



Pallotti Notes

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



FALL INTO PRAYER



AUGUST 2024



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EMBRACING THE YEAR OF PRAYER

In preparation for the Jubilee Year “Pilgrims of Hope”, Pope Francis has designated 2024 as the **Year of Prayer**, with a particular emphasis on the ‘Our Father.’ Jesus’ prayer is the place where we perceive that everything comes from God and returns to Him. This presents our Church with a significant opportunity to revisit the basics of prayer and for us to become even more *a people of prayer*.

Someone once said that ‘*prayer doesn’t help our relationship with God, prayer IS our relationship with God!*’ and so when we become more devoted to prayer, we are building up that Divine friendship.

The theme of the Jubilee Year 2025 being ‘*Pilgrims of Hope*’ means that we should always be growing in our love of prayer on our faith journey. But the Year of Prayer also asks us to consider how we might help others to pray, so that they can experience a personal encounter with the risen Lord.

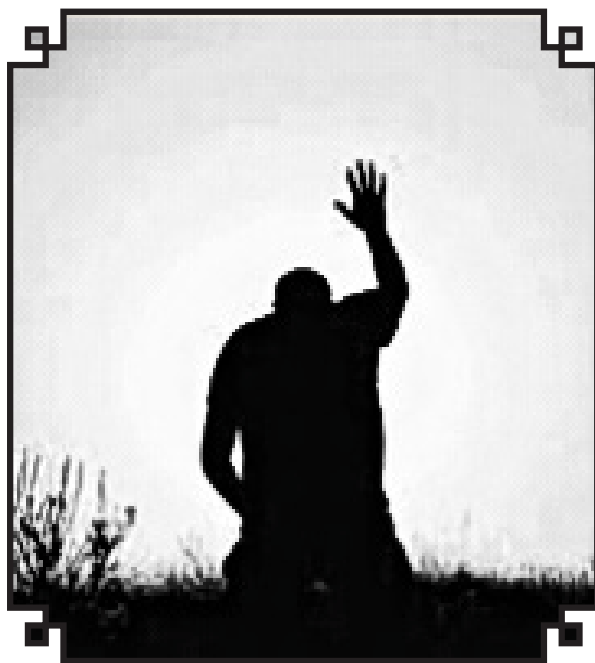
The Year of Prayer, as the Holy Father explained, is dedicated “*to rediscovering the great value and absolute need for prayer, prayer in personal life, in the life of the Church, prayer in the world.*”

Prayer is not a magic wand! It is not a rigid formula that, when repeated correctly gives the requested product, as in a business; In prayer, it is God who must convert us, not we who must convert God. As St. Teresa of Calcutta admits “*I used to believe that prayer changes things, but now I know that prayer changes us, and we change things.*” Yes, prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depth of our hearts and to renew ourselves.

As Pope Francis writes in the introduction to the first volume of the “*Notes on Prayer*” series: “*Prayer is the breath of faith.*” In the 17th century, our patron saint, St. Vincent Pallotti, had already declared that “*Our life is: To breathe God in and out. To find God in everything. To reveal God to all. To radiate the presence of God.*”

Let us kneel before the Lord. Let us Fall into Prayer. He who kneels the most stands the best.

Fr. Andrew Roshan Alva, SAC
Editor





THE EUCHARIST: THE HIGHEST FORM OF WORSHIP

The Eucharist stands at the heart of our Christian existence, nourishing our faith and inviting us to become living reflections of Christ's love and sacrifice. It is more than a ritual; it is a dynamic encounter with Christ, encapsulating the entirety of the Christian journey—from the celebration of the liturgy to the living out of our faith in daily actions. In the Eucharist, we are drawn into the very heart of God's love, a love that is self-giving and sacrificial. Through this Sacred meal, we participate in the Paschal Mystery, where Christ's passion, death, and resurrection become present realities, renewing and transforming us.

Celebrating the Eucharist is a profound expression of our faith, encapsulating the core of Christian worship. It is not merely about rituals but about genuine communion with God. In every Mass, we are reminded of Christ's sacrificial love and are invited to partake in the divine life. This participation transforms us, drawing us closer to God and to each other as a community of believers. The Eucharist is the ultimate form of worship that unites heaven and earth, offering a foretaste of the heavenly banquet, where we commune not only with Christ but with the entire communion of saints. This mystical union offers us a glimpse of eternal life.

Moreover, the Eucharist is a supreme act

of thanksgiving, for the word "*Eucharist*" itself means "*thanksgiving*." It reminds us to approach the altar with gratitude for God's boundless mercy and love. In receiving the Eucharist, we are united with Jesus, who empowers us to live out our faith in everyday actions. This sacrament is a constant reminder of God's grace, urging us to embody love, compassion, and forgiveness. Just as Christ offers Himself to us in the

Eucharist, we are called to offer ourselves to others. This self-giving love is manifested in acts of charity, justice, and reconciliation, reflecting the sacrificial nature of Christ's love. By living Eucharistically, we become bearers of Christ's presence in the world, transforming it through our witness.

For us at St. Vincent Pallotti Parish, the Eucharist is central to our worship and mission. It draws us together, uniting us in our shared belief and devotion. Whenever we gather for Mass, let us approach the Eucharist with reverence and awe, recognizing it as the highest form of worship. Let it renew our faith, deepen our love for God and neighbour, and guide us in our journey as Disciples of Christ.



