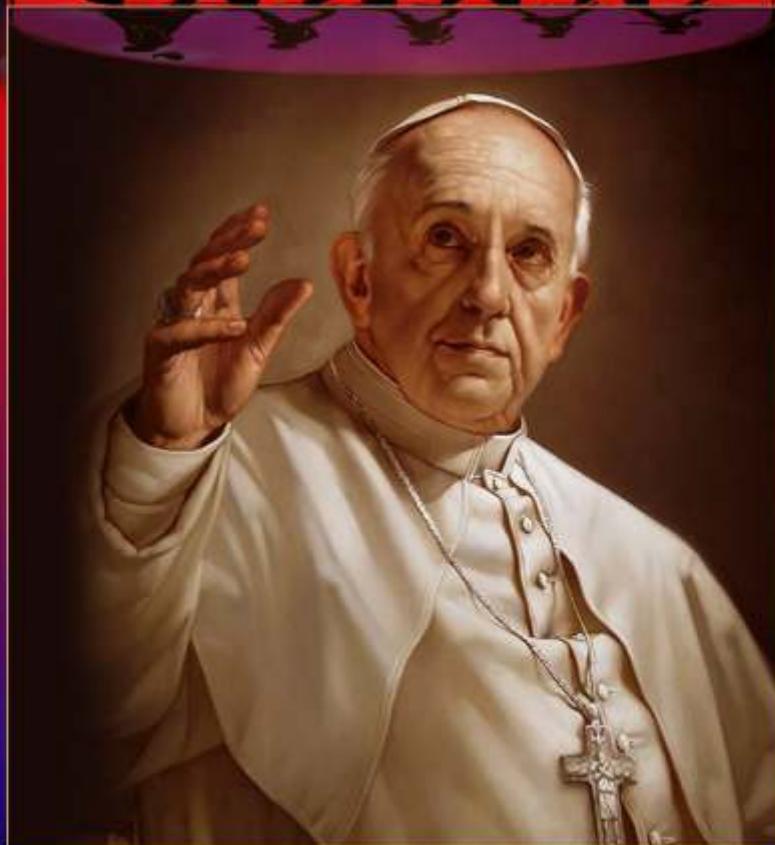


Pallotti Notes

April 2020

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



"Christ is alive and he wants you to be alive!"

Christus vivit



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The stone was rolled away, the shroud lay there
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Now, we are an Easter people And Hallelujah is our song!

Happy Easter

to you and your families, dear parishioners.

From The Parish Team





'Education is the more POWERFUL WEAPON WHICH CAN USE TO CHANGE THE WORLD.'

A Note of Gratitude

The Vinpal study class was opened in the year 2008 by Rev. Fr. Anto and a few parishioners like Mrs. Jennifer Chavan, (Sunday school teacher in our parish from 1989), Susheel Regis and Gracy Victor, were pioneers in supporting him, in his endeavor to uplift the poor students of our parish whose parents could not afford private tutoring for their children. It was a small beginning with a handful of students of the primary section which today has blossomed into classes up to standard X.

Jennifer Chavan, has been a motivating force for the steady growth of our Vinpal classes, in spite of she having a job in Divine Child School. She whole heartedly volunteered to reach out to our students, who looked upon her with awe and respect for guidance and support in their curriculum. Mr. Anil her husband gives his time to teach Marathi and Hindi. Both clubbed together were like foster parents to our students, who needed right guidance in their lives. Due to their hard work and sacrifice today many of our students are in Degree Colleges flourishing academically and are excelling in life too.

Jennifer, also supports the teachers with encouragement and the parents were sounded with good advice on bringing up their children with right values. She also taught good manners and Christian values. Jennifer is multi-talented a Bharatanatyam dancer and also a excellent singer when a need arises. She works in the parish office from 6.30 pm to 9 pm after her tuition with our students and also teaches confirmation class to our youth.

Last month it was like a shock, when Jennifer and Anil told us of their plans to move to Goa, due to her health issues and for the sake of the family. While we can't overlook her contribution to this Vinpal study class, we pray that all goes well with her in the new place. With grateful hearts we will continue to remember you and your dedication for our study class and the Parish. Wish you all the best in your new home.

Rovena Monteiro



Christus Vivit – in Gist

“Christ is alive, and He wants you to be alive,” Pope Francis wrote in the opening of his apostolic exhortation to young people of the world to those who minister among them and the entire people of God. The Pope added, “Jesus is our hope, and in a wonderful way he brings youth to our world, and everything he touches becomes young, new, full of life.” This exhortation will stir up all who seek a newness of life in the promise of Christ's Resurrection. *Christus Vivit* the apostolic exhortation of Pope Francis is vital for all who live out their vocation in the Church and their mission in the world.

In a striking way, this papal message echoes the words the angelic messengers brought to the women who went to Jesus's tomb that first Easter morning (Luke 24.1-12): “why do you look for the Living One among the dead? He is not here but has risen.” Since the Resurrection, there is an incompatibility between Jesus and death. Henceforth, Jesus shares the new eternal life with God. And He offers it to us, who believe. God had fulfilled His promise of resurrection. Nonetheless, the disciple's strain to believe. They probably thought the resurrection was only for the end-time. On that Easter morning, Peter marvelled at the linen grave cloths, but could not yet come to faith. Later on, Peter's encounter with Jesus transformed him. Peter became a different man more fully alive. Pope Francis says that such a change can be yours. The Pope observes that: “... when you feel you are growing old out of sorrow, resentment or fear, doubt or failure, He will always be there to restore your strength and your hope.”

We live in a world where in we have to go through troubles, sickness, family discord, personal problems, crisis of faith and suffering.

Sometimes life seems to be hopeless and helplessness sets in. In fact Mary and St. John when they saw Jesus hanging on the cross and dying, would have felt the same. The dawn of Easter brought change not only in the minds of beloved mother of Jesus but also of the world. Living Christ is greatest hope to the existential reality of mankind. Jesus, who died on the cross, has risen. He has triumphed over death; he has overcome sorrow, anguish and the power of darkness.

Our faith in the Risen Lord fills us with this hope each day. As we live our faith, we need to actively show that hope through our love for one another. Let this Easter be celebration to share with others this renewed relationship with Christ.

Fr. William Dcunha

Editor :

Fr. William Dcunha

Bulletin Co-ordinators

Anil Chavan, Blessy

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Bulletin of St. Vincent Pallotti Church

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Christus Vivit

“Christ is alive and He wants you to be alive” are the very first words of Pope Francis on the death anniversary of St. John Paul II, while inviting the young people for the gathering. His whole focus was on the youth and the young people. He wants the young people to be more vigorously involved in the Church's Mission. He reminds the pastors of the Church to open its door to young adults especially those on the peripheries, those who are disconnected from the church and socially excluded so as to renew their faith and have vocational discernment. The Pope invites the community to journey together both 'young and old' to build a strong new world and the church. He says: *“If we journey together, young and old, we can be firmly rooted in the present, and from here, revisit the past and look to the future”* (CV199). The future of the church depends on how we journey together, how we support one another, how firmly we are grounded together, for *“If you have lost your inner vitality, your dreams, your enthusiasm, your optimism and your generosity”*(CV20) then the vision of establishing the kingdom of God as one fold under one shepherd is a far-fetched goal.

The whole community of God needs to be united in one heart and mind. We all need to work together, enrolled ourselves together and include everyone together especially the youth and the young adults. Pope Francis says *“... Whenever you are enthused about life in common, you are capable of great sacrifices for others and for the community. Isolation, on the other hand, saps our strength and exposes us to the worst evils of our time”* (CV 110). So we need to come together as community, as people of God. It's in coming together, in sharing and in being together that we find the meaning, happiness and purpose in life. It's

not in isolation or non-involvement or non-participation in the community that we discover our meaning and identity. Our identity comes from being together as people of faith, hope and love. God has created each one of us in His own image and likeness but often instead of us being what He has created or wants us to be, many of us end up dying as photocopies. That robs us of hope and joy of Christian living says Pope Francis.

