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ST JOSEPH CHURCH
Mira Road (E)

Tidings

PARISH BULLETIN

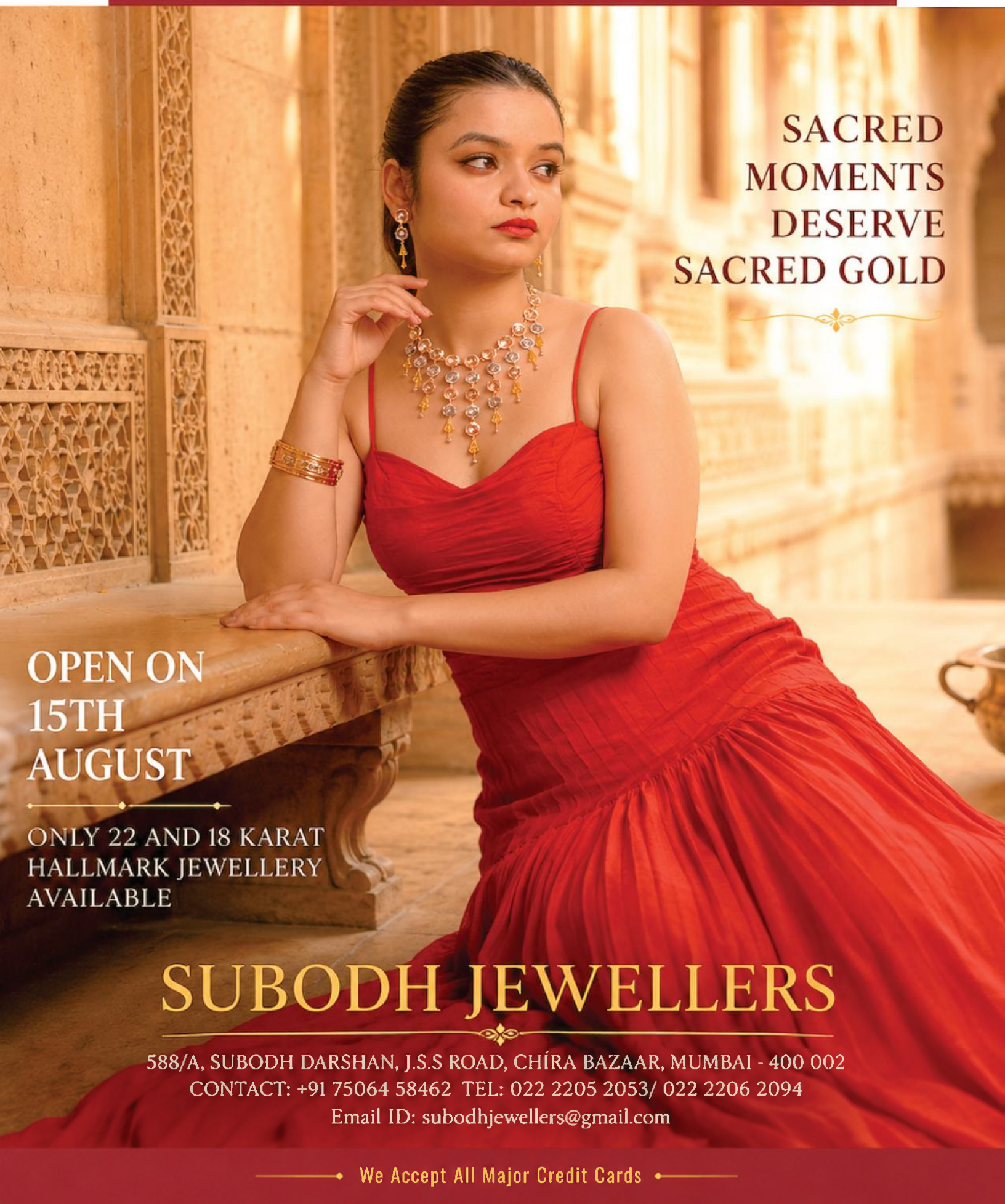
September 2026



Rejoice!

