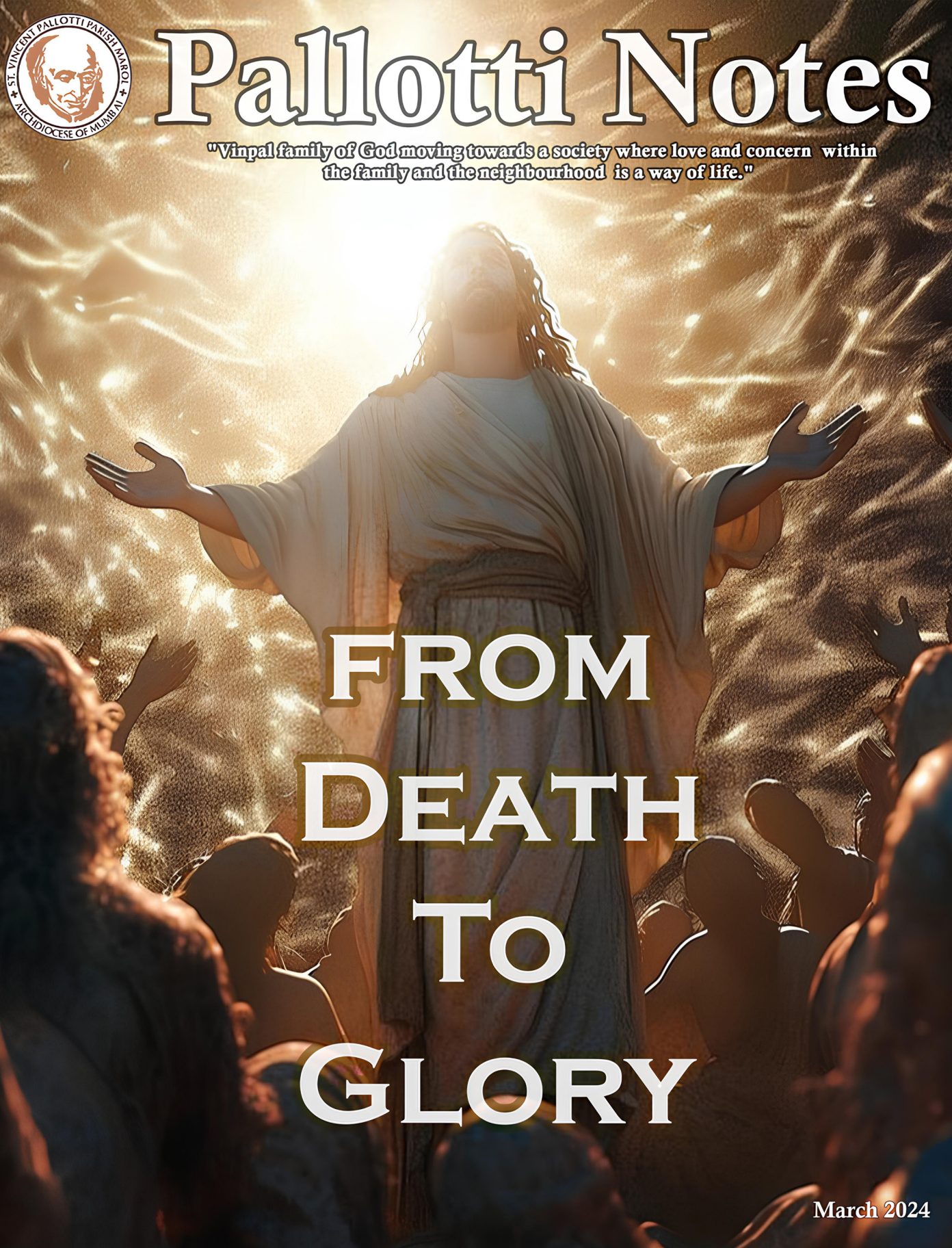




Pallotti Notes

"Vipul family of God moving towards a society where love and concern within the family and the neighbourhood is a way of life."



FROM DEATH TO GLORY

March 2024



As part of the Parish Family, we, Fr. Victor, Fr. Lodovico and Fr. Jeevan wish all a *blessed and Happy Easter.*

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THE SAVIOR'S ATONING SACRIFICE AND GLORIOUS RESURRECTION

Easter is the celebration of the resurrection of Christ. Celebrating resurrection is celebrating life, new life in Christ. This should fill us with great joy because in Christ we are already new. This Easter season, I invite you to ponder on the Savior's atoning sacrifice and glorious Resurrection, which bless all of us. Through our Redeemer, Jesus Christ, we receive this message of hope. The Savior promises that as we keep His commandments and ordinances, we will have "peace in this world, and eternal life in the world to come."

We testify that Jesus Christ lives! "He is risen" (Matthew 28:6). Because of Him, we can be guided and strengthened as we bear the burdens we face in mortality. Through our faith in the Saviour's atoning sacrifice, the bonds of sin cannot hold us and the trials that we experience in life will have no lasting power over us. "The sting of death is swallowed up in Christ."

In a world often fraught with challenges and uncertainties, the Easter season beckons us to contemplate the enduring promise of peace and eternal life made possible through our faith in Jesus Christ. Christ imparts a timeless truth: "In the world ye shall have tribulation: but be of good cheer; I have overcome the world" (John 16:33). These words resonate deeply, offering solace to weary souls and guidance through life's inevitable trials. Through our unwavering trust in the Saviour's redeeming grace, we find strength to persevere and courage to face adversity with unwavering faith.

As we celebrate Easter, let us not only commemorate the historical events of Christ's sacrifice and resurrection but also embrace the enduring relevance of His message in our

lives today. His teachings of love, forgiveness, and compassion serve as a beacon of hope in a world often plagued by division and despair.

In this season of renewal and rebirth, may we find comfort in the knowledge that through our Redeemer, Jesus Christ, we are offered a path to peace and eternal life. May our hearts be filled with gratitude for His infinite love and boundless mercy, and may we strive to emulate His example of selflessness and grace in our daily lives.