It drags us into becoming a slave to others interests. We fail to become what God wants us to be. *“You can become what God your Creator knows you are, if only you realize that you are called to something greater. Ask the help of the Holy Spirit and confidently aim for the great goal of holiness. In this way, you will not be a photocopy. You will be fully yourself.”*(CV109) Therefore *“don't observe life from a balcony. Don't confuse happiness with an armchair, or live your life behind a screen. Whatever you do, do not become the sorry sight of an abandoned vehicle! Don't be parked cars, but dream freely and make good decisions. Take risks, even if it means making mistakes. Don't go through life anesthetized or approach the world like tourists.”*(CV143) Christ is alive and He invites us to be alive. He is our hope, model and guide. Stay connected to the Lord and to the community just as you remain connected to your internet or mobile. Just as you talk, listen, message and share on your cell phone similarly you must remain connected to the Lord, listening to Him, sharing your life with Him, dialogue with Him, and when you are not sure ask Him what would He do in your place? Pope Francis further says *“Anxiety can work against us by making us give up whenever we do not see instant results. Our best dreams are only attained through hope, patience and commitment, and not in*

haste. At the same time, we should not be hesitant, afraid to take chances or make mistakes.” (CV142)

The one who is afraid to take risk or chance or make mistakes is like a paralysed man because he fails to live a life. He is as good as a dead tree or as salt that has no taste. Pope says “*even if you make mistakes, you can always get up and start over, for no one has the right to rob you of hope*” (CV142) and this is the hope Christ came to give us on Easter day. Many of His disciples who had lost hope, lost meaning and direction in life, whose dreams shattered, were revived and rejuvenated after the resurrection of Jesus. They left everything and came back together with hope and vigor to proclaim the Risen Lord. During this Easter let us leave our past, forget our defeats, bury our hurts, shed our differences and come together as one Vinpal family to proclaim and live the Resurrection of the Lord. Let us live as Easter people with Alleluia as our song.

May the peace and joy of Easter dwell in your family! Happy Easter!

**Fr. Reginald Mascarenhas
Parish Priest**

“Let every man and woman count himself immortal. Let him catch the revelation of Jesus in his resurrection. Let him say not merely, ‘Christ is risen,’ but ‘I shall rise.’”**Happy Easter! On this day we celebrate how our Savior Jesus stood for us and took the punishment that we deserved. But it wasn’t a sacrifice, it was a victory!**
Dr. David Jeremiah
We shall never understand the extent of God’s love in Christ at the Cross until we understand that we shall never have to stand before the judgment of God for our sins,.

- Phillips Brooks

**Happy
Easter**



Can You Kill God And Still Live?

It is easy for us to assume that God was killed for the first time on Mount Calvary by crucifixion. But skimming through the pages of the Sacred Scripture we realize that we are mistaken. God created Adam and Eve and gave them the stewardship of the Garden of Eden and told them that they could eat of everything except the fruit of the tree of the knowledge of God and Evil. The first parents disobeyed God and were enticed by the lure of the serpent that *'they will be like God.'* It was a desire to be God, to play God and in the bargain this leads to their misunderstanding that they will be all powerful and would not need God. Sin is the desire to throw God out of the story of your life; it is the temptation to kill God so that you may live and rule and act as if you are the all powerful and an omnipotent God yourself.

Moving ahead in the Old Testament we see how corruption fills the face of the earth and God's creation forgets the creator and give themselves to the passion of the flesh and how they are completely destroyed. For God and his will had no place in their life except for Noah and his family and therefore they survived. Queen Jezebel tried to defeat God but in turn she herself was defeated on Mount Carmel by the powerful sacrifice of Elijah. Many prophets who were the spokesperson of God's word had to experience insults, danger, persecution and even martyrdom and death yet they accomplished their mission for they believed in the power of the living God.

With immense love for humankind and to save them from sin and death, God sent his only Son Jesus. *'Come let us kill the heir'* they said and what would they inherit? Jesus came to the earth to live and to die and to offer a perfect sacrifice to the Father for the atonement of our sins. He who said *"I have come that you may have life and have it to the full,"* he was crucified and they thought that they had killed him. But how can anyone kill the author of life

itself. Therefore Christ rose from the dead. Those who thought they killed him were left petrified.

The season of Lent and the recalling of the pascal sacrifice can never be reduced to the minimalism of pious practices like fasting, prayer, almsgiving, doing the way of the cross or even to give up some addictions just for 40 days. All this is good and self enhancing but the invitation of this season is much greater. We cannot just be content by attending the service on Good Friday and venerating the cross and look as pious spectators recalling of what happened in history. The challenge of this season is to ask my inner self: **HAVE I KILLED GOD IN MY LIFE? IS GOD DEAD IN MY LIFE OR IS HE STILL ALIVE?**

The voice of our conscience will give each one of us a sincere reply. Jesus was crucified two thousand years ago and even today in 2020. Every time we act unjustly and behave immorally and fail to love as Christ has loved us we resist the Kingdom of God and though we may say with our lips *'Your Kingdom come, your will be done,'* they may be just repetitive prayer without us understanding the true meaning of it in our lives. Lent invites us to look at the cross of Christ and to ask ourselves: Do I believe that this God loves me so much and has died for me so that I may live? Or Do I live as I want?

May God always remain an integral part of the story of our life and may his Spirit truly guide each one of us. Like St. Paul we may be able to claim: ***"Its no longer I who live, but Christ who lives in me."*** We can be rest assured that when God is still present in our lives, we can truly live our lives to the fullest and we can reach out to others and fill their lives also with divine life and love.

Fr. Jerry De Costa SAC

The Caregiver Christ

The light shadow of the movement made by a happy soul sitting uneasily on the fourth pew in the corner of the church brought my attention to this bundle of energy called Marinelle. Her name is the blend of her parents' names, Marita and Neel. She is their 24-year-old sunshine who brightens up their day and is their pride and joy. Marinelle is Epileptic and falls in the Autism spectrum as mentioned by her mother Marita who is the primary caregiver.

Marinelle has never spoken a word in her entire life. With negligible verbal communication and underdeveloped motor functions, her mother Marita shadows her 24/7 to cater to her needs. While the child gets the attention for her being special we fail to notice the caregiver who is grinding herself to the ground, day and night that the child can make it through the day. Although caregiving is a normal part of being the parent of a young child, this role takes on an entirely different significance when a child experiences functional limitations and a possible long-term dependence. One of the main challenges for parents is to manage their child's chronic health problems effectively and juggle this role with the requirements of everyday living. Consequently, the task of caring for a child with complex disabilities at home might be somewhat daunting for caregivers. The provision of such care may prove detrimental to both the physical health and the psychological well-being of parents of children with chronic disabilities. It is not fully understood why some caregivers cope well and others do not. I set out to find out what it takes to manage fulltime caregiving and still wear a smile on the countenance. I interviewed a few caregivers, questioned them about their inner strength and the source of that strength. Here is a little of what they have shared with me.

Marita is the most cheerful person I have met who seems to have embraced her

circumstances. Talking to Marita will pep you up. Her upbeat attitude and the ecstasy in her voice puts the other person out of their depressing day. When she finds herself losing it, she copes with prayers. The 3 Hail Marys is her favourite go to prayer. Marita makes it look like its all part and parcel of her life so there is nothing to complain about. There might be a storm brewing inside, but she has learnt to adjust her sails and steer her lifeboat in the direction of the wind. She knows how to cope with her stress and burnout situations as a caregiver. Kudos to her and to all the caregivers of differently abled children who do their part diligently even though it is hard and has taken away a lot from their own personal lives. Christ is Alive and He is alive in these caregivers.

When a loved one is living with a serious illness, their loved ones won't let them tackle the obstacles alone. The infirm's struggle become the caregiver's struggles. Their pain is the caregiver's call to empathy. Their fears are shared by the caregiver. They listen to them, care for them, and walk their disease journey with them. They are their rock on the days when everything seems too difficult to handle. They are there to help them in any way they can.

But, who helps those who help?

Caregiving is by far the toughest of jobs. Physically and emotionally. Caregiving includes lifting, bathing, delivering meals, taking loved ones to doctor visits, handling difficult behaviours, and managing medications and family conflicts. But this level of care can result in lost work hours or lost jobs, high stress, and serious declines in physical and mental health. In fact, 1 of 5 caregivers reports a decline in the quality of their physical, emotional, and social well-being. One such person I spoke to is Rita Saldanha. A 70-year-old auxiliary legionary. Rita's husband Victor has been partially paralysed for the past 17 years. She has accepted her role as a

caregiver with grace. Her house being small she cannot hire fulltime help . She does all the household chores by herself and cares for her husband as well. She relies entirely on grace from God and relies on Him totally. She confidently exclaims “God has always been there for me. I know he will never abandon me .I will be part of the kingdom of God one day for my service”. **Christ is Alive** in Her because of her dedication and determination to be there for her husband.

Another couple that inspired me are Glen and Cynthia Borthwick an elderly couple from our parish. Glen had a fall last monsoon and Cynthia had a fall too a few days later. Glen is on the road to recovery, but Cynthia is still suffering . Glen has automatically become the caregiver for his wife Cynthia. He passionately exclaims that when there is love and devotion , cooperation comes in. There is an automatic surge in energy. Love for the other enables you to suffer with the other person. He is tied to the home as he cannot leave her alone and go out as often as he would like to .He struggles with his own bad leg after the fall. He has put his life on hold for her. **Christ is Alive** in this evergreen , ever loving couple.

Caregiver Burnout: Caregiver burnout is a state of physical, emotional and mental exhaustion. It may be accompanied by a change in attitude, from positive and caring to negative and unconcerned. Burnout can occur when caregivers don't get the help they need, or if they try to do more than they are able, physically or financially.