O Daughter of Zion

TEMPLE OF TRUST



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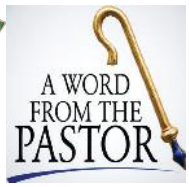
KNOW MARY TO LIVE LIKE MARY



When we look at the Bible, we find Mary somewhere between Queen of Heaven and peasant girl. She is the fourth-most mentioned New Testament character after Jesus, Peter, and Paul. And she, more than any other disciple, consistently points people to her Son. When Gabriel appeared to her with the disconcerting news that God had chosen her to bear the Messiah, Mary submitted. She asked a clarifying question (How is this going to work?), then answered, "May it be done to me according to your will" (Lk 1,38). Her joyful response is recorded in her song, Magnificat. Young, female, and poor versus old, male, and high-ranking—with this contrast Luke begins a pattern of highlighting the lowly as favored by God, a counter-cultural, upside-down perspective.

She gives birth to Jesus in Bethlehem and raises him in Nazareth with Joseph. Mary was an excellent Jew, eager to follow the Law in spirit and letter. For instance, she and Joseph take baby Jesus to the temple (Lk 2,23–4), "according to the Law," for his circumcision. They offered the required sacrifice of two pigeons, signifying their poverty. Luke tells us that they went to the temple every year (Lk 2,41) for Passover.

Mary prompts Jesus to perform his first public miracle by turning water into wine. In John 2, at the wedding at Cana, she knew who Jesus was and trusted him to do right. After the wedding, she and his siblings moved to Capernaum with him (Jn 2,12). She stood near the cross as he suffered and died. She stuck with him through his ministry, arrest, crucifixion, resurrection, and ascension. She stands faithfully at the foot of the cross, where Jesus entrusts her care to the disciple John. She is last mentioned in Acts 1,14, praying with the disciples in Jerusalem just before Pentecost. All Christian traditions view Mary as an exemplary believer who trusted God's word.

The Nativity of the Blessed Virgin Mary commemorates the birth of Mary to her parents, Saints Joachim and Anne, marking the joyful dawn of a divine plan that led to the birth of Jesus. By celebrating her birth we honor Mary for her participation in the plan of God. Here was a teenage Jewish girl well aware of the patriarchal environment in which she was raised and the stringent laws which applied. She was not accustomed to taking decisions that had not been endorsed by an elder and, if found pregnant out of wedlock, she could have been stoned to death. Though she was born sinless, chosen by God to be the mother of His son, she still had the free will that is granted to all of us. Given the possible outcome, Mary could have said 'no'.

It is an outstanding testament to her strength of character and her implicit faith in God that she willingly placed her life unconditionally in His hands. Today, as we celebrate the birth of the Blessed Virgin Mary, let us remember with love and gratitude her role in our salvation. Let us be reminded, too, that God has a plan for each of us. Like Mary, we have the option to say 'yes' or 'no'. What will our answer be?



On the occasion of the feast of Nativity of Blessed Virgin Mary, parish organizes special community processions, floral offerings to the Infant Mary (Maria Bambina), thank God for the new corn, grateful celebration of the Eucharist, liturgy based on the girl child, participated by the women and widows' cells and celebration of the novem jevon along with the family members and members of the parish. It is widely observed as a core family feast where households gather in prayer, often blessing the first fruits or new harvest of the season to offer thanks. In this celebration we participate with Mary the Girl, Mary the Family along with Joseph and Jesus, the Jesus the New Fruit Jesus, and the new dawn of life in her Son Jesus the Eucharistic Lord. As a parish we follow her closely to lead us to Jesus our Lord.

Inviting every girl and the woman in the family to follow Mary in her courage to be a mother; every boy and a man to be like her just husband Joseph and nurture a family within the presence of Jesus. Wishing the Girl Child, happy Girlchild day, the families, Happy Family feast and everyone Happy Feast of Nativity of the Blessed Virgin Mary.