When we choose life, we can celebrate life and Easter. The celebration of life becomes celebration of joy. *Wishing everyone a blessed and joyous Easter, filled with the light and love of our risen Saviour.*

Fr. Jeevan Liston Dsouza, SAC





FROM EASTER TO JUBILEE: A JOURNEY OF HOPE

Dear Parishioners,

As we approach the joyous occasion of Easter, our hearts are filled with anticipation and gratitude for the blessings bestowed upon us by our Lord. This year, our Easter celebration is accompanied by the preparation for the upcoming Jubilee Year 2025, a momentous occasion in the life of the Catholic Church. The theme chosen for this Jubilee, ‘Pilgrims of Hope’, resonates deeply with the essence of our faith journey and holds profound significance for each one of us.

Jubilee years, deeply rooted in biblical tradition, have been celebrated throughout history as periods of liberation, forgiveness, and renewal. In the Old Testament, the Jubilee was a time when debts were forgiven, slaves were set free, and relationships were restored. It was a tangible expression of God’s mercy and love for His people, inviting them to experience spiritual freedom and reconciliation.

As we reflect on the significance of the Jubilee in the light of Easter, we are reminded of the central message of Christ’s resurrection – the victory over sin and death, and the promise of new life. Just as Jesus’ resurrection brings freedom from the bondage of sin, the Jubilee calls us to experience spiritual liberation and renewal in our lives.

In his letter for the Promotion of the New Evangelization for the Jubilee 2025, Pope Francis emphasizes the importance of hope in times of uncertainty and adversity. The past two years have been marked by challenges and

hardships, but through it all, we have persevered with hope and faith in God’s providence. The Jubilee offers us an opportunity to embrace this hope more fully and to become ‘Pilgrims of Hope’ in a world longing for renewal and reconciliation.

During this Easter season and as we prepare for the Jubilee, let us reflect on how we can embody the spirit of forgiveness and reconciliation in our lives. Just as the Jubilee calls for the forgiveness of debts, both spiritual and material, let us extend forgiveness to those who have wronged us and seek reconciliation with God and our neighbours.

Practically, this may involve participating in the sacrament of reconciliation, reaching out to those in need, and fostering unity, love and peace within our families, neighbourhood and parish community. It may also entail advocating for justice and solidarity with the marginalized and oppressed, embodying the Gospel message of love and mercy in our interactions with others.

As we journey towards the Jubilee Year 2025, let us heed the call to be ‘Pilgrims of Hope’, bringing light and joy to a world in need of God’s love and compassion. May this Easter season be a time of spiritual renewal and transformation, as we embrace the freedom and grace offered to us through the resurrection of Christ. In the spirit of Jubilee, let us walk together in faith, hope, and love, as we continue our pilgrimage towards the Kingdom of God.

Fr. Victor Martis, SAC

Parish Priest



EASTER: CELEBRATION OF HOPE

Easter Sunday marks the beginning of a new dawn, as Mary Magdalene discovers the empty tomb of Jesus and rushes to share the news with Peter and another disciple. Despite Jesus' forewarnings of His death and resurrection, the disciples initially struggled to grasp the necessity of these events, believing instead that someone had relocated the body. However, Jesus' resurrection was not merely a possibility; it was an integral part of God's divine plan, foretold in Scripture.

Peter and John, upon witnessing the empty tomb, fail to comprehend the significance of Jesus' resurrection and return home in mourning. Only Mary remains and encounters the risen Jesus, who instructs her to spread the news to the others. Later, the disciples come to understand the necessity of Jesus' resurrection, as Peter proclaims on Pentecost, affirming that Jesus had to rise from the dead.

There are at least five reasons why Jesus had to rise again. Firstly, it fulfilled God's promise in Scripture regarding the Messiah. Secondly, it validated Jesus' sinless life. Thirdly, it confirmed the efficacy of His sacrificial death. Fourthly, it granted believers access to salvation through faith in a living Savior. Lastly, it assured believers of eternal fellowship with Jesus.

Jesus' resurrection was not merely a miraculous event; it was a vital component of God's plan for humanity. It fulfilled Scripture, vindicated Jesus' innocence, confirmed His redemptive work, provided salvation for believers, and ensured everlasting fellowship with Him. Easter celebrates not only the reality of Jesus' resurrection but also its indispensable role in God's redemption of mankind.

As we celebrate Easter this year, let us rejoice in the resurrection of Christ and recommit ourselves to embodying the spirit of Easter—hope, renewal, and love. May the essence of Easter permeate every aspect of our lives, inspiring us to live with courage, compassion, and faith. Let us carry the message of hope and renewal wherever we go, shining as lights in the darkness and bearers of the Good News.

For in the words of Saint John Paul II, *"We are an Easter people, and alleluia is our song!"*

Fr. Lodovico Godinho, SAC



In the era of social media, our next-door neighbours have become celebrities in their own way shining through YouTube, Facebook, or Instagram. With thousands of followers, each has adopted a different path to attain fame and glory. I never envisioned becoming famous, however, looking back at my life, I see that God has glorified and blessed me abundantly.

Like Jesus, my journey begins from a humble home - Aarey Colony that poets call the 'Lungs of Mumbai' or is a picnic spot for families. However, for many, this is a place of livelihood. My childhood days were rather difficult. My family was up against financial hardships and the difficult life that exists in our slums.

Despite our challenges, my parents ignited in me the fire of faith. While in the past, people would be afraid to travel the Aarey roads, my parents would bring me along for daily masses. They encouraged me to study hard and envision a better life through education. This motivated me and their dream became my dream as well. The church also offered opportunities to flourish through Sunday school and the Altar Server's association.

"A dream doesn't become reality through magic; it takes sweat, determination, and hard work." Colin Powell's quote became my mantra in my journey of perseverance.

Stepping into my youth, the challenges only multiplied. I was excluded, embarrassed, and mocked by my peers for my colour, language, and the place I came from. This broke my confidence and self-esteem. In those low moments, I recalled Jesus' journey – some eagerly welcomed Him, while others questioned, betrayed, denied, and crucified Him. However, Jesus remained committed to His Father's will and I remained committed to my parents' dream. Inspired by Jesus, the hardships didn't break me but made me resilient and pushed me towards my goal. I completed my graduation with flying colours. When it came to finding employment, right opportunities weren't clicking. I faced a lot of rejection. But I stood firm in faith and worked hard.