Rev. Fr. Victor Martis
Parish Priest



ST. VINCENT PALLOTTI: A MAN OF PRAYER

When we think about prayer, our immediate impression is often that it involves asking God for specific favours or requests. But that is only one part of it. Prayer is not just an activity performed for a few minutes each day but is much more than that. St. Vincent Pallotti speaks of a life of prayer that explains this very essence to us more meaningfully.

Pallotti believed that a life of prayer is essential to be imitators of Christ. The life of our Lord Jesus Christ was a life of prayer. Pallotti was also well aware of how the devil can mislead us with strong and cunning temptations. Therefore, one must protect himself through prayer and spiritual recollection and be assured that God will protect you from evil or give you victory over it.

To constantly stay aware of God's presence, we need to have an interior recollection. This is achieved through solitude and silence which brings us closer to God. Even Jesus fasted, prayed and spent time in solitude and silence for forty days and showed us the necessity of the same which brings us to self-discovery. It reveals the kind of individuals we are and our sinfulness and misery begin to unfold before us. Our dialogue with God should be humble and honest, totally stripped of masks and pretences like that of the prayer of a tax collector that Jesus speaks of in the Gospel of Luke. This dialogue must not induce fear in us, but rather one that is a dialogue of Love in His presence.

As a young man, Pallotti was convinced that humble, continuous and trustful practice of prayer is the greatest, infallible

means of obtaining grace and divine blessing for our sanctification and of our Neighbour, which is the best form of prayer. For this reason, he prayed continually. Pallotti always stressed the necessity of linking together the life of prayer and the life of an Apostolate. Our works of charity are to

be rooted in our lives of prayer. Pallotti tried to induce in others the confidence he had in God. It is very helpful to remember what St. Francis de Sales believed: *"Sadness is a great hindrance to prayer, whereas joy, tranquillity and humility are a 'must' for true prayer."* It is only when praying becomes a way of life that we invite God to share every moment of our lives with us. The toughest challenge is to keep praying to God even though nothing seems to be changing.

True prayer must instil complete trust in God and unify his will to God's will. Jesus prayed very often and it did not take away the challenges he had to face. He encountered disciples who denied him, who misunderstood him and even betrayed him. It is strength and faith that truly sets us apart. To grow in grace, we need prayer to connect us with God and one another. Just like St. Vincent Pallotti, one must keep trusting in God even in tough times. He maintained unwavering faith in God despite societal oppression, affirming that prayer is divine work, not merely a human endeavour. Let us embrace the same spirit of prayer exemplified by our beloved Saint Vincent Pallotti.



Fr. Balraj, SAC

Asst. Parish Priest

Mary, the mother of Jesus, is an exemplary model of a prayerful life. She demonstrates the importance of communicating with God in all circumstances, showcasing her dependence on Him and her trust in His goodness. Two significant instances of Mary's prayer life that need to be pondered upon are - her prayer at the wedding in Cana and her prayer at Pentecost.

At Cana, Mary's prayer reveals her concern for others and her trust in God's provision. By turning to Jesus, she demonstrates her faith in His ability to meet the needs of those around her. At Pentecost, Mary's prayer with the disciples is a cry for guidance, strength, and empowerment to fulfil God's purpose. This prayer exemplifies her desire for a deeper connection with God and her willingness to be used by Him. These two instances of Mary's prayer life encourage us to cultivate a deep and meaningful relationship with God, relying on Him in all circumstances.

I joined the Legion of Mary at the age of eleven, and being a member of this group has instilled in me the deep importance of always communicating with God through prayer. As a junior, I accompanied senior legionaries on visits to families in our parish, including the sick, homebound, and bereaved. We also visited nursing homes, orphanages, and hospitals, a weekly assigned work for the group. Every visit reinforced the significance of prayer and service. I fondly recall times on our visits when we prayed together with families; it amazes me till day how one prayer can illuminate faith and light up faces with joy and hope. It was a touching experience and an inspiration to rely on God for everything. It helped me witness how God works through prayer and how God has created us with a plan

and a purpose.

These experiences taught me the importance of praying with others and praying for others, which is an integral part of the Legion. On our visits, we also encourage people to pray by providing structured prayers and speaking about various devotions, thus helping them grow closer to God. The response from people is overwhelming, as we currently have around 200 praying members in our parish, also known as auxiliary members. It's a great feeling to see how everybody is united through Prayer.

As quoted by St John Paul II, *"In prayer, you become one with the source of our true light – Jesus Himself."*

To Jesus through Mary.

Ave Maria!

Evon D'souza

Legion of Mary



Junior Legionaries
meetings are
conducted every
Thursday at 7:00pm

Senior Legionaries
meetings are
conducted every
Tuesday at 7:30pm

The Catholic Charismatic Renewal (CCR) in the Catholic Church began in 1967 when, at a retreat at a university in the USA, some college students spent a weekend in prayer asking God to allow them to experience the grace of both Baptism and Confirmation. At that weekend they had a powerful and transforming experience of God which came to be known as Baptism in the Spirit. This movement spread to almost every country of the Catholic world and has thus impacted millions of Catholics.

One of the goals of the CCR is to help Catholics rediscover the beauty and power of prayers. The CCR has helped members rediscover the power of prayer, both collective and personal, with special emphasis on the prayer of praise and thanksgiving, faith-filled intercession and personal prayer.

