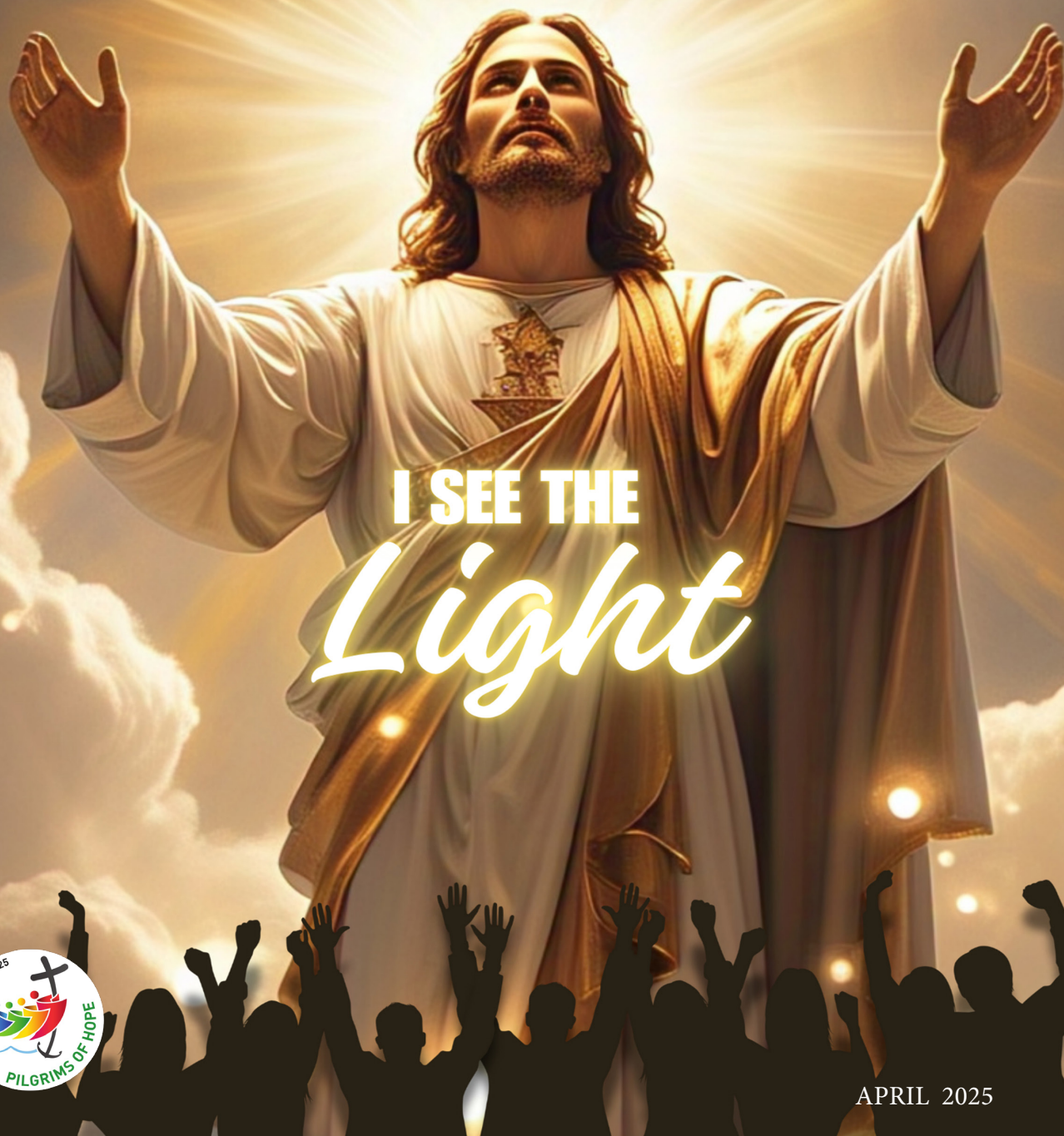




Pallotti Notes

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



APRIL 2025



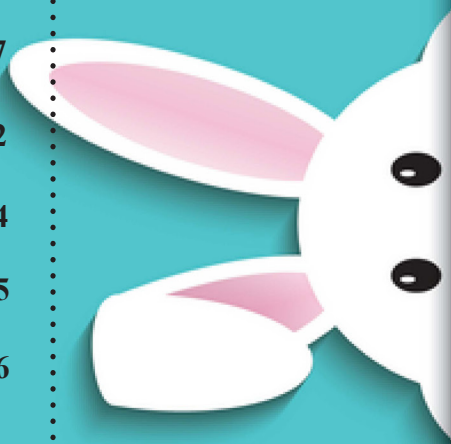
**As part of the Parish Family, we, Fr. Victor, Fr. Andrew and Fr. Balraj wish all a
*Happy Easter!***

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Pallotti Notes | April 2025

A triannual News Bulletin of St. Vincent Pallotti Church, Vijay Nagar, Marol Maroshi Rd, Andheri E, Mumbai 400059.

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For Private Circulation Only



JESUS – OUR LIGHT

Again Jesus spoke to them, saying, *“I am the light of the world. Whoever follows me will not walk in darkness but will have the light of life.”*
Jn 8:12

Dear Parishioners, Greetings of the Easter Season from the Pallotti Notes Editorial Team.

I am sure being in Mumbai most of you have visited the seashore. Just imagine, you get up early one morning, just before dawn and head to the beach to watch the sunrise. You may come across a scene like this – the winds are blowing, the sand shifting beneath your feet as you walk on the beach and the waves crashing powerfully and fiercely against the shoreline. The sky appears as a sheet of blue grey, overshadowed by an approaching storm, yet it is penetrated through by bursts of beautiful light that seem boundless. It continues to radiate with shades of orange and yellow - a light of hope amidst changing tides, shifting sands, and stormy times. That's what Jesus represents in our life.

Nothing in this world stays constant. Changes occur, people shift, and time goes by. Children grow up, and we may experience deep or unexpected losses. At times, we stumble on the very things we've depended on heavily. We can't solely rely on our surroundings, including the people who we love most, because relying completely on one thing or person means that they must never leave or change.

During these testing times, that gentle glimmer of light peeking through the grey morning clouds speaks volumes to us. In moments when we struggle to find our path, when challenges arise and battles seem relentless, and when we feel overwhelmed by powerful winds, Jesus

is still there. Hope shines through, even if it's merely a flicker; it's enough to softly remind us of His words of truth, *“I see you, you are never alone. I will carry you through the toughest times, into places of peace, and will strengthen your steps.”* Jesus arrived in this land during a time of darkness. He brought forth a radiant light of hope, illuminating the darkness that surrounded us. He shone brightly in a world that sought to undermine His message and influence.