In the miracle of Jesus feeding the multitude, He was helped generously by one little boy who offered his five loaves and two fish. Through my journey, I have encountered many



I JESUS IS CONDEMNED TO DIE



II JESUS ACCEPTS HIS CROSS



III JESUS FALLS THE FIRST TIME



IV JESUS MEETS HIS MOTHER

‘little boys’ – my parents, relatives, friends, neighbours, parishioners, sisters, and priests of St. Vincent Pallotti, Tamil and English Sunday School teachers, Tuition teachers in church, and school teachers – who generously invested their time to help me build myself.

I may not be famous in the eyes of the world, but I am more confident and hopeful than before. I am an active member of the church, giving back what I have received. I am part of several associations like the Tamil choir, Bible cell, President of The Mother of Divine Mercy, Tamil Legion of Mary for children, Tamil Prayer Group, and daily Liturgy assistance. I have been blessed with a good job and am on the path to fulfil my parents’ dream and my dream.

Jesus was obedient to His Father’s will. As the Father designed His son’s life to go through suffering, death, resurrection to attain eternal glory, similarly, each one’s life is designed with a purpose. The path may seem narrow and challenging, but it leads to everlasting glory.

“Whether therefore you eat, or drink, or whatsoever you do, do all to the glory of God.”
1 Corinthians 10:31. And surely, He will lead you on the Path to Glory.

Vidya Anthonyswamy
St. Mary’s Community



VI SIMON OF CYRENE HELPS JESUS



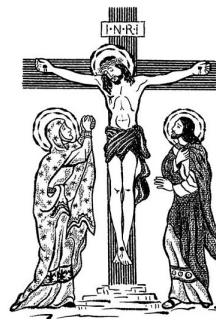
XVI VERONICA WIPES THE FACE OF JESUS



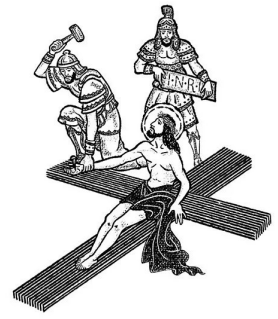
XVII JESUS FALLS THE SECOND TIME



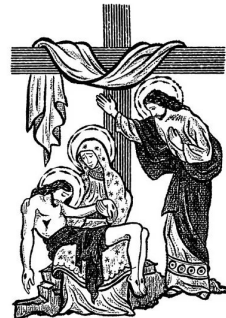
XVIII JESUS MEETS THE WOMEN OF JERUSALEM



XXII JESUS DIES ON THE CROSS



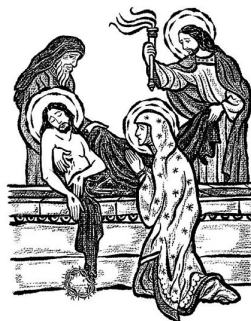
XI JESUS IS NAILED TO THE CROSS



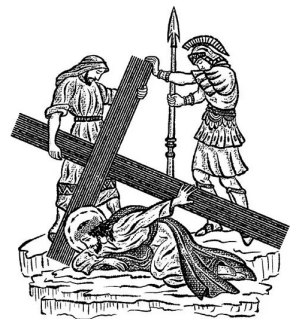
XXIII JESUS IS TAKEN DOWN FROM THE CROSS



X JESUS IS STRIPPED OF HIS GARMENTS



XXIV JESUS IS LAID IN THE TOMB



IX JESUS FALLS THE THIRD TIME



H.O.P.E. - Hold On, Pain Ends

There is one verse in the book of Job, which I battled with for many years. “The Lord gave, and the Lord has taken away; blessed be the name of the Lord.” I couldn’t comprehend how Job, a righteous man, lost everything including his children, livelihood and health but still managed to say, *‘Blessed be the name of the Lord’*.

I found myself in a similar situation a few years back, sitting in a hospital chapel right after receiving the news that I miscarried. This, after 3 years of treatments and longing to have a baby. With our hope and dreams crushed, my husband and I sat in the hospital chapel, tears rolling down our face, thanking God because we decided to trust him with our lives irrespective of the heartbreak.

On our journey back from the hospital, my husband asked me, “Why God would let this happen to us when we are faithful to him?”. At that moment the only thing that came to my mind was the story of Job. I narrated to him how Job was a righteous man before God, but Satan wanted to test his love for God and stole from him everything that was dear to him. However, when Job stayed faithful despite his misfortunes, God restored double of whatever he had lost. So, I told my husband, we don’t know right now why this happened but maybe God will bless us with much more than we are praying for. Oh! How true these words turned out to be.

As soon as the pandemic hit, I took it as an excuse to stop my treatment and simply wait for God to work in our lives. Then amid a world crisis, I found joy, I was pregnant again. This time with twins! Everything worked out perfectly and I delivered two healthy boys. Just

like in the case of Job, everything was restored and my joy was doubled. Literally!

Being someone who has experienced loss of my mom at a young age and having been in hospital a few times, my first response was usually to battle with God, doubt him and even give up on prayer. But over the years, I began to realize that when I was knocked down, God gave me the strength to rise again. Even when I thought that there was no way that things could be good again, I saw God change the most horrible situations in my favor. So now, whenever something bad happens, I remember what God did for me in the past and I hold on to that hope that he will do great things for me again. Over the years, it has become easier to say, *‘Blessed be the name of the Lord’*, knowing that He is bigger and more powerful than any obstacle in my way.

Suffering was always looked upon as a curse just as the cross was always looked upon as a symbol of shame. They said, ‘cursed is everyone who hangs on a tree’, yet that cross became for us a symbol of redemption. In the words of St Peter “In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith - of greater worth than gold, which perishes even though refined by fire - may result in praise, glory and honor when Jesus Christ is revealed” (Peter 1: 6-7).