I experienced the divine embrace of the Lord when I was prayed over during the Baptism of the Holy Spirit. This God experience led me to attend the prayer meeting every week in every place that I relocated for work. On returning back to Mumbai, I was happy to join the Vinpal Charismatic Prayer Group in our parish and be a part of the praying community. At the Prayer meeting, we sing with joy, we raise our voices and hands in praise, we clap and dance with gladness unto our God, who is mighty in power and glorious in holiness. We have seen members being filled with peace. We have witnessed ailments getting cured and bondages being broken when we praise our God in prayer and song and worship Him in silence. This experience draws me to invite more and more parishioners to come and have a personal encounter with the Lord.

At the Prayer meeting, a Petition Box is made available for members to put their prayer

requests. We have seen the wonders of the Lord as we pray over the Petition Box at the end of every meeting. Members come forth with testimonies of the answered prayer. This has helped strengthen my faith in our merciful, faithful God who cares for His people.

I look forward to every Monday when I can join with my sisters and brothers to praise and worship the Lord and be nourished by His Word.

Member

Vinpal Charismatic Prayer group

Prayer meetings conducted by Vinpal Charismatic Prayer Group is held every Monday at 7:30pm after the evening mass in the church.





ACTIVITY REPORTS – MAY TO AUGUST 2024

Legion Of Mary (LOM)

- Conducted the Rosary at the grotto in the month of May.
- Contacted Parishioners after mass on 15th May i.e. 'Edel Quinn' Day and spoke about the involvement in the legion and asked members to pray for her beatification.
- Visited the residents of the Home for the Aged and engaged with them by spending time, Feeding them and singing action songs.
- Made people aware of the Enthronement of Sacred Heart of Jesus. Two families of the parish have enthroned their house.
- June and July months were spent in the recruitment of members for the LOM. The legionnaires contacted the children and youth through Sunday school and visitation of homes.

Society of St.Vincent De Paul (SSVP)

- Undertook House Repair works for an Adopted Family (Mrs. Soni Rathod) in Poomeri Nagar, Aarey Colony.
- Completed the House Reconstruction of an Adopted Family (Mr & Mrs Priyanka & Balakrishna) at Pump House, Aarey Colony.
- Distributed Tarpaulin sheets to 9 Adopted Families to safeguard during monsoons.
- School fees paid for the children of SSVP adopted families and needy parishioners and College fees for 2 students of the SSVP adopted families.
- Rehabilitated a 74-year-old destitute Muslim Woman into the Home for the Aged at Mahakali managed by Little Sisters of The Poor.
- 08 June to 09 June – organised a Mega health check-up camp in association with Dr Lal PathLabs at AK Diagnostic Centre (Marol). Full body health check-up was offered at concessional rates.
- 30 June – 18 members visited Shanti Bhawan (Old Age Home) at Kalyan - Managed by SSVP. The Eucharist was celebrated by Fr. Balraj followed by a fellowship meal and interaction.
- 08 July – 12 members attended a Recollection organised for the SSVP conferences of Andheri East at Divine Child School Hall from 8.30am to 4.00pm. The topic for the recollection was Service, Prayers, Commitments & Unity.
- 21 July – Organized a Dental Camp with the Doctors from our Parish & Children Health CheckUp Camp with Doctors from SevenHills Hospital. 58 people attended it.
- 28 July – Visited the Home for the Aged at Mahakali. The visit included a fellowship meal and games with the inmates.

The Vinpal Charismatic Prayer Group

- 18 May to 19 May – Conducted a Pentecost Night Vigil which was attended by over 250 parishioners. The Night Vigil included talks on ‘Repentance & Forgiveness’ and ‘You will be filled with power when the Holy Spirit has come upon you’. There was also a time of ‘Infilling of the Holy Spirit’ during which many experienced healings. The Vigil concluded with the Holy Eucharist. Members also celebrated the birthday of the church with fellowship and agape.
- Eucharistic Adoration was conducted on the last Mondays of the month. During the past three months the themes were ‘I thank you, who wonderfully made me’, ‘Faithfulness in little things’ and ‘Come to Jesus’.
- On other Mondays there were talks with topics covering Charisms, Beatitudes, Importance of the Holy Spirit in the life of a Christian, Fruit of the Holy Spirit, our Identity as Children of God, Intercession, Honouring Vianney: celebrating the priests in our life and Jesus the Bread of life.

Missionary Families for Christ (MFC)

MFC has a teaching talk for its members on the 1st Saturday of every month. Household meetings for Couples and Handmaids are held every month in individual households. A Chapter Assembly of all households is held on the last Saturday of the month for sharing testimonies and fellowship. KFC (Kids for Christ) also have their meetings in the Church.

- 22 June – Kids for Christ session
- 23 June – Young Couples Care Session. Theme - Making Great Choices Together
- 21 July – Organised a Seminar on Money Matters. The speaker was Vincent D’souza from Sacred Heart Parish having experience in the insurance industry. 48 parishioners attended it.
- 28 July – 44 MFC members attended the couples conference at Goregaon Seminary on the theme – Unchanging God.

Youth Group

- 9 June – First youth mass of 2024 was held. The theme was ‘Discernment – Being Real Before Oneself, Before Others, and Before God.’ 90 youth members attended it. After the mass, a youth meeting was held to discuss the youth calendar for the year.
- 30 June – Organised ‘Monsoon Dhamaka’ which had 60 youth participants.
- 21 July – The second youth mass of the year took place on the theme ‘G.O.A.T’ – God Of All Time. 60 youth members attended the mass. This was followed by fellowship and dinner.
- 28 July – Organised Parents & Grandparents Day highlighting the theme ‘Threads of Togetherness’.
- 04 August - Outreach activity to be organised by the youth NYG leaders following the theme ‘Unity in service’. As a part of social outreach, the Youth donated the profits from last year’s Christmas Bazaar to a family, helping their child with autism therapy.
- 11 August – Paper drive
- 25 August – Trek to be organised for the Youth.