I asked Rita how she copes with burnout when it occurs. She described that there are times when she asks God, 'Why me?' Is this what life is all about for me? Then her thoughts go to the suffering which Jesus endured on the cross for no fault of His. He did not ask, 'Why me?' He was obedient unto death. This recollection gives her consolation. In her better days, Rita has done an enormous amount of social work. She has helped people in many

ways, she believes it is the blessings from her past good deeds and the prayers of those people she helped which are converting into strength that she needs in her low moments of life.

Glen says that burnouts don't occur so often in his life because he is clinging to dear hope that a miracle will happen, and Cynthia will be healed. He consoles her and himself and focuses on the cross of Jesus and recalls his passion and death. Grace to suffer comes from God and praying gives him strength. He recites the Perpetual Succour novena every Wednesday and has great hope in Mary's intercession.

Pastoral Caregiving : The pastor of a parish is also a caregiver of sorts. People of the parish are of varied natures. Varied personalities and therefore although he may not be directly responsible for anyone, yet he is responsible and answerable to everyone. This surely brings stress and duress in a pastor's life too, leading to burnout at times. I asked one of the missionary fathers of how he copes with burnout for the mission's work must be tougher, distance travelled is larger and facilities are fewer. What happens if the caregiver himself needs care? What happens if he relies on people for the same and if no one comes through? His tips for coping with burnout situations was taking long walks or long drives, talking to close friends and the most effective of it all, praying the rosary fervently and celebrating the Eucharist.

A caregiver is a silent saint. It could be a spouse or a parent , a nurse or a relative. All are highly placed in the eyes of God. The work they do cannot be measured , their sacrifices cannot be written about, their tears cannot be seen , their hopelessness cannot be consoled. Only the risen Christ can hold them in His loving arms and give them the calm and the peace that they deserve. Christ is Alive in the caregiver. Alleluia!

**Blessy Rebello
Ave Maria Community**

Staying Alive – in Jesus Christ

The Passion, Death and Resurrection of Jesus is not a myth but a historical event. Jesus had foretold His death and Resurrection to his disciples. He had told them that the Son of man was going to Jerusalem to be handed over to the His enemy, be tortured, executed, but then rise from the dead. The disciples did not understand that the Resurrection of Jesus was a resurrection into divine life. This was different from the renewal of human life as had been experienced by Lazarus and Jairus's daughter. The focus is not on the events but on the encounters with the risen Christ and new life for all humanity.

Is Jesus alive? He died 2000 years ago.

Jesus is alive and He is our hope. Alive to forgive us, help us, speak to us and inspire us. Alive to live His life in us. He does this through His Word - the Bible, and through His people, the Church. Jesus assured us “I am with you always, to the end of this age”. We can relate to Jesus through faith not sight. We should not be like “doubting Thomas” who wanted to feel and see the wounds of the risen Lord. Through faith bonded with Love, we establish a relationship with Jesus Christ who is alive.

What does it really mean to be alive for Jesus Christ?

To be alive in Christ, we have to be dead to sin –greed, selfishness, envy, hatred and all the evil things of the world. Jesus suffered death in the flesh when he was tempted but was made alive by the spirit. Before we trust Jesus as our Lord and Saviour, we are spiritually dead but when we come to Him, He give us life, a new creation of Him.

We do not have to go soul searching; Jesus has already shown us the way. According to John14:6. Jesus said “I am the Way and the Truth and the Life”.

The Way: When we abide in Jesus, we know He will guide us. There is no need of a GPS. Christ is our Good and Perfect Shepherd.

The Truth: There is nothing misleading in His teachings. We should focus on discipleship and spreading the Word of God.

The Life: Not this life but eternal life. A life which is more meaningful. We should acknowledge the true presence of Jesus in the Holy Eucharist and the poor. Depend on the Body of Christ as food for our souls.

We live in a society and we have our own priorities in life- our family, our career, our finances, our health. We do not have time to get away from our mobiles, TV sets and comfort zones. We breeze through life like the “living dead” unaware of the pain and suffering around us. People not only suffer from physical pain but pain from rejection. We should show care and concern for them. As Mother Teresa once said “We cannot do great things but we can do small things with great love.” Serving God and loving others starts in our own homes. We can then extend our services to our neighbourhood, our community and to the world at large.

We can then proclaim “we are alive and Jesus is alive to live His life in us.”

“It's no longer I that liveth But Christ that liveth in me.” (Gal 2:20)

**Maria Pinheiro
St. Jude Community**

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The Turning Point

As a teenager, I questioned everything, including the existence of God. I prayed occasionally but mostly when I needed something. I went for mass but that was usually to meet my friends. However, all that changed when I turned 20.

It was the year I found out that my mother was diagnosed with cancer. I remember feeling numb, like there was nothing I could do to change what was happening. It was the worst couple of months because not only my mother, but my sister was also being rushed to hospital every now and then because of water collecting in her lungs. There was chaos all around, I begged and prayed that things turn back to normal, but nothing happened.

I will never forget my mother coming home from the hospital after finding out she had cancer and sitting down beside me and saying, “Jesus had to walk up Calvary, now this is my own Calvary.” I remember getting angry at the thought that she still believed in God inspite of her sickness. She was the holiest person I knew which made it even more confusing for me to believe in a God who could allow this to happen to her. Then one day the worst happened, she passed away. That was the day I decided to stop praying.

Things got worse, my sister's health deteriorated and I remember getting up one morning and hearing that the doctors found a dark patch in my sister's x-ray report which they suspected could be cancer. That's when I lost it! I was so desperate that I Google searched, for prayers in times of despair. The first prayer that popped up was the Divine Mercy Chaplet. I took a print out and decided to pray like I have never prayed before in all my life. I folded it and took it to work where I sat in the corridors and prayed it 20 times or more. My sister had to undergo a procedure

that evening to take out the water from her lungs. I prayed for a miracle. I prayed that the water would disappear from her lungs so she doesn't have to be operated on. I begged God to listen to me for once in my life and promised him I would change my life from then on. I couldn't work at all that day, I just kept praying that prayer which I carried around in my pocket.

It was around 5:30pm when I got a call from my sister, I answered the phone with a heavy heart. It was my sister she was screaming on the other end “You won't believe it! They took me to the operation theatre and couldn't find the water in my lungs, it just disappeared. It was there in the morning and now it's gone” I was in office, yet I screamed “It's a miracle, He finally answered my prayers.” This was just the beginning of my realization, Christ lives!

Soon after I made a retreat at Vinayalaya and it was there, sitting silently during the adoration, I asked God, “where were you, when my mother was dying”. Then it hit me, right in the chest. This energy that I can't explain, my heart started beating so loud, I thought I was having a heart attack. I felt enveloped by something so strong, yet gentle. It was an overwhelming feeling of being loved and it made tears roll down my face. Images began to flash before my eyes of how people came to feed us when my mom was sick because we couldn't cook, how her company paid the enormous bills, how she accepted her suffering, how priest came to pray for her, how my family supported each other, how we were once again praying together. I realized then what God was telling me, he was right there with us in our suffering, every step of the way.

My life began to change after my encounter with God. Most importantly, I began to change, I was convinced to leave

behind a lot of the baggage I carried around from my past and I tried to live a better life, to treat people a little better. I suddenly had this hunger to know God, to understand scripture and I felt within me that God was calling me to do something even though I didn't know what it was then. Looking back, I know that God was preparing me and calling me to teach his Word to others. I finally understood his call when a close friend decided to leave the Church as she joined another sect and urged me to come along with her. I felt that I should first go and see for myself what the Catholic Church teaches, which is why I joined the 'Ministry of the Word' in Goregaon seminary. It was an eye opener for me and I fell head over heels in love with scripture. One of the requirements of the course is to teach scripture in our parishes, which was scary for me at first and I tried to escape it.

However, the more I interacted with people around I realized that they really wanted to know God and are genuinely

seeking answers. There are many who are misinformed about the Church teachings and suffering because of it. God blesses us and reveals himself to us, so that we can in turn be a blessing to others and reveal Christ to them. There is no point in finding a treasure and burying it in the ground, you need to show it off, let people admire it and be drawn to it. My treasure is Jesus, my rock, my refuge and he is alive.

Karen Sequeira
Infant Jesus Community

*God proved His love on the
Cross. When Christ hung, and
bled, and died, it was God
saying to the world,
'I love you.'*

- Billy Graham



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SWITZERLAND (Engelberg, Jungfrauoch, Zurich, Rhine Falls) **NETHERLANDS** (Volendam, Amsterdam)

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★ St. Vincent-de-Paul & Notre-Dame Cathedral ★ Amsterdam Canal Cruise ★ St. Catherine Chapel of Our Lady of the Miraculous Medal
★ Apostle St. James-Cathedral of Santiago de Compostela ★ Basilica of St. Paul Outside the Walls in Rome ★ St. Padre Pio at SGVN
★ Basilica of St. Anthony of Padua ★ Basilica of St. Francis & St. Clare in Assisi ★ Candlelight Procession at Lourdes & Fatima
★ The Church of St. Paul at (Tre Fontane) ★ Cathedral of St. John the Baptist & the Shroud of Turin ★ Eiffel Tower (2nd level)
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★ St. John Paul Birthplace ★ Astronomical Clock ★ Concentration Camp Memorial Site and Museum Auschwitz-Birkenau.

