosen to Shine' facilitated by Ms. Karen Claire, Founder of Astitva Healing. This session brought together 38 women from different walks of life for a meaningful journey of self-discovery, reflection and empowerment.

Centred on the theme “Come. Pause. Reflect. Rise.” the workshop created a warm and welcoming space where participants were encouraged to pause from the many roles of daily life, come into God's presence, and reflect on their God-given identity, purpose and calling.



Participants at the workshop organised by the Women's Cell animated by Karen Claire D'Lima

The Women's Cell expresses heartfelt gratitude to Fr Reuben Tellis for his guidance and to Ms. Karen Claire for her inspiring session and to all participants who attended.

“You are chosen. You are loved. You are here to shine.”

Will Making – An Act of Love, Care & Responsibility

The Awareness Session on Will Making, conducted by Adv. Sharon Rodrigues, was an enlightening and practical initiative that highlighted the importance of preparing a will as an essential part of responsible life planning. Through her expertise and clear



Through interactive discussions, personal sharing and guided reflections, the women explored themes of self-worth, purpose, confidence and emotional well-being. Ms. Karen's insightful and compassionate facilitation helped everyone understand that each woman is uniquely created, deeply loved and called to shine in her own way – by letting go of comparison, embracing her true self, and trusting God's plan with renewed faith and courage.

She beautifully encouraged all to

See herself,

Honour herself,

Invest in her growth,

Notice which role is taking over, and

Entrust everything to the Lord... to SHINE.

Beyond the learning experience, the session fostered a true spirit of sisterhood, connection and mutual encouragement. The women left feeling uplifted, inspired and empowered to carry the light of Christ into their families, workplaces, parish and communities.



guidance, she explained the legal, emotional, and practical aspects of will making, helping participants understand why every individual should consider documenting their wishes.

A will is not merely about wealth or property; it is about ensuring that our wishes are respected and our loved ones are protected. It provides clear instructions regarding the distribution of assets, care of dependents, and other personal matters, thereby reducing the possibility of misunderstandings and disputes among family members.

During the session, Adv. Sharon emphasized that preparing a will is an act of love, care and responsibility. She encouraged participants to view will making as a thoughtful way of safeguarding their family's future and preserving harmony among loved ones. The session also addressed common misconceptions, legal requirements, and the importance of updating a will as life circumstances change.

The interactive presentation was well received by all attendees, who gained valuable insights into estate planning and the significance of taking timely action. The session served as a reminder that planning for the future is not about expecting the worst, but about caring enough to make things easier for those we leave behind.

As rightly expressed during the session, "A will is not about wealth; it is about your wishes." By planning today, we provide security, clarity, and peace of mind for tomorrow.

Our sincere gratitude to Adv. Sharon for empowering us with knowledge and encouraging us to take this important step towards a secure and well-planned future.

Teachers' Day Celebration:

The Women's Cell of Good Shepherd Church celebrated Teachers' Day on 14th September to



honour our beloved Teachers, Professors and Catechists – both present and retired – with heartfelt gratitude for their dedicated service in guiding, inspiring and nurturing generations.

The program began on a prayerful note, praying for one another's good health and well-being. It was a delightful evening of fun, fellowship and togetherness, creating cherished memories, with innovative games that tickled

the gracious minds of those present and fellowship over a cup of tea and sumptuous refreshments. A welcome game of Housie was a surprise with spot prizes given for the "Early Bird", and the oldest and youngest among us.



The champion team as well as the others received prizes. It was our small yet sincere way of saying a big "THANK YOU" to all our teachers for their dedication, patience, encouragement and for the countless lives they have touched and continue to touch.

As a token of our love and appreciation, a potted plant was gifted

to each teacher – symbolizing growth, nurturing, and the everlasting seeds of knowledge and values they have sown in every heart.

We thank our Spiritual Director, Fr Reuben for spearheading our efforts in making this a celebration filled with



gratitude, laughter and love – truly a memorable Teachers' Day!

- Nimia Dcosta

Pentecost 2026: A Triduum of Renewal and a Feast of the Spirit

"You will receive power when the Holy Spirit comes upon you."—Acts 1:8

The Good Shepherd Prayer Group organized a Pentecost Triduum from 21st to 23rd May, leading up to the festal Mass on 24th May, Pentecost Sunday. It was a blessed time for parishioners to pause, reflect, and renew their relationship with God, preparing their hearts for a Spirit-filled life.

Three Days of Grace and Inspiration

Day 1 – 21st May

We began with Fr K.T. Emmanuel, who spoke on "God's Love, Sin, and Its Consequences." Through his captivating talk and a detailed presentation, he gave us a vivid picture of how "God formed the world, sin deformed the world, and Christ transformed the world." His message moved us to open our hearts to the Holy Spirit, to cultivate good character, and to deepen our personal relationship with Him.



Day 2 – 22nd May

Fr Mervyn D'Souza led us with a reflection on "Jesus the Only Saviour and Repentance." He emphasized the importance of the Sacrament of Reconciliation as a means to reconnect with Jesus and allow Him to

transform us from within. His words reminded us that "one encounter with the Holy Spirit can change everything."

Day 3 – 23rd May

On the final day, Fr Kenneth Pinto spoke on "Spiritual Growth and Evangelization." His talk was deeply inspirational, reminding us that Pentecost is the day the Church was born — moved by the Spirit to walk in power and proclaim the Good News with courage.



Pentecost Sunday: Filled and Sent Forth

The festal Mass on 24th May was followed by a powerful infilling of the Holy Spirit led by Fr Michael D'Cunha — the highlight of the celebration.

We were beautifully led in praise and worship by the choir, which flowed into a time of adoration. Fr Michael guided us in heartfelt songs to the Holy Spirit, praying that He would break us, mould us, fill us, and use us for His glory. He also encouraged us to live out our faith through service to the community. One practical way to do this is by joining the parish prayer group, which meets every Thursday at 7:30 PM in the church extension. All are warmly invited.

As we reflect on this grace-filled celebration, we hold close the words of Scripture:

"May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit."—Romans 15:13

May the power of the Holy Spirit reign in you and in your home.

- Belinda Rodrigues

INNER HEALING RETREAT

A one-day Inner Healing Retreat was organized by the Good Shepherd Prayer Group under the guidance of Sr Belinda Rodrigues and her team. The retreat was held in our church on **22nd August 2026 from 9:30 a.m. to 5:00 p.m.**

The theme was taken from **Jeremiah 30:17** – “For I will restore health to you, and your wounds I will heal, says the Lord.”

The retreat comprised of teachings, praise and worship, inner healing sessions, and concluded with the infilling of the Holy Spirit.