Altar Servers

- 16 June – Reopening Day of Altar Servers
- 14 July – Visited the Archdiocesan Heritage Museum
- 21 July – Organised the Splash Carnival water games for the altar servers.
- 18 August – Deanery Faith Formation hosted by our Parish

Senior Citizen

- 15 June – 50 seniors visited the Pallottine Missionary Sisters – Home for the Aged at Rasayini.
- 07 July – Committee members visited the Little Sisters of the Poor – Home for the Aged at Sher-E-Punjab, Mahakali.
- 08 July to 13 July – Committee members visited 40 homebound & bedridden parishioners to wish them on the occasion of Grandparents Day.
- 26 July – Observed as Elders Day. Offered a Thanksgiving Mass at 7.00pm and cakes were distributed to the congregation.

Inter-Religious Dialogue Cell

- 17 June – Visited the Muslim Community at their mosques viz. Ahle Sunnat Jama Masjid Ahle Hadees, Marol Village and the Saifee Masjid, Bohri Colony, Marol, to wish them on Bakri Eid.
- 19 July – Conducted half an hour Adoration. Theme - 'Faith over Fear'.
- 20 July – Attended Panel Discussion on 'Peaceful Coexistence in multi-cultural Societies, at the Institute of Indian Culture, Mahakali, organised by Inter-Religious-Solidarity Council (IRSC).
- 21 July – Organised the Guru Purnima Celebration for teachers of All Faiths, presently teaching in schools and colleges and residing within the boundaries of our parish.
- 25 August – Panel Discussion to be held at our parish. Topic: Salvation - Life after Death.

Bible Cell

- Mario Mendes from St. Anne's Church, Bandra on the timeline of the Bible and the different methods of studying the Bible effectively.
- 04 July – Introduction to Prophet Isaiah was given by Fr. Michael D'Cunha from St. Pius Seminary, Goregaon. Regular classes on Prophet Isaiah commenced from 11 July onwards and are conducted by the Bible cell teachers.

Sunday School

- 15 June – Catechists attended a session by Fr. Benhur Rodrigues on Devotion and Piety.
- 30 June – Catechists attended the Deanery Recollection at Holy Family Parish on the theme 'Teach us to Pray' in preparation for the Jubilee Year 2025.
- 28 July – Performed at the Parents & Grand Parents Day celebration.

- 11 August – Organised Inculturation Eucharist at 9:15am children’s mass.
- 30 August to 08 September – Organising the Nativity Novena in honour of our Blessed Virgin Mary. Theme – Mary, teach us to Pray.

Day	Day	Date	Offering
1	Friday	30-Aug-2024	Rice
2	Saturday	31-Aug-2024	Money
3	Sunday	01-Sept-2024	Dal
4	Monday	02-Sept-2024	Cooking Oil
5	Tuesday	03-Sept-2024	Soap
6	Wednesday	04-Sept-2024	Dal
7	Thursday	05-Sept-2024	Money
8	Friday	06-Sept-2024	Rice
9	Saturday	07-Sept-2024	Tea Powder

SENIOR CITIZEN VISIT TO NISHKALANKA SEVA HOME

In a world that is constantly moving forward, we often overlook the wisdom and experiences of the older generation. Once vibrant and independent, they now find themselves grappling with loneliness and neglect. It is essential to remember that they are the living repositories of our history and culture. 50 senior citizens of our Parish embarked on a visit to Nishkalanka Seva Home, an Old Age Home run by the Pallottine Missionary Sisters at Rasayani on June 15, 2024. What unfolded during this humbling journey left an indelible mark on our hearts, changing our perspective on life and the importance of cherishing every moment.

As I stepped through the doors of the Old Age home, I was immediately struck by a mixture of emotions, anticipation, curiosity and a touch of anxiety. Engaging in conversations with a few of the elderly staying there, proved to be an enlightening experience. Each person had a unique story to share, filled with tales of love, loss, triumphs and hardships. Their narratives transported me to a different era, where life seemed simpler, yet filled with challenges. Their memories became living testimonials to the resilience of the human spirit, reminding me of the strength that lies within us.

As I left the Old Age home, my heart was heavy with a mix of gratitude and introspection. I realized that we often take the presence of our loved ones for granted, assuming they will always be there. However, the reality is that time is fleeting and moments with them are a precious gift. This visit taught me to cherish the relationships I have and to make every effort to connect with the older generation, learning from their experiences while creating lasting memories.

Jerome Martis

Senior Citizen Association

GURU PURNIMA: A PRAYER TO THE GURU


Guru Purnima is a blessed occasion to offer and observe deep gratitude, love and loyalty to one's guru or mentor. This festival also encourages introspection on one's spiritual journey. With this understanding, the Inter Religious Dialogue Cell (IRDC), for the first time, invited teachers of different religions from our parish area for an appreciation program in the church hall on July 21, 2024 on the occasion of Guru Purnima. In addition, Fr. S. M. Michael, the Chairman of the Bombay Archdiocesan Commission for Inter-Religious Dialogue, and some members from the commission were also present.