Dep. Date: 10 June 2019. Cost: ₹ 1,80,000 with Lunch & ₹ 1,70,000 without Lunch

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***** **OUR UNIQUE LEISURE REGULAR TRIPS FROM APRIL to DECEMBER 2019** *****

BEST OF SCANDINAVIA - NORWAY: Bergen 2 Nts, Gudvangen, Flam, Geilo 1 Nt, Oslo 1 Nt, **FINLAND:** Helsinki 2 Nts,

SWEDEN: Stockholm 1 Nt, **DENMARK:** Copenhagen 2 Nts, Overnight Cruise Stockholm to Helsinki 1 Nt On-board the Ship.

9 Nts Hotel Stay and 1 Nt on-board the Ship. Dep. Date: 16 July 2019. All Inclusive Cost: ₹ 1,90,000.

Enjoy Mt. Floyen Funicular Tram Ride & Enjoy Fjord cruise from Gudvangen to Flam & Alpine train from Flam to Myrdal

Guided City Tour at Copenhagen, Bergen, Gudvangen, Geilo, Oslo, Stockholm, Helsinki.

Cost Incl.: Airfare, Stay on Twin Sharing, Visa, B-F, Lunch, Dinner, All Entries, All Transfers, Guides, Tips & G.S.T.

ADD-ON RUSSIA (Moscow 2 Nts, St.Petersburg 3 Nts) (Total will become 9 Nts + 5 Nts + 1 Nt On-board the Ship = 15 Nights)

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All Incl. ₹ 1,20,000. 11 Days (10 Nts Hotel stay) Dep. 22 Nov.

SINGAPORE - MALAYSIA. All Incl. ₹ 75,000
7 Days (6 Nts Hotel stay) Dep. 22 Nov.

CAMBODIA - VIETNAM. All Incl. ₹ 1,15,000
10 Days (9 Nts Hotel stay) Dep. 19 Nov.

SINGAPORE - MALAYSIA - PHILIPPINES
All Incl. ₹ 1,25,000. 10 Days (9 Nts Hotel stay) Dep. 27 Nov.

VIETNAM - CAMBODIA - PHILIPPINES - SINGAPORE - MALAYSIA
All Incl. ₹ 2,10,000. 19 Days (18 Nts Hotel stay) Dep. 19 Nov.

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VIETNAM - CAMBODIA - PHILIPPINES - SINGAPORE
All Incl. ₹ 1,90,000. 16 Days (15 Nts Hotel stay) Dep. 19 Nov.

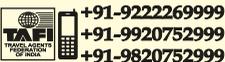
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Hallelujah

"You have nothing to worry about. The LORD is taking care of you on this journey" (Judges 18:6)

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★ St. Paul Outside the Walls ★ Apostle St. James-Cathedral of Santiago de Compostela ★ Sistine Chapel-Vatican Museum
★ Candlelight Procession at Lourdes & Fatima ★ Divine Mercy Sanctuary ★ Holy Eucharistic Miracle at LANCIANO
★ The Shroud of Turin ★ St. John Paul Birthplace ★ Holy Stairs from Jerusalem ★ St. Stephen's Basilica Budapest

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SLOVAKIA (Bratislava) POLAND (Krakow, Czestochowa) CZECH REPUBLIC (Prague)

12 Days - 11 Nts Hotel Stay: Dep. Date: 10 June 2019. All Incl. Cost: ₹ 1,78,000.

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FRANCE (Lourdes) PORTUGAL (Fatima) SPAIN (Santiago de Compostela)

13 Days - 12 Nts Hotel Stay: Dep. Date: 21 June 2019. Cost: ₹ 1,80,000.

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SINGAPORE - MALAYSIA. All Incl. ₹ 75,000

7 Days (6 Nts Hotel stay) Dep. 22 Nov.

CAMBODIA - VIETNAM. All Incl. ₹ 1,15,000

10 Days (9 Nts Hotel stay) Dep. 19 Nov.

SINGAPORE - MALAYSIA - PHILIPPINES

All Incl. ₹ 1,25,000. 10 Days (9 Nts Hotel stay) Dep. 27 Nov.

VIETNAM - CAMBODIA - PHILIPPINES - SINGAPORE - MALAYSIA

All Incl. ₹ 2,10,000. 19 Days (18 Nts Hotel stay) Dep. 19 Nov.

VIETNAM - CAMBODIA - PHILIPPINES

All Incl. ₹ 1,60,000. 13 Days (12 Nts Hotel stay) Dep. 19 Nov.

VIETNAM - CAMBODIA - PHILIPPINES - SINGAPORE

All Incl. ₹ 1,90,000. 16 Days (15 Nts Hotel stay) Dep. 19 Nov.

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Our Living God

CHRIST IS ALIVE! Is it possible to say this in today's world of Science and Technology and a race for competition, greed and power? It makes me ponder.....and finally, I find an answer to my question. "YES, CHRIST IS ALIVE." We are living and sharing the BODY and BLOOD of JESUS CHRIST in the HOLY EUCHARIST which is a real proof that CHRIST IS ALIVE.

Merely writing this article and preaching is not enough. We have to be practical. We CHRISTIANS are forgiving, peace-loving and friendly people. Catholic means universal. Doing things for the sake of HUMANITY (no matter whatever faith the person belongs) and also the environment is CHRIST like. JESUS CHRIST is the LIGHT of the world. We have to kindle the light of CHRIST in us, get to know ourselves and transform ourselves. Then re-kindle the light of love and look at the world i.e. HUMANITY, become a refuge and hope to people in distress. Little gestures like a smile, lifting the weak, listening patiently to the grievances of others and finding solutions collectively and making this world a lovely place to live in.

JESUS CHRIST gave his life for the sake of humanity and still prayed to GOD to forgive us. Hence, forgiving our fellow-beings is CHRIST like. Caring, understanding, coming out of our comfort zone and sharing our lives with people as Jesus did, shows that CHRIST IS ALIVE in us.

Whatever I have asked CHRIST in prayer, I have been blessed by it sooner or later, so I have confidence in CHRIST answering my prayers. Being a person of few words, I would like to humbly bring to mind of the people that, JESUS CHRIST has kindled in me the light of his blessings, love and knowledge to speak and mingle with people and spread the word of

GOD in small ways. I am writing this beautiful article so that others can be inspired to join in spreading the word of GOD and show the world that our beloved GOD is a LIVING GOD. Together, we can make this world a better place to live in and also earn to live in the kingdom of GOD, eternally.

Bridget Dsouza

My Experience In Lent

Lent is a season of forty days, the forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry. Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and reach out to others. Fasting encourages us to put ourselves and our needs on one side for a while so that we can come closer to God and our fellow human beings.

I want to share my experience in this lent. I am not supposed to talk what I am doing for lent. In Bible we hear "Don't let your right hand to know what your left hand is doing and don't be like Pharisees." But people very often ask me how I practice lent. Some time it is helpful to hear what others are doing to keep Lent Holy and I will share my experience here.

I always wanted to do something special in the season of lent so I started every day a new task. Many people perform acts of penance by "Giving Up" something, such as meat, chocolate etc...but this lent I thought – Rather than giving up, why not take up? So I had decided to "take up" a practice we would not do otherwise.

My lent begin with New Prayer (stations of the cross), Fasting and sharing food with those who are in need (Fast pulls closer to God and it has spiritual, physical benefits and points to good works). Reading spiritual books, giving alms (giving alms and doing good to others is a simple way to concentrate in lent) attending Lenten activities (service- is a great way to see Christ in the faces of those in need) Spending less and donate to the poor. Visiting the sick and home bound, the aged and praying for the living and the dead, calling distant friends. Spending more time with Jesus, reaching out to the less fortunate. When we witness an act of kindness, we are more likely to replicate that behaviour and so that act of kindness is not only fully by the giver, it also a positive effect of the recipient.

Should we experience Lent as a Joyful Season?

When I was a child, Lent was focussed on the suffering and death of Jesus not very joyful. But now I understood that Lent is meant to be a joyful season. Whatever penance we do during Lent, it should be a joyful. ...So in conclusion, this experience with lent has been awesome thus far. I have found that I enjoyed it and have not seen it as an annoyance. I have a renewed interest in the Bible and have a renewed spirit. I think that Lent so far has brought me closer to God than I have ever been...In short I believe Lent is a very good opportunity for those who have fallen asleep in the Lord to pull up their boot straps and start fresh and new life.