As we prepare ourselves to welcome the Risen Christ, never doubt or fear that He is not by your side. He has not lost control, nor has He ever overlooked you. We don't have to be anxious of the storms, or uncertain about the future or the changing times. He knows our journey and leads the way, illuminating our path with pure light against the dark skies. Hope shines its brightest amid turbulent challenges. He gently shares His calming reassurance, always.

“Peace”.

Fr. Andrew Roshan Alva
Editor



I SEE THE LIGHT

In recent headlines, the world followed the remarkable return of NASA astronauts Sunita Williams and Butch Wilmore, who were stranded in space for an extended period. In June 2024, they embarked on what was initially planned as an eight-day mission to the International Space Station. However, due to technical malfunctions in their spacecraft, they were forced to remain in space for an astonishing 286 days. Living in the uncertainty of whether they would return safely, they were metaphorically in darkness, waiting for the light of hope to break through. Despite the unforeseen challenges, they continued their mission, contributing to scientific experiments and spacewalks. In one of his interviews, Wilmore expressed that his faith in Jesus was a source of strength during this prolonged ordeal. His reliance on faith in such an uncertain time beautifully mirrors the Easter message: **light triumphs over darkness.**

Life often brings moments of uncertainty and hardship; times when we struggle with worries, challenges and burdens that seem overwhelming. In these moments, darkness can feel overpowering, leaving us searching for hope. Yet, Easter proclaims a resounding truth: **darkness does not have the final word, light does.**

On Easter night, we witness a profound ritual in the Church. The service begins in darkness until a single flame, the Paschal candle, is lit. From this one flame, every person in the church kindles their candle, and soon the entire church is aglow. It is a powerful reminder that Christ, our light, has risen and conquered the darkness of sin, despair and death. This transformation from darkness to light is not only a beautiful

visual experience but also a profound metaphor. Each individual candle may offer only a small amount of light, but together they dispel the darkness.

Light is a rich and recurring symbol in Christianity. Scripture begins with God's command, "*Let there be light.*" Jesus, in the Gospel of Matthew, calls His followers "*the light of the world*". These words were revolutionary to those under Roman rule, not because they signified power or status, but because they spoke of influence, how even the smallest light contributes to a greater whole.

Beyond religious contexts, we instinctively associate light with hope and guidance. We speak of finding the 'bright side' in adversity, searching for the 'light at the end of the tunnel', and admiring those who serve as a 'shining example' to others. In uncertain times, we may feel powerless, much like the people of first-century Palestine, who lived under rigid religious laws. Yet, Jesus taught us that faith is not about rigid rule-following but about living by principles; going beyond duty to do what is right, freely forgiving, and giving without expectation.

To be a light in the world is not about self-promotion but self-examination. It challenges us to reflect on how we conduct ourselves. Do we offer kindness or bitterness? Joy or despair? Encouragement or discouragement? Thankfulness or ingratitude? Do we build up or tear down? Accept or reject? Light and darkness provide a simple yet potent way to evaluate our choices and actions.

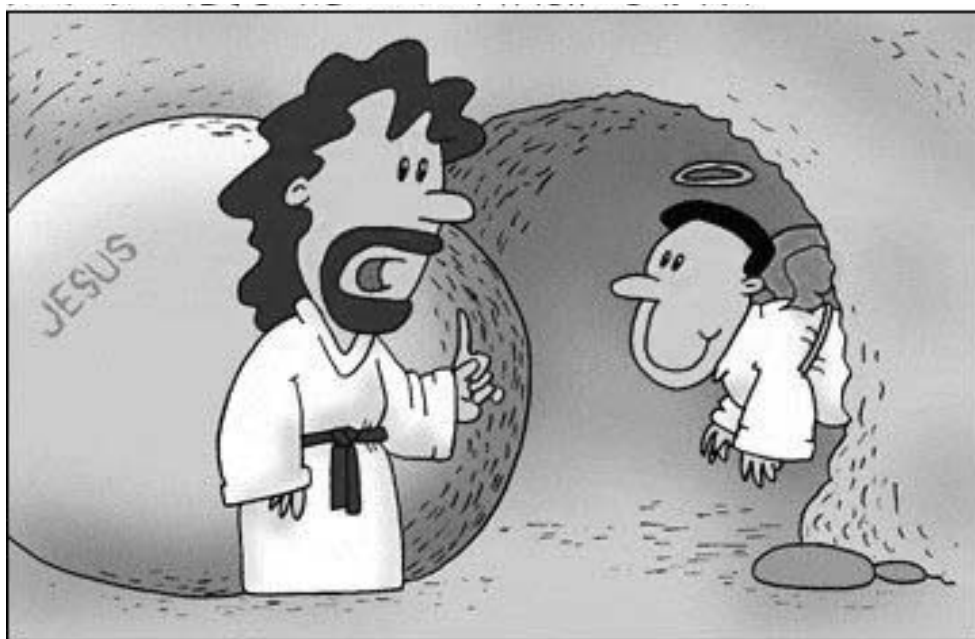
This Easter, as we celebrate the triumph of light over darkness, let us remember that Christ's

resurrection is not just a historical event, it is a call to live as people of the light. No matter how small our flame may seem, when we share it through love, kindness, and faith, we

brighten the world around us. Let us carry this light beyond the Easter season, illuminating the path for those in need and bearing witness to the hope that never fades.

Christ is risen! Alleluia! May His light fill your hearts with joy and blessings. Wishing you a blessed Easter!

Fr. Victor Martis, SAC
Parish Priest



(See John 20:1-18)

I WANT YOU TO FOLD UP MY BURIAL CLOTHES,
WAIT FOR MARY, AND REMEMBER THAT THIS IS
SERIOUS ... NO HIDING AND YELLING "BOO"



LUMEN FIDEI – THE LIGHT OF FAITH

Easter comes to remind us about the victory of the Light of Faith over the Darkness of Sin. We rejoice in the final triumph of light. Sin and death have no dominance over us. Christ's ultimate sacrifice puts an end to the reign of darkness. Pope Francis' first encyclical, *Lumen Fidei*, issued in 2013, focuses on how faith is the essential guiding light for our modern day lives. Faith is found within secular society too. It's not just about believing in God. It's explicit even in daily mundane situations. *Lumen Fidei* seeks to restore the faith that seems lost in our modernity.