The program started with the lighting of the Samai by our Parish Priest Fr. Victor, Fr. Michael, and one teacher each from each faith present - Hindu, Muslim, Sikh and Catholic. This was followed by a prayer service to understand the relation between guru and shishya (disciple) as mentioned in the Holy Books. Specific scriptures highlighting this holy relation and its explanations were read out by the teachers from the different Holy Books. Fr. Michael gave a short talk emphasizing the relationship of guru and shishya in the present-day context. This led to a short discussion by the teachers on this topic, highlighting the challenges and the changes faced by them in this time and age.

To foster fellowship, games were played that were thoroughly enjoyed by the teachers, followed by some delicious snacks. Each teacher was given a small memento from the IRDC. All in all, it was a nice evening of learning, discussion, games and making new friends.

Asmitha Vaz

Inter Religious Dialogue Cell



**Teachers Day is celebrated on
05th September in India
Vinpal Family wishes all the Teachers,
Catechists and Faith Formators a very**

Happy Teachers Day



A FAMILY'S JOURNEY THROUGH PRAYER

“A Family that prays together, stays together.” These profound words attributed to Father Patrick Peyton underscore the transformative power of prayer in uniting families in faith and love. For many of us, this saying resonates deeply, reflecting our own experiences or aspirations. Yet, amidst the busyness of life, how many of us truly grasp the significance of togetherness through prayer?

Jesus' words, *“Where two or three are gathered in My name, there I am,”* echo throughout the Bible. The power of prayer has been shown to help raise the dead, calm the storm, heal the sick and even bring water out of a rock. What makes family prayer particularly beautiful is its ability to unify people towards a singular purpose and provide a platform to praise God and seek His guidance. In moments of spiritual crisis, such as when the Israelites strayed from God, prayer served as a pathway to repentance and reconciliation. Moses, through communal prayer, facilitated God's forgiveness despite their worship of false idols.

Both before and after performing miracles, Jesus always gathered His followers to pray, even though sometimes they lacked faith. This act embodies two critical lessons. Firstly, praying together, regardless of personal challenges or schedules which demonstrates a commitment to be in the presence of each other at a particular time of the day. Secondly, as a family, we commit at least one moment in the presence of God, just like our ancestors did, and this pleases our Father in Heaven. Despite the challenges posed by time constraints and other obligations, family prayer offers a spiritual refuge during moments of loneliness

or uncertainty.

When I was young, my family endured financial hardships. For us to manage, someone suggested putting my sister and me into a boarding, which would split our family. But my father resisted, reiterating the words, *“A family that prays together, stays together”*. Amidst cramped living conditions, in a single room in my uncle's house, the recitation of the rosary and nightly prayers became a cornerstone of our spiritual resilience. Most of the time my sister and I did not like it, and I silently rebelled. However, on reflection, these prayers laid the foundation for understanding, compassion, and eventual prosperity within our family - a testament to the transformative power of family prayer.

Family prayer represents more than just a ritual. It serves as an opportunity to nurture the spiritual and emotional well-being of each family member. It provides a safe space for sharing concerns, celebrating blessings, and fortifying faith. In today's fast-paced world, family prayer serves as an anchor, grounding families in love and unity.

Practical tips that can be followed for fostering family prayer -

1. Fix a time that accommodates all members and stick to it, even if virtual participation is necessary due to work commitments.
2. Our prayer books provide guidance but do not necessarily bind us. Prayer can be a free form expression or singing or even a conversation with God and the whole family. Let everyone lead a new format every now and then and you will find that each one wants

to be included and no one will miss family prayer.

3. Make intentions and thanksgiving a part of the prayers.

Joining community groups like the family cell, MFC or actively participating in zonal activities further enriches the practice of family prayer, fostering a sense of belonging and mutual support. When we say that we want to be a united family in faith, God gives us opportunities, to bring the family together in prayer. Through concerted effort, families

discover peace and harmony, reaffirming their commitment to love and spiritual growth. It is in those moments that the Trinity is truly in our midst.

Darryl Furtado & Corina Larive Futardo

Missionary Families of Christ (MFC)

THE FAMILY THAT PRAYS TOGETHER.. STAYS TOGETHER.





A HEARTFELT WELCOME

In June we bid Farewell to two of our dynamic priests - Fr. Lodovico Godinho and Fr. Jeevan Liston Dsouza - and we welcomed in our midst Fr. Balraj and Fr. Andrew Roshan Alva. Let's get to know a little more about them.



Fr. Andrew Roshan Alva

We are delighted to welcome Fr. Andrew Roshan Alva to our parish community. Fr. Andrew was born on April 4, 1987 and comes from a devoted family, with a younger sister who is a nun and a younger brother who is thriving in his career. Fr. Andrew was ordained on May 5, 2016.

After his ordination, Fr. Andrew worked as assistant parish priest and teacher in the school in North Karnataka for 3 years. his last posting was as a Principal at St. Vincent Pallotti College, Bangalore where he spent 5 fruitful years. Fr. Andrew holds both an M.A. and a B.Ed. degree, which have greatly enriched his pastoral and educational approach. He has diverse hobbies which include playing the keyboard, singing, listening to music, giving inspiring talks, reading books, and engaging in various sports. We are excited to see how his talents and passions will enhance our parish life.