However without my heart and life being ready, I may not experience the depth and power of CHRIST'S DEATH and RESURRECTION with my brothers and sisters. I commit myself to disciplines for conversion from SIN and DEATH to love and life in JESUS CHRIST. After all, Lent is a time to learn how to Love-God's way-once again. That is the whole point of the Season! Lent has

traditionally been a time of prayer and fasting, repentance and turning towards God-but to renew and restore our relationship with God. It is a special time set aside from the busy-ness of our lives to get closer to God.

Hope this has been helpful to you too as you journey through Lent. I am sure there are better ways to keep a holy lent. I pray that God will draw us closer to him and prepare us for a fresh experience of Good Friday and Easter, May God's peace be with you all.....

Lucy Rego
St. Teresa of Calcutta Community

Are We alive (IN CHRIST)?

Some people die at 18 and are buried at 80 its very apt when we do not grow in our life. That which lives grows and which does not grow dies. The question we need to ask is : whether we grow with every passing day in our life.

God was alive as He created everything in this universe and all it encompasses. He gave commandments to people so that they can live in harmony among each other as also be worthy of God's love. Sin enters our life when we fail to honour God's commandments. God gives us the choice to LIVE or to die.

Moses says in Deuteronomy 30, "Today I am giving you a choice. You can choose life and success or death and disaster. I am commanding you to be loyal to the LORD, to live the way he has told you, and to obey his laws and teachings. You are about to cross the Jordan River and take the land that he is giving you. If you obey him, you will live and become successful and powerful. On the other hand, you might choose to disobey the LORD and reject him. So, I'm warning you that if you bow down and worship other gods, you won't have

long to live.”

We read in John 14 where Jesus answers Thomas, “I am the way and the truth and the **life**. No one comes to the Father except through me.”

Romans 14 reads “If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord.”

John 10: 10 reads “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

For us Christians, human body faces death after the human journey is over and the spiritual journey continues as we are received at the heavenly paradise for eternal LIFE. The reward is for the LIFE we live in this world. We are to connect with the Lord by our prayers and at the same time, do works of charity in every situation of our life. Death during our life on earth is possible when we only pray without reaching out to others or only do works of charity without prayers or none of the two.

The Father of our nation M K Gandhi was inspired to practice non-violence based on Bible values to achieve Independence from the British but did not become a Christian. He did not see LIFE by those practising Christianity. He was critical of all faiths as he saw hypocrisy in all organised religions.

In our country, Christians account for 2.3% of population and the works of charity is substantial in the field of education, health, shelter for the orphans, old, unwanted and handicapped, understanding pain of people, etc. Priests, nuns, religious and the laity contribute in this endeavour. As we take pride in this, each of us need to examine our contribution. We can have LIFE when we stand for the values Jesus stood for and do acts of mercy He did during His life on earth. Indeed, he is alive.

May this season of Lent and Easter be a reminder to have LIFE in us. May we be blessed with graces to live fruitful human LIFE

till we breathe our last during our human journey and that will make us worthy of LIFE eternal.

Richard Cornelio
Sacred Heart Community



Stand Out In The Crowd.... Get Counted!

**“God's Not Dead, He is Alive,
I can feel HIM all over Me...”**

So goes a very popular action song we sing at Sunday School and other Church functions. Then what happens to us when we are out in the world?

Are we happy and alive Christians in our daily lives? To be alive would mean that we are able to think, feel and respond, to people and situations around us.

Our country is burning with the passing of the controversial Citizenship Amendment Act (CAA) and the preparation of the National Population Register (NPR). These 2 steps of the government are seen as efforts to discriminate against people on the basis of religion. Whilst the CAA aims to give citizenship to all those of faiths other than Islam, who are persecuted in the neighboring countries, the NPR seeks to weed out those who do not have Certificates/documents to prove they are Indian Citizens by birth... this in a way affects minority communities and the poor and the marginalized who do not have documents because they are too poor to access them or because they are stateless and illiterate.

Enlightened people have called this-“fascism” and compared these efforts of the government to the time of Hitler who wanted

to weed out those who he did not consider pure, so as to establish the supremacy of the Aryan race. Have we bothered to understand these issues? We might have expressed anger, sadness, disappointment over escalation of violence in the community. Does these laws foster unity and identity as Indian?

If not then as alive Christians, our voices must be heard and we must speak for Justice and Truth. Like Christ we are called to take a stand fearlessly, against discrimination and hate-mongering. During his life as man, Christ spoke against the injustice and discriminatory practices of the Jews, the Pharisees, the political class, the bureaucracy.

I would like to end with the verse from the hymn “There's my Neighbour ...” There's my neighbor so tried by injustice, it's up to me to make things lighter for them. There's my neighbor so tried by injustice,

It's up to me to help them through.

If I can work with courage for the rights of men, then my neighbor so lone and forgotten may find the strength to live today.”

Caroline Pinto D'souza
St Joseph Community

***“God is love and he has
defeated evil.”***

- Pope Francis

Alive And Kicking!!

Waaa! Waaa! Waaa!... the cry of a new born child! Music to our ears! And everyone around shouts – “He's alive and kicking!!” What joy and excitement! then, the umbilical cord is severed and a new individual is born to find its way in this wide world, with a different story to tell... about being 'ALIVE'! So, what is our individual story? What does it really take to be alive and kicking? The world of science educates us that the requirement to be 'alive' is a steady heartbeat. We question ourselves – in true sense, is that being 'alive'? Our faith teaches us otherwise... about something that delves deeper... into the soul.

We are in the grace-filled season of **Lent** – a word derived from the Anglo-Saxon word '*lencten*' meaning “*spring*” and '*lenctentid*' meaning “*springtide*”. A season of new beginnings – buds blooming; animals reproducing... new life booming all around... and the earth delightfully comes alive! Many flow through this Lenten season dreaming ahead – of eggs and baskets and bunnies... for some, it is a joyful surging toward Easter, basking in the glory that “CHRIST IS ALIVE!” In John 14: 19-20 we read “*In a little while the world will no longer see me, but you will see me; because I LIVE, you also will live. On that day you will know that I am in my Father, and you in me, and I in you.*”



Because He lives, I can face tomorrow
Because He lives, all fear is gone
Because I know He holds the future

And life is worth the living, just because He lives...

(Kristin Chenoweth – *Because He Lives*)

And, a life lived in Jesus Christ, is a life that is 'Alive'! We have heard of it, read it, believe it – in the Scriptures. The Apostles came 'alive' with the Spirit of the Lord – Preaching... Healing... Working Miracles... all in His Name!

The documents of Vatican II promulgate – the Apostolate of the Laity; the Missionary Activity of the Church, among others... and here we are, post-Vatican II, still groping in the dark... with little or no knowledge that our calling as sons and daughters of God, is to pick ourselves up and live our lives being “ALIVE” in Christ. If we have truly submitted ourselves as followers, then we can not just be bystanders / onlookers, we need to be Christian witnesses – heralds, evangelizers, doers of the Good News!! – by our good **words** and **works**. St. Paul puts it so aptly to Ephesians 2: 10 – “*For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.*”

Pope Francis in his Apostolic Exhortation '**Christus Vivit**' voices – “Christ is alive and He wants you to be alive!” Though addressed to young people, this document is also penned for and pertinent to the entire people of God – “*If the years of your youth are to serve their purpose in life, they must be a time of generous commitment, whole-hearted dedication, and sacrifices that are difficult but ultimately fruitful*” – (No.108).

Post Vatican, our Mother Church has nurtured, provided and opened up avenues to stay alive in Christ, with Christ and for Christ – Guilds, associations, cells, ministries... kudos to all in our parish family of St. Vincent Pallotti, who, as an ongoing process – individually or collaboratively, sacrifice and zealously work towards making His Kingdom a reality. And to those yet to answer to their calling – what then, is

holding us back from working with the Spirit, to stay 'alive'? Like Prophet Ezekiel received, may we too claim this from God making it our daily prayer – 'A new heart give to me O Lord, and put a new spirit within me; and remove from my body the heart of stone and give me a heart of flesh.' May this 'springtime' bring renewal into our lives. Come, join the crusade – let us all be '**Cephas**' – the bedrock on which God will build His Church. So that with gratification we may lift our voices in one chorus...



When you call on me, when I hear you breath I get wings to fly, I feel that I'm alive

You've set my heart on fire Filled me with love Made me a woman/man on clouds above I couldn't get much higher, my spirit takes flight Cause I'm alive
(Celine Dion – *I'm Alive*) 

What's that?! Do we hear Mother Church shouting with joy – “My daughter / my son is **ALIVE** and kicking!”

Jennifer Chavan
Catechist

The resurrection of Jesus is the most amazing miracle of all time. It is well documented that not only one person saw Him but hundreds.

- Catherine Pulsifer



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Confirmation a Faith Experience

Preparing to be a Responsible Christian

From infants baptized into the Church on the day of our Baptism, to a journey confirming in faith is a wonderful opportunity provided to us by Christ. It involves a responsibility of making choices in our personal, social, spiritual and community life and saying our big YES to God.