In all His passion predictions, Jesus affirmed that He will not only die for our sins but also that He will be raised to life. He kept seeing the glorious light of resurrection in the midst of his dark and gloomy passion. Resurrection connects the past and the future - the bitter truth of the agony of crucifixion, the depth of God's love and the future glory of His second coming. Resurrection therefore becomes the anchor of our faith. *Lumen Fidei* (LF) 15, says that Christian faith is centred on Christ and confesses Him as Lord and risen from the dead. It goes on to affirm that Christ dying for our sake is a clearest proof of the reliability of God's love. We can believe in this love that didn't recoil from death. This allows us to entrust ourselves to God completely. LF 17 says that Christ's resurrection shows us that He was able to conquer death and make the fullness of life shine forth.

Lumen Fidei also presents before us the ultimate example of Abraham as the Father of Faith. Abraham found himself in the beginning without an heir to him and nearing his end. His reality was such that he was advanced in his

age and scientifically it was impossible for him to have a child, let alone see his generation as the sand of the shore. Only by faith he could see such things happening. However, Abraham was able to see beyond the present reality and hope for a future where he is blessed and in him, his descendants too will be blessed. He kept his faith in God who keeps His promises. What was asked of Abraham was to exhibit a deep faith in God despite his hardships.

As we celebrate the Solemnity of Easter, we too may be going through life situations that might seem threatening. Life around us may not be promising. We might be living in a phase where a sickness may be lingering in our family, a misunderstanding may be blocking our relationships, financial burdens may be weighing us down or our own evil habits may be turning into hurdles for our growth as Children of God. We may be thinking to ourselves that there is no way out. It is the light of faith that will enable us to see beyond all these temporary trials so that we may pass through and rise beyond them. With Jesus on our side, we too will RISE

Happy Easter to everyone.

Fr. Balraj, SAC

Green Cell

- **16 Jan** – Reliable Recyclers conducted a workshop on composting for the Green Cell members and the church staff at the church premises. A few members from the PPC attended the workshop.
- **19 Jan** – Performed a skit on Family Day urging all parishioners to completely ban the use of single-use plastic bags and to start segregating dry and wet wastes in our homes.
- **22 Feb** - Visited the Eco-hub at Vinayalaya, Chakala and got a guided tour of the premises by the priests and learnt different ways of implementing a sustainable and eco-friendly environment.
- **Upcoming**
 - Project Mumbai representatives to hold a session on plastic segregation and recycling.

Creative Team

- **01 Jan** – Designed the church backdrop for the new year and feast of the Solemnity of Mary.
- **11 to 19 Jan** – Decorated the statue of St. Vincent Pallotti for the novena and feast day.
- **19 Jan** – Designed and set up the stage backdrop for the Family Day function on the church grounds.
- **01 Mar** – Team went for a picnic to Manori
- **Upcoming**
 - **17 to 20 Apr** - Design and set up the Altar of Repose in the church for Maundy Thursday and the stage backdrop for the Paschal Triduum.

Society of St. Vincent De Paul (SSVP)

- **05 Jan** - SSVP youth organized a visit to Snehasadan (Boys) and played some games and shared snacks with them.
- **28 Jan** - Organized a picnic for the adopted families at Ashwin Resort, Manori. It was attended by 36 adopted families and 14 SSVP members.
- **04 Feb** – 5 members visited a temporary shelter camp where around 700 Kashmiri migrants are staying and provided them with some grocery items.
- **15 Feb** - On the occasion of World Day of the Sick, organised a healing service presided over by Fr. Zacharias Neelankavil in association with the Vinpal Charismatic Prayer Group,
- **16 Feb** – Organised a free medical health check-up camp in collaboration with SevenHills Hospital, the dentists of our Parish and an ophthalmologist from the vicinity. Around 290 people benefitted from the tests and general physician, paediatric, dental and ophthalmology check-ups.
- **Upcoming**
 - Recollection service
 - Visit to The Basilica of Mount Mary - Bandra and Shanti Avedna Sadan Care Centre
 - Blood donation camp
 - Visit to the Home for the Aged, Mahakali

Youth Group

- **12 Jan** – Launched the Vincent Pallotti Cup, our first official football tournament, bringing together 42 participants across 7 teams. The winners received a trophies and medals and felicitated the best player of the tournament in recognition of their outstanding performance.
- **26 Jan** – Organized a youth Mass, with a traditional dress code and a special traditional food spread on the occasion of Republic Day. The Mass was attended by 50 youth, followed by games, spot prizes, jam session and dinner.
- **Upcoming**
 - **12 Apr** – Jubilee Youth Fiesta focusing on the life and legacy of Blessed Carlo Acutis. The event will feature a lively gospel band performance by MFC Youth, talks by Dn. Ivan and Fr. Kevin Santis, along with interactive games and activities followed by dinner.

Missionary Families Of Christ

- **26 Feb** - Hosted the MFC Kids Village 2025 for children aged 4 to 13 years. 102 kids participated in the event.
- **09, 16, 23 Mar** – Conducted the Christian Life Seminar for couples and singles.

Sunday School

- **12 Jan** - Conducted the 3rd day of the novena to our Patron St. Vincent Pallotti on the theme “A Child Born to be a Saint.”
- **19 Jan** – Catechists performed a dance at the Vinpal Family Day event.
- **23 Jan** – Organized a special mass for students appearing for their board and university examinations. Open to students of all faiths, the Eucharist saw over 130 participants, and their exam materials were blessed by our priests.
- **02 Feb** – 18 students of Std 9 participated in the Andheri Deanery Faith Celebration centered on the theme of prayer.
- **16 Feb** – 21 students of Std 7 & 8 participated in the Andheri Deanery Faith Celebration centered on the theme of prayer.
- **09 Mar** – Organized the Stations of the Cross for students, ushering them into a grace-filled season of Lent.
- **16 Mar** – Organized the Sunday School Annual Day on the theme “Ambassadors of Christ”, where students showcased performances reflecting their faith journey throughout the year.
- **Jan to Feb** – Students undertook their social outreach activities as follows -
 - Std 1 & Std 3 - Visited Sneha Sadan (Jogeshwari)
 - Std 2 - Visited Angel’s Nest and interacted with the children
 - Std 4 – Visited the Home for the Aged and Cloistered Nuns
 - Std 5 & 6 - Visited the Balwadi in Aarey Colony
 - Std 7 & 8 - Visited St. Catherine’s Orphanage Home
 - Std 9 - Distributed grocery hampers to migrant workers in Vijay Nagar, in collaboration with the SVP association.
 - Std 11 - Visited their domestic help and other daily wage workers and distributed grocery hampers.
- **Upcoming**
 - **27 Apr** – 37 students will receive First Holy Communion at the 9:15am Mass.