Fr. Lawrence D'Cunha, OCD
Parish Priest

St. Jude Prayer



Thankyou St Jude for favours granted. May the sacred heart of Jesus be adored glorified loved and preserved throughout the world now and forever. Sacred heart of Jesus. Thy kingdom come. St Jude worker of miracles. Pray for us. St Jude helper of the hopeless, pray for us. Thankyou. St Jude. Thankyou very much.

-Xavier. Solomon. Sneha

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One of the most beautiful feasts we celebrate in September is the Nativity of the Blessed Virgin Mary. The Church celebrates the birthdays of only three people: our Lord Jesus, His Mother Mary, and John the Baptist. Why these three? Because of the unique role each one plays in God's plan of salvation. The feast of Mary's birth does not mean that she is the Saviour. Only Jesus is our saviour and Redeemer. But Mary's birth is special because God prepared her from the very beginning to welcome the Saviour of the world. She was chosen to be the mother of God's only Son.

Mary has a very important place in the life of Jesus and in our lives as well. By saying "yes" to God's will, she brought Jesus into the world. At the wedding in Cana, it was Mary who gently led Jesus to begin His public mission by asking Him to help the family whose wine had run out. She also "kept all these things, reflecting on them in her heart" (Luke 2:19). This shows us how close she was to every moment of Jesus' life. In the same way, Mary now guides us in our spiritual life. As she led Jesus to begin His ministry and supported Him always, she also leads us and supports us as her children. She helps us to live our faith and to carry out our duties with love.

Mary's role is not only in salvation history long ago. She is still active in our lives today. As a mother, she always points us to her Son. She obeyed God's word and said, "Let it be done to me according to your word." Now she invites us to do the same. At Cana she said, "Do whatever He tells you" (John 2:5). These words are also for us. As our spiritual mother, Mary invites us to listen to Jesus, to follow His word, and to keep Christ at the centre of our lives. She does not draw attention to herself, but always leads us closer to her Son.

As we celebrate the birthday of our dear Mother, let us try to imitate her life of faith. Let us learn from her humility, her trust in God, and her ready "yes" to His will. Let us allow Mary to bring Christ more deeply into our own lives, and through us, into the lives of many others.

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Rejoice, O Daughter of Zion

"Rejoice greatly, O daughter of Zion! Shout aloud, O daughter of Jerusalem! Behold, your King is coming to you." - Zechariah 9:9

In Scripture, some passages carry within them the memory of God's people, the promise of salvation, and the hope of a future yet to be revealed. "Rejoice, O Daughter of Zion" is one such expression. On the feast of the Nativity of the Blessed Virgin Mary, this biblical title invites us to contemplate Mary not only as the Mother of Jesus, but as the woman in whom the hopes of Israel reach their fulfilment. It is at once a name, a calling, and a promise.

A Name: "Daughter of Zion"

In the Bible, Zion is more than a geographical place. In the Old Testament, Zion refers first to Jerusalem, but the expression gradually takes on a deeper meaning. Zion becomes a symbol of God's chosen people—the people whom He called, formed, corrected, protected and loved. Mary stands at the heart of this people. She is truly a Daughter of Zion because she is the humble daughter of Israel who received the promises God made to His people. She carries within herself the faith of Abraham, the hope of the prophets, and the expectation of generations who longed for the coming of the Messiah.

Yet Mary is not simply one among many daughters of Zion. In her, the faithful people of God find their most beautiful expression. She becomes the person who says an unconditional "yes" to God. When the angel announces God's plan to her, Mary responds: "Behold, I am the handmaid of the Lord; let it be done to me according to your word." (Luke 1:38). Her identity is therefore inseparable from her relationship with God. She is the Daughter of Zion, who knows that her true greatness lies not in herself but in her complete belonging to the Lord.

A Calling: "Rejoice!"

The word "Rejoice" is not merely an expression of happiness. Biblical joy is deeper than emotion. It is a divine invitation. The prophets repeatedly called the Daughter of Zion to rejoice because God was coming to dwell among His people. The long-awaited salvation was drawing near. Mary becomes the living fulfilment of that invitation. At the Annunciation, the angel Gabriel greets her: "Rejoice, highly favoured one, the Lord is with you" (Luke 1:28). The words spoken to Mary echo the prophetic call to the Daughter of Zion: Rejoice, for the Lord is near.

