

HOLY NAME

R E C O R D

MARCH 2019

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To Unitedly Empower Communities to be Witnesses of the Compassionate Love of Jesus.

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EDITORIAL

His Eminence Oswald Cardinal Gracias issued a circular in 'The Examiner' regarding Bible Sunday which this year falls on 3rd March, 2019. A new feature this year is a Novena in preparation for Bible Sunday, to help people personally discover the power and grace available in the Word of God in their daily lives - something that the Second Vatican Council insisted upon and that has been reiterated in the pontificate of Pope Francis.

At the Cathedral, aiming at a personal encounter with the Word of God in all its varied facets, we have planned to celebrate the Word of God in a Lenten programme titled 'Word-Fest'. We hit the ground running as we allow ourselves to be Challenged by the Word through an outreach by Trevor Lewis immediately after Ash Wednesday. This will be followed by a Community Reading of the Word inviting each one to read and reflect upon the Word as individuals and also as a parish community.

Jesus, the Eternal Word of God, often spent whole nights in prayer with His Father. He invited his disciples to pray constantly. That would be our next vista into the Word - spending time with him through a full Night

Vigil, pondering on and adoring the Word made flesh.

Everyone who encountered Jesus was transformed through deep interaction with Him. Having participated in the whole night vigil with the Word made flesh, surely we are enabled to be Transformed by the Word. This transformation will come to fruition through Confession and a Healing Service - in that order, for Jesus advised us, "Come to me all you who are weary and burdened and I will give you rest" (Mt 11:28-30). The Sacrament of Confession is a Sacrament of Healing. Opening our hearts to the Lord, enables His graces to rush into our lives and heal us, for He says "I stand at the door and knock. If anyone hears my voice and opens the door, I will come in" (Rev 3:20).

Being transformed by the Word of God, we are called to share the Good News with the world. We conclude the 'Word-Fest' to share a day with inmates at a Seniors' Home and Leprosy Centre Complex at Velholi near Asangaon, managed by the Helpers of Mary. For as Jesus reminds us, "Whatever you did to the least of these, you did it to me" (Mt 25:40-45).

- FATHER HAROLD VAZ & FATHER MICHAEL D'CUNHA



Date(s)	Programme	Remarks
March 7-10 Thursday to Sunday	Outreach by Trevor Lewis (Challenged by God's Word)	From 7pm to 9pm in the Church. Preaching in English and Hindi
March 18-22 Monday to Friday	Reading the Word as a community (Reflecting on the Word)	Focuses on different ways to Read and grapple with God's Word After evening Mass in the Church
March 30 Saturday	Night Vigil (Worshipping the Word)	From 10pm to 5am in the Church ending with Mass at 5am
April 8-9 Monday & Tuesday	Confessions (Healed by the Word)	From 5pm to 8pm in the Church and Church compound
April 10 Wednesday	Healing Service (Healed by the Word)	In the Church after the evening Mass from 7pm to 8.30pm
April 13 Saturday	Day trip (outreach) to Velholi (Reaching out through the Word)	PRIOR REGISTRATION REQUIRED. Buses will leave from the Church at 7am and return around 4.30pm

Most of us when entering the Cathedral dip our fingers in the holy water near the entrance and cross ourselves. Few stop to appreciate the beautiful marble font but one of our new parishioners does. He is very upset with our attitude in not appreciating the beauty and that it is not maintained so that it is visible in all its glory. He took permission from the Rector and proceeded to clean it himself. And that is how he introduced himself to his new parish.

*HNR team members Margaret DaCosta and Maureen D'Sa met up with **Newton D'Souza** and his lovely supportive wife **Veronica** to learn more about this couple. The two hours spent with them were totally inadequate to capture their spirit, passion and talents. Newton has promised to take a session with our parish children and youth on recycling waste to make works of art during the summer holidays - and we will hold him to that promise.*

Tell us a little of your family life and how the two of you met?

I was one of nine siblings and since my father was the sole earner - life was quite hard. Soon after completing my 10th I applied for a job at the Taj and was hired as an Apprentice Steward. Over the years I worked my way up and am now the Food & Beverages Services Manager at the Taj Mahal Palace Hotel. My wife Veronica was from St. Stephen's parish, until our marriage. She was a nurse with Bombay Hospital and retired as the Nursing Superintendent. She is truly worthy of being a successor to Florence Nightingale. Gentle yet strong. Currently she is associated with Impact India and its Lifeline Express which is the world's first state-of-the-art hospital on a train and which takes medical aid and surgery to the remotest villages of India.

I was all of 19 when I first met Veronica and I knew immediately that she was the girl I was going to marry. We were engaged when I was 21, married at 23 and soon our daughter Naomi was born. So at 25 I was already a young and responsible father! Our daughter Naomi is a Stem Cell Scientist, based in London. We make it a point to talk to her every single day, even if it is just for a minute or two.