The Speakers

The three speakers for the day — **Bro. Victor Pereira, Sr Audrey D'mello, and Bro. Arun D'Silva** — were truly captivating, and their teachings touched many hearts.

Bro. Victor spoke on the **3 kinds of healing**:



1. Spiritual Healing
2. Emotional Healing
3. Relationship Healing

He reminded us that while we often think our problems are external, 80% of our struggles are within ourselves and 20% are outside. God desires to change our inner selves. His teachings helped us to

address deep emotional wounds, painful memories, and false beliefs that we carry in our hearts.

He guided us toward a complete confession made with a true and contrite heart. This, he said, paves the way to restore peace and to live a Spirit-filled life of freedom and wholeness by the grace of God.

Sr Audrey led us into a deep session of inner healing. She helped us to come into the divine presence of God and to deal with hurts from the past — even those from our mother's womb — that may have caused repercussions in our adult lives.



Praise, Worship & Closing

The music ministry, led by **Rucha and her team**, was truly anointed. It was as though heaven came down into our church. With their melodious voices, they led



us in praise, worship, and action songs that kept the entire congregation engaged and uplifted throughout the day.

The day came to a beautiful close with **Bro. Arun** guiding us and preparing our hearts for the infilling of the Holy Spirit. It was a fresh outpouring of God's presence.



Gratitude

We extend our heartfelt thanks to our **Parish Priest** for his support and timely announcements, which helped draw a large crowd for the retreat. We also thank **Fr Reuben** for the exposition of the Blessed Sacrament and Benediction, **Fr Joseph**, and all the church support staff.

It was truly a heavenly experience for everyone who attended. Each one left with a blessing for themselves and their families.

Psalms 147:3 – “He heals the broken hearted and binds up their wounds.”

- **Belinda Rodrigues**

BOMBAY CATHOLIC SABHA

Faith, Service, Action



The Annual General Body Meeting of the Unit was held on 12th July 2026 at St Carlos Centre, providing an opportunity for members to review the Unit's activities and look ahead to its plans and priorities. The Unit also supported parishioners through an SIR Help Desk organised by the Bombay Catholic Sabha over two weekends, assisting them with their requirements relating to SIR Enumeration. On the occasion of Independence Day, a Flag Hoisting Ceremony was held on 15th August 2026 in the church premises after the 7.00 a.m. Mass. The National Flag was hoisted by our Parish Priest, Fr Anil Rego, who addressed the gathering with inspiring words. The ceremony concluded with the distribution of cake among parishioners, adding sweetness and warmth to this patriotic occasion.

The Unit also took an active stand on matters of concern to the community by conducting a

signature campaign regarding the proposed Maharashtra Freedom of Religion (Anti-Conversion) Act, 2026, and the suggested FCRA Amendment Bill, 2026. Letters expressing the concerns of the community were sent to the Prime Minister, the Home Minister, the Joint Parliamentary Committee, the Leaders of the Opposition in both Houses of Parliament and the Chief Minister of Maharashtra. The response from the parish community was encouraging, with a total of 428 parishioners signing letters on each of the two issues. This



participation reflects the willingness of our parishioners to engage constructively on matters that have a bearing on the Church and the wider community.

As the Good Shepherd Church Unit of the Bombay Catholic Sabha looks towards the year ahead, it appeals to more parishioners to come forward and participate in its activities. The Unit hopes to build greater involvement in the areas of socio-political awareness, economic development, environmental responsibility, youth engagement and education. With the support and participation of our parish community, the Unit looks forward to continuing its efforts in the spirit of service, unity and responsible citizenship.

- Sheila Fernandes

A Vianney Sunday Tribute to Our Shepherds

Fr Anil

*First up is Father Anil with a guitar,
Our charismatic, handsome superstar.
His homily is crisp, short and sweet,
Everyone loves him – Sunday's treat.*

*He smiles, he sings, he brings good cheer,
Disciplinary and modern - just don't cross him,
let's keep it clear!*

*A visionary so bright with thoughts so clear,
Guiding our parish year after year!*



Fr Joseph

*Then comes Father Matthew, young,
good looking and chill,*

*Friendly, lively, gives us all a thrill.
You can laugh with him, you can just be you,
His modern homily is short and so true.*

*The youth love him, the elders do too,
He makes our faith feel fresh and new!*



Fr Reuben

*Then is Father Reuben, our lion with a mane,
Handsome, prayerful, with a heavenly refrain.
His voice can lift us straight to the sky,
When he says follow the rules, no one asks why.*

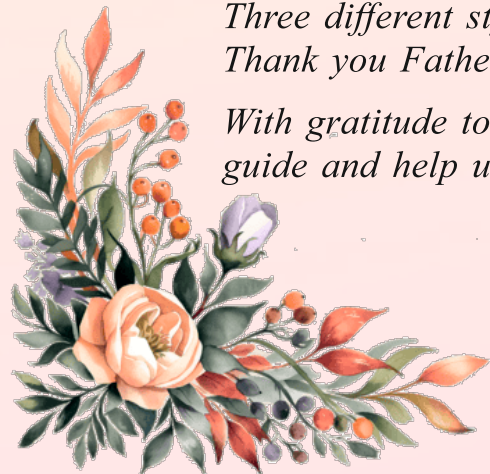
*A crowd puller with stories so engaging,
He's got everyone participating, no more disengaging!*

*Frs Anil, Matthew & Reuben — our holy trinity,
Bringing us laughter, faith and divinity.
Three different styles, one loving mission,
Thank you Fathers for this beautiful parish vision!*

*With gratitude to the priests who preach, pray, laugh,
guide and help us become a parish family.*



- Finiya Thomas



Celebrating Faith, Love and Unity in Our Parish

Celebrating Parents and Grandparents – A Tribute of Love and Gratitude

Our parish joyfully celebrated Parents and Grandparents Day, a beautiful occasion dedicated to honoring the pillars of our families and thanking them for their unconditional love, sacrifices and guidance.

Our catechism children came together to present a heartfelt programme filled with songs, skits and performances, bringing smiles and happiness to every parent and grandparent present. Each performance was a small expression of love and gratitude for those who have nurtured, guided and supported our children throughout their lives.

The presence of every parent and grandparent made the celebration even more meaningful. It was not merely a programme, but a beautiful gathering of God's family, filled with love, blessings and togetherness.

Vianney Sunday – Honouring Our Beloved Priests

Vianney Sunday was celebrated with great joy and affection as our parish came together to honour and appreciate our beloved priests — Frs. Anil, Joseph and Reuben.

Our priests dedicate themselves wholeheartedly to the service of God and His people. Through their prayers, guidance, celebrations of the Sacraments, pastoral care and countless unseen efforts, they

continue to walk with us through every season of our lives.