Mary's joy, however, is not the superficial happiness that depends upon favourable circumstances. Her joy is born from faith. She does not know everything that the future will bring. She does not have all the answers. She knows only that God has called her and that He is faithful. Her "yes" becomes the doorway through which the Saviour enters the world. Mary therefore teaches us that Christian joy is not the absence of suffering or uncertainty. Christian joy is the confidence that God is with us. This is why Mary can sing: "My spirit rejoices in God my Saviour." (Luke 1:46–47) Mary's joy is rooted in God.

A Promise: "Your King is coming to you"

The prophetic call to the Daughter of Zion also contains a promise: "Your King is coming to you." This is the heart of the Christian mystery. Mary is invited to become the first and most perfect dwelling place of the Word made flesh. Thus, when we celebrate Mary's birth, we are already looking toward Christ. Mary's life is never centered upon herself. Everything in her points to Jesus. Her greatness lies precisely in allowing God to accomplish His greatness through her.

From Mary to us

The Church rejoices at Mary's birth because her birth unfolds God's plan of salvation for humanity. The Church looks upon the newborn Mary and sees the dawn before the sunrise. And the words "Rejoice, O Daughter of Zion" are not addressed only to Mary. Through Mary, they also become an invitation to the Church and to every Christian. We too are called to become people who welcome God's presence into our lives. We too are called to say, like Mary, "Let it be done to me according to your word." The Daughter of Zion teaches us to rejoice before we see the fulfilment. She teaches us to trust before we understand. She teaches us to say "yes" before we know where that "yes" will lead. And she teaches us that when God is welcomed into a human heart, ordinary life can become the place of extraordinary grace. On the feast of the Nativity of Mary, we can therefore hear the words of the prophet anew: "Rejoice, O Daughter of Zion!"

- Fr. Ronald D'souza, OCD
Superior

THE LEGION OF MARY

The **Legion of Mary (Legio Mariae)** is one of the largest lay apostolic organizations in the Catholic Church. It was founded on 7 September 1921 in Dublin, Ireland, by Servant of God Frank Duff. The organization seeks to bring people closer to Jesus Christ through the guidance and example of the **Blessed Virgin Mary.** The Legion encourages its members to deepen their faith through prayer, regular reception of the sacraments, and active service to others. Today, the Legion of Mary has millions of active and auxiliary members serving in countries around the world.

Servant of God Frank Duff (1889–1980)
Frank Duff was an Irish Catholic layman and the founder of the Legion of Mary. He believed that every Catholic could become an apostle by living a life of prayer, humility, and service. Inspired by the spirituality of the Blessed Virgin Mary, Frank Duff organized the first Legion meeting in Dublin with a small group of lay people. His vision soon grew into an international movement. Throughout his life, he cared for the poor, prisoners, the homeless, and those in need, encouraging them to experience God's love and mercy. Because of his holy life and lasting contribution to the Church, his cause for canonization has been opened, and he is known as the Servant of God Frank Duff.

Venerable Edel Quinn (1907–1944)
Edel Quinn was an Irish member of the Legion of Mary who became one of its greatest missionaries. Although she suffered from tuberculosis, she accepted the mission of spreading the Legion throughout East and Central Africa. Recognizing her heroic Christian virtues, Pope Benedict XVI declared her Venerable, bringing her one step closer to sainthood.

Servant of God Alphonsus (Alfie) Lambe (1932–1959)
Alphonsus, commonly known as Alfie Lambe, was a young Irish Legionary who became a missionary to South America. At only 21 years of age, he was sent to Argentina to spread the Legion of Mary. Through his humility, tireless work, and deep love for the Blessed Virgin Mary, he established many Legion groups in Argentina and neighboring countries. Although he died at the young age of 26, his missionary work continues to inspire Legion members around the world. His cause for canonization has also been opened, and he is honored as the Servant of God Alphonsus (Alfie) Lambe.