It may take 3 days, 3 years or thirty-three, but Hold On to the Risen Christ.

Karen Sequeira
Ave Maria Community



EMBRACING GRACE

Fr. Charles when he was our Parish Priest, approached me and asked if I would take up the responsibility of a Eucharistic Minister. The first thing that came to my mind was that I am so unworthy. The Eucharist is the source and summit of our Christian lives, the greatest treasure there is in the Catholic Church in which Jesus Christ humbly assumes the appearance of bread. After telling him that I felt unworthy, he told me that the Lord calls the unworthy and makes them worthy; and when God calls us for a mission, He also gives us the grace, strength and support required. I said yes, and with the approval of the Bishop became a Eucharistic minister not knowing how much of a blessing this Ministry would be to me.

Eucharist Ministers or more accurately “Extraordinary Ministers of Holy Communion” are responsible for distributing Holy Communion during Mass as well as to sick and homebound people within the parish community. Becoming a Eucharistic Minister transformed my life drastically. Each time I hold the Holy Host in my hand, my inner voice tells me that I need to be Holy as the Lord. Every time I feel unworthy, I run to the confessional and ask for forgiveness. Whenever I need to make tough decisions, I remember that I hold Jesus in my hand. There are days when my feet tremble and my heart fears when I climb the altar, but God comes to my rescue. It is His grace and mercy that hold and sustain me, and not my virtues.

The experience of bringing the Body of Christ to His people’s homes is truly a gift from God. We visit the homebound sick and the elderly on Sundays. The families keep their table ready with white cloth and candles, and join together to pray and sing as we administer the

Eucharist. My fellow ministers and I feel like we have celebrated a mass after visiting their homes.

We witness and experience the Holy Communion bring life and joy to a person. There is an aunty who is 99 years old who is full of joy and happiness when I enter her house with Jesus. She had lost her only daughter to sickness and lives with other family members who are non-Catholics but understand her desire for receiving Holy Communion daily. Since she can’t keep a picture of Jesus out in the room, she opens her cupboard with great devotion to show Jesus stuck on the door. She prays in Konkani so fervently with love in her heart and tears in her eyes, it touches my heart. Once after finishing prayers and administering Holy Communion, she hugged me tight saying that I looked like her daughter and thanked the Lord for coming into her heart. Every week she waits to receive Jesus, and will even cook and pack her Neer Dosas for me.

I’ve seen miracles happen when the Holy Communion is administered. My Father-in-law when he was bedridden in his final days couldn’t remember anyone. However, whenever a priest came to visit him and administer the Holy Communion, he would get up from his bed and start talking to them as he knew him so well.

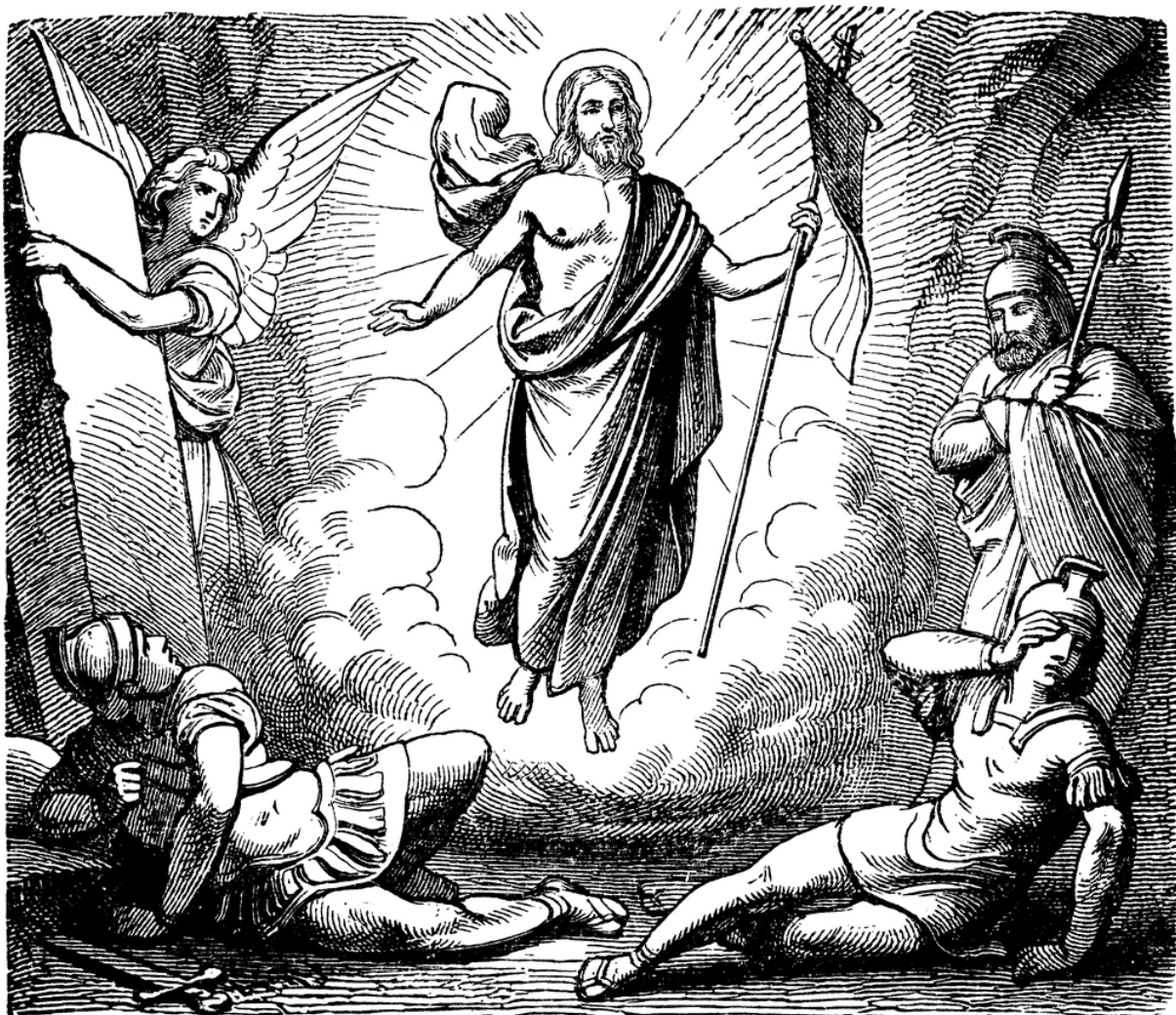
There’ve also been times when I administer Holy Communion to the person in the morning and come to know in the evening that they have passed away. I feel sad for the pain of death but also glad knowing that they received Jesus on their last day on Earth.