This special gathering was our humble way of saying “Thank you” for all that they do for our parish. Gifts

were presented to them as a token of our love and appreciation, followed by a simple get-together and cake-cutting celebration.

It was a simple celebration, but one filled with genuine love, laughter and gratitude — creating a beautiful and memorable moment for our priests and our parish family.



Nativity of Mother Mary – A Journey of Faith Through the Novena

Our parish came alive with faith and devotion as we prepared for the Nativity of Mother Mary through a meaningful Novena, reflecting on nine beautiful themes centred on the life, virtues and devotion of our Blessed Mother.

A special feature of this year's celebration was the enthusiastic participation of our catechism children. Each class was given an opportunity to present a skit based on the Novena themes, allowing the children not only to showcase their talents but, more importantly, to express their love and devotion towards Mother Mary.

Through these performances, the children beautifully portrayed values such as faith, obedience, humility, love, forgiveness and unity — virtues that Mother Mary teaches us through her life.

What is particularly encouraging is the growth in the participation of catechism children from last year to this year. The various activities, skits and opportunities given to the children have encouraged more and more of them to come forward, participate and take an active role in the life of our Church.

As we celebrate the Nativity of our Blessed Mother, may Mary continue to guide our parish, bring our families closer to Jesus and inspire us to remain united in faith, love and service.

Together as One Flock

These celebrations — honouring our elders, appreciating our priests and nurturing the faith of our children —



beautifully remind us of what a parish truly is: a family united in Christ.

When every person contributes, every child participates, every family supports and every heart serves with love, our Church becomes stronger and more joyful.

May our parish continue to grow not only in numbers, but in faith, fellowship, love and unity, always keeping Christ at the centre and walking together as one flock under the loving guidance of our Blessed Mother.

- Monisha Philip

The Mission continues !

"As the Father has sent me, I am sending you." John 20: 21.

The Faith mentors !

We know that building faith is not a one-person job but a perfect jugalbandi of the Church and the Laity.



To acknowledge their roles in moulding our young children's minds and letting them know they matter to us. Sunday School began by felicitation of our faith mentors, our Elders/Parents and our Priests.

Children put up various fun-filled performances which the families enjoyed mingling with each other over a snack, a few fun games and some lively music.

For Vianney Sunday our Priests were appreciated with personalized gifts, cards and a cake-cutting ceremony . It was a small gesture to thank them for the number of ways they give of themselves for the Parish and the Diocese. The journey of faith, however, does not end with being guided. The hope is that, nurtured by their mentors, our children will gradually learn to live out the faith they receive. And this is where the missionary spirit of our Sunday School comes alive. These celebrations, although simple, honor the roles these mentors play and set the tone for Sunday School this year, which is following in the footsteps of Jesus and continuing with His missionary work.

"The Church is missionary by nature; otherwise, she would no longer be the Church of Christ, but one

group among many others that soon end up serving their purpose and passing away” Pope Francis, Message for World Mission Day 2017. Our faith mentors do more than guide our children; through their own lives, they show them what it means to give, serve and remain committed. It is through such examples that children begin to understand that faith is not simply something we learn, it is something we live.



Our catechists continued to create these faith opportunities for our children, keeping alive the missionary zeal of our Sunday School. Their dedication extended into organizing the Novenas, this year for the Nativity celebration of Mother Mary under the guidance of Fr Reuben. Children got the opportunity to enact skits depicting challenges from everyday life. Each skit showed how, in difficult situations, we can turn to Mother Mary for guidance and help. Watching the young ones stand bravely and belt out difficult dialogues was a treat for all who attended. Each day, the children received an activity, challenging their minds at the same time getting them to learn more about Mother Mary. There were competitions of art, music and craft that catered to the creative side with special treats after every Novena sponsored by parishioners. Not only did the children learn and give themselves but their families also supported them by bringing them

regularly for the nine days. For the children, faith became more than something they learned; it became visible in the everyday choices, acts of service, and gestures of love they witnessed around them.

The program packed a wholesome spiritual experience, no one went back empty handed. Fr Reuben's connected his homilies with the skits and

made them relatable to those who participated in the Eucharist. The action song he taught "If I had a little Black Box" became an instant favorite with the children. We do hope the song keeps resonating in their life as they grow and guides them when they need to make those decisions between right and wrong.

Through this whole journey Mother Mary, the patron for all missions, kept working silently to bring about a transformation. We could see her work, through the gestures of people coming forward to sponsor snacks; in the parents who brought their children for the novenas and

supported them in the activities, in the Catechists who returned faithfully each day making time despite their professional and personal commitments and in the children who came joyfully and participated with such vigour.

A Catechist shared her experience of these days where she witnessed a few of her students who were initially shy become more confident and expressive. We know that there are many such small stories of remarkable change in our children and our Parish. This testifies that missionary work isn't always about being dramatic but can be enacted in these simple ways yet yielding results. With Jesus as our mentor and Mother Mary as our intercessor, may our missionary zeal keep growing. And so, the mission continues — one child, one family, one community and one act of faith at a time.

- Ruvina Dias

'GOLDEN HEARTS' – SENIOR CITIZENS

A Golden Heart or a Heart of Gold is an idiom that means someone is exceptionally kind, generous and genuinely good natured.

AGM and election process held on 07th June, 2026

Our Annual AGM cum election process was held on 07-06-2026. The newly elected office bearers for 2026-2029 are as follows:- Dora Martis - President, Xavier Almeida - Vice President, Grace Pinto - Hon. Secretary, Jacintha D'Souza - Jt. Secretary, Clarence Pereira - Hon. Treasurer, Sylvia Pinto - Jt. Treasurer. The AGM was attended by our Spiritual Head - Fr Anil Rego, committee members and few of our Golden Heart members.

Andheri Deanery Meeting held on 30th June 2026

Dora Martis and Xavier Almeida attended the first Andheri Deanery meeting on 30-06-2026 at Sacred Heart Church, Andheri East for the newly elected members. Members from Andheri East and West parishes attended this meeting. It was a very interactive session and each of us shared the activities conducted in our parishes.

Grandparents Day by BASCA held on 25th July, 2026

Grandparents Day was celebrated by The Bombay Archdiocesan SeniorCitizens' Association (BASCA) on 25-07-2026 at Our Lady of Salvation Church, Dadar. 10 of our committee members attended this function. Over 550 Senior Citizens from different parishes all over Mumbai and Thane were present. The Eucharistic celebrations were presided by Auxiliary Bishop Stephen Fernandes. There were lot of spot prizes. Many 80 years and above attended and even a 90 plus



lady took away a prize. Overall, it was a wonderful event and all who attended expressed their joy and happiness.