How did you get to move here. You mentioned special circumstances. Also your house is very uniquely decorated. You have a mirror across an entire wall. Is there a particular reason?

THE RECORD INTERVIEW



I have lived all my life near Metro in a family-owned building, but when part of it collapsed around three years ago, we had to find alternate accommodation. We struggled for about nine months, and at that time I approached the Taj authorities for help and based on my strong work record I was offered this accommodation. It is all the work of our Lord. Regarding the mirror on the wall, Veronica and I share our passion for dancing. We practise our moves. *(Many of us saw that for ourselves as they burnt the dance floor with their groovy moves at the Parish Feast last month!).*

Newton - we hear you have many hobbies and varied skills, can you tell us a little about them?

Newton - My interests are varied: Besides my F&B job at the Taj, I am a Stained Glass Painter, a Master

Angler, Fire Juggler, Sculptor, Candle-maker, Dancer, Boxer, Kayaker, Archer, and a Champion Kite Flyer.

So where did you get so much inspiration, say of your stained glass paintings?

The inspiration for my stained glass paintings came from a visit to the Shrine of Don Bosco's Madonna in Matunga. To see the sunlight filtering through the 23 stained glass panels with the rich hues of red, yellow and peacock blue dancing across the interiors of the church was nothing short of divine, and I prayed that day for a fraction of that gift of painting, and my prayers were answered.

Seeing that you are so gifted, what would you attribute to your talents?

Newton - Only to My Lord and My God (though my middle name is Thomas, I am no Doubting Thomas!) After all "What we are is God's gift. What we make of ourselves is our gift to God". Life has taught me, when you give, you experience spiritual power, well-being and vitality. When you give, you are alive. You experience an overflowing sense of abundance and joy. This is why giving is so much more joyous than receiving.

So where can we see your works of art?

My stained glass paintings are at various churches e.g. my painting of 'the Face of Christ' is in the Church of Our Lady of Dolours at Sonapur, and my 'the Risen Lord' is at St. Stephen's Church at Cumballa Hill, my painting of the Holy Spirit is in a prayer house in Murbad, while 15 of my works of art are in the Tata Cancer Hospital in Kolkata. Many eminent personalities

like Mr. Ratan Tata and other Tata directors have added my works to their private art collections and quite a few of the institutes all over India that are run by the Tatas have my works prominently displayed.

We hear you received an award from the Government, is that right?

Yes, I was awarded the Champion's prize for Kite Flying at the Apna Utsav by the Government of Maharashtra.

Veronica – besides your association with the Lifeline Express, we hear you have other interests as well, do tell us about them.

Yes, I am the OT Trainer and Lead Process Nurse in the SRCC Hospital which is managed by Narayana Health and I also run the Nurses Training Program at the Centre of Excellence for Minimal Access Surgery (CEMAST)

A word of advice to our parishioners?

Newton - If you can dream it, you can do it.

Veronica - Be available and ready to serve the community, whenever the Lord calls you to be of service.

For more information, you can check out Newton's website: www.greatmasteryglass.com

She occupies a prominent place in the side altar next to Our Lady. With International Women's Day round the corner, we thought it appropriate to feature St. Rita who is a role model for women all over the world. There is nothing that any woman has faced that St. Rita had not. She was an obedient daughter, a child bride, a battered wife, a young widow, a single parent who lost her sons at an early age, a nun who was not accepted by her own community.

St. Rita was born Margherita Lotti in Roccaporena, near Umbria, Italy in 1381. In the local dialect, her name meant "pearl", but she was known simply as Rita. From an early age she was drawn to the religious life and wanted to enter a convent but her parents arranged her marriage to a cruel man named Paolo Mancini. Young Rita became a wife and mother at only twelve years of age. She had a difficult marriage as her husband was a man of violent temper who often mistreated Rita verbally and physically.

Paolo had many enemies in Cascia, but Rita's influence over him eventually led him to be a better man. He even renounced a family feud, but unfortunately the feud grew turbulent and Paolo was killed. Rita, being a peace maker, gave his murderers a public pardon, but Paolo's brother encouraged her two sons to avenge their father's death. Rita tried to stop them, but when she saw that they were bent on revenge, she prayed to God to take her sons away lest they lose their souls. Her prayers were answered when both of her sons fell prey to dysentery and died.

Following these tragedies, Rita felt called to a second but familiar vocation: to religious life in the Augustinian convent. But the sisters at St. Mary Magdalene Monastery were hesitant and refused her request. When Rita persisted, the convent told her she could join if she could

KNOW YOUR SAINTS



ST. RITA OF CASCIA
PRECIOUS PEARL OF GOD

find a way to end the family feud. And so, inspired by her three patron saints (St. Augustine of Hippo, St. Nicholas of Tolentine and St. John the Baptist), Rita set out to make peace between the families. Aided by her patron saints, Rita was successful in putting the vendetta to rest forever.