There are so many sick and elderly in our

parish who desire to receive the body of Jesus, and are eagerly awaiting us with open doors and open hearts to deliver the Eucharist to them and to pray with them. Fulfilling this role gives me a great sense of joy and peace that God gave me an opportunity to be a part of this wonderfully rewarding ministry and serve Him in His vineyard.

The body of Jesus gives us new life every time we receive it. As a Eucharist minister I am privileged to witness this resurrection in each soul.

Catherine Rodrigues
Eucharistic Minister





WAR AND PURSUIT OF PEACE AS A CHRISTIAN

Since 1800, more than 37 million people worldwide have died while actively fighting in wars. Civilians have also died in these wars. Deaths from hunger & disease resulting from these conflicts can also be considered as effects of wars. Wars are terrible, making people's lives insecure, they lower their living standards, destroy the environment, and, if fought between countries armed with nuclear weapons, can be an existential threat to humanity.

Jesus' sacrificial death on the cross ushered in a divine peace that transcends worldly conflicts. The crucifixion of Jesus is seen as the ultimate act of love and redemption, a profound sacrifice to reconcile humanity with God and a spiritual battle against sin and darkness. It symbolizes the war between good and evil, with Jesus emerging as the victorious Prince of Peace through His resurrection.

The transformative power of Jesus' sacrifice offers a pathway to inner peace and reconciliation. The resurrection, viewed as a triumph over death, is a beacon of hope that transcends the strife and turmoil of the world. It invites us to embrace a peace that surpasses understanding, rooted in the eternal promise of salvation.

Through the death and resurrection of Jesus, a new covenant was established, marking the end of the old order of sin and death. This spiritual rebirth ushers in an era of peace, inviting us to participate in building God's kingdom on Earth. The Catholic Church advocates for a peace that extends beyond the absence of conflict, promoting justice, mercy, and compassion as integral.

In the context of war, Catholics are called to commit to peace, to address the root causes of conflict and promote reconciliation. It challenges believers to become peacemakers, following the example of Jesus who came not to conquer with worldly power but to conquer hearts through love.

Jesus' death and resurrection, is depicted as the ultimate victory over the forces of darkness, offering a profound peace that transcends earthly conflicts. As we reflect on these teachings, we are called to be ambassadors of peace, actively contributing to a world where the transformative power of Jesus' resurrection is manifested in acts of love, justice, and reconciliation. One such way where we can contribute towards peace is through **Prayer**.

Magdalen Lewis

Ministry of the Word





CAN I BE VERONICA OR SIMON OF CYRENE?

Easter is at hand. 40 days of fasting and denying ourselves the small and big pleasures of life this lent has led us to reflect on the suffering of Christ for our transgressions.

I am always intrigued by the role played by the two characters in the Passion of the Lord—namely Veronica and Simon of Cyrene. They remind me of the significant role mere mortals can play in having a “God” experience. Veronica mustered the courage to step forward amidst a crowd of people who were blood thirsty and maybe some simply curious; pulled out a big kerchief /napkin and wiped the face of Jesus – an act of love and compassion. She felt the pain and suffering of Jesus, and this prompted her to act in empathy. Jesus, the Son of God, was so appreciative of this act of compassion and kindness that He left her with an imprint of His face. This imprint on the napkin is symbolic of the life changing impact Jesus had on her life.

Along Jesus’ journey to the cross and amidst His falls showing His human frailty. He encountered Simon of Cyrene. We have been told that Simon reluctantly put his shoulder to the cross and helped reduce the burden of it, on Jesus. Yes, he hesitated initially, but eventually reached out to Jesus. Perhaps Simon recalled the parable of Jesus where he talked of two sons, one willingly saying that he would go and do his fathers will but didn’t, whilst the other son said he would not be doing it and eventually went out and did what his father had asked of him, (Mathew 21-28-32). When I think of these two sons, I see it as the younger son empathizing with his father and on second thoughts doing what was asked of him.

Whilst reflecting on the passion of Jesus in the Stations of the Cross, let it prompt us to

become more humane and compassionate to the cries for encouragement, compassion, all around us. We can hear it in our families, our neighbors, our community, the poor and the differently abled and their caregivers who are Veronica and Simon of Cyrene to them.

I specially mention the differently abled, because they too are God’s creation, made in His likeness and image. In our hustle and bustle of life we can easily ignore them and their needs. They are not asking for pity but empathy. A word of encouragement, a smile of recognition, time taken to engage with them in conversation, creating opportunities for them to be part of our activities in the community, all these and more will make their lives worth living. This added purpose to their life will ease the pain and tiredness of their care givers who so selflessly shower their love and attention on their children. This sensitivity and outreach on our part will have a domino effect, spreading happiness all around. Let us be Veronica and Simon of Cyrene to them.

2024 is the year of the Differently- abled in the Archdiocese of Mumbai... let us do our bit to celebrate this.

Caroline Dsouza
St. Joseph’s Community





CATHOLICS - OPEN YOUR BIBLE!

KNOW DEI VERBUM!

Recently, videos on the Second Vatican Council & church documents were being displayed in the church after the Sunday mass. Why is that information important for me as a Catholic? All this would seem new to most of us. So, let's understand and gain some insight on this topic.

WHAT IS THE SECOND VATICAN COUNCIL?

Pope John XXIII called for a council at the Vatican because he felt the Church needed "updating" to better connect with people; that some of the Church's practices needed to be improved and presented in a more understandable way. The council met in Saint Peter's Basilica in Vatican City from 1962 to 1965. As a result of these discussions, 16 documents were issued. One of the major documents released was '**Dei Verbum**'.