Mass for the Elderly at Mount Mary Church on 14th September 2026.

A faith filled trip was organized to the Basilica of Mount Mary's Church, to attend a special mass at 11.30am, offered for the elderly by BASCA on 14-09-2026. Around 50 of our senior citizen members assembled at our church and proceeded by bus at 10.00am to the Mount. The Eucharistic celebrations were presided by Bishop Savio Fernandes. In his homily of the



'Exaltation of the Holy Cross' it reminds us of God's great love through the sacrifice of Jesus and a symbol of his victory over sin and death. Fr Anil Rego also came with us and represented our parish along with many other priests on the altar. Our return journey was a joyous one. Many of them came for the first time with us and truly appreciated with all the arrangements including the snacks.

Membership Drive

We request all our parishioners above the age of 60 years to be a member of the Golden Hearts. Forms are available with the Committee Members.

A Big Thank You to our Spiritual Head - Fr Anil Rego for your guidance and our Golden Heart members for all your support and co-operation. We thank God for His many blessings to us and our families and may our Parish Unit continue its journey of being generous, compassionate and selfless.

- Dora Martis

Monthi Phest 2026

Monthi Phest, a major Catholic harvest festival celebrating the Nativity of the Blessed Virgin Mary, originating from Mangalore in coastal Karnataka, was celebrated in our Good Shepherd Parish on Sunday 13th September, 2026.



The Feast mass was celebrated by Fr Praveen Joy Saldanha from the Diocese of Mangalore and co-celebrated by Fr Keith D'Souza SJ, Rector of St Xavier's College. Mass began with flowers being carried in procession in honour of the Infant Mary. Freshly harvested paddy stalks (novem) were blessed by Fr Reuben.



The Holy Eucharist was very lively with the melodious choir and very meaningful by the wonderful homily by Fr Pravin. He explained that Monthi Phest is celebrated as birthday of Mother Mary, family feast, harvest festival and day of girl child. We must take Mother Mary's example to lead good family lives. There are various types of families- fighting families, cemetery families, workaholic families, fashion show families, ATM families, Police station families, bus stand families, TV families etc. We must learn from the values of Mother Mary and implement in our family

life. Her relationship with God, her Parents, her husband St. Joseph and her son, Jesus teaches us to pray, love, obey, respect and serve one another. May Mother intercede for our families.

After mass the donors were given candles as a token of appreciation. This was followed by a cultural program held in the Good Shepherd Convent Hall.



The program began with a welcome prayer dance. Fr Anil led us in prayer before distribution of Novem milk to all. This was followed by some melodious Konkani songs which kept all people enjoying and tapping their feet to the music. A game was played which kept everyone engrossed followed by a Folk dance by the ladies depicting the lives for farmers, which was truly wonderful. A surprise and highlight of the day was a Konkani song sung by Fr Anil which was enjoyed by all. It was followed by the line dancers putting their best foot forward. It was amazing to see them dance and





everyone felt 'yeh dil maange more'. The last event was the skit "GHAR" which had everyone receiving an important message for themselves. There was a scrumptious meal on banana leaf with various types of vegetables and delicious yummy vorn as dessert.

heart filled with satisfaction and enjoyment. Heartfelt gratitude to the committee members of the Konkani group- Prescilla Coutinho, Sylvia Pinto, Gladys Noronha and Cecilia Banz.

Waiting in anticipation for Next year's Monthi Phest

Everyone left the hall with a smile on their face and

- Priya Pereira



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Mumbai 400 053.

"Reach the Gates of Heaven"





Family Prayer of Thanksgiving

Thanksgiving Day – Archdiocese of Bombay

Choose an appropriate time, preferable before a meal to come together as a family to pray.

Take any hymn of thanksgiving.

Leader: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Leader: Loving Father, today we gather as a family with grateful hearts. For the gift of our life and for the blessing of being together.

Our response is: **HEAR OUR PRAYER O LORD**

Leader: In gratitude for the love, care and sacrifices that hold our family together, for our home, for food on our table, and for all that You provide each day, for the gift of education, work, talents and opportunities to grow... we pray...

Leader: In gratitude for the years You have given us, for memories we treasure, and for the wisdom of those who have gone before us and are with You in your merciful embrace, for relatives, friends, teachers, companions and all those who encourage us and walk with us... we pray...

Leader: In gratitude for the gift of faith, for Jesus our Saviour, for the Eucharist, God's Word, and for the Church that nourishes and accompanies us, for our priests and religious, for the people who serve our community, especially those who quietly work for the good of others... we pray...

Leader: Teach us to recognise Your blessings and never take them for granted, when we have more

than we need, teach us to share, when someone is lonely, teach us to reach out, when someone is struggling, teach us not to judge but to help, when we face difficulties, teach us to remain people of hope... we pray...

Leader: We remember today those who are poor, sick, lonely, unemployed, elderly or forgotten, may our gratitude become service to them... we pray...

Leader: For the blessings we have received, for the blessings we often fail to notice, for the blessings yet to come... we pray...

Leader: Father, everything we have comes from You. May our family never keep Your gifts only for ourselves. May our gratitude become generosity, our blessings become service, and our home become a place where Your love is known and experienced. All that we have is Your gift. All that we are is Your gift. Receive our lives as our thanksgiving to You. Through Christ our Lord. Amen.

Leader: Let us pray together the prayer Jesus taught us:

All: Our Father...

Leader: May Almighty God bless our family, keep us united in love, and make our home a place of gratitude, faith and generosity. Amen.

The family can take turns blessing and greeting each other.

Take any hymn of thanksgiving.



Infant Jesus Community

Visiting families is an important part of our Ministry as Animators and we feel blessed by such visits. The Animators of the Infant Jesus Community visited the families in the community and spent time with them. Having a majority of Senior Citizens whom we rarely see around as they are confined to their homes, these visits brought them and us immense joy. We were welcomed with so much love, warmth and affection. Their eyes reflected happiness as we chatted,

laughed, reminisced old community days and discussed issues of the day etc. By their faith, our faith was strengthened.

It was good to realise that in this day and age of growing dependence on social media and online platforms for communication, visits still bring joy and fulfilment.

- Sharlet Rego



St Christopher's Community

The following are the activities that the members of our community participated in:

- ♦ A visit to the Versova home on 21st February 2026.
- ♦ A visit to Param Maria Exhibition Centre, Mount Mary, Bandra on 25th April 2026.
- ♦ Zonal way of the cross.
- ♦ "Chosen" - a training session organized by Fr Reuben on 19th July 2026.
- ♦ A workshop on "what it means to be a Green Church" on 1st August 2026, representing the Green Cell of parish.
- ♦ The Bible Quiz on 30th August 2026 & won 2nd prize.
- ♦ A workshop organized by the Women's cell animated by Karen Claire D'lima.