At the age of 36, Rita was finally accepted into the Augustinian convent. She lived a life of prayer, contemplation and spiritual reading. For forty years she lived this routine life until Good Friday of 1442, fifteen years before her death, when she had an extraordinary experience. As she was praying before the crucifix, she received a visible wound on her forehead, a mystical stigmata of Jesus' wound from the crown of thorns symbolic of her spiritual intimacy

with Christ's suffering. The wound remained open, was painful and visible until the day of her death.

Some months before her death, when she was visited by a relative, Rita asked if she could have a rose from the garden of her family home brought to her. It was January, the dead of winter in the hills of Umbria, but upon her return home the relative passed Rita's family garden and found to her astonishment a single fresh rose in the snow-covered garden on an otherwise barren bush. She immediately returned to the convent where she presented the miraculous rose to Rita who gave thanks to God for this sign of love and assurance. For the four decades she had spent in Casica's convent she had prayed especially for her husband Paolo, who had died violently, and for her two sons, who had died so young. The earth which held their mortal remains had now produced a beautiful sign of spring out of season. The Saint of the Thorn had now received her rose from God.

Rita returned to God in peace on May 22, 1457. Her

body, which has remained incorrupt over the centuries, is venerated today in the shrine of Cascia, which bears her name.

Peacemaker, Saint of the Impossible, St. Rita is a powerful intercessor for challenging marriages, difficult children, feuding families, and abuse victims. With the canonization of Saint Rita in 1900, interest in and

ANSWERING THE CALL TO “MAKE A JOYFUL NOISE TO THE LORD”!!!

I have always loved music and singing ever since I was a child. My mother Rose who had a beautiful soprano one voice, encouraged me to pursue singing in the church choir as one of my hobbies and this is how my love for church music was fostered. I was encouraged to sing in the Choir by the words of St Augustine who rightly remarked, “He who sings prays twice”. Besides St Paul in his letter to the Ephesians exhorted us to ‘Speak to one another with psalms, hymns and spiritual songs and make music in your heart to the Lord (Ephesians 5:19).



God is the primary object of our worship and what better way to feed our souls than to sing His praises. Choral music has been an integral part of worship at the Holy Name Cathedral, bringing the words of the sacred texts alive for many years. The Holy Name Cathedral choir is a long established and acclaimed choir which comprises of a team of

around sixty to seventy talented singers and musicians. All segments of the parish are represented in the choir which comprises of youth, adults, boys, girls, ladies and gentlemen who are eager to give generously of their time and talents to God, the giver of all good gifts.

If you have not heard them, you are invited to attend our Saturday evening service and I am sure that your soul will be uplifted as you experience them Praising and Glorifying God. They also sing at Feast day celebrations like Christmas and Easter apart from an annual concert under the Bombay Chamber Orchestra. In December 2018, our choir also sang at the Catholic Gymkhana Carol Festival and at the Inter Faith Dialogue Function hosted by His Eminence Cardinal Oswald Gracias.

Joining the Holy Name Cathedral choir has been one of the best blessings I have received from the Lord in 2018. When I first heard them perform at the Bombay

devotion to the Precious Pearl of Umbria spread rapidly not only in her native Italy, but throughout many nations. As a woman who had experienced the various states of life as wife and widow, mother and nun, St. Rita has much to say to women of every time and place. As a victim of violence and a witness to forgiveness, she offers powerful testimony to men and women alike.

..... - GLORIA D'SA

Chamber Orchestra at the Sophia Bhabha Hall in August 2018, I was mesmerized by their voices and experienced a calling to Glorify God together with this wonderful choral group. I spoke to Mario Nazareth, the Director of the choir of my intention to be a part of the group and was thrilled when he said that I was most welcome to join, if I could make the time commitment.

Having recently experienced the joys of praising God as part of this choir, I am keen that other like-minded individuals also avail of this great opportunity. The time commitment is moderate as there are not too many rehearsals. You do not need to possess the best of voices, or know how to read music, or have prior experience of being a part of a big choral group. All that is required is modest talent and an enthusiasm to use it to glorify God who will provide you with all the graces you need. The Gospels teach us that “God does not call the qualified, He qualifies the called”. Once you answer the call you will see how God performs the miracle of the multiplication of the loaves and fish with your talents. You may even be inspired like many in our team to write songs, under the able guidance of our Music Director Mario Nazareth. Besides singing praises to God is the closest we can get to experiencing heaven on earth and a great way to strengthen our relationship with God. In the choir you will have the opportunity to sing a wide variety of hymns and delightful carols, besides learning to sing in different languages.

From my personal perspective, singing in the church choir has given me an excellent opportunity to express my love for the Lord and my gratitude for the blessings and talents He has given me. It is a calling and I am keen that you too experience the same joy. We are keen to welcome new members who wish to join the choir. You need to be able to regularly commit time on Saturdays from 6.30 p.m. to 9 p.m. We sing at the Saturday 6.30 p.m. evening mass followed by rehearsal practice from 7.30 p.m. to 9 p.m. in the Fort Convent School Hall.