If that YES was to be meaningful, we have to know what it meant and required. Our Confirmation classes allowed our holistic development by touching on all aspects - interpersonal, spiritual, the teachings of the Church and the meaning of the 7 Sacraments.

We had a lot of fun raising funds for our Outreach Program. It was a great team effort of the Confirmands, the parents and the Parish Community. It helped us showcase our talents (our very own Youth band) and build our leadership skills. The generosity of the parishioners and well-wishers helped us reach out to the less fortunate and how blessed we are in our lives.

Charity begins at the House of Charity

The Marian House of Charity at Versova is managed by the Minor Carmelites of Charity an Italian order. The house of Charity offers a home to those in the age group of 16 years to 60 years who suffer from mental and physical disabilities and have no one to look after them.

As part of our outreach we visited this place and it was such a beautiful experience. The residents were differently abled and special, in their own way. Many were speech impaired, but the smile on their face while talking to them said it all. We were told that they can't speak but they can understand. They enjoyed our company and interaction.

We sang for them and danced to the tune of couple of action songs. Some of the residents were so filmy and up to date with the Bollywood songs, it left us amazed. We even

fed some of them lunch. The 5 nuns along with some volunteers and staff take care of the 30 or more residents and the daily chores like cooking cleaning, washing, bathing etc.

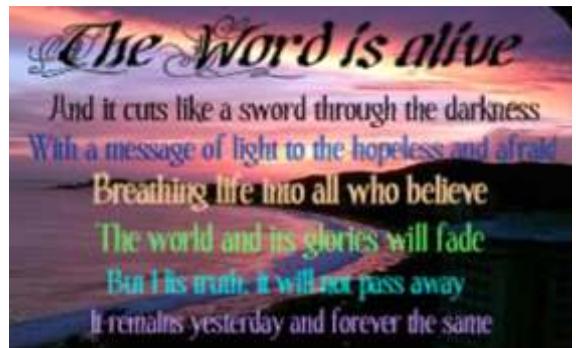
There was so much that I learnt from this engagement. The residents and their caregivers were so positive and grateful for everything. Looking at them really made me realize that I am blessed and I should always be thankful to God for everything. I also realised that small gestures of kindness can bring a smile and happiness to people.

I am grateful for this experience and pledge to be a Joyful Christian.

Karuna D'souza
Confirmand

The word is Alive

The real foundation of Christian faith today is Easter joy, it tells us Jesus Christ is alive and He wants you and me to be alive... **Alleluia!**



“I am the Resurrection and the life,” Jesus said to Martha as she mourned the death of her brother, **Lazarus**. “He who believes in Me, though he dies, yet shall he live, and he whoever lives and believes in Me shall never die.” Then He looked intently into Martha's eyes and asked: Do You Believe This? Jesus asks the same of you and me today: **Do You Believe This?**

This is the great truth that fills our faith, hope and love with genuine meaning.

God is looking down on you and me, not with anger or disapproval, but with love affection and delight. He has been repeatedly saying you are loved by God. God has shown His love, in a remarkable way, by sending His own Son to die for us. Not when we were a lovely or a brilliant people, but when we were powerless, sinners and enemies of God. He has said we will be saved from God's wrath in the future, if we trust in His Son, **JESUS**, so that we can be confident that we will be in Heaven.

He is in you and me, He never abandons us. However far we wander, He is always there, the Risen one. He calls us and He waits for us to return to him and to start over again. When we feel that we are growing old out of sorrows, resentment, fear, doubt or failure, He will always be there to restore our strength and hope.

Jesus Christ is not a personality to be remembered only by history. He is not someone that lives only through his written teachings. In contrast,

Jesus is an alive and active personality NOW! He is seating at the right hand of the throne of God NOW! He is pouring out the same spirit that He poured out on the day of Pentecost, NOW! He came to the world to save sinners and He does this NOW! He is in us that believes in Him, NOW! JESUS IS ALIVE NOW AND will be alive forever! AMEN.

**Jerome Martis
St. Patrick Community**

"We proclaim the resurrection of Christ when his light illuminates the dark moments of our existence."

- Pope Francis

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The Alive Christian

I am crucified with Christ; and it is no longer I who live, but it is Christ who lives in me.” (Galatians 2:20) The Christian life is not a matter of behaving like Christ, but of allowing Christ Himself to live in and through us.

The best example related to all of us is the computer which is fully loaded with the operating systems. Once you know the language of the computer it is easy to operate and put it to use. Similarly, God has made us and given us his word that is Christ the living word to live in us. Unless we learn the word of God and put it into practice in our lives only then we can say that Christ lives in us and we are able to comprehend him. Our life has to be an example in thoughts, words and deeds.

Let us say we have a problem with losing our temper. We know this is our weak point, and we struggle with it, trying again and again to suppress our temper. But when something irritates us, we become angry and lose our temper. After a while, we calm down again. Ashamed and convicted, we confess to the Lord and ask Him to forgive us. We experience His forgiveness and our fellowship with Him is restored. Maybe we go on from there and pray something like this: “Lord, please help me to not lose my temper again. Please give me more patience.” Yet the next day, or maybe even the next hour, we find ourselves in another situation reacting with impatience, and our temper flares up again. After praying earnestly for patience, our temper remains unchanged, and we have no more patience than we had before.

We find ourselves in a frustrating state of affairs, and we wonder why the Lord doesn't answer our prayers. What's wrong? The problem is this: The Lord doesn't want to help us control our temper outwardly. He doesn't want to give us patience.

What does He want, then? The Lord Jesus wants to *be* our patience.

The significance of the resurrection is that Jesus Christ has broken the death-barrier for you and me. The most solemn fact of all human consciousness is the certainty of death. It is the Bible, that tells us that “the wages of sin is death” (Romans 6:23). Such death not only means the end of physical life, but the separation of the soul from God—a barrier between us and God: “Your iniquities [sins] have made a separation between you and your God” (Isaiah 59:2).

All around us, the risen Lord is still making things new, still changing hearts and minds, transfiguring this rough clay of our humanity so that we can partake in his divinity. Let us ask God to give us the eyes to see that! Eyes to see his presence in the little human sacrifices we make toward one another.

Christ wants us to see that from the time we believed in Him, He came to live in us to be life to us and to be lived out of us. As the Spirit, He is now living in our spirit. In 1 Corinthians 6:17 we read that we are joined to the Lord and are one spirit with Him. Since this is the case, the Christian life is not a life we are meant to live by ourselves, by our own strength, with packages of things like patience and self-control distributed to us by the Lord. Rather, the Christian life is a life in which Christ is the One living and doing everything in us, with us, and through us. He wants us to take Him as our life, our source, in all our circumstances.

Christ is Alive. Yes, he is alive in me. The Resurrection of Jesus is a sign that Jesus is alive. Jesus lived a life of simplicity and obedience doing his Father's will. He sat down with the rich tax collectors, listened to them as well as the poor. His Resurrection showed his sign of love for his people. The Eucharist that is celebrated every day in the church and his calling to share in this banquet of love is a sign that Jesus is alive in each one of us.

We too can keep the spirit of Christ alive by allowing ourselves to be utilised for the

good of humanity through our works and caring for the old and sick. We can help them by spending time with them listening to their woes, or helping them in their day by preparing a meal or running an errand. A small amount of time that we spend with them brings a smile on their face. It is really Christ who smiles through them.

In our families too, there are times when there are lot of trials, stress, and even times when we live as strangers in our own home. Aged parents are neglected by the children who are busy and young children neglected by working parents. When we live a life of prayer, a word of praise from our lips changes our way of living a more meaningful life. By listening to our conscience and following it we can never fail. When our good actions speak for us and bring out a smile on our face, we can truly say that Jesus is Alive.

Ramona Gandhi and Emilda Dsouza
Ave Maria Community

Christ is Alive and He wants You to be Alive!

“Christ is alive! He is our hope, and in a very wonderful way he brings youth to our world. Everything he touches becomes young, becomes new, is filled with life. However far you may wander, he is always there, the Risen One. He calls you and he wait's for you to return to him and start over again.”

So, the very first words I would like to begin with is “Christ is alive and he wants you to be alive.” You must be wondering what this phrase means. Well, the figure of Jesus must be presented *in an attractive and effective way*.

The church invites us to BE ALIVE IN CHRIST, by helping the church to grow in the little things that we can do. It is a human tendency to make mistakes but what is more important is that we realize our mistakes and

repent for it in this season of lent. Matthew 11:28 says “Come to me all who are weary and I will give you rest.” God will never refuse to help us when we go to him. When you feel you are growing old out of sorrow, resentment or fear, doubt or failure, he will always be there to restore your strength and your hope. When you want peace, go to him. When you want someone to talk to, go to him. When you want answers, go to him. God is the solution to every problem. Put your trust in the Lord. He will relieve you from all your difficulties. He wants you to be alive 'in him'.