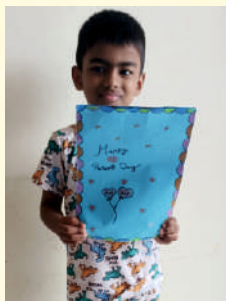
The children of the community prepared parents and grand-parents day cards on 26th July 2026, as part of the card making competition organized by our community.

Members of the community also made cards for the priests of the parish on Vianney Sunday on 09th August 2026.

Children and members making cards for parents and grandparents day and Vianney Sunday were felicitated with gifts after our community meeting.

Members also played housie after our meetings as a sign of fellowship among community members.

- Paul Rodrigues



Community Rosary:

In anticipation of the Feast of the Assumption of Our Lady, our St Ambrose Community gathered in prayer on August 14, 2026, for a lovely and graceful community rosary.



Belinda recited the rosary prayer the community and led the community prayerfully through each decade with faith and devotion. The needs of our families, our community, the ill and suffering, and everyone in need of God's grace and protection were brought before our Blessed Mother for a particular purpose each decade.

It was a beautiful evening of prayer, solidarity, and camaraderie, as we united as a community and entrusted Mary with our dreams, worries, and gratitude.

Following the Rosary, snacks were served, giving everyone an opportunity to share fellowship and spend some joyful time together.

May Our Lady of the Rosary never stop praying for our neighborhood, blessing our houses and families, and uniting us in prayer, love, and faith.

"Let's keep praying in solidarity, love, and faith."

- Nimia Dcosta

Grandparents Day:

St Ambrose Community had a great opportunity to show our cherished grandparents our love, gratitude and affection on Grandparents Day.



As a community, we made the effort to visit our grandparents in person and offer our best wishes. With hearts full of love, we presented them with modest love offerings as a token of our appreciation for the wisdom, love, sacrifices and blessings they continue to bestow upon our families.



There was a great deal of happiness, smiles & touching moments during the visits. We were reminded of our grandparents' unique place in our lives and the lovely legacy of love and faith they leave for future generations by spending valuable time with them.



It was truly a joyous celebration of love, family & unity that brought priceless memories which we will always cherish.

May God bless all of our grand-parents with good health, happiness, peace, and many more wonderful years spent surrounded by the love of their family.

With love and best wishes,

- Adaline Alphonso

Visit to the Sisters of the Poor, Home for the Aged, Andheri East:

As part of our outreach program for the month of August 2026, the members of St Jude community had the opportunity of visiting the aged home run by the Sisters of the Poor, Mahakali Road, Andheri (E) on 29 August, 2026.



We were warmly welcomed by Sr Antoinette and Sr Isabella who gave us a brief history of how the home was started. The Foundress of the Sisters of the Poor was Sr Jeanne Jugan. The home was started in 1958 and is a home for the elderly residents, both men and women who are poor, abandoned and destitute. The sisters accept residents regardless of caste, creed or religion. The only criteria are poverty and old age. This place is run entirely by the sisters on donations received. They do not charge any fees from the elders residing there. The Home runs solely on public charity,

Divine Providence, without any government aid, which makes the service even more inspiring.

The premises was clean and peaceful. They have well maintained rooms, a Physiotherapy unit, a dental unit and an occupational therapy department which ensures the comfort and medical need of the residents. The sisters help them by engaging them in stitching, croquet, flower making and handicraft making, which are then put up for sale. They make paper bags, pot holders, blankets, paper flowers etc. We spent time interacting with the seniors and chatting with them.

They were very happy to see us and chat with us. The most touching part was realizing how little it takes to bring joy to them- just a little time, listening patiently and holding their hands.

We left the place not only with heavy hearts but a valuable lesson – to love, respect and care for our elders. It taught us the true meaning of compassion and selfless service.

- Caroline Britto

Parents & Grandparents Day - A Celebration of Faith, Family & Fun:



Who says you need to be in the same room to have a great time? St Jude's Community proved that fun knows no distance as families came together online to celebrate Parents & Grandparents Day with a lively evening of Housie—with a special twist!

Instead of numbers, our tickets featured Books of the Bible, miracles and well-



known parables. So, rather than listening for “Sweet 16” or “Unlucky 13”, we eagerly searched for names like Ephesians, Luke and Peter, and parables such as “The Good Samaritan” and “The Mustard Seed”.

The evening was filled with laughter, friendly banter and healthy competition. From the very first call, everyone had their eyes glued to their tickets, hoping to be the lucky winner. Cheers erupted with every winning combination, and the much-awaited shout of “Full House!” brought smiles and applause from everyone online.

Beyond the prizes and excitement, the real reward was the opportunity to honour our wonderful parents



ST JUDE'S COMMUNITY HOUSE			TICKET 8
BOOKS OF THE BIBLE	MIRACLES	PARABLES	
1. Colossians	1. Feeding the multitude	1. The barren fig tree	
2. Luke	2. Healing a paralytic	2. The good Samaritan	
3. Mark	3. Healing the demon possessed	3. The mustard seeds	
4. Philipians	4. Walking on water	4. The weeds	

ST JUDE'S COMMUNITY HOUSE			TICKET 7
BOOKS OF THE BIBLE	MIRACLES	PARABLES	
1. Hebrews	1. Healing the blind	1. The good Samaritan	
2. Jude	2. Parting the sea	2. The lost son	
3. Romans	3. Walking on water	3. The mustard seeds	
4. Timothy	4. Water to wine	4. The weeds	

and grandparents—the pillars of our families who continue to nurture us with love, faith, wisdom and unwavering support. The game beautifully reflected the spirit of the occasion, celebrating their important role in passing on faith and values to the next generation.

The evening ended with happy faces & grateful hearts, reminding us that even through a virtual gathering, faith, family and fellowship can bring us closer together. Every Bible call brought not only the thrill of victory, but also a little reminder of our faith and of the special community we share.

Here's to celebrating our Parents & Grandparents—today and always!

- Preema Moraes

Bridal Bouquet Boutique
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On December 8th, 2025 Immaculate Conception Community Zone 3, Unit 1 of Good Shepherd Church gathered for the celebration of the Feast of the Immaculate Conception at the newly opened Carlos Centre in the church premises. The evening began with a solemn Eucharistic celebration celebrated by Fr Reuben.