If you wish to answer the Call to join the choir and utilize your talents to serve the parish and give praise to God .please get in touch with our Music Director - Mario Nazareth who is available on Telephone / WhatsApp number 9892013679 or email him at Nazareth.mario@mahindra.com.

I hope and pray that today, you would listen to his voice

and answer His call to experience the beauty of our choir. **Let Psalm 100 come alive for you as “you make a joyful noise unto the Lord”.**

HAPPY SINGING, HAPPY LEARNING. MAY GOD BLESS ALL OF US.

- DR. PERPETUA MIRANDA

The Feast of the “Most Holy Name of Jesus” follows close on the heels of Christmas and is a feast in honor of the name “Jesus,” which means “God saves.”

The Holy Name Parish came together to celebrate its feast on 13th January after the 6.30 pm mass.

The setting was interesting and inviting with a small decorated stage in the middle of the grounds with seating all around.

Fr. Harry kicked off the evening with a welcome. Sanju Fernandes, our excellent compere for the evening then conducted the Grand March which got most of our parishioners to join hands (quite literally) and march to the same tune. It was quite the “community” exercise!

Our various communities exceeded expectations with the wide variety of delicious snacks and other items that were sold at the stalls.

The talented Kim Cardoz entertained us all for over an hour with his toe-tapping music and singing and in no time, got people to their feet and dancing.

PARISH NEWS

HOLY NAME FEAST

Our Father Harry sang the other Harry’s “Coconut Woman” in true “Caribbean” style while Fr. Michael clearly proved he learnt to rock with “Wake up little Suzy”. It was most engaging!

The youth of the Parish set up exciting game stalls which really put the parishioners’ skill to the test. Games included arranging books in a dominoes-like fashion to knock the final book off the table and “tyre football.”

The youth also conducted “Bombing the City” but with quite the “twist”. The city that was picked was the one that wasn’t bombed but the city diagonal or opposite or adjacent was bombed for a particular reason.

The evening concluded on a high note with Kim’s legendary “Masala” and everybody joined in enthusiastically.

Thanks to all those who made the Parish Feast a great success.

- ANITA FERNANDES

EUCCHARISTIC ADORATION

HEALING SERVICE

The Holy Name Prayer Group organized a Eucharistic Adoration Healing Service on Tuesday, 29th January, 2019, conducted by Fr. Michael D’Costa from St. Stephens Church, Cumballa Hill. The Service commenced with Praise and Worship with the exposition of the Blessed Sacrament, after which Fr. Michael continued with his inimitable, unique style of reading the Word of God, explaining the passage from the Gospel of Mark (Mk 2: 1-12): the healing of the paralytic man let down from the roof by his friends.

Even though most of us are familiar with this story in Mark’s gospel, Fr. Michael enumerated many points for our reflection. Just as the four people carried the paralytic man and brought him to Jesus, to be healed in seemingly impossible circumstances, we too are called to bring people to Jesus and to preach the Good News to them, despite all the hurdles we face. Theirs was a faith and perseverance that amazed even Jesus - we too should aspire to display this same faith.

One very significant point Fr. Michael emphasized was that the paralytic was asked to “go home”. Home is our base from which we start our mission. We should reflect Christ in our own homes by being His living witnesses, in our personal prayer, our family prayer.

Fr. Michael concluded the session with a beautiful healing service, reiterating that if our souls are healed, our bodies too will receive healing. Each person was then asked to come and kneel at the altar rail so that Father could go from person to person with the Blessed Sacrament and sprinkle holy water on us. We were filled with the peace and love of the Lord.

Our grateful thanks to Fr. Michael D’Cunha and the Core team of the Holy Name Prayer Group for organizing such spiritually enriching services for us.

- TERESA MENEZES

YOUTH **CONFIRMATION:** THE FULLNESS OF A LIFE IN FAITH

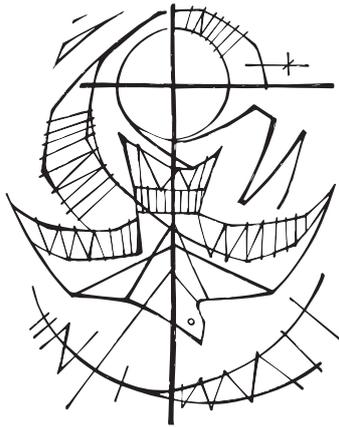
Our Confirmandi, girls and boys freshly out of school and on the next leg of their academic careers, started their Confirmation journey in July 2018. What would being 'confirmed' in the Faith mean for them?