The Legion of Mary at St. Joseph Church
The Legion of Mary at St. Joseph Church was established on 22nd September 2001 and comprises two Praesidia: the English Praesidium with 7 members and the Konkani Praesidium with 10 members.

The English Praesidium meets every Sunday at 6:15 p.m., and the Konkani Praesidium meets every Saturday at 10:00 a.m., both in the CRY Room.

Each weekly meeting includes the Legion prayers, the Rosary, spiritual reading, reports on apostolic work, planning of future assignments, and concluding prayers as prescribed in the Legion of Mary Handbook.

The members actively engage in home and hospital visitations, visits to the sick, homebound, institutions, and homes for the aged, while also encouraging new members to join the Legion.

Mission
The Legion of Mary at St. Joseph Church seeks to sanctify its members through prayer and active service while promoting devotion to the Blessed Virgin Mary. Guided by Our Spiritual Director Rev. Fr. Avith Pais the Legion's spirit of humility, obedience, and charity, the members continue to support the mission of the Church by reaching out to people with faith, hope, and love.

Conclusion
The Legion of Mary is an international Catholic lay apostolic association committed to serving the Church through prayer, evangelization, and charitable works under the patronage of the Blessed Virgin Mary. Inspired by the lives of Frank Duff, Edel Quinn, and Alfie Lambe, Legion members strive to bring Christ to others through humble and dedicated service.

OUR LADY OF MOUNT CARMEL

Upon the mount where prophet once did pray,
A cloud arouse, small as a human hand.
From Carmel's height you came to show the way,
And clothe your children in your Scapular's band.

Brown wool against our hearts, your silent sign:
"Whoever wears this habit shall not die."
You draw us to the silence, deep, divine,
When Christ the Bridegroom whispers, "I am nigh."

O Flower of Carmel, Fruitful Vine,
Splendor of Heaven, teach us to fiat.
In aridity, be our gentle rain,
In night of spirit, be our steadfast star.

Guide every OCDS heart that seeks to climb,
The mount of contemplation, stone by stone.
Till purified by love, through grace and time,
We rest in Him, and are no more our own.

With Teresa's courage, John's unyielding flame,
We walk the narrow path beneath your veil.
O Gate of heaven, whisper still our name,
And bring us safely home where love will never fail.

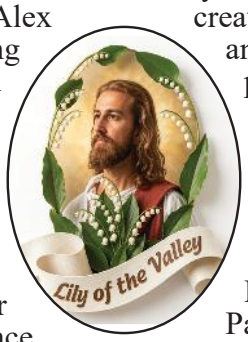
- Thomas Noronha, OCDS
(Our Lady of Snow Community)

LILY OF THE VALLEY
English Charismatic Prayer Group

The Lily of the Valley English Charismatic Prayer Group was founded in 1991 at St. Joseph Church, Mira Road, after nearly a year of intense intercessory prayer by a small group of seven to eight people led by John and Rita D'Souza from Santacruz. Acts 1:14 – "These all with one mind were continually devoting themselves to prayer."

It had a humble beginning. Fr. Michael Shenoy, the Priest-in-Charge at the time, willingly permitted the prayer meetings to be held in the old structure of St. Joseph Church, Mira Road, despite its poor condition. Under the leadership of the late Terrence Vaz, the group's first leader, the members persevered with unwavering faith. Although, sometimes prayer meetings were held in knee-deep waters during monsoons with mosquitoes feasting on the members, yet nothing discouraged them; instead, they rejoiced in the fellowship and remained steadfast in prayer. In its early days, the Prayer Group consisted of about 50 members.