Following the spiritual nourishment, the atmosphere shifted to one of festive fellowship. The Carlos Centre was adorned with a backdrop of an elegant picture of the Immaculate Conception. Fr Reuben offered words of wisdom and encouragement that resonated deeply with the congregation. The get-together was alive with vibrant music, engaging games, and exciting spot prizes that brought smiles to everyone's faces. The joyful evening concluded with a sumptuous meal, strengthening the bonds of our community.



It was truly a blessed night of faith, food, and friendship. May God bless all of us to live this spirit not only in happy moments but in every circumstance of our lives.

- Poonam

A Visit Filled with Love and Blessings

"Grandchildren are the crown of the aged, and parents are the pride of their children." — Proverbs 17:6

On July 26, 2026 – Parents' and Grandparents' Day, the Animators of Immaculate Conception Community reached out to their homebound elderly members,



bringing with them love, warmth and joy.

They spent precious moments listening to their stories, sharing and bringing smiles to their faces. As a small token of affection, they

presented them with snacks and beautiful handmade cards filled with heartfelt messages.

For the elderly, these simple gestures were deeply meaningful, reminding them that they are cherished and never forgotten. The Animators, too, returned with hearts, touched by the wisdom, faith and love of a generation that has given so much to their families and community.



It was truly a beautiful reminder that love can travel from home to home, bringing comfort, joy and the assurance that every member of the community is valued and remembered.

- Michelle Borges

Parents and Grandparents Day:

We visited the homes of the parents and grandparents of your community on July 26, 2026. It was truly a



humbling and joyful experience for our SCC members to spend time with them, listen to their stories, and receive their warm blessings. Their faith, resilience, and wisdom continue to inspire us and are a guiding light for our entire community.

In our busy lives, spending time with them was a gift we will always treasure. They are deeply cherished, loved, and always remembered in our prayers. May God bless them with good health, peace, and abundant joy always.

Reflection - A Day of Faith in Action

Our community came together for a special Reflection on 29th August on the life and service of our community patron saint - Mother Teresa. It was truly a blessed and



grace-filled gathering. We extend our heartfelt gratitude to each and every member for their wholehearted participation and for making the day so meaningful.

A special word of thanks to Fr Reuben for leading the reflection so beautifully. His inspiring words reminded us of the true essence of faith in action and service to the community, leaving us all spiritually enriched.

We are also sincerely thankful to all our animators who worked tirelessly to organize the event and arrange the snacks and fellowship. It was indeed a day of reflection, togetherness, and joy.

Bible Quiz

We are extremely proud and joyful to announce that our Zone 1 won the FIRST PLACE in the Bible Quiz organized by the Bible Cell on August 30, 2026. This is a wonderful achievement and a moment of great pride for all of us.

Heartiest Congratulations to our brilliant team of representatives -

- 1) Feremine Dsilva
- 2) Vincent Swamy
- 3) Allwyn Fernandes
- 4) Santinho Cardozo
- 5) Chriselle Vas

Their victory is a true reflection of their dedication, countless hours of preparation, deep study of the Word of God, and fantastic teamwork. A big thank you for their commitment and for representing our Zone with such passion and excellence. They have made us all so incredibly proud!



We also extend gratitude to all those who came to support and cheer for them. Their presence and encouragement meant a lot to the team.

Congratulations once again to our champions!

- Simone Gonsalves

Reaching Out with Love – Caring for Our Cluster Members

During the month of July, our Animators made a special effort to reach out to the members of their respective clusters, with particular attention to those who are elderly, unwell or living alone.



These visits were simple, yet deeply meaningful. We spent time with each person, listened to them, enquired about their health and wellbeing, and shared in their joys and concerns. We were warmly welcomed into their homes, and it was heartening to see how much a little time, a listening ear and a caring presence could mean to someone who may often experience loneliness or isolation.

Our visits were also an opportunity to pray together and to remember each person and their intentions in prayer. In doing so, we were reminded that our responsibility as a community extends beyond our regular gatherings. We are called to walk alongside one another, especially during times when companionship and encouragement are most needed.



As Animators, we also came up with a special initiative to make our cluster members feel remembered and loved on their birthdays. Our plan is to visit them on their special day, present them with a simple bouquet of flowers and, most importantly, give

them the gift of our presence and the love of the St Sebastian Community.

A birthday can be a particularly poignant occasion for someone who is elderly, unwell or living alone. A visit from members of their community can bring immense happiness and reassure them that they are valued, remembered and very much a part of our family.

Through this small gesture, we hope to convey a beautiful message: “You are not alone. Your St Sebastian family remembers you, cares for you and holds you in prayer.”

These visits have reminded us that outreach does not always require grand gestures. Sometimes, a few moments spent sitting beside someone, listening to their stories, holding their hand, sharing a smile or offering a prayer can be a profound expression of God's love.

May this initiative continue to strengthen the bonds within our community and inspire us to be more attentive to those around us—especially those who may need a little extra love, companionship and care.

For in giving our time and presence to others, we become the hands, heart and loving presence of Christ in our community.

Community Outreach Programme to Sneha Sadan, Girls home, Behram baugh on 30th August 2026

Our St Sebastian Community spent a beautiful afternoon at a Girls' Home, sharing love, joy and fellowship with the girls and the Sisters.





The girls enjoyed games of Housie, Simon says and passing the parcel, they were happy to win prizes and enjoyed a snack and chocolate, making the afternoon truly special and joyful.



We are grateful to our community members who generously donated and sponsored the items needed by the Home, including sanitary pads, pulses and other essentials.



“It is more blessed to give than to receive.”
— Acts 20:35

A beautiful afternoon of faith, fellowship and giving with love.

Charity Home Versova Outreach - Serving with Love, Returning with Joy

Our first outreach project after the holidays was a visit to the House of Charity, Versova, and it proved to be a truly meaningful and rewarding experience.

A group of seven members had the privilege of spending time at the Home, where we met the Sisters



and offered our assistance wherever it was needed. We were happy to carry out the tasks entrusted to us, discovering once again that even the simplest acts of service, when offered with love, can bring joy and dignity to others.

What touched us most was the warmth and affection of the residents. Spending time with them, listening, sharing smiles and simply being present was a blessing. We also brought along mangoes, bananas and biscuits to share. One of our members even joined the residents in a little dance, filling the room with laughter and bringing beautiful smiles to their faces.



As we left the Home, our hearts were filled with peace, gratitude and a deep sense of fulfilment. The experience reminded us that outreach is not only about what we give, but also about what we receive—the gift of human connection, kindness and shared joy.

The visit left such a lasting impression that we were inspired to consider making this a monthly outreach initiative. We hope to return regularly, offering our time, companionship and love, and in our own small way, bringing comfort, happiness and smiles to those we are privileged to meet.

May God continue to guide our community in reaching out to those in need and help us to be His hands and heart through our acts of love and service.