We asked a representative few - Saloni, Frida, Cassandra, Kieran, Ryan and Jason - about the 'before' and 'after' effects of attending catechesis, and the responses were heartening: "I expected boring classes....this class exceeded expectations and never failed to teach something new and interesting... I expected it to be a big step in my faith and it turned out as expected...meeting new people, questioning, and understanding...Christianity is so much more than Sunday Mass and praying the Rosary...it is a community driven religion, fuelled by love and hope and faith..." Advice to the next batch? "Every class is a piece in the larger puzzle of understanding Christ, even without a single piece, the puzzle will remain incomplete. Come to class with an open mind and do your assignments on the day you get them." "The more you interact, the more you will learn."

The catechist team, helmed by Fr Michael D'Cunha, includes: Sr Helen, PSOL, who brings her experience of teaching Confirmation in other parishes / dioceses; Br Vivian SJ, a Jesuit in training who has assisted in the past; Prema whose association with Confirmandi goes back over many years and carries many happy memories, and Wendy who is learning on the job.

On looking back, Fr Michael has this to say: "In addition to being baptised, the Church demands that those to be Confirmed be (a) suitably instructed (b) properly disposed and (c) are able to renew their baptismal promises.

Keeping the above requirements in mind, we launched a Confirmation Programme that envisaged a solid grounding in Scripture, an understanding of the teachings of the Church -with a mix of current issues- and a keen focus on being responsible Catholics. The Sacrament



of Confirmation is one that demands maturity and those to be confirmed must demonstrate both willingness and a desire to undertake the mission of the Church.

The course itself, though very short, gave us deep insights into the different personalities we were dealing with. Speaking to the students 'one on one' helped me personally to evaluate their progress in the light of the backgrounds they came from. Teaching them the faith was in itself an enriching experience

for me that helped me challenge myself further. I believe I have learnt much more than I taught. In the end, I am the one who feels suitably instructed, better disposed and in a constant readiness to renew my own Baptismal promises!"

Time seemed to be too short to cover all that is needed to be completed, to equip our teenagers to understand and practice their faith - what their commitment really means and how they can keep it. A couple of the takeaways from this year's experience is that from here on, a Pre-Confirmation batch will be instituted to gauge both the level of commitment and preparedness of the candidates, coming as they are after a gap between Sunday School, First Holy Communion and, now, Confirmation. Also, the concept of family as 'First Church' needs to be reinforced, with greater input from the parents and sponsors in the Confirmation journey.

Involvement from the Parish SCCs, too, would have a huge impact for the good - it does take a village to raise a child! Being part of a community, sharing in its prayer life, social outreach and just basic interactions will help to give our present and future Confirmandi the orientation in the Faith that is so necessary for them, when they meet the world and all its distractions. It's not just about keeping them Catholic, it's about getting them to know and love Christ as He loves us.

- WENDY CHAVES

The Crib – The Word made Flesh

"Give them a task.... And they will do it... come hell or high water!!!"

Very apt for the Holy Name Youth who never fail to surprise you, be it organizing a wonderful Parents' Day celebration or the Parish Tele-games or Fun and Games at the various Parish events. One of the most looked forward to endeavors of the Youth, is the Crib. Bringing Baby Jesus to life in our hearts through a message has now become their forte over the years that the Youth have been involved in making the crib.

Not only the parishioners, but also faithful from far and wide make it a point to stop over at the Holy Name Cathedral during the season of Christmas to visit Baby Jesus in the crib which is conceptualized wonderfully by the youth. This year the simple yet radiant Crib, brought light to all through the theme - The Word of God made Flesh. The word of God in the scripture, brought to life by the giant size Bible, was made flesh through the little Baby Jesus born in a manger. The life size Bible was open at Luke 2: 4-14 which shared the Christmas story. How beautiful!!!



Many weeks of painstaking efforts by our Youth have been spent in ensuring that the frames were up, the paint was done right, the lighting was up to the mark, the glitter

was not too much, the text was legible and so much more. Among all this was to keep in mind that all their efforts were for the greater glory of God. This work of their hands was to help to bring HIS word to life, a small part in evangelizing the peoples - a task which Christ has given to us all - **GO INTO THE WORLD, PROCLAIM THE GOOD NEWS.**

Congratulations dear Youth Members, for bringing Life into the Parish, for your Evangelization through your creativity and hard work. May Jesus inspire you to walk in His ways. For all the young who are not yet part of the Youth Group, may this inspire you to join this troupe called to serve in His holy name. Engage with and be a part of the Holy Name Youth group which meets every Thursday after the 6.30 pm mass.

- NITA CRAVEN

BOOK REVIEW - by Wendy Chaves

JUSTICE & SOLIDARITY (Stories and Reflections on the Gospels – Cycle C) – John D’Mello
Published: Daughters of St Paul, Waterfield Road, Bandra, Mumbai – 400050.