Vinpal Charismatic Prayer Group

- **10 Feb** – Organised a talk on ‘Indulgences in this Jubilee Year’ by Fr. K T Emmanuel. It was attended by around 250 parishioners.
- **15 Feb** – On the occasion of World Day of the Sick, organised a healing service, presided over by Fr. Zacharias Neelankavil.
- **03 Mar** – Organised a talk on ‘Raising a Generation for Christ’ Br. Francis Dsouza. Many young couples attended the talk.
- During the Monday meetings, where there is an average attendance of 100 members, talks are conducted on important aspects of Christian life and Catholic tradition such as Jesus - Saviour of the World, Growing in Holiness, Jehovah Rapha - The God who heals, Christian Suffering.
- **06 Apr** - 14 members of the Prayer Group were awarded certificates at the Strength Rally for having successfully completed the Discipleship Program conducted by the Catholic Charismatic Renewal, Mumbai. This program for Andheri parishes, conducted in our Parish over a period of 7 months, helped participants to grow as disciples of the Lord through study of the Word of God, empowering talks and inspiring testimonies.
- **Upcoming**
 - Talks on topics like Sin-Separation from God, Embracing the Cross, Encounter with the Risen Christ.

Inter-Religious Dialogue Cell (IRDC)

- **26 Jan** - IRDC members and representatives of other faiths attended the Republic Day unfurling of the flag organised by the Civic & Political cell of our parish.
- **01 Feb** – Team went for a picnic to Manori
- **23 Feb** – Attended an input & meditation session by Fr. Ittup (SVD) at Dhyan Kuttir, Mahakali.
- **22 Mar** - Visited the Children’s Observation Home, in Dongri, Umerkhandi.

Legion Of Mary

- **Jan** - Revisited the homes of 20 Special Children of our parish and vicinity.
- **Jan to Feb** – Visited the homes of 44 students and contacted 54 students preparing for their board exam and prayed with them.
- **14 Jan** - Conducted the 5th day of the novena to our Patron St. Vincent Pallotti on the theme “Shadow of Mary.”
- **20 Jan** – Visited and performed for the residents of the Home for the Aged, Mahakali.
- **26 Feb** – 2 junior and 12 senior legionaries spent a fun filled day at a member’s home to inculcate bonding.
- **02 Mar** – 14 legionaries renewed their legion promise “I am all yours my Queen my Mother and all I that have is yours”.
- **Mar to Apr** – As part of the Lenten initiatives, legionaries are visiting the home bound and reciting the stations of the cross.
- **Upcoming**
 - **19 Apr** - Will sell candles and incense during Easter Night Vigil Mass.



I SEE THE LIGHT OF FORGIVENESS

Lent is a time of reflection, a time of repentance. It is a time to examine our hearts and strive to live more like Christ through acts of sacrifice while contemplating the profound mercy He offers us. It is through prayers we invite God into our struggles, seek His guidance and open our hearts to transformation. Fasting and prayers turn our hearts towards God while almsgiving turns our hearts towards others. Together these three disciplines prepare us to fully enter into the mystery of Easter.

Repentance and Forgiveness is a cycle. I hated the practice of atonement when I was young, but as I have grown older and have grown in faith, I have found how vital this cycle is for us humans. It is repentance that humbles us sinners and allows the Holy Spirit to pass through our broken hearts and transform our minds. And it is forgiveness that heals the wounds brought by sin. God's forgiveness reunites us to Him; the forgiveness we offer reunites us to each other. This way we are able to encounter Jesus Christ and to embrace the difficult path of the Cross.

Forgiveness plays a crucial role in enhancing our spiritual, emotional, and physical well-being. By forgiving others we open the doors to experience God's forgiveness fully and remove any barriers in our relationship with Him. Holding on grudges and bitterness can lead to emotional distress but by forgiving those who have wronged us, we can lead to inner peace and improve mental health. We must also learn to forgive our past, allowing us to concentrate on the present and future. This shift fosters personal growth and a renewed sense of purpose. By embracing forgiveness, we lighten the load of resentment we carry.

There is nothing that God has not already forgiven us for. Most often, we fall into self-pity, dwelling on our flaws, and thinking that God will not forgive us this time, which leads to misery. Do we think we are too distant from God's forgiveness? Isn't it disrespectful for what Jesus died for on the cross? By being miserable, we think we will atone for our sins. However, we need to understand that Jesus has already made atonement on our behalf. What we truly need is to accept God's forgiveness and express our gratitude for His boundless grace.

The Divine Mercy devotion is a modern devotion towards God's infinite mercy. It involves a total commitment to God as Mercy. It is a decision to trust completely in Jesus, to accept His mercy with thanksgiving and to be merciful as He is merciful. The Divine Mercy novena, a nine-day prayer devotion, is prayed beginning on Good Friday which leads us to the feast of the Divine Mercy. Also known as Divine Mercy Sunday, the feast will be celebrated this year on 27th April. The feast is associated with the image of the Divine Mercy, which depicts Jesus with the words "*Jesus, I trust in You*".

Jesus told Sr. Faustina (Apostle of Divine Mercy) "*The greater the sinner, the greater the right he has to My Mercy (Diary 723)*". He also said, "*If someone causes you trouble, think what good you can do for the person who caused you to suffer*" (Diary 1760). We not only need to forgive, but according to Jesus, we should do good to that person. It is tough, but God will grant us the graces we need to see the light.

Flavia Dsouza

Divine Mercy Association Cell



I SEE THE LIGHT OF PRAYER

“The Lord is near to all who call on Him, to all who call on Him in truth.” (Psalm 145:18)

Prayer, God’s gift to us, is a guiding light and a steadfast anchor that carries us through the darkest storms. It is through prayer that we experience His presence, peace, and power.

In my own life, I have seen firsthand the miraculous impact of prayer. At the age of eleven, I was diagnosed with Guillain-Barré Syndrome (GBS), a rare condition for which doctors gave little hope of a quick recovery. I was partially paralyzed, unable to walk, and had to relearn how to use my limbs like a child. The road to recovery seemed daunting and painful. Yet, even in that moment of despair, something extraordinary happened. Church members, whom I have never met, began to pray for me. Their collective prayers became a source of strength for my parents and me, reassuring us that we were not alone. *“The prayer of a righteous person is powerful and effective” (James 5:16)*. It was through the power of communal prayer that I found healing, reaffirming my faith that God moves when His people intercede for one another.