Fr. Balraj

This is Fr. Balraj's second stint in our Parish and we are thrilled to welcome him back in our midst. Born on December 12, 1987, Fr. Balraj was raised in a loving family with his parents, two brothers, and two sisters, which has profoundly shaped his compassionate and nurturing approach to ministry. Fr. Balraj has always been deeply connected to his faith and family. He answered his calling and was ordained into the priesthood on August 5, 2016.

Fr. Balraj is academically inclined and has also recently completed his M.A. in Philosophy from Goa University with flying colours. His last posting was St. Joseph's Church in Nadiad, Gujarat. In his leisure moments, Fr. Balraj finds joy and inspiration in reading books and listening to music. His love for these activities not only enriches his own life but also brings a unique and heartfelt touch to his pastoral care. We are excited to embark on this new journey with Fr. Balraj and look forward to the many ways he will inspire and uplift our community.



YOUTH GROUP



SENIOR CITIZEN



MFC



BIBLE CELL



SUNDAY SCHOOL



PRAYER GROUP



INTER RELIGIOUS DIALOGUE CELL



ALTAR SERVERS



LEGION OF MARY



NAVIGATING SIN THROUGH PRAYER

We often find ourselves captivated by sin. Irrespective of our intentions, it is our responsibility to understand the impact of sin on our lives. As youth entering the real world, we encounter several temptations. In college, I witnessed many classmates succumbing to addictions in the quest to fit in and I was no exception. Initially, I struggled with this form of peer pressure; my conscience warned me that it was wrong. But the urge to explore and experiment had a stronger hold over me and other students in college.

In my efforts to keep away from sin, I distanced myself from my friends. I also found myself neglecting the people around me, ignoring their emotional needs and struggles. I was so caught up in my own life that I didn't take the time to listen, care, or show compassion. Emotions slowly faded until I realized that I was all alone, with no love or people to care for. I couldn't think straight and had problems deciding who were "good people" to be around.

Fortunately, I found a mentor who introduced me to the path of prayer. He made me realize that I was falling into sin by judging and distancing myself from my friends who were in need. Prayer gave me the strength and wisdom to help them.

The fear of being judged by others also pushes us towards sin. Often, we lose our true selves and diverge from the path that God has paved for us. I had lost my own identity in the fear of being judged. The youth today face the same temptations and fall into sin, but even a small light of prayer can bring them back to God. When I started treating God like my best friend who stood by my side and spoke to Him

in prayer, I was brought back to the gift of life and felt really close to God.

By uniting with Him in prayer, I found people to live for and to love. Prayer taught me not only to love God but also the people He created around me. With each step of repentance for every committed sin, I felt the weight of my guilt lifting and the warmth of God's love falling over my shoulders. I experienced the forgiving and transformative power of the Lord as He changed my life.

Anselm Mascarenhas
Youth Group



While school and college life are exciting, it can also seem overwhelming. Amidst the academic pressures, we may find ourselves anxious and stressed. Our parents repeatedly remind us to pray before exams, and we may comply, without understanding the power of prayer. Having completed standard 10th, I would like to share my experience of falling into prayer.

Firstly, prayer spiritually enriches our lives and helps us maintain a healthy relationship with God. Just as one goes to the doctor for checkups to maintain their health, a person needs to pray to be spiritually healthy. During the year, I was academically and spiritually faithful. I focused on my studies, as well as attended Sunday school classes and the Eucharist regularly. *"For with God nothing shall be impossible."* (Luke 1:37)

Personally, prayer has helped me focus on my studies and learn better. During my exams, I sought God for wisdom every morning. My reliance on God reduced my worry during the boards. I dedicated my efforts to Him, and I was much more confident while attempting my exams. Students must dedicate themselves to their studies while trusting that God will guide and support them. Prayer provides strength and clarity, but hard work and perseverance are essential to succeed.

A student's life is often scheduled down to the very last minute – tuitions, examinations, and projects. In this buzz, spending time with God is vital. In silence, I was better able to reflect on my day and share my struggles and triumphs with God. I surrendered everything to Him.

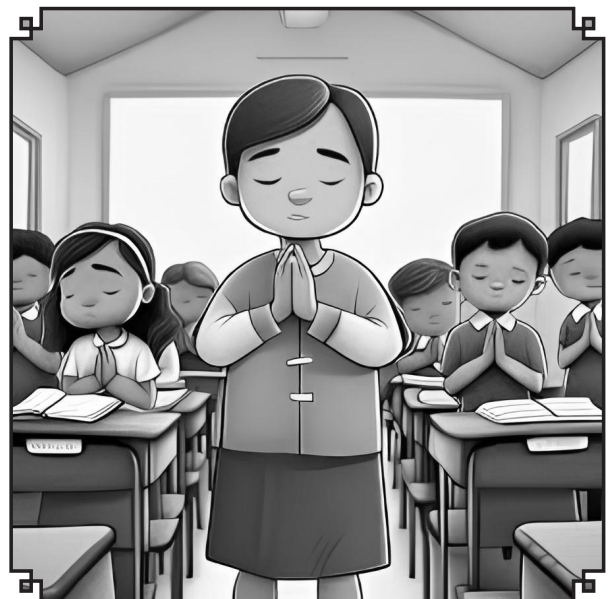
Every student attempting their boards finds

themselves at crossroads while choosing a career or college. Regular prayer can help students make the right decisions that are in alignment with God's plan for them. The Holy Spirit will reveal God's plans to you.

It also develops mental strength. When you are down, you can rely on God to lift your spirits. In student life, setbacks such as bad grades and rejections are common, and prayer can help one get through these situations, providing comfort in tough times.