You are the “now” of God. The Pope announces three great truths. The first truth is that “God is love”. *God loves you, never doubt this*. Pope Francis affirms that the memory of the Father is not a 'hard disk' that 'saves' and 'archives' all our data. His memory is a heart filled with tender compassion, one that finds joy in 'deleting' from us every trace of evil because he loves you.

The second truth is that “Christ saves you”. There is always a way out. *Never forget that he forgives us 'seventy times seven'. Time and time again, He bears us on his shoulders*. Jesus loves us and saves us because *only what is loved can be saved. Only what is embraced can be transformed. The Lord's love is greater than all our problems, frailties and flaws. His forgiveness and salvation are not something we can buy, but he forgives us and sets us free without cost*.

The third truth is that “Christ is alive”. *We need to keep reminding ourselves of this because we are meant to do God's will and reflect his life in everything that we do. The living Christ with all the power of his resurrection says to you “Arise!”*

Benecia Crasta
St. Jude Community

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The Active Christ

Christ is Alive are the first words of Pope Francis' latest exhortation, which contains the Pope's reflection upon the discussions that took place at the General Synod of Bishops in Rome. In keeping with this theme, both Bishops and young people from across the world gathered to contribute to the process, promoting a common journey of Faith and dialogue.

“Christ is alive and he wants you to be alive! He is in you; he is with you and he never abandon's you. However far you may wander, he is always there, the Risen One. He calls you and he waits for you to return to him and start over again. When you feel you are growing old out of sorrow, resentment or fear, doubt or failure, he will always be there to restore your strength and your hope.”

For some Christians, a relationship with Jesus consists of praying to Him and going to church on Sunday. They allow Jesus to be a sacrifice for their sins, but the relationship with Him stops there. For others, Jesus is an example to follow, and they try their best to live as He did. But since Jesus is in heaven and they are here, they don't really expect to have much of a relationship with Him, and therefore, end up in a relationship with Jesus which can, at best, be described as “distant.”

The Bible, however, speaks about an intimate and dynamic relationship with Jesus. He is, after all, a person, not a “theological concept;” not someone who once lived on the earth and now is far away, but a person who is alive and can be very near. He, Himself, was tempted in all points just as you are, but overcame sin and death. ([Hebrews 4:15](#); [Romans 6:8](#)) Because of His faithfulness, He has all the power and grace to help you to overcome sin in your life. This also means that your relationship with Him can be full of life – not something lifeless and stagnant – because

He Himself is alive! ([Revelation 1:18](#))

The fact is that you, yourself, decide what relationship you want to have with Jesus. You must first choose to believe that an intimate relationship with Jesus is possible before you can enter into such a relationship, for everything – spiritually speaking – is a product of one's faith.

A relationship with Jesus is not one-sided. Jesus makes this clear when He says, “If anyone loves Me, he will keep My word; and My Father will love him, and **We will come to him and make Our home with him.**” (John 14:23). Just think that Jesus and the Father want to come and make Their home with you! Is that the relationship that you have with Him?

**Tracy D'souza
St. Jude Community**

Easter is a time that family and friends get together. Some for religious purposes and some to celebrate the arrival of Spring. Either way it is a celebration of renewal and typically finds people with a positive outlook.

- Billy Graham

SNAPSHOTS



- 01-12-2019 The Choir of the parish had a Recital 'Ring Christmas Bells' in preparation for Christmas to ring in the Spirit of the season.
- 15-12-2020 The youth & PYAT organized a Christmas float within the vicinity of the parish to liven up the Christmas cheer.
- 21&22 Dec The parish community enjoyed the Christmas Bazaar put up in the church premises.
- 24&25 Dec Christmas was celebrated solemnly in the parish. The liturgy was organized by the Parish Liturgy Team.
- Christmas Wk The altar servers staged the Live Crib through the week in the church after evening mass.
- 26-12-2019 The youth organized 'Christmas Ball' – an evening of song & dance for the parishioners.
- 28-12-2019 The youth organized Christmas celebrations for the senior citizens of our parish.
- 28-12-2019 Legion of Mary organized Christmas Celebration for the special children of our parish.
- 28-12-2020 The Inter-Religious Dialogue Cell organized Christmas Celebration for brethren of other faith in our parish hall.
- 31-12-2019 Thanksgiving Adoration was conducted from 10.30pm to 11.45pm to thank the Lord for His goodness to us personally and as a parish community.
- 01-01-2020 The New Year masses were solemnly organized by the Parish Liturgy Team.
- 17-25 Jan The parish solemnly prayed together as a family during the novena in preparation for our parish feast.
- 26-01-2020 The parish celebrated the parish feast and family day.
- 26-01-2020 The National Flag was hoisted after the 7.00am mass.
- 09-02-2020 World Marriage Day was celebrated and vows were renewed by all married couples at the Eucharistic celebrations.
- 11-02-2020 St. Vincent de Paul organized mass for the sick and ailing in our parish on World Day of the Sick.
- 13-02-2020 A special mass was organized for the students appearing for SSC, HSC & Graduation exams.
- 16-02-2020 Bible Cell organized 'Bible Quiz' for the parishioners.
- 23-02-2020 56 of the parish youth were administered the Sacrament of Confirmation by Most Rev. Bishop John Rodrigues at a solemn Eucharist.
- 26-02-2020 The parish solemnly began the season of Lent with the anointing of ashes on their foreheads on Ash Wednesday.
- 08-03-2020 The Women's Cell organized a fun morning for women of the parish.
- 15-03-2020 Sunday School closed classes for this catechetical year with the celebration of their Annual Day.
- Fri of Lent The Way of the Cross was conducted in Konkani, English & by senior citizens during the Season of Lent.

The Vinpal Diary

BORN IN CHRIST

15-12-2019	Nathan Cutinha	Dubai
15-12-2019	Kloe Gonsalvez	C-202 Ashok Avenue
22-12-2019	Nathan Menezes	13/1/4 Bhawani Nagar
29-12-2019	Tobias Vaz	A-704 Blue Monarch
26-01-2020	Rayden Sequeira	1404 Premier Emperor
02-02-2020	Anto Infancia	Unit No. 20, Aarey Colony
09-02-2020	Marcus Vaz	D-714 Sangeet Lok Darshan
16-02-2020	Freya Mascarenhas	B-1103 Blue Monarch



REST IN CHRIST

26-11-2019	Santhosa Mary Nathan	Unit No.22, Aarey Colony
03-12-2019	Margaret Fernandes	Marol Police Camp
26-12-2019	Nicholas Fernandes	Vijaynagar
03-01-2020	Rosy Kunjavv	A2/22 Vijaynagar
07-01-2020	Selestin Dmello	202 Crystal Tower
22-01-2020	Sylvester D'Silva	A-701 Eco Palms
23-01-2020	Lethisha Carlo	Bhawani Nagar
12-02-2020	Mariapushpam Cruz Samraj	D-202 Customs Colony
15-02-2020	Joaquim D'mello	7/5/9 Bhawani Nagar
24-02-2020	E.X. Antony	Mayur Bungalow, Ground floor
04-03-2020	Anthony Pereira	A/302 Lok Darshan



JOINED IN CHRIST

08-12-2019	Vivek Jadhav & Jennifer Roshani Mathias
14-12-2019	Roshan Navin Fernandes & Hetali Vinod Madia
15-12-2019	Aaron Peter Martin & Jonas Acharya
19-12-2019	Leroy Jason D'Souza & Paquita Fernandes
21-12-2019	Justin & Shrutika Ravindra Denge
22-12-2019	Allan Chettiar & Cressilda D'Souza
28-12-2019	Vivian Samuel Tauro & Carol Natasha Martis
29-12-2019	Basil Rodrigues & Chrislyn Lewis
04-01-2020	Juneo Diogo Fernandes & Joyce Maria Pereira
11-01-2020	Steevan Correia & Shirley D'Souza
02-02-2020	Raylon Vincent Pinto & Brunell Valerie D'Sa
08-02-2020	Leander Agnelo D'Souza & Geenel Marcel Augustine
09-02-2020	Collin Remegius Noronha & Anita Veronica Rodrigues
15-02-2020	Luke Joe Jacinto & Lilita Salvador
16-02-2020	Gunaraj & Motcha Rani
16-02-2020	Ratanwel & S. Janet Mary
24-02-2020	Prabhat Leo Koshta & Savita Kadam



Urbi Et Orbi - Pope Francis

“When evening had come” (*Mk 4:35*).

The Gospel passage we have just heard begins like this. For weeks now it has been evening. Thick darkness has gathered over our squares, our streets and our cities; it has taken over our lives, filling everything with a deafening silence and a distressing void, that stops everything as it passes by; we feel it in the air, we notice in people's gestures, their glances give them away. We find ourselves afraid and lost. Like the disciples in the Gospel we were caught off guard by an unexpected, turbulent storm. We have realized that we are on the same boat, all of us fragile and disoriented, but at the same time important and needed, all of us called to row together, each of us in need of comforting the other. On this boat... are all of us. Just like those disciples, who spoke anxiously with one voice, saying “We are perishing” (v. 38), so we too have realized that we cannot go on thinking of ourselves, but only together can we do this.