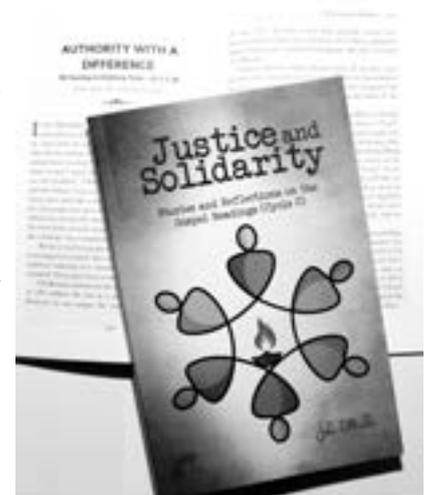
This offering from Fr. John, with its stories and reflections on the Gospels of Year C, completes the trilogy on the liturgical cycles and, in true biblical tradition, the best wine has been kept for last. The first two books (*Gospel Confronts Life* and *From Empathy to Justice*) are deeply inspiring and motivating, but *Justice & Solidarity* goes beyond, in that it is a marvellous eye opener in many ways, making the reader see the familiar Gospel narratives in a very different and thought-provoking light. The overriding theme, reflected in the title, is ‘solidarity’, the coming together of groups in a network, in order to transform society, thus making sure that no one walks alone. These reflections, then, are a stirring call to action! To dwell on each chapter would be to give away the content, but there are some interpretations that just beg to be shared, they are that unusual and ‘out of the box’! So here is a spoiler alert: If you were to be asked how familiar you are with the story of ‘The Good Samaritan’, your answer would be, ‘Very familiar!’ Right? Well, be prepared for the unexpected, because what you get to read will hit you between the eyes. The story of the ‘Prodigal Son’ is also turned on its head as are other well-worn favourites, like the story of ‘Mary and Martha’, and the ‘Wedding Feast at Cana’. New wine indeed.

As we read, we are brought face to face with the counter culture that is the Gospel - a fundamental reversal of the way the world functions: brokenness and flaws are an advantage, because they allow us to connect with God’s mercy and healing. To bring this to others, we first need to empathise. This is also an underlying theme in the book and, as the author tells us, “This is also the running theme of the entire Bible. All the 72 plus books of the

Bible are like the beads of a necklace and the central thread running through them all can be summed up in a few lines: God has a special love for the weakest members of society. He takes their side and vindicates them so that their fortunes are reversed.”

Because of the challenge it throws out, ‘Justice & Solidarity’ cannot be called an easy read. The author intends to make readers think and act, to challenge them to tip the scales in favour of Jesus’ work and culture. On the other hand, you are guaranteed a really good read. This is one book that you can go back to again and again; after all, it is based on the greatest story ever told!

And here is a little bit of personal advice: as enticing as the content may be, do not sit down to read this book all at one go. Rather, read the reflection a day before and again the day after the applicable Sunday. This way, you will go to the Eucharist with expectation and return from the Eucharist with understanding - an understanding that will be reinforced by a second reading. You will find it easier to respond, enthusiastically, to the call to action ‘Go forth and live with Gospel through your lives’!



CHILDREN ZIP... ZAP... ZOO!

Altar Servers' visit to the Zoo

The altar servers visited the Jijabai Udyan, popularly known as Byculla Zoo, on 30th December. As we assembled at the church parlor, Fr. Harry prayed before we could leave and treated us to a yummy chocolate cake. We were also given our snack boxes at this point.

On reaching the zoo, we saw the beautiful artificial waterfall and models of animals and birds. We also saw a huge model of a dinosaur in the next garden which looked like it was welcoming us. This place is not only a zoo, but a botanical garden as well. We moved ahead, excited to see the animals in the zoo. In the elephants' enclosure, we managed to see only two elephants at a distance. The other animals which we saw were a group of spotted deer, the Indian hyena, a donkey, and a mother hippo with its baby in a pool of water. Then we walked towards the building where the Humbolt penguins were housed. Facts about the penguins were shared with us like their weight, height, the temperature they live in, breeding, life span etc. We were told that seven penguins were brought from the Coex Aquarium, Seoul, South Korea. We could see them through a wide transparent glass. It was a spectacular view. After leaving the penguin enclosure, we moved to the botanical garden



where we saw many trees and plants of different species. A statue of Jijabai with her son Shivaji is displayed in one of the beautifully-maintained gardens. We also went to the children's park where we played. After an hour of playing we were hungry and tucked into the snack boxes. It was then time for us to leave. We left the zoo with sweet memories of all the fun we had. When we reached the Holy Name grounds, exhausted, we were all treated to ice cream.

We would like to thank all the parish priests, Fathers Harry, Avin, Michael and Nigel for sponsoring our trip. We would also like to thank our animator Bertrand, Sunday school teachers Ms. Salome and Ms. Jovita, and youth member Ms. Saloni for organizing and accompanying us on this trip.