In 1996, during the tenure of Fr. John Alex Pinto, the old church building was undergoing redevelopment. As a result, all church activities—including the celebration of the Eucharist and the Prayer Group meetings—were temporarily shifted to the stilt area of Holy Cross Convent School. The group continued to grow, reaching nearly 100 members. In 1999, when the new church building was nearing completion, the prayer meetings were first moved to the Conference Room and eventually back to the main church as attendance steadily increased. Ps 127:1 - "Unless the Lord builds the house, those who build it labour in vain." -



Over the years, the Prayer Group developed several ministries, including Teaching, Music, Praise & Worship, Service, Greeting, Intercession, and Counselling. It is also blessed with a vibrant youth wing known as YU4C (Youth United for Christ). 1 Cor 12:4-5 - "There are different kinds of gifts, but the same Spirit. There are different kinds of service, but the same Lord." Since its inception, the group has been served by anointed leaders and dedicated Core Team members. The work of consolidation continued under the leadership of Fay Lobo, Benny D'Souza and Anushka Lobo who is the present leader. Each leader and Core Team member has served the Lord and the Prayer Group with one mind and one heart.

During the leadership of late Terrence Vaz, Francis D'Souza, Alfred Lobo, and late Oswald D'Cunha, the Prayer Group organized rallies, outreaches, Life in the Spirit Seminars, healing services and Bible Study, conducted by renowned speakers from the Bombay Service Team of the Catholic Charismatic Renewal. Also monthly Half-Night Vigils were held by the English Prayer Group. The Children's Ministry flourished with around 70 children, while retreats helped members grow in holiness and deepen their relationship with Christ.

In the year 2020, when the COVID-19 pandemic struck, the Prayer Group quickly adapted by conducting weekly prayer meetings online. Although physically separated, members remained spiritually united through Praise & Worship, Teachings and Intercession. - Col 4:2 - "Devote yourselves to prayer, being watchful and thankful." This challenging period became a testimony to God's sustaining grace. The Lord heard the cries of His people to resume the physical prayer meetings, and as restrictions eased in the year 2022 during the tenure of the Parish Priest - Fr. Melvin D'Cunha, the Prayer Group joyfully returned to meeting in the church with renewed faith and greater zeal.

The youth wing, YU4C, has brought enthusiasm and creativity through music ministry, skits, retreats, and evangelization, showing that the seeds planted in young hearts continue to bear fruit. 1 Tim 4:12 - "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity."

The Lily of the Valley English Charismatic Prayer Group is an integral part of St. Joseph Parish, Mira Road. Many of its members serve faithfully as Parish Pastoral Council members, Small Christian Community coordinators and animators, Choir members, Extraordinary Ministers of Holy Communion, Pastoral Helpers, Catechists, and Lectors. The YU4C youth of the Prayer Group are also a part of the other youth groups in the Parish.

Rom 12:11 – "Never be lacking in zeal, but keep your spiritual fervour, serving the Lord" - Looking to the future, the vision of the Prayer Group is to continue nurturing faith, strengthening intercessory prayer, expanding its ministries, and remaining a beacon of hope and renewal for all who seek the Lord.

For the last 35 years, the Lily of the Valley English Charismatic Prayer Group has journeyed from a small gathering of faithful intercessors to a vibrant, Spirit-filled Prayer Group. Its history is a living testimony to God's faithfulness, the power of the Holy Spirit, perseverance in trials, and unity in Christ.

Eph 3:20-21 – "Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen".

ORDER OF DISCALCED CARMELITES SECULAR (OCDS)

Living the Carmelite Vocation in the Heart of the World

The Order of Discalced Carmelites Secular (OCDS) is a community of lay faithful who embrace the spirituality of Carmel while living their vocation in everyday family, professional, and social life. Inspired by the lives and teachings of the Carmelite saints, members strive to deepen their relationship with Christ through contemplative prayer, fraternity, and apostolic service, following the example of the Blessed Virgin Mary.

Our parish is blessed with three vibrant OCDS communities, each enriching the spiritual life of the faithful while sharing the same Carmelite charism. The St. Joseph OCDS Konkani Community, established in 2003, has 50 members, and meets every Thursday at 7:00 p.m. Through systematic formation, members journey through the stages of Aspirancy, Novitiate, Temporary Promise, and Definitive Promise. They actively participate in parish ministries, visit the sick and homebound, organize annual retreats and recollections, and foster a deep life of prayer rooted in the Rule of St. Albert and the OCDS Constitutions.