Prayer is also a source of endurance and hope in everyday struggles. Years later, I found myself in another trial. Working in a bank, I faced a toxic work environment where office politics cost me my job. Losing that position left me in self-doubt. For two months, I searched desperately for new opportunities, but doors remained shut. It was during this time that individual prayer became my refuge. Every night, I poured out my anxieties before the Lord, trusting in His plan even when I could not see it. *“Cast all your anxiety on Him because*

He cares for you” (1 Peter 5:7). My personal prayers, along with the support of my prayer group and church community, strengthened me. And in His perfect timing, God opened a door to a job that was far better than what I had lost. Looking back, I see that prayer was the light that guided me through that season of waiting.

Prayer is not just about receiving answers; it is about drawing closer to God. It shifts our focus from our problems to His power, from our fears to His faithfulness. As a member of the Music Ministry, I have witnessed how prayer and worship intertwine, lifting our spirits and drawing us into God’s presence. There have been moments during prayer meetings when the presence of God was so tangible, it felt as though heaven itself had touched earth.

No matter what season of life we are in, the light of prayer is always available to us. It is the candle that never goes out. If you are struggling, do not lose hope. Kneel, pray, and trust. *“Then you will call on me and come and pray to me, and I will listen to you” (Jeremiah 29:12)*. The light will shine again.

Aaron Rodrigues

Prayer Group



I SEE THE LIGHT WITHIN ME

As a child, I often felt invisible, hesitant to speak, second-guessing myself, and staying within my comfort zone. But God has a way of calling us forward, even when we don't feel ready. For me, that call came through the Church.

I joined the youth association, even though meeting new people made me anxious. Slowly, I started engaging, one conversation, one handshake at a time. Soon, I stepped into leadership roles I never imagined, organizing Vinpal Sports Day and planning youth Masses.

One Sunday, I remember watching the ushers at Mass. I admired their confidence and purpose. Though nervous, I felt called to join. My first steps were uncertain, but over time, I learned to coordinate, guide, and serve with joy.

Becoming an animator for the altar servers was another turning point. A complete novice, I learned through observation. Being part of these associations honed my skills in different ways. As an usher, I developed awareness and coordination. As an altar server, I learned to manage responsibilities impartially and engage with children. In the youth group, I strengthened my creativity and adaptability.

"Each of you should use whatever gift you have received to serve others." – 1 Peter 4:10

Through these roles, I understood that confidence isn't about being fearless, it's about stepping forward despite fear. I reminded myself: God does not call the qualified; He qualifies the called.

The more I got involved, the more I felt drawn to build myself. I took a bold step and joined the CLAYM (Certificate for Leadership

Acumen in Youth Ministry) leadership course by DYCC, where I am learning to lead with faith and serve with humility.

Today, I look back at my journey with gratitude. I now see the light within me, it pushes me to grow, serve, and embrace new challenges. It reminds me that I have a purpose and that I am enough.

"Let your light shine before others, that they may see your good deeds and glorify your Father in heaven." – Matthew 5:16

We all have it within us, the spark of God's presence, the strength to overcome, and the courage to step forward. Sometimes, all it takes is a simple yes to something that scares us.

As we celebrate Easter, I invite you to pause, look within, and dare to explore.

Your light is waiting. Let it shine!

Immanuel D'Souza

Our Lady of Lourdes Community



SPREADING THE LIGHT OF CHRIST

It's not how much we give, but how much love we put into giving – Mother Theresa

Every year, Sunday School organises social outreach programs for each standard. The purpose of these outreach programs is to give us children the experience of putting our faith into practice. The curriculum is not restricted to only a one-hour class on Sunday, but we are motivated to reach out and practice the values of Christ.

This year for our Social Outreach program, Std 9 decided to make grocery hampers consisting of dal, rice, sugar, soaps and biscuits and distribute them to the migrant families living in the pipeline area behind Vijay Nagar. We were encouraged to save our pocket money and buy the grocery items from our savings so that we can learn the virtue of sacrifice, humility and sharing. With our contributions and supported by the Novena social outreach collection we were able to make 31 grocery hampers. It felt nice that we children were able to personally contribute to this outreach. On 26th January, 11 of us students, 4 catechists and one representative from the SVP, who guided us through that area, headed to visit the families and distribute the hampers.

During our short visit from 10:30am to 12 noon, we learnt a little about the people who live there. These families came to Mumbai for a better lifestyle, more job opportunities, education and medical facilities but due to low income they cannot afford to rent a flat and hence live in temporary constructed houses or slums. They cannot even provide food for their families. When we handed them the grocery hampers, we could see the spark of light in their eyes and smiles on their faces. By this

activity, they witnessed that there are still people in this world who spread light in others life. I was grateful to be one with them. I felt blessed by helping them with whatever I could give. There were many small children running around, we gave each one of them a chocolate. The smile they gave us when we gave them the chocolate enlightened my eyes, like a hope that this world can be a better place.

The purpose of this outreach was to do an act of service by spreading the light of Christ. When I left from that place, I learnt many values like kindness, humility and humanity. I also learnt that we should be grateful to God for all that He gives us and that we should share the things we have with the people around us. The other standards of Sunday school also completed their social outreach activities, and they visited the Home for the Aged, Sneha Sadan, Angels Nest, Balwadi and house helps who work in our homes. I am sure that every student who participated was enriched by their experience.

This experience for me was very meaningful and beautiful. I promise that I will continue to be of service to mankind in whatever way I can through such Social Outreach Programmes in Sunday school and also as an adult.

Pearl Collaco
Std 9, Sunday School



I SEE THE LIGHT OF HOPE THROUGH MUSIC

In times of despair, when the weight of life feels unbearable, music has the power to uplift the soul, offering comfort and hope. Within the Catholic Church, sacred music and choir singing serve as a profound reminder of God's presence, guiding the faithful through their struggles and leading them toward His light.

From the early chants to the soaring harmonies of a choir, church music has long been a source of solace for those in need. When words fail, music speaks, carrying prayers to heaven and wrapping the brokenhearted in a divine embrace. Singing in a choir or listening to sacred hymns fosters a sense of community, reminding individuals that they are never alone in their suffering. The voices blending in harmony reflect the unity of the Church, a place where burdens are shared, and faith is renewed.