On this boat... are all of us.

It is easy to recognize ourselves in this story. What is harder to understand is Jesus' attitude. While his disciples are quite naturally alarmed and desperate, he stands in the stern, in the part of the boat that sinks first. And what does he do? In spite of the tempest, he sleeps on soundly, trusting in the Father; this is the only time in the Gospels we see Jesus sleeping. When he wakes up, after calming the wind and the waters, he turns to the disciples in a reproaching voice: “Why are you afraid? Have you no faith?” (v. 40). Let us try to understand. In what does the lack of the disciples' faith consist, as contrasted with Jesus' trust? They had not stopped believing in him; in fact, they called on him. But we see how they call on him: “Teacher, do you not care if we perish?” (v. 38). *Do you not care*: they think that Jesus is not interested in them, does not care about them. One of the things that hurts us and our families most when we hear it said is: “Do you not care about me?” It is a phrase that wounds and unleashes storms in our hearts. It would have shaken Jesus too. Because he, more than anyone, cares about us. Indeed, once they have called on him, he saves his disciples from their discouragement.

The storm exposes our vulnerability and uncovers those false and superfluous certainties around which we have constructed our daily schedules, our projects, our habits and priorities. It shows us how we have allowed o become dull and feeble the very things that nourish, sustain and strengthen our lives and our communities. The tempest lays bare all our prepackaged ideas and forgetfulness of what nourishes our people's souls; all those attempts that anesthetize us with ways of thinking and acting that supposedly “save” us, but instead prove incapable of putting us in touch with our roots and keeping alive the memory of those who have gone before us. We deprive ourselves of the antibodies we need to confront adversity. In this storm, the façade of those stereotypes with which we camouflaged our egos, always worrying about our image, has fallen away, uncovering once more that (blessed) common belonging, of which we cannot be deprived: our belonging as brothers and sisters.

“Why are you afraid? Have you no faith?” Lord, your word this evening strikes us and regards us, all of us. In this world, that you love more than we do, we have gone ahead at breakneck speed, feeling powerful and able to do anything. Greedy for profit, we let ourselves get caught up in things, and lured away by haste. We did not stop at your reproach to us, we were not shaken awake by wars or injustice across the world, nor did we listen to the cry of the poor or of our ailing planet. We carried on regardless, thinking we would stay healthy in a world that was sick. Now that we are in a stormy sea, we implore you: “Wake up, Lord!”.

Lord, you are calling to us, calling us to faith

“Why are you afraid? Have you no faith?” Lord, you are calling to us, calling us to faith. Which is not so much believing that you exist, but coming to you and trusting in you. This Lent your call reverberates urgently: “Be converted!”, “Return to me with all your heart” (*Joel 2:12*). You are calling on us to seize this time of trial as a *time of choosing*. It is not the time of your judgement, but of our judgement: a time to choose what matters and what passes away, a time to separate what is necessary from what is not. It is a time to get our lives back on track with regard to you, Lord, and to others. We can look to so many exemplary companions for the journey, who, even though fearful, have reacted by giving their lives. This is the force of the Spirit poured out and fashioned in courageous and generous self-denial. It is the life in the Spirit that can redeem, value and demonstrate how our lives are woven together and sustained by ordinary people – often forgotten people – who do not appear in newspaper and magazine headlines nor on the grand catwalks of the latest show, but who without any doubt are in these very days writing the decisive events of our time: doctors, nurses, supermarket employees, cleaners, caregivers, providers of transport, law and order forces, volunteers, priests, religious men and women and so very many others who have understood that no one reaches salvation by themselves.

In the face of so much suffering, where the authentic development of our peoples is assessed, we experience the priestly prayer of Jesus: “That they may all be one” (*Jn 17:21*). How many people every day are exercising patience and offering hope, taking care to sow not panic but a shared responsibility. How many fathers, mothers, grandparents and teachers are showing our children, in small everyday gestures, how to face up to and navigate a crisis by adjusting their routines, lifting their gaze and fostering prayer. How many are praying, offering and interceding for the good of all. Prayer and quiet service: these are our victorious weapons.

Prayer and quiet service: these are our victorious weapons.

“Why are you afraid? Have you no faith”? Faith begins when we realize we are in need of salvation. We are not self-sufficient; by ourselves we flounder: we need the Lord, like ancient navigators needed the stars. Let us invite Jesus into the boats of our lives. Let us hand over our fears to him so that he can conquer them. Like the disciples, we will experience that with him on board there will be no shipwreck. Because this is God's strength: turning to the good everything that happens to us, even the bad things. He brings serenity into our storms, because with God life never dies. The Lord asks us and,

We have an anchor... We have a rudder... We have a hope

Embracing his cross means finding the courage to embrace all the hardships of the present time, abandoning for a moment our eagerness for power and possessions in order to make room for the creativity that only the Spirit is capable of inspiring. It means finding the courage to create spaces where everyone can recognize that they are called, and to allow new forms of hospitality, fraternity and solidarity. By his cross we have been saved in order to embrace hope and let it strengthen and sustain all measures and all possible avenues for helping us protect ourselves and others. Embracing the Lord in order to embrace hope: that is the strength of faith, which frees us from fear and gives us hope. “*Why are you afraid? Have you no faith?*”? Dear brothers and sisters, from this place that tells of Peter's rock-solid faith, I would like this evening to entrust all of you to the Lord, through the intercession of Mary, Health of the People and Star of the stormy Sea. From this colonnade that embraces Rome and the whole world, May God's blessing come down upon you as a consoling embrace. Lord, may you bless the world, give health to our bodies and comfort our hearts. You ask us not to be afraid. Yet our faith is weak and we are fearful. But you, Lord, will not leave us at the mercy of the storm. Tell us again: “Do not be afraid” (*Mt 28:5*). And we, together with Peter, “cast all our anxieties onto you, for you care about us” (cf. *1 Pet 5:7*).

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"Love of Christ urges us on" 2 Cor. 5:14

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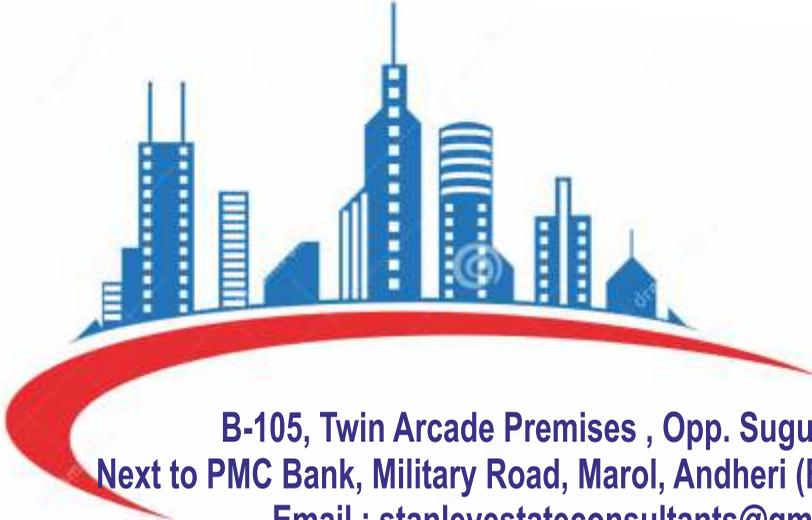
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Example for age 30	936-16 (10)	936-21 (15)	936-25 (16)
Sum Assured	Rs. 6,00,000	Rs. 6,00,000	Rs. 6,00,000
Yearly Premium + GST	Rs. 52, 630	Rs. 33,765	Rs. 28,665
Total Premium Payable	Rs. 5,26,300	Rs. 5,06,475	Rs. 4,58,640
Maturity*	Rs. 10,47,000*	Rs. 13,02,600*	Rs. 16,35,000*
PLAN & TERM	MATURITY AMT.*	PURPOSE	
936-16(10)	Rs. 10,47,000	EDUCATION	
936-21(15)	Rs. 13,02,600	MARRIAGE	
936-25(16)	Rs. 16,35,000	RETIREMENT PLANNING	

*Maturity amount is based on current bonus rate and final additional bonus rate, which may increase or decrease in future.

Premium stops.

Benefits go on.

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- Verification of Title Deed/7-12 extract, Property Card/Changes in name in Property Card.
- CCTV & ANNUAL MAINTENANCE CONTRACT/EXCHANGE OFFER
- Drafting & Registration of Gift deed, Trust Deed & Mortgage Agreements.
- Adjudication of Property Agreements.
- Legal Heir Issues, Such as Succession Certificate / Membership Matter etc.

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