The St. Elizabeth of the Trinity OCDS Community (English), with 38 members, meets on alternate Thursdays at 7:15 p.m. at Mount Carmel School under the spiritual guidance of Fr. Avith Pais, OCD. Open to practicing Catholics who desire to make contemplative prayer the centre of their lives, the community offers ongoing formation in Carmelite spirituality, helping members grow in holiness while living their vocation in the world.

A new chapter in the parish's Carmelite journey began on 19 March 2026 with the establishment of the St. Teresa of Los Andes OCDS Community (English) through the bifurcation of the St. Elizabeth of the Trinity Community. Today, the community comprises 24 members and gathers twice each month for prayer, meditation, spiritual formation, and fellowship. Inspired by the words of St. Teresa of Los Andes, members strive to make their hearts 'living monasteries,' cultivating an intimate friendship with Christ through silence, contemplation, and joyful service.

Together, these three OCDS communities are living witnesses to the Carmelite charism of prayer, fraternity, and service. Their members actively contribute to parish life through various ministries, encourage devotion to the Blessed Virgin Mary and bear witness to the transforming power of contemplative prayer. By nurturing an interior life rooted in God's presence, they inspire others to seek holiness amidst the ordinary circumstances of daily life.

The OCDS warmly welcomes practicing Catholics who feel called to deepen their spiritual journey and discover the richness of Carmelite spirituality. Through prayer, formation, and community life, members continue to live the timeless Carmelite motto: "In allegiance to Jesus Christ," bringing the light of contemplation into the heart of the Church and the world.

- Maria Tavares (St Teresa of Los Andes OCDS Cmty)
- Jubilee Cardoza (St. Elizabeth of the Trinity OCDS Cmty)
- St. Joseph OCDS Konkani Cmty

FAMILY CELL: STRENGTHENING FAMILIES IN FAITH AND LOVE

The Family Cell, established in 2017, is dedicated to strengthening family life and helping families live according to God's plan. With 108 members, the Cell serves as a support system for families within the parish, promoting Christian values and fostering faith-filled homes.

Membership is open to individuals and couples willing to serve with dedication, with special encouragement for couples to join and support the vocation of marriage. The Cell meets quarterly and whenever required for planning special events and activities.

A key initiative of the Family Cell is the celebration of World Marriage Day, honouring the beauty and sacredness of Christian marriage. The Cell also organizes a quarterly special Mass for couples celebrating wedding anniversaries during that period, providing an opportunity to renew their vows and thank God for His blessings.

In addition, the Cell conducts training programmes for members and parishioners, addressing family-related concerns and equipping families to face contemporary challenges with faith and understanding. The Family Cell serves as a coordinating body for family issues, promoting a deeper appreciation of the Sacrament of Marriage and its purpose according to God's plan. It also encourages families to respond to community concerns with compassion and responsibility. Above all, the Cell promotes family prayer, believing that when Christ is at the centre of the home, families grow in faith, unity, love, and hope.

HINDI CHARISMATIC PRAYER SERVICE

"Do not fear, for I am with you." – Isaiah 41

I am Mrs. Alphonso Fernandes, and after the demise of my beloved husband, Mr. Rajan Fernandes, I was entrusted with the responsibility of continuing the Hindi Charismatic Prayer Service, a ministry that has been sustained by God's grace and faithfulness.

Our journey began in 1991. Although we had initially planned to begin our ministry in Naigaon, the Lord inspired my husband to move to Mira Road. As a family, we were active members of the Jeevan Jal Prayer Group, founded by Bro. Trevor Lewis. Responding to God's call, we established the Hindi Prayer Service Group at St. Joseph Church, Mira Road. Since we were already involved in the Healing and Deliverance Ministry, we also began offering prayer, healing, and counselling services to parishioners.

Under the guidance of Fr. Michael and with the support of members from the Jeevan Jal Prayer Group, the ministry steadily grew. In 2005, Fr. Rudolph, together with Bro. Trevor Lewis, encouraged us to formally begin the Hindi Charismatic Prayer Service. Through this ministry, many experienced a deeper faith, drew closer to Jesus, and found healing and deliverance through prayer. One remarkable testimony was the healing of a five-year-old boy who had been suffering from blood cancer. We remain grateful to God for the many lives He has touched through this ministry.