'Dei Verbum' is a Latin word which means **WORD OF GOD**. The purpose of this document is to spell out the Church's understanding of the nature of revelation, that is the process of how God communicates with human beings. The document has six chapters:

1. Revelation Itself
2. Handing On Divine Revelation
3. Sacred Scripture, Its Divine Inspiration and Interpretation
4. The Old Testament
5. The New Testament
6. Sacred Scripture in the Life of the Church.

As is clear from this structure, **the major**

concern of the document is to proclaim a Catholic understanding of the Bible as the "Word of God". The document speaks of the revelation of God – "It pleased God in his goodness and wisdom to reveal himself and to make known the mystery of His will" (Dei Verbum para 2 & 6)

HERE ARE A FEW KEY POINTS OF DEI VERBUM

- **Revelation has a Trinitarian structure and is seen throughout history.**

We know from the Bible, right from Genesis, that the Lord seeks a relationship of love and knowledge with every single human being, making us 'sharers in the divine nature'. Even though sin shattered that loving desire, God still established a sacred covenant with the Jewish people. He revealed himself through his words & deeds. He freed them from slavery, gave them the moral law, sent prophets, kings, and judges to speak His divine word, and invited them to fidelity and holiness. Finally, his greatest deed was to send his son, Jesus Christ - His full revelation.

The Bible is the written story of God's long-running relationship with humanity. Christ, the Word made flesh and the Holy Spirit play a role in revealing God the Almighty, which thus has a Trinitarian structure.

- **There is one source of revelation, God Himself, transmitted via 2 modes: Sacred Scripture & Sacred Tradition**

Sacred Scripture is the Word of God and Sacred Tradition takes the Word of God entrusted by Christ and the Holy Spirit to the Apostles and

hands it on to their successors in its full purity. The apostles received it from living with and witnessing the works of Christ and are led by the Holy Spirit to proclaim and preserve the Word of God (Dei Verbum para 7).

The Bible which comes from the Greek word 'biblia' which means 'book' is a collection of 73 books that the Catholic Church believes & teaches. It is the written expression of God's Revelation. *Therefore, both Sacred Tradition and Sacred Scripture are to be accepted and venerated.*

- **The Magisterium (teaching office of the Church) is the servant of the Word.**

The Pope & the Bishops are the authoritative teachers in the Church, guarding the Word scrupulously and explaining it faithfully. They watch over the interpretation of the Bible to ensure that it is proclaimed in its right context.

- **The Scripture is written by human authors and inspired by the Holy Spirit.**
- **Interpretation of scripture requires attention to the literary forms of the text.**

While it is true that God speaks through the Bible, the human authors remain "true authors", not just secretaries taking dictation from God. So, to understand the biblical text it is necessary to pay attention to the 'literary forms' of the text, for example, whether it is historical, poetic, or prophetic.

- **There is an intense relationship between the Old and New Testaments**

For the Church, the New Testament is hidden in the Old Testament, and the true meaning of the Old Testament is made manifest in the New Testament. Christ is hidden in the Old Testament.

- **The Church venerates the Bible.**

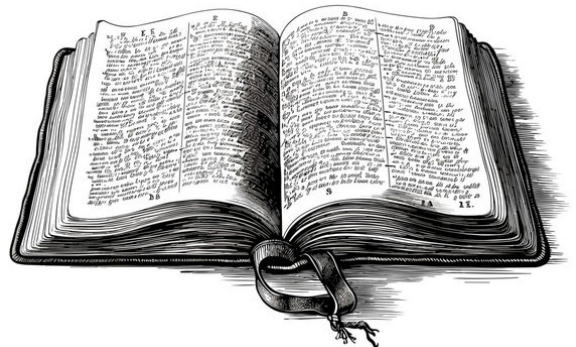
The Council taught that the "Church has always venerated the divine Scriptures just as she venerates the [eucharistic] Body of the Lord" (Dei Verbum para 21).

The document '*Dei Verbum*' encourages Catholics to read, study & meditate on the Bible daily. The Bible, since Dei Verbum, has seen a boom in commentaries, courses, reflections, Bible studies etc. In the past, it was a mistaken belief that reading the Bible & memorizing scripture verses was a Protestant thing to do. Dei Verbum has broken this myth & exposed us to the fuller truth.

St. Jerome says, "*Ignorance of the Scriptures is ignorance of Christ*". Let us not be ignorant but deepen our relationship with God & Scripture and grow in intimacy with Him.

Patricia Trinidad

Word Minister & Catechist



Charismatic Prayer Group

- The prayer group organises prayer meetings every Monday, with its main objective to lead parishioners to a deep personal encounter with Jesus and an ongoing experience of the Holy Spirit.
- The prayer meetings include well prepared thematic meaningful talks by Inhouse and external speakers. Some of the topics dealt with in the past three months have been New Life in Christ, Charisms, Test of Faith produces Perseverance, Temptation, Sacrament of Reconciliation, Remember His Sacrifice, Garden of Gethsemane.
- Topics due in the following months are Power of the Risen Lord, Gifts of the Holy Spirit.
- Monthly Adoration, Recollections, Retreats, Healing Services and Night Vigils are some of the other initiatives. Prayer intentions placed in the Petition Box are prayed for at every prayer meeting.
- On 10th February 2024, a healing service was conducted by Fr. Allwyn Misquitta SDB.
- 07 - 10 March - The prayer group Music Ministry assisted in 3-day English Lenten Mission in the church.
- As more and more parishioners attend the weekly Prayer Meeting, may the Holy Spirit touch every home and every aspect of parish activity.

Women's Cell

- 02 March – Organized a Women's Day celebration in the Parish Hall after the evening mass. The theme was 'Barbie'. More than 150 women registered to celebrate the day with fun, games, music and a delicious dinner.