Hymns such as Ave Maria, God Will Make a Way, or In His Time resonate deeply with those facing hardship. Their lyrics and melodies encourage trust in God's plan, even in moments of uncertainty. The Psalms, often sung in church choirs, echo the cries of those who have suffered before us, reminding us that God hears and responds to our pain.

Music within the Catholic Church is not just an art form—it is a ministry, a prayer, and a reflection of divine love. It has the power to transform despair into hope, darkness into light, and sorrow into praise. Whether sung in a grand cathedral or a small parish, sacred music leads the soul toward the ultimate promise of peace in Christ.

For those who have experienced the healing power of sacred music, there is a call to share it

and are invited to use music as a way to bring light into the lives of others.

Sing with Purpose and Prayer: Whether in a church choir or simply among friends, singing with heartfelt devotion makes a difference. When we sing, we do not perform—we pray. Offering music as a prayer for those in need transforms it into a gift of love and healing.

Invite Others to Experience the Music: Many people hesitate to step into a church, but music can be a gentle invitation. A choir event, prayer service, or even sharing a favorite hymn with someone can be an open door for them to encounter God's presence.

Host an evening of sacred music in your community. A short service or an evening of Eucharistic adoration with music can provide a space for reflection and healing.

Incorporate Music in Personal Ministry: If you are involved in youth ministry, catechesis, or retreats, integrate music into your sessions. Singing together can make faith more engaging and deepen spiritual connections.

Music acts as a beacon, leading us into the light and illuminating the darkness around. It resonates with emotions, providing comfort, strength and a sense of belonging. A single song can spark memories, awaken lost dreams and instill hope when all seems lost. Whether through soulful melodies, uplifting rhythms, or powerful lyrics, music connects deeply with the heart, guiding individuals toward healing, self-discovery and renewed purpose.

Winona Lobo
Choir

The Civic and Political cell conducted a session on 'Understanding Wills and Succession Planning' on 1st Dec 2024. This was part of the initiatives planned by the cell to help parishioners make informed decisions on various aspects of their lives. The session on wills and succession planning was organized to educate everyone on the importance of ensuring the distribution of their assets so that their wishes are honoured even beyond their

lifetime, ensuring a conflict-free transfer of assets. The session was delivered by Adv. Sharon Pinto.

The session was attended by more than 100 parishioners from St. Vincent Pallotti, St John the Evangelist and Sacred Heart parish who appreciated the detailed presentation by the speaker. There was an interactive Q&A session where in the audience sought clarifications on various aspects of wills and succession.

1 Why Should You Make a Will?

1. Clarity & Control Over Assets

- ✓ Clearly define how your assets should be distributed.

2. Avoid Family Disputes

- ✓ Prevent conflicts and costly legal battles.

3. Secure Your Loved Ones' Future

- ✓ Provide financial security for children and dependents.
- ✓ Appoint a guardian for minor children.

4. Protect Special Assets & Wishes

- ✓ Ensure sentimental items and heirlooms go to the right people.
- ✓ Support charities or causes you care about.
- ✓ Manage debt distribution responsibly.



2 Who Should Make a Will?

Anyone who owns assets (movable or immovable).

A will is a small step that makes a big difference for your family's future. Secure your legacy and provide peace of mind for your loved ones!



3 How to Make a Legally Valid Will?

- ✓ The testator must be of sound mind and at least 18 years old.
- ✓ The will must be in writing (handwritten or typed).
- ✓ Signed by the testator and two witnesses present at the same time.
- ✓ Witnesses must sign together when the will is registered.

4 What Happens Without a Will?

- ✗ Your assets are distributed per succession laws, which may not reflect your wishes.
- ✗ Courts decide guardianship for minor children.

Content courtesy of Ashok John (LLB.)



BATCH 1 - LITURGY COURSE



BATCH 2 - LITURGY COURSE



CIVIL & POLITICAL CELL



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SUNDAY SCHOOL



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Holy Week 2025 Schedule

Date	Event	Timings
13 April	Palm Sunday 	6:00am, 7:00am 8:00am - Blessing of Palms followed by Mass 9:30am, 5:30pm
14 April	Maundy Thursday 	5:30pm – Mass for sick & aged 7:30pm – Lord's Last Supper
18 April	Good Friday 	7:00am – Way of the Cross (English) 10:00am – Way of the Cross (Tamil) 6:00pm – Passion and Death of our Lord
19 April	Holy Saturday 	8:30pm - Easter Night Vigil
20 April	Easter Sunday 	7:00am, 8:00am, 9:15am (English) 10:30am (Tamil)

Easter House Blessing – 4:00pm onwards

Date	Community	Parish Councillor	Contact No.
20 April	Poomeri Velankanni St. Mary	Tamil Selvam Arvin Albert Prabakaran	9969181567 8369247117 9080558796
21 April	St. Peter St. Patrick St. Paul	Francisca J. Aranha Judalene Neychelle Rodrigues	9833849805 9819099817 9702145763
22 April	Don Bosco Infant Jesus Sacred Heart	Shirley Menezes Mcshane Pereira Daryl Furtado	9820209584 9324725384 8888657868
23 April	St. Anthony St. Francis Of Assasi St. Joseph	Juliet Mascarenhas Dimple Pillai Allwyn Monteiro	9892036473 9820616889 9930843555
24 April	St. Bonaventure Our Lady of Lourdes St. Lawrence	Santosh Concesso Shalen Dmello Anita Castelino	9769008550 9820569682 8879507248
25 April	Ave Maria St. Francis Xavier St. Theresa of C.Js	Lydia D'souza Felcia Fernandes Elwyn D'souza	9833003344 9769260032 9819027131
28 April	St. Stephen St. Sebastian St. Thomas	Catherine Joy Peter Allan Pinto Rohini Parke	9004032910 9004455590 9594348123
29 April	Holy Family Rose of Sharon St. Michael	Cecilia Adrian Pereira Max Gomes	9930700347 9820177532 9821632745
30 April	St. Teresa of Calcutta Christ The King	Shoba Tauro John Nair	8082081122 9820222057
01 May	St. Ignatius of Loyola Our Lady of Mount Carmel St. Jude	Jennifer Ilens Baratto Meena Dias	9833741206 9833243554 7021146918



SEEING THE LIGHT AFTER LOSS

A letter to my wife – through life loss and the love that teaches us to cherish every moment.