In conclusion, prayer plays a key role in a student's life, connecting them with God helps navigate academic challenges with greater peace, clarity, and strength. Whether it is a moment of silent reflection or a communal gathering, the practice of prayer can profoundly enrich the student experience, nurturing the mind, body, and spirit.

Rafael Pereira
Vinpal Sunday School





PPC AND HOA DETAILS

VINPAL PARISH COUNCIL EX-OFFICO

SR.NO.	NAME	CONTACT NO.
1	Fr. Victor Martis SAC	9110887640
2	Fr. Andrew Alva SAC	9372506248
3	Fr. Balraj SAC	8754360059
4	Sr. Catherine	8111829863
5	Sr. Sheela Jose	9819158680
6	Sr. Elsamma	7045410408

ZONAL HEADS

SR.NO.	NAME	COMMUNITY	CONTACT NO
1	Neychelle Rodrigues	St. Paul	9702145763
2	Dimple Pillai	St. Francis of Assisi	9820616889
3	Allan Pinto	St. Sebastian	9004455590
4	Felicia Fernandes	St. Francis Xavier	9769260032
5	Cecilia D'souza	Holy Family	9930700347
6	Judalene	St. Patrick	9819099817
7	Elwyn D'souza	St. Theresa of Jesus	9819027131
8	Anita Castellino	St. Lawrence	8879507248
9	Francisca Aranha	St. Peter	9833849805
10	Juliet Mascarenhas	St. Anthony	9892036473
11	Jennifer Rodrigues	St. Ignatius of Loyola	9833741206
12	Ilens Barretto	Our Lady of Mount Carmel	9833243554
13	Shoba Tauro	St. Teresa of Calcutta	8082081122
14	John Nair	Christ the King	9820222057
15	Meena Dias	St. Jude	7021146918
16	Catherine Joy Peter	St. Stephen	8879753003
17	Santosh Stephen Concesso	St. Bonaventure	8879753003
18	Shalen Dmello	Our Lady of Lourdes	9820569682
19	Allwyn Montiero	St. Joseph	9930843555
20	Lydia D'Souza	Ave Maria	9833003344
21	Shirley Menezes	Don Bosco	9820209584
22	Max Gomes	St. Michael	9821632745
23	McShane Pereira	Infant Jesus	9324725384
24	Adrian Pereira	Rose of Sharon	9820177532
25	Darryl Furtado	Sacred Heart	8888657868
26	Rohini Parkhe	St. Thomas	9594348123
27	Prabakaran	St. Mary	9080558796
28	Arvin Albert	Velankanni	8369247117
29	Tamil Selvan	Poomeri	9969181567
30	Precilla Rebello	SCC Coordinator	9821930664

ASSOCIATION HEADS

No.	Association/Cell	Leader/Coordinator	Contact	Spiritual Director
1	PPC Council	Neychelle Rodrigues (V.P)	9702145763	Fr. Victor
2	Sunday School (I-XI)	Rachel Dlima	9821999247	Fr. Victor
3	Senior Citizens	Jerome Martis	8108320642	Fr. Victor
4	Pre-Baptism Catechism	Caroline D'Souza	9322136602	Fr. Victor
5		Rudy D'Souza	9820003372	Fr. Victor
6	Civic & Political Cell	Anand Lobo	9820200025	Fr. Victor
7	Ushers	Jacob Fernandes	9821916518	Fr. Victor
8	Choir	Denver Pinto	9820641456	Fr. Victor
9	Community Fund	George Rodrigues	9820346119	Fr. Victor
10	Inter-Religious Dialogue IRD	Melissa Nair	9821265090	Fr. Victor
11	Divine Mercy	Flavia D'Souza	9867114606	Fr. Balraj
12	Prayer group	Janet Pinto	9223243974	Fr. Balraj
13	Altar Servers	Shirley Kolankannie	9833294746	Fr. Balraj
14	St. Vincent. de Paul	Noel Fred	7304636470	Fr. Balraj
15	Bible Cell	Vernon Fernandes	9821475161	Fr. Balraj
16	SCC Steering Committee	Precilla Rebello	9821930664	Fr. Balraj
17	Afternoon Tuition	Doreen Nunes	9833032634	Fr. Balraj
18	Missionary Families of Christ	Leslie Monteiro	9820964607	Fr. Balraj
19		Anita Monteiro	9833110057	
20	Vinpal Youth & PYAT	Liane Pinto	70451 31611	Fr. Andrew
21	Pallotti Notes Editorial Board	Fr. Andrew	9372506248	Fr. Andrew
22	Legion of Mary	Shalini Victor	9004010904	Fr. Andrew
23		Lizyanne Arul	9769436723	
24	Liturgy	Shalen D'mello	9820569682	Fr. Andrew
25	Eucharistic Ministers	Catherine Rodrigues	7738064890	Fr. Andrew
26	Family Cell	Ralman Pereira	9820725626	Fr. Andrew
27		Weberney Pereira	9820443276	
28	Women's Cell	Saritha Heredia	9820598015	Fr. Andrew
29	Creative Team	Shalen D'mello	9820569682	Fr. Andrew



I sometimes hear the letters ‘CCC’ during sermons and talks. What is the CCC?