Sunday School

- 14 January – Organized a talk on Stress and Mental health for students of Std 9th to Std 11th. The session was conducted by Dr. Sheryl John Senthilnathan (Psychiatrist).
- 21 January – Students and teachers performed at the Vinpal Family Day cultural programme.
- 25 January – Organized a special Eucharist for students preparing for Board & university exams. It was open to students of all faiths.
- 28 January – Students of Std 7th and Std 8th attended the Deanery level Faith Formation celebration hosted at St. John the Evangelist High School. The students explored the topic of 'Understanding my Body'.

- 04 February – Students of Std 9th attended the Deanery level Faith Formation celebration hosted at Divine Child High School.
- 03 March – Organized the Way of the Cross for students from Std 1 to Confirmation.
- 10 March – Organized Sunday School Annual Day. The students creatively presented the lessons learned during the year and students with highest attendance were awarded.

Inter Religious Dialogue Cell (IRDC)

- 21 January - Performed at the Vinpal Family Day cultural programme.
- 5 February – Undertook the project for planning Vision & Mission of IRDC for 2 years (June 2024 to April 2026).
- 24 February - Picnic to Manori.
- 10 March - Three IRDC members graduated from BIRD (Basics in Inter-religious Dialogue). Members and people of other faith attended the graduation ceremony.

Legion of Mary

- 21 January – Visited the Old Aged Home and helped the staff in their daily chores like washing and cleaning and assisted the residents by way of feeding them.
- January - Junior legionaries distributed and explained about the Miraculous medal after the evening mass.
- January – Visited 30 families with special children (catholic & other faith).
- January & February - Visited the students appearing for the Board exams.
- February - Visited expecting mothers and prayed a special prayer with them.
- 29 January - 6 February – President of Legion of Mary (Senior) visited Kota and Ajmer and spent time with locals to revive their faith and encouraged them to attend mass thereby extending their reach out of Mumbai.
- February & March Lenten Campaign – Praying the stations of the Cross with the Home Bound.
- April – Recollection to be organized for the Senior and Junior legionaries followed by recreation.

Currently there are 5 children in the Junior Legion. Their activities include taking friends to the Blessed Sacrament, serving mass as altar servers, accompanying the seniors in home & institute visits, distributing and explaining the message from the monthly newsletter 'Soldiers of God' and explaining the Miraculous Medals during the visits. Children from Std 5 to Std 11 interested in joining the Junior Legion can get in touch with Junior Legion Head - Lizyanne (97694 36723).

Senior Citizens Cell

- 21 January – Performed at the Vinpal Family Day cultural programme.
- 8 February – Invited Adhata Trust NGO to conduct an accessible, equitable, inclusive, safe & age friendly program for the elders of our parish and the neighbouring parish.
- 11 February – Conducted Free Medical camp in the Parish Hall in collaboration with SVP.
- 22 March – Conducted Stations of the Cross in the Church after the evening Holy Eucharist
- 27 April – The 10th AGM of the Senior Citizen Association will be held in the Parish Hall.

Civil and Political Cell

- 26 January – Organised the flag hoisting ceremony on the occasion of Republic Day. The flag was unfurled by Fr. Lodovico after the 7 am mass in the presence of around a hundred parishioners.
- 7, 14, 26 January – Conducted the Ready to Vote Campaign to enable parishioners to exercise their democratic right in the forthcoming elections.



Civil Political



Civil Political



IRDC



IRDC



Senior Citizens



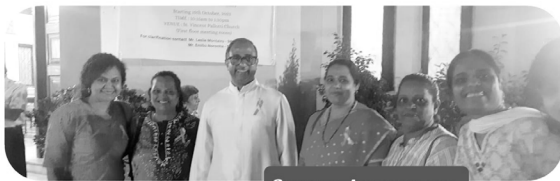
Senior Citizens



Sunday School



Sunday School



Cancer Awareness



Women's Day

Women's Cell

Proud to be
a Voter
Ready to Vote

READY TO VOTE

**A campaign by the Civic & Political Cell -
St Vincent Pallotti Parish.**

- To Check Name on Electoral Roll:** Voter id Card/ Number (if available); Else search will be possible on name and constituency
Link To Search: <https://electoralsearch.eci.gov.in/>

Documents required:

- 1. New Voter (form 6):**
 - a. **Proof of Birth Date:** Birth Certificate/ Board Certificate / Passport
 - b. **Proof of Residence:** your Bank A/c Passbook or Residence Electricity Bill + One Parents' Voter Id Number
- 2. To delete Expired person (form 7):**
 - a. Death Certificate + Voter id Number
- 3. Shifted from another Location (form 8) :**
 - a. Electricity Bill/ Rent agreement/ Existing Bank Passbook
- 4. Mistakes/ Corrections (form 8):**
 - a. Relevant Documents

Link for Voters Services : <https://voters.eci.gov.in>

PALLOTINES ARE RESPONSIBLE CITIZENS



READY TO VOTE CAMPAIGN

Ready to Vote Campaign: Ensuring Full Electoral Participation by Parishioners!

With the Lok Sabha and Mumbai Municipal Corporation Elections on the anvil, the Civic and Political Cell conducted the 'Ready to Vote' campaign on 7th, 14th and 26th January 2024. The team attended to nearly 300 requests of parishioners.

Campaign Objectives:

1. **Enrolment Verification** - The primary goal of the campaign was to verify that the names of the Parishioners are on the Electoral Roll. Sometimes names disappear and then one cannot exercise their franchise.
2. **Deceased Members Removal** - Another crucial objective was to ensure the accuracy of the electoral rolls by removing the names of deceased individuals. It helps to maintain the integrity of the electoral system.
3. **Voter Transfer Facilitation** - The campaign facilitated the transfer of names of parishioners who had shifted from another constituency. With this they can exercise their right to vote in their current place of residence.
4. **Newly Eligible Voters registration** - For parishioners who had just crossed 18 years and had not yet got themselves registered on the Electoral Roll.

In an otherwise smooth campaign, one challenge that the team experienced was the speed of the Election Commission Portal. It sometimes took up to 30 minutes to successfully upload one case.