We always shared the comfort of sending each other letters, pouring our deepest feelings onto paper; the kind of truths too delicate to be spoken aloud. Each letter was a quiet promise, a reflection of the bond we cherished. But never did I imagine I would have to write her a letter she would never read. That my words, once meant to reach her hands, would instead drift into the silence she left behind. The ink on this page feels heavy, for it carries the weight of a love that still lingers, aching for a reply that will never come.

This is a personal account of how the sudden loss of a loved one tears through life like a storm, leaving behind only fragments of what once was. She was young, full of life, vibrant with dreams until fate delivered a cruel, unimaginable blow. The diagnosis came like a death sentence: metastasized spine bone cancer. A condition so rare, so merciless, that it offered no cure, only suffering. In a heartbeat, joy turned to anguish, certainty to chaos and the future we had envisioned crumbled before our eyes. She left behind a long list of dreams that would never be fulfilled, plans that would never unfold, a life unfinished.

The first signs were pain; deep, unrelenting pain that refused to be ignored. Then came the slow, merciless betrayal of her own body. She lost the ability to sit, to stand, to walk. The bed became her world, and she, a prisoner within it. Once independent and full of grace, she now depended on others

for even the simplest of tasks. And yet, through it all, she bore her suffering with silent strength, her spirit fighting against the inevitable, her heart refusing to let go.

It was only when we looked back that we realised how much more we could have done; how blind we had been to the depth of her pain, how little we truly understood what it meant for her to know that time was slipping away. She must have wanted so much more - more moments, more memories, more love shared. But she carried her grief alone, behind a smile that masked her fears. We whispered reassurances, telling her we were praying, that heaven itself was being stormed for a miracle. But what she longed for was not just words - she longed for a sign, for a reason to believe that hope was not slipping through her fingers.

We told her, “God will heal you. You will walk out of this pain.” But what did we know of God’s plan? What did we understand of the suffering He allowed? Perhaps, in our desperate hope, we failed to see the silent surrender in her eyes, the quiet acceptance of a destiny none of us were ready to face.

Her body may have weakened, but her love never did. Now, in the emptiness she left behind, we realise the weight of every unspoken word, every unexpressed gratitude, every moment we thought we had more time for.

Life is fragile, fleeting. We take for granted the people who shape us, who silently sacrifice for us, who love us beyond words. And then, one day, they are gone. And we are left with memories - memories of laughter,

of arguments, of ordinary moments that suddenly feel sacred.

We do not know why God allows suffering. But perhaps, in the deepest pain, there is a path to something greater - a love that transcends, a light that never fades. And maybe, just maybe, she was never really leaving. Perhaps she was simply seeing the light before we could.

And now, I know that I too, must learn to see the light. Not just in extraordinary moments, but in the mundane - in the warmth of the

morning sun, in the laughter of our children, in the kindness of a stranger, in the quiet presence of those who love me. If her journey has taught me anything, it is this: the light is always there, even in the midst of darkness. Someday, I will see the light beside her once more. But until then, I will strive to see it, to embrace it, and to share it - with our children, with our loved ones, and with the world around me. I will take the chances I once feared, knowing that life is too fleeting to wait for the perfect moment. Because the light is not just ahead of me - it is here, now, in every breath, in every heartbeat, in every act of love.

Godfrey D'sa

St. Bonaventure Community



(See John 19:17-37)

04-18-2014

"I, JESUS, HEREBY BEQUEATH MY CARPENTRY STUFF TO ZED, MY GOOD TUNIC TO ROB, AND I'LL BE BACK TO PICK UP THE REST. TO EVERYONE IN THE UNIVERSE PAST, PRESENT, AND FUTURE ... I LEAVE LIFE."

God's Word is alive and powerful, and those who proclaim it play a vital role in the life of the Church. Commission for Liturgy, Archdiocese of Bombay, offers resourceful lector workshops to all parishes, and we are grateful to our Parish Priest, Fr. Victor, who took the opportunity to make this workshop available to our lectors.

The workshop was held in our parish throughout February in two separate batches. Twenty-four of our lectors enrolled, showing true dedication. Over eight engaging sessions by Mr. Joel Furtado, participants explored valuable insights on the role of lectors in the liturgy, the spiritual preparation required, and the techniques for effective proclamation

Key Highlights of the Workshop:

Understanding the Ministry – Participants reflected on the sacred responsibility of proclaiming the Word and how it is more than just reading; it is a way of bringing Christ's message to life and requires passion and purpose.

Holistic and Spiritual Preparation - Lectors were encouraged to pray, meditate on the readings beforehand, and seek the guidance of the Holy Spirit to proclaim with understanding.

Practical Exercises – Voice techniques, breath control, body language, mic techniques, and parish practices were topics covered. Participants engaged in reading exercises, receiving both affirming and constructive feedback from peers on their delivery, posture, clarity, and confidence at the lectern.

As the workshop concluded, participants expressed their appreciation for the ministry and their eagerness to put their new skills

into practice. Feedback highlights that the experience not only honed their technical abilities but also enriched their spiritual lives.

We would like to extend our heartfelt gratitude to Joel Furtado for leading this workshop, as well as to all the participants whose commitment to grow in faith and serve our parish is truly inspiring.

We encourage parishioners to attend Mass regularly and celebrate God's Word, and we extend a special thank you to all the dedicated individuals who bring it to life each week.

As lectors, we are not just readers, but we are messengers of God's Word, tasked with making **His voice heard in the hearts of His people.**

Shalen Dmello
Parish Liturgy Team



THE ORIGINAL ROCK



...AND ROLL



1. During the Easter Vigil, why do we light the Paschal Candle and what does it signify?

The Paschal Candle is one of the most important symbols in the Catholic Church, especially during the Easter Vigil. You must have noticed that the Easter Vigil begins in darkness to represent the world before Jesus rose from the dead. Then, a new fire is blessed, and the Paschal Candle is lit from it. This symbolizes Jesus bringing light, hope, and new life. Just as light removes darkness, The priest carves certain symbols on the Paschal Candle during this rite.

- A cross – Representing Jesus' sacrifice and victory over death.
- Alpha (A) and Omega (Ω) – The first and last letters of the Greek alphabet, showing that Jesus is eternal, the beginning and the end.
- The current year – A reminder that Jesus is alive and present today.
- Five grains of incense – Representing the five wounds of Jesus from His crucifixion (hands, feet, and side).

Once the Paschal candle is lit, its flame is shared with smaller candles held by the congregation. As the church fills with light, it symbolizes that Jesus, the Light of the World, has overcome darkness. The Paschal Candle is a powerful sign of Jesus' resurrection and his victory over death & darkness. This Easter as you light your candle from the flame of the Pascal candle, let it remind you of Jesus' everlasting presence in your life.