- AMBERLY NAIR

Altar Servers visit to the Kala Ghoda Art Festival 2019



On the 7th of February we altar servers visited the Kala Ghoda Art Festival (KGAF). When we entered we first saw a beautiful 7-headed winged Pegasus presented by Imagica. We then headed to the Happy Hub. There was a Potters' market where one could buy ceramic cups, kettles, plates, earthen pots etc. One could even learn to make our own pots. There were many workshops for children too. Club Mahindra had organized activities for children. We were given a passport in which we had to register our name. We had to complete the activities and then get it stamped. At the Science Corner, children from various schools and age groups paid tribute to the KGAF which celebrated its 20th year by exhibiting

innovative and creative models on topics like the Circle of Life, Educational Safari, an Ode to Ma, Connecting Generations etc. Then we moved ahead to see all the eye-catching installations like the Kala Mandal, Kalantar, Kalchakra, time on art, house of Bombay times, warping time, roots to sky, knight in shining armor, Renault Kwid -29 states, 27 days & Art of coding where personalized lamp shades were made and hung. All these installations were a visual treat as they depicted the two glorious decades of the KGAF. The festival also marked the 150th birth anniversary of Mahatma Gandhi and an exhibition was held at the Jehangir Art Gallery.

The street was abuzz with various people clicking photos and selfies at the different installations. There were many stalls put up by NGOs and vendors from various states selling handmade products. The fest was a paradise for art lovers as it showcased the rich art and culture of the city as well as our country.

We altar servers express our gratitude to all the parish priests led by Fr. Harry, our animator Bertrand, Sunday school teacher Ms. Salome, youth member Ms. Saloni and parent Ms. Janet for this delightful and entertaining experience.

- AMBERLY NAIR

OUR COMMUNICANTS

EVA PEREIRA



On receiving Jesus for the first time I felt a new beginning within myself and protected and loved unconditionally. I found the calm and peace. I was so excited to receive Jesus that it will be the most important and memorable day of my life.

CELINA AUGUSTINE



When I received Jesus for the first time I felt holy and blessed as it was a great moment of joy, peace and happiness in my life.

ROSE MARY MATHEW



Jesus' presence made me happy. I want Jesus to stay with me always so I would try to do things that are pleasing to Jesus. I thank my Lord for coming into my life and making me Holy.

On January 20th, 2019 at the 10.00 am Mass at the Cathedral of the Holy Name eighteen children received Jesus for the first time in Holy Communion

SHERIDAN ANGUS D'COSTA



When I went up to receive my First Holy Communion, I was very nervous but I was happy and excited that I could finally receive Jesus in Holy Communion. I knew this was something really special! All the first Holy communicants were given a small role in the Eucharistic celebration. That day was very

beautiful and joyful and now I will experience that joy every Sunday when I receive Holy Communion.

OSBORNE D'SOUZA



I was happy and excited to receive Jesus in my heart, singing for him after the communion doubled my joy. I am eager to receive Him in every mass which I attend.

NEIL VINCENT FERNANDES



I felt very happy and excited to receive Jesus for the first time in my life.

COMMUNITY ROUND UP

Community No. 4: *Saint Mother Teresa*



For our Parish Feast celebrations, our community decided to put up a live counter offering Crispy Chicken and Chicken Tikka. Everybody enjoyed it with the accompaniments of green mint chutney and tomato ketchup. The stall was popular with the parishioners, evident from the long queues in front of our stall!. We were happy to share our dishes with our parish fathers.

My team co-operated very well and I wish to thank them for all the support they have extended for the past three years of my tenure. God bless them and my community members.

- MICHAEL VELLALAM

MILESTONES

BORN IN CHRIST

NAMES	BORN ON	BAPTISED ON	PARENTS
Nathan Pujari	15.9.13	2.12.18	Dharmesh & Jennifer
Erica Diana Nagabathula	4.10.18	9.12.18	Stanly Bob & Asha Agnes Mariya
Joshua Keon Leong	2.11.18	12.1.19	Kuo Sung & Thea Devona Hsiao
Ashveer Chopra	20.6.18	27.1.19	Ankur & Natalie



UNITED IN CHRIST

NAMES	DATE OF MARRIAGE
Mickhiel Patrick Jean Pinto & Sheena Diane Thompson	08.12.18
Siddhanth Suvarna & Prerna Choudhary	16.12.18
Charles Budtel Fernandes & Sneha Padelkar	16.12.18
Alan Allwyn Vaz & Lorraine Rochelle Ramos	23.12.18
Abhishek Ray Serrao & Sheanella Lyandra Miranda	29.12.18
Punit Hanume Gowda & Janet Thomas	18.01.19
Arjun Pandey & Alvina Gail Cutinha	20.01.19
Joel Gabriel Imran Fernandes & Priti Jain	28.01.19
Joshua Sayer Datz & Rosita Anna Mendonca	02.02.19