A Joyful Evening at Sneha Sadan, Amboli - Boys Home on 13/04/2026

Our community was blessed to spend a beautiful and memorable evening with the boys of Sneha Sadan Orphanage, Amboli. We were warmly welcomed by the children, whose enthusiasm and joyful smiles immediately filled the evening with warmth.



The visit began with music and lively dancing, creating an atmosphere of fun and togetherness. The children enthusiastically joined in, and soon everyone was sharing in their laughter and happiness. This was followed by fun games, including housie, which brought plenty of excitement and cheerful moments.

As a small expression of our love and care, each child received a compass box containing essential stationery such as a pen, pencil, eraser, sharpener and ruler. Fresh fruits and chocolates were also distributed, bringing much delight to the children.

The evening continued with the children singing for us, adding their own special touch of joy to the gathering.



A delicious meal of chicken biryani, potato chops, salad and gulab jamun was then served. Before the meal, a prayer was offered, giving thanks for the opportunity to come together and share God's love. A thanksgiving followed, remembering the children, the Sisters

and caretakers, our community and all those who contributed so generously towards making the evening possible.

One of the boys touched our hearts with a gracious vote of thanks, while Sister Archana expressed her sincere appreciation to our community.



The visit was a beautiful reminder that sometimes the simplest gifts of time, presence, kindness and love can make a lasting difference. We returned with grateful hearts, having received far more than we had given—the children's smiles, their warmth and the joy of sharing a few precious moments together.

May God continue to bless the children and the Sisters and caretakers of Sneha Sadan, and may our community always remain open to opportunities to reach out, share and spread His love.

- Carmen Katke

An Evening of Prayer, Celebration and Fellowship

Our Monthly Rosary in May was held at the home of Mabel, who was also celebrating her birthday. It was a particularly joyful gathering, made even more special by the presence of the entire Ahluwalia family.

We were delighted to welcome Shefali, Mabel's daughter, who travelled all the way from Chennai. It was a wonderful opportunity for members of our



community to meet her, and she beautifully led us in the Rosary.

Our prayers embraced many intentions close to our hearts. We prayed especially for our Parish priests, for the sick and for the departed members of our community. Petitions were also offered for each member of the Ahluwalia family, placing their intentions lovingly in the hands of Our Blessed Mother. We remembered the birthday intentions of our community members and sent our special prayers and good wishes to little Mia Sky, Marina's granddaughter, on her first birthday, as well as for the intentions of Allistair Fernandes.

Above all, our hearts united in prayer for peace in our world, peace in our families, and peace within our own hearts.



The evening was filled with prayer, laughter, love and the joy of being together. Gatherings such as these remind us of the beautiful bond we share as a community, growing together in faith while supporting and praying for one another.

We pray that Mama Mary continues to bless the entire Ahluwalia family, keeping their home surrounded by her loving mantle and guiding them always in faith, hope and love.

May our St Sebastian Community continue to be a place where prayer brings us together, friendship strengthens us, and God's love shines through all that we do.

Monthly Rosary: A Day of Prayer, Celebration and Fellowship

It was a lovely day to remember as our community gathered at Marina's warm and welcoming home for our Monthly Rosary. Blessed with beautiful weather and a spirit of togetherness, the gathering was made even more special as we celebrated Marina's belated birthday and Tian's birthday, Monthi's grandson.

Marina thoughtfully prepared the intentions for the Rosary, ensuring that the prayers reflected the needs and concerns close to our hearts. She also shared



some meaningful gestures associated with prayer during Mass and the Rosary, along with a reflection on the power and importance of the Holy Spirit in our daily lives. It was a beautiful reminder of how we can deepen and strengthen our faith through prayer.



We prayed earnestly for our Mother land and for students facing difficult and distressing circumstances. Our Parish priests, our St Sebastian Community, and the individual intentions of our members were also lovingly remembered in prayer.

After the Rosary came a time of joyful fellowship, with a lively game of Housie and delightful gifts, generously provided by Marina. This was followed by a sumptuous spread, enjoyed in the warm and cheerful atmosphere that is so much a part of our community gatherings.

The warm hospitality experienced in the homes of our community members is truly one of the many blessings of being part of St Sebastian Community. These gatherings bring us together not only in prayer, but also in friendship, laughter and mutual care.

It is this beautiful spirit of faith, fellowship and camaraderie that makes our St Sebastian Community so vibrant and cherished within our Parish.

May the Holy Spirit continue to guide us, and may Mama Mary keep drawing us closer to her Son and to one another.

Monthly Rosary – 25th April 2026 A Prayerful and Joy-filled Evening of Prayer and Fellowship

The Monthly Rosary of our St Sebastian Community was held at the residence of Mariella.



It was a deeply prayerful and joy-filled gathering, as we came together to pray the Rosary with meaningful intentions for our times. The prayers were beautifully complemented by well-chosen hymns led by Aunt Philo, Mariella's mother, who was also celebrating her 87th birthday on this special day.



The evening was made even more memorable by the wonderful fellowship and much laughter, with everyone enjoying the warmth and camaraderie of our community.

Mariella expressed her heartfelt gratitude to the community for their prayers

and support during her successful knee surgery.

We thank Mama Mary for bringing us together in prayer and fellowship, and pray that she continues to bless our St Sebastian Community with love, unity and the vibrant camaraderie that makes our gatherings so special.

- Mabel Gonsalves

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June to August 2026

The month of June began with our community reaching out in love and service to the elderly and housebound. It was a wonderful experience of sharing, listening and putting a smile on their face. We took their blessings as we bid them farewell assuring them of our prayers.



On 16th July we celebrated the renaming of our Community taking on St Carlo Acutis as our Patron Saint. We spent the evening with Fr Reuben, who gave



us an inspiring talk on the life of the young Saint. He highlighted St Carlo's profound love for the Eucharist and the Blessed Sacrament, spending long hours even as a child, and his deep devotion to Our Lady. The evening concluded with an engaging quiz on the Saint.



A special prayer, composed for our community was circulated as a bookmark. It was an evening that was both enriching and joyful that ended with fellowship over scrumptious snacks.



The same evening, we also pre-celebrated Parents and Grandparents Day. On the actual feast day, 26th July, we shared a special song dedicated to parents and grandparents, composed by one of our members.

In the month of August as a gesture of gratitude and appreciation we provided provisions to our househelpers, recognizing their hard work and thanking them for making our lives easier.

Forthcoming Events:

1. A talk on the Eucharist and the Signs and Symbols of the Mass by Fr Reuben. Looking forward to another enriching experience.
2. Visit to the Mount.