The success of the 'Ready to Vote' campaign can largely be attributed to the support and encouragement received from the Parish Priest and the Parish Councillors. The Sunday announcements were effectively amplified through the Zonal WhatsApp Groups. The involvement of persons from other cells of the parish brought out the cooperative venture of this effort. In this context, volunteering by Vernon Fernandes, Flavia Lobo, James Trinidad, Linus D'lima and Noel D'Souza deserve a mention.

Now it is up to us, Dear Parishioners, to participate fully in exercising our democratic right by voting.

The Election Commission of India has this incredibly simple portal where voters can carry out most of the actions on their own: <https://www.eci.gov.in/electors>. Parishioners should use this guide to make sure they are 'Ready to Vote'

For any guidance you may connect with the following Civic and Political Cell members: Anand Lobo: 98202 00025 or Rudy DSouza: 98200 03372

Why is fasting and abstinence needed in our Christian living?

Fasting in the catholic church is an act of preparing for the Eucharist. Fasting preceded every feast and ended with the Eucharist which is the truest food. In the beginning God commanded some fasting (do not eat from the tree in the centre of the garden) to Adam and Eve. However they 'broke the fast' by eating the forbidden fruit leading to the fall of mankind .Man was supposed to choose communion with God but he chose dependence on the resources of the world.

Christ the new Adam kept his fast even when he was tempted by Satan in the desert. He said “man does not live on bread alone but on every word that comes from the mouth of God” Therefore Jesus showed us that dependance on God and oneness with Him helps to overcome the need for physical fulfilment.

Christian fasting is a way of connecting with God. For fasting to be meaningful one must seek God in the act. Losing weight can't be the intention of fasting but to create a hunger which only Christ can fulfil. Fasting should be accompanied by prayer. There will be temptations ,doubts and irritations along the way but that fight will make the will strong.

Abstinence is refraining from certain foods. Usually meat and alcohol. It helps to build self control and self discipline. Restraining of the appetite leads to chastity of the soul .

Money saved should be directed toward works of charity to bring a concrete meaning to the act of fasting and abstinence.

What are the norms of fasting and abstinence in the catholic church?

Fast on Ash wednesday, Good Friday and all Fridays of Lent are obligatory.

According to Canon Law fasting is obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.(USCCB)

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the “paschal fast” to honour the suffering and death of the Lord Jesus and to prepare ourselves to share more fully and to celebrate his Resurrection more readily.



BORN IN CHRIST

03/12/2023	Kaelynn Pereira	G/802, Kanakia Rainforest, Bhawani Nagar
10/12/2023	Celeste D'souza	A/103, Daffodils Apts, Bhawani Nagar
17/12/2023	James Mullakkara	M/11, Minakshi Apts, Vijay Nagar
17/12/2023	Melvin Abiyouth	Unit No 22, Aarey Milk Colony, Goregaon
17/12/2023	Rebecca Mary	Unit No 22, Aarey Milk Colony, Goregaon
03/02/2024	Ethan D'souza	G/203, Kanakia Rainforest, Bhawani Nagar



MARRIAGES

02/12/2023	Jason Menezes & Diandra Pinto	D/1109/1110, Lok Sarita Apts, Military Road
10/12/2023	Joseph D'mello & Andreza Lopes	A/3/11, Yogi Vijay CHS LTD, Vijay Nagar
15/12/2023	Merwyl Vaz & Juann D'souza	13/3/13, Bhawani Nagar
16/12/2023	Brian D'souza & Melbourne D'souza	5400, Little Rock, AR 72223
28/12/2023	Ashton Fernandes & Rancy Coutinho	Room No 13, Padma CHS LTD, Sakinaka
29/12/2023	Valentine D'souza & Dency Pereira	6/4/18, Tulip Co-Op HSG Scty, Bhawani Nagar
30/12/2023	Calvin Goveia & Carolyn Monteiro	C/712, Legend Apts, Vakola
30/12/2023	Savio Pereira & Mellissa Nazareth	7B/303, Sai Viraj CHS, Andheri (E)
05/01/2024	Sydney Monis & Pooja Jain	Smith House, Elmwood Avenue
06/01/2024	Daniel Vaz & Angel Vincent	A/201, Mayur Tower, Military Road
06/01/2024	Joel D'souza & Elyssia Gonsalves	A/403, Sneh Sarovar, Off Military Road
14/01/2024	Roysten D'souza & Virginia Menezes	B/2/903, Ashok Towers, Military Road
20/01/2024	Shawn D'souza & Fleur Parmar	A/704, Eco Palms, Vijay Nagar
25/01/2024	Jadan Mendes & Aashna Ahuja	F/701, New Mayur Apts, Military Road
27/01/2024	Jude Gonsalves & Tenaz Cardoz	B/103, Riddhi Siddhi CHS LTD, Military Road
04/02/2024	Elston Menezes & Senecca Rato	A1/503, Ashok Towers, Military Road
05/02/2024	Siddarth Ravindran & Ketaki Walavalkar	A/704, Akruati Aneri, Marol
10/02/2024	Llewelyn D'mello & Alvina D'souza	303, B Wing, Anandvan, Thane



REST IN PEACE

10/12/2023	Pellissery Rappai Jose	A/701, Woodland Avenue CHS, Viay Nagar
17/12/2023	Robin Christopher Lazarus	K/12, New Trishul CHS, Bhawani Nagar
24/12/2023	Leena Shetty	LT 12/2, Vijay Nagar
27/12/2023	Saturine Mathias	13/4/5, Bhawani Nagar
29/12/2023	Gloria Bendish	C/704, Corolla Jewel, Bamandayapada
31/12/2023	Shivlal Krishna Naik	3, Sushila Patankar Chawl, Jabarpada
20/01/2024	Francis Xavier Alvares	2, Charlie Gonsalves Chawl, Chakala
24/01/2024	Anil Melvin Fernandes	16/1/12, Hill View CHS, Bhawani Nagar
26/01/2024	Josephine Doria Muni Swamy	LT/24/22, Vijay Nagar
19/02/2024	Gregory Francis D'souza	501, Mayur Deluxe, Military Road
03/03/2024	Sawariamamma Anthony	Unit No 22, Aarey Milk Colony, Goregaon