DIED IN CHRIST

NAMES	AGE	DATE
John Lonaappan	58	9.12.18
Peter Thomas Sequeira	73	7.12.18
Allan Ernest Thorley	97	9.12.18
Richard Lane Smith	90	13.12.18
Selva James Andrew	60	27.12.18
Elsa Mukerjee	86	13.1.19
Catherine Rajgopal Madurai	75	29.1.19
Angelina Maria Piedade D'Souza	95	30.1.19
Puthupallil Thomas Abraham	92	1.2.19
Gabriel Juje Fernandes	61	3.2.19
Kevin Kenneth Gabriel	70	7.2.19
Juliette Sen	67	9.2.19



RECIPES CORNER

If you are celiac or gluten sensitive or even lactose intolerant, worry no more. We have selected some vegan recipes from the net which have been tried and tested for you. Perfect for the season of Lent too.

Contributed by MARGARET DA COSTA

CABBAGE VADIS

Ingredients

- 1 cup Grated cabbage
- 1 tsp. ginger garlic paste
- Green chillies as per taste
- ¼ cup coriander leaves
- Masala powders as per taste
- 2 tsps or more sesame (til) seeds
- ¼ cup besan for binding
- Salt



Method

Grease a plate. Mix all the ingredients and spread on the thali. Steam for 10 - 15 minutes. Cut into pieces once it cools down. Make a tadka of mustard seeds, jeera, hing, curry leaves and toss these pieces in it. Garnish with coriander leaves and grated coconut. Perfect as a snack as well as for your lunch box.

TAWA PULAO (PAV BHAJI) Mumbai Style

Ingredients

- 3 cup plain cooked rice
- 2 cup chopped tomatoes
- 1 cup potatoes cut into small pieces.
- 1 cup cauliflower florets
- 1/2 cup green peas
- 1/4 cup cubed carrots
- 1 Tbsp thinly sliced ginger
- 1 Tbsp green chili
- 3 Tbsp oil
- 1 tsp cumin seeds
- 1/2 tsp red chili powder
- 1/4 tsp turmeric
- 1-1/2 tsp salt
- 1-1/2 Tbsp fennel seed (saunf) powder
- 2 tsp garam masala
- 1 Tbsp lemon juice
- 1/4 cup chopped coriander leaves



Heat the oil in a wide flat frying pan, on medium heat, till it is moderately hot. Add cumin seeds, as they crackle add tomatoes, and cook till they are very soft and tender. Add turmeric, red chili powder, and fennel seeds, ginger, green chili, and salt mix it well. Add the vegetables mix it and let it cook for few minutes. Add the cooked rice mix it well, if it looks dry add a little of the reserved water and mix it very gently and let it cook for few minutes. Keep stirring gently.

Turn off the heat add garam masala, coriander leaves and lemon juice, stir gently making sure rice and vegetables are coated with spices evenly.

Note: This recipe can be made with leftover rice.

Method

Parboil the vegetables, potatoes, cauliflower, carrot, green peas in 2 cups of water. Drain and reserve the water.

HYDERABADI BAGARA BAINGAN

Ingredients

Preparing the brinjals : Take 12 small purple brinjals. Make a slit into eggplants, but not cutting them into half. Heat 2 tbsp. oil in flat frying pan over low medium heat and stir-fry eggplant rotating occasionally till they are tender not mushy. Set them aside.

Dry grind using chutney jar and keep it aside.

- 1 tsp cumin seeds
- 1/4 tsp fenugreek (methi) seeds
- 1 Tbsp coriander seeds
- 10 cashews crushed
- 1 Tbsp sesame (til) seeds
- 2 tbsp dry coconut powder

For Gravy

- 2 Tbsp oil
- 1/2 tsp black mustard seeds
- 1/8 tsp a large pinch (hing) asafetida
- 1/2 tsp turmeric • 1 tsp sugar
- 1-1/2 tsp salt
- 1 tsp red chili powder
- 1 Tbsp tamarind paste
- 2 tomatoes pureed (1 1/2 cup)
- 1 tsp chopped ginger
- 2 Tbsp chopped coriander for garnish

Method

Blend tomatoes and ginger together to make into fine puree. Set aside. Heat 2 tbsp. oil in the flat frying pan over low medium heat using the same pan used to stir fry the eggplants. When oil is moderately hot add the mustard seeds as they crack turn off the heat. Add all the spices asafetida, turmeric, red chili powder and dry spice mix. Stir for about 2 minutes, all the spices should be roasted.



Add tomato puree, sugar, salt and the tamarind paste. Stir fry the gravy until mix become little thick and start leaving the oil from sides. Add 1/2 cup of water and bring it boil.

Add the eggplant spreading in the frying pan, stir gently cover the pan lower the heat to low and let it simmer for

about 7-8 minutes stirring occasionally.

Eggplant should be soft and tender not mushy and coated well with the spices. Adjust the gravy thickness to your choice. Add the coriander leaves and stir gently.

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