- Vera Correia



Epiphany Community

We celebrated Parents & Grandparents' Day on 1st August 2026 at the residence of Salina & Gabriel Sequeira. The programme began with an opening prayer, followed by a hymn. This was followed by a fun-filled evening of exciting games, interesting riddles



and spot prizes, organised by Glenison Sequeira, which made the evening even more lively and brought lots of joy and laughter to everyone.



The children and youth of our community had prepared beautiful cards for their grandparents. It was a special gesture that made the celebration even more meaningful. All the grandparents of our community were felicitated as a token of our love, respect and gratitude for their presence and blessings in our lives.



The programme continued with the distribution of yummy snacks, followed by the closing prayer. The evening ended on a cheerful note with a lively session of Antakshari, with everyone joining in and enjoying themselves.

It was indeed a fun-filled evening to remember, filled with love, laughter and togetherness. We look forward to many more such joyful celebrations in the days to come!

- Vanessa Lobo

Holy Trinity Community

Birthday Celebration:



Remembering the ex-animators of our community, we decided to felicitate birthdays of those who served the community for longest period by giving their precious time. There are a few of our ex-animators

who worked selflessly to bring up our community by reaching out to the needy and made it vibrant. One of



them is Mrs Lydia Alvares who celebrated her Birthday on 19th August 2026, giving her best time with many hurdles in her daily life. All the animators of our Unit joined together and visited her on her birthday with prayers and good wishes bringing her down to the memory lane of building up our community during her time. She shared past experiences of her time not forgetting the ones who are no more with us whose hands were in to make our community vibrant. An hour was spent with her bringing out the facts of past and the present of our Holy Trinity Community.

Independence Day Celebration:

Members of our community came together with the Sacred Heart Scholars Academy located in Manish Nagar on 15th August 2026 by participating in the flag hoisting along with the students and thereafter



the programme conducted by the students. The entire staff and students showcased the freedom of Independence of our country by enacting the roles of different Freedom Fighters. We found this beyond our expectations as every child from primary to Std 10 gave out their best. This brought us down to the time of our academic years.

- Maria Janardan



Little Flower Community

Honouring Our Elders on the Feast of St Joachim and St Anne:

On the occasion of the Feast of St Joachim and St Anne, the coordinator along with the animators visited the elders in our community to honour and appreciate them.

To add a spiritual dimension to the celebration, we offered prayers, sang hymns, presented them with a handmade card lovingly created by the child of one of our community friends, and gave them a memento to make our grandparents feel truly cherished and valued.

The combination of this personal touch, along with the prayers and hymns, created a warm and heartfelt atmosphere. It was a beautiful celebration of love, gratitude, and respect for our elders, an experience that will remain in our hearts for a long time.

- Celine Saldanha



Parents and Grandparents Day:

We celebrated Parents and Grandparents Day on 26th July 2026. The youth of the Alphonsa Unit visited parents and grandparents of our community to spend time with them and give them company. It is a special occasion to honour and celebrate the



invaluable love, wisdom and sacrifices of our parents and grandparents. They are the pillars of our families and the foundation of our faith, teaching us values, traditions and unconditional love. It is a day to express our heartfelt gratitude for their guidance, prayers and constant support. Following the footsteps of our patron Saint Alphonsa, who loved children so much and taught us that even small sacrifices done with love are big in God's eyes, may she bless the youth of our Alphonsa family. The St Alphonsa Community reminded us that love doesn't need grand gestures. Sometimes, it simply looks like knocking on a door, sitting beside someone, listening to their stories, and offering a small gift with a grateful heart. As our youth spent time with the parents and grandparents in our community, something beautiful happened -

Smiles grew wider, conversations became memories, and simple moments became lasting blessings. The gifts were only a token - the real gift was making every elder feel seen, loved and remembered. May we never miss an opportunity to honour those who have shaped our lives with their love and prayers.

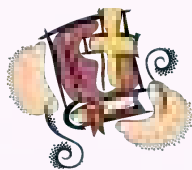
Feast Mass:

We celebrated the feast of our patron, St Alphonsa, the first woman saint of India, on 28th July. We had a



mass offered for the feast on that day. St Alphonsa teaches us that suffering accepted with love can become a prayer. Her life was a shining example of small sacrifices, silent suffering and deep love for God. Even in pain, she always smiled and offered everything to Jesus. On her feast day, the Alphonsa Community came together in faith and joy to thank God for her intercession and to seek her blessings. We had a small get-together on the 16th of August. Sr Philomena started the gathering with a prayer. We cut a cake and played various games that kept the elders and youth joyful and interactive. We had a very joyful afternoon followed by lunch. May St Alphonsa inspire us to live a life of simplicity, humility and loving service, and may she continue to guide our families and our youth.

- **Nathalia Priscilla Dsouza**



MILESTONES

BAPTISMS

Date of Baptism	Date of Birth	Name	Parents
05-04-2026	13-01-2026	Eliana Avlin Pinto	Darryl & Sian Pinto
24-05-2026	08-04-2026	Alric Xavi Lobo	Augustus & Arlene Lobo

MARRIAGES

Date	Name
30-05-2026	Valentina Priyanka Creado & John D'silva

DEATHS

Date	Name	Age	Address
01-04-2026	Urbano James Pereira	73	E/103, Mahalakshmi Tower, New D N Nagar, Andheri (W).
15-04-2026	Regina Fernandes	82	Flat 103, Apna Ghar CHS, Swami Samarth Ngr, Andheri (W).
23-04-2026	Amy D'lima	90	61 Trishul, 3rd Cross Lane, Lokhandwala, Andheri (W).
09-05-2026	Candida Rapozo	98	203, Jupiter II, 4 Bungalows, Andheri (W).
29-05-2026	Harold Fernandes	97	Bldg No. 48, Flat A/6, Manish Nagar, 4 Bungalows, Andheri (W).
10-06-2026	Tresa Joseph Cheruvally	88	1/21, Versova View, 4 Bungalows, Andheri (W).
22-06-2026	Ana Joaquina Barreto	88	Shree Ganesh CHS, Bld 22, Falt No, 504, Azad Nagar, Andheri (W).
04-08-2026	Stanislaus Frederick Rego	97	6, Rajashree, Versova Link Rd, Andheri (W).
13-08-2026	Peter Domnic Dias	86	C/22, Laxmi Nagar Martha CHS, 4 Bungalows, Andheri (W).
27-08-2026	Alice Vincent Fernandes	85	A/1101, Mahalakshmi Tower, New D n Nagar, Andheri (W).
20-09-2026	Capt. Joseph C. D'Souza	87	A/302, Cosmos, Lokhandwala Complex, 2nd Cross Lane, Andheri (W).

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