The CCC is the short form for the Catechism of the Catholic Church. It is a guidebook that was first published in 1992 and commissioned by Pope John Paul II. The CCC explains the faith, beliefs, sacraments, how to live a moral life, and the importance of prayer covered under these four main sections:

1. The Profession of Faith breaks down the Apostles’ Creed, which is a summary of Catholic beliefs. It covers topics like God (the Trinity), the Church, and the communion of saints (the idea that all members of the Church, alive and dead, are connected).
2. The Celebration of the Christian Mystery explains the sacraments, which are special ceremonies where Catholics receive God’s grace. It explains how these sacraments are celebrated and why they’re important, especially the Eucharist (Communion).
3. Life in Christ explores how to live according to God’s commandments and Jesus’ teachings. It covers virtues (good habits), the Ten Commandments, and the Beatitudes.
4. Christian Prayer teaches us all about prayer. It explains different types of prayer, focusing on the Lord’s Prayer (Our Father) and why prayer is essential for a strong relationship with God.

The CCC is used by priests, teachers, and regular people to understand and teach the Catholic faith. Any question you may have about the Catholic faith, you will get an answer in the CCC. You will find a copy of the CCC in the parish library, or you can find it online on www.vatican.va.

My family prays the rosary daily, but I find it difficult to focus. What should I do?

Praying the rosary with your family is a beautiful tradition, but it’s normal to find it hard to concentrate sometimes. Here are some tips to make the Rosary more focused and meaningful.

1. Get involved: Help set up the altar, light candles, and choose hymns. Talk to your family prayer leader (like your parent/grandparent) about your desire to lead the rosary. These small actions can make you feel more involved and ready to pray.
2. Pray the rosary out loud: It is easy for the mind to wander when we murmur the prayers. Announce the mysteries and say the prayers loudly and with purpose.
3. Involve your senses: Holding the rosary beads and feeling their texture can help keep you grounded in the moment. Moving from bead to bead can also keep your mind engaged.
4. Thanksgiving and Intentions: Use the family rosary time to give thanks for blessings and each family member can share something they’re grateful for. You can also try praying for a different intention for each decade or bead. This makes the rosary more personal and meaningful.

Remember, it’s okay if your mind wanders. Gently bring your focus back to the prayer without getting frustrated. The goal of the rosary is to get closer to God by thinking about the lives of Jesus and Mary and that takes practice and patience. Don’t let distractions discourage you from praying the rosary.



BORN IN CHRIST

03/03/2024	Esther Mendonca	B/404, Marol Hill View, Military Road
17/03/2024	Evaan D'souza CEO	CP-95, Sai Seva Rahiwasi Sangh, Aarey
31/03/2024	Ethan Arthur	A/8/34, Vijay Nagar, Marol Maroshi Road
31/03/2024	Adam Emmanuel	Unit No. 20, Poomeri Nagar, Aarey Milk Colony
31/03/2024	Alison Anbumani	Unit No. 22, Aarey Milk Colony, Goregaon
31/03/2024	Manisha Anthony	101, Durga CHS, Marol Military Road
31/03/2024	Rishabh Agarwal	602, Mira Apts, Marol Military Road
21/04/2024	Rynelle Naomi Lobo	A5/205, Lok Yamuna, Military Road


MARRIAGES

26/03/2024	Clates Anthony and Manisha Naskar	101, Durga CHS, Military Road, Marol
07/04/2024	Joel Mario Pegado and Riya Potdar	E/12, Sai Nagar, Opp. Bhawani Nagar
20/04/2024	Sunil Henry D'Souza and Diana D'Mello	B/208, Athri Highlands, Karkal
13/05/2024	Brian Lawrence and Divya	Unit 22, Aarey Milk Colony


REST IN CHRIST


09/03/24	Veronica Cardoza	B/404, Jagdish Aptartments
23/03/24	Jose Pereira	Blossom CHS, Military Road, Marol
08/04/24	Thomas Anthony Dias	11/3/10, Bell Haven, Military Road, Marol
16/04/24	Ligory Lawrence Salis	18/A/502, Zenith Hsg Society, Bhawani Nagar
21/04/24	Clara Coelho	J/604 HJK, Lokdarshan CHS
22/04/24	Cyprian Mascarenhas	A1/1, Raja Vijay CHS
23/04/24	Carol Rose Santwan	1/2, Blossom CHS, Military Road, Marol
23/04/24	Peter Sequeira	A/401, Neel Sarovar, Military Road, Marol
16/05/24	Anil Gopi Rosario	13/3/9, Orchids CHS, Bhawani Nagar
20/05/24	Joseph Cyril Gonsalves	16/3/1, Andheri Hill View CHS
25/05/24	Monte Maria Rodrigues	7/5/8, Hill Crest, Bhawani Nagar
06/07/24	Lawrence Menezes	A/202, Crystal Enclave, Military Road

WHEN SHOULD I PRAY?




At bedtime








First thing in the morning




At mealtime








When I am happy



When I need something

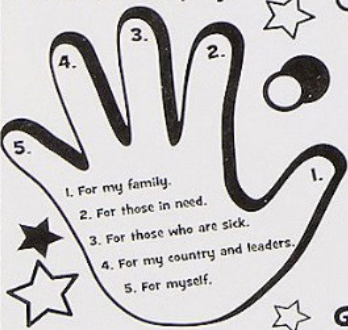


When I am scared



When I am sad


My five fingers help me every day, to remember those for whom I can pray.



1. For my family.
2. For those in need.
3. For those who are sick.
4. For my country and leaders.
5. For myself.

Write your own prayer:

Give thanks to the Lord each day!



Anytime to pray is right!

Click a picture and send it to your catechist after completion