2. I keep seeing the terms IHS and INRI but I don't really know what they mean. Can you throw some light on it?

Surely. You may have seen the letters IHS and INRI in churches, on crucifixes, on the Host and even on priests' robes. These letters are abbreviations in Latin and Greek that carry important meanings

IHS – A Short Form for Jesus' Name.

- IHS comes from the first three letters of Jesus' name in Greek: IHΣΟΥΣ (Iēsous).
- Over time, it became a common symbol for Jesus Christ.
- Some also believe IHS stands for "Jesus Hominum Salvator," which is Latin for "Jesus, Savior of Men."

INRI – The Words on Jesus' Cross

INRI stands for "Iesus Nazarenus, Rex Iudaeorum," which means "Jesus of Nazareth, King of the Jews" in Latin. These words were written on a board and placed above Jesus' head when He was crucified. Pontius Pilate ordered the sign to be written in Hebrew, Greek, and Latin so everyone could understand it. Jewish leaders didn't like this title because they did not accept Jesus as their king, but Pilate refused to change it.

The Paschal Candle, IHS and INRI remind us of Jesus' sacrifice, victory over death, and His everlasting presence. These symbols are powerful ways to remember His undying love.

BORN IN CHRIST

30/11/2024	Serah	11/4/1-2, Bhawani Nagar
29/12/2024	Rouvel Sequeira	A/202, Mayur Plaza, Military Road
29/12/2024	Issac Dsouza	A/3/501, Lok Yamuna CHS, Military Road
11/01/2025	Nyla Renee D'costa	A/504, Eco Palms CHS, Marol Maroshi Road
22/02/2025	Maegan Chettiar	16/4/5, Bhawani Nagar
23/02/2025	Marie Vianney	Unit 22, Aarey Milk Colony, Goregaon (E)
23/02/2025	J. Felicia Madelyne	Unit 22, Aarey Milk Colony, Goregaon (E)
23/02/2025	Nicole Kari	138/1, Village Ward, Christian Gaon, Kurla (W)
01/03/2025	Isaac Derin	9/2/5, Bhawani Nagar
02/03/2025	Rachael Alex Cornelio	A1001, Park Royale, Military Road
02/03/2025	Isabella Rodrigues	M4, Minakshi Apartments, Vijay Nagar

MARRIAGES

29/11/2024	Daryl Peris & Estraiati D'costa	F/902, Manavsthal Heights, Military Road
19/12/2024	Rajiv Balan & Arunima Sinha	17/6/16, Bhawani Nagar
20/12/2024	Trevor D'Souza & Renita Moras	18/C/402, Bhawani Nagar
22/12/2024	Dylan Mathias & Elita Lobo	1/11, Blossom CHS, Military Road
22/12/2024	Jerome Pessa & Avril Saldanha	603, Ashok Nagar, Bldg No. 5, Military Road
26/12/2024	Brinsley Chhabra & Minette Fernandes	A/606, Jagdish Apts, Marol Military Road
28/12/2024	Melroy D'souza & Janice Mendonca	D/2/42, Vijay Nagar
29/12/2024	Clive D'Souza & Melisa Banz	B/101, Mayur Plaza, Military Road
02/01/2025	Jason Pereira & Michelle Fernandes	A/601, N. G. Complex, Military Road
11/01/2025	Henson Pillai & Evon D'souza	C/702, Corolla Jewel CHSL, Bamandaya Pada
18/01/2025	Dylan Mascarenhas & Kristen Soares	301/C/D6, Ashok Nagar, Military Road
02/02/2025	Vimalanath Betkar & Rachel D'souza	C Wing, 602, Daffodils, Bhawani Nagar
08/02/2025	Abner Monteiro & Frenzita D'souza	D/407/408, Lok Sarita, Military Road
16/02/2025	Merrick Fernandes & Ivy Fernandes	2/10/2, Blue Moon CHS, Bhawani Nagar
16/02/2025	Elaias Gomes & Patsy Lee	Flat 16, Pines Court, Victoria Drive, London

REST IN CHRIST

23/11/2024	Luiza Almeida	A/4/705, Lok Yamuna CHS, Military Road
25/11/2024	Catherine Balbina Coutto	11, Vijay Nagar Apts, Vijay Nagar
29/11/2024	Joseph Binny	14/3/9, Bhawani Nagar
11/12/2024	Sandnan Thangaraj	Unit no.20, Near IES School, Aarey Milk Colony
15/12/2024	Carmin D'souza	2/7/4, Bhawani Nagar
22/12/2024	Marey Paraira	Unit no. 19, Aarey Milk Colony
31/12/2024	Winnie Lobo	4/3, Blossom Society, Military Road
04/01/2025	Abraham Pinto	LT 31/4, Vijay Nagar
05/01/2025	Lorna D'silva	A/ 302, Tulip Park, Military Road
06/01/2025	Juliana Saldanha	D/4/402, Ashok Nagar, Military Road
08/01/2025	Vidhi Kolmi	135, D'souza Niwas, Room No. 7, Vile Parle (W)
09/01/2025	Stella Pinto	C/2, Mayur Apartments, Military Road
09/01/2025	Robert Dias	202/D, Nilgiri Apartment, Bamandaya Pada
10/01/2025	Wilfred D'mello	R. No. 47, Pipeline, Ramabai Ambedkar Nagar
11/01/2025	Nazareth Leitao	A/702, Riddi Siddhi, Military Road
12/01/2025	Francis Gomes	LT 14/23, Vijay Nagar
19/01/2025	Lorna D'sa	D/2. 603, C Wing, Ashok Nagar, Military Road
22/01/2025	Sebastian Martis	B1, Flat no.1, Sonal Vijay Premises, Vijay Nagar
29/01/2025	Samson Francis	B/108, Ellora, Marol Maroshi Road
12/02/2025	Terence Vaz	A/704, Blue Monarch, Military Road
14/02/2025	Clarence Negrel	601, Hill Queen Apartments, Bhawani Nagar
18/02/2025	Joyce Pires	302, C Wing, Shiwalik, Military Road
21/02/2025	Annette D'souza	1 /2 RB Gonsalves Garden, Marol Maroshi Road
24/02/2025	Ronald Pereira	6/4/2, Bhawani Nagar
08/03/2025	Irine Alvares	2/9/8, Bhawani Nagar