Our ministry continues to flourish by God's grace. Intercession prayers are held every Wednesday from 7:00 p.m. to 8:30 p.m. On Mondays, the Hindi Charismatic Prayer Meeting is conducted in the church after the Hindi Holy Mass.

Following the Charismatic Convention in 2010, Bishop Bosco Penha encouraged my late husband to begin a First Friday Full-Day Retreat. On 3rd December 2010, Bishop Bosco Penha inaugurated the retreat, which is held from 9:00 a.m. to 3:30 p.m. By God's abundant grace, this retreat has continued uninterrupted for the past sixteen years, bringing spiritual renewal and blessings to countless faithful.

Today, I continue this ministry with my dedicated core team, trusting that the Lord will use us as His humble servants for as long as He wills. I remain deeply grateful for the constant encouragement and wholehearted support extended by every Parish Priest who has served at St. Joseph Church.

JIVITACHI ZOR – KONKANI CHARISMATIC PRAYER GROUP, MIRA ROAD

"For where two or three gather in My name, there am I with them." **Matthew 18:20**

The Jivitachi Zor Konkani Charismatic Prayer Group has been a vibrant source of faith, prayer, and evangelization in our parish since its humble beginning in May 1992. What began with just seven members has, by God's grace, grown into a Spirit-filled community committed to praising God, proclaiming His Word, and serving His people.

The prayer group was founded under the leadership of Bro. Alwyn Quadras, whose dedication laid a strong spiritual foundation. Guided and encouraged over the years by our Parish Priests and Spiritual Directors, the group has continued to grow through prayer meetings, retreats, seminars, healing services, outreach programmes, and faith formation activities. These initiatives have helped many deepen their relationship with Jesus Christ and become active participants in the life and mission of the Church.

Today, Jivitachi Zor serves the parish through its dedicated ministries. The Intercession Team prays for the intentions of individuals, families, the parish, and the Universal Church. The Choir Team leads the faithful in Spirit-filled praise and worship, while the Service Team coordinates the group's activities. The Core Team provides leadership and guidance, ensuring that every ministry remains rooted in prayer and the teachings of the Church.

Weekly Gatherings:
Monday: Intercession Prayer – 7:00p.m. to 8:30p.m., Little Flower Room
Choir Practice – 7:00 p.m. to 8:30 p.m., Avila Room
Wednesday: Prayer Meeting – 7:00 p.m. to 8:30 p.m., in the church after the 6:30 p.m. Holy Mass, with praise and worship, Scripture reflection, teaching, testimonies, and intercessory prayer.

The mission of Jivitachi Zor is to lead people into a personal encounter with Jesus Christ through the power of the Holy Spirit, fostering a community rooted in faith, hope, love, and Christian fellowship. We warmly welcome all Konkani-speaking brothers and sisters, as well as anyone seeking spiritual renewal, to join our weekly prayer meetings. If you have any prayer intentions, our Intercession Team will faithfully uphold them before the Lord.

May the Holy Spirit continue to guide and strengthen Jivitachi Zor, making it a source of hope, healing, and spiritual renewal for all who seek the Lord.

WOMEN'S CELL

The Women's Cell, established in 2006, is a vibrant association comprising 43 members, committed to fostering the spiritual, personal, and social development of women in the parish. The group meets on the second Sunday of every month at 5:00 p.m. for approximately one hour.

New members are welcomed by attending the meeting, sharing their Parish Family ID details, and subsequently being added to the group's WhatsApp community.

Each meeting begins with an opening prayer, followed by the Women's Creed and Anthem. Members warmly welcome newcomers, review the previous meeting's minutes, reflect on the life of the Saint of the Month, share personal faith experiences, discuss agenda items, and conclude with a closing prayer.

The group's functioning and activities: The Core Team meets to discuss and make decisions, which are then implemented by the members. The group organizes three annual programmes as directed by the Women's Commission: Women's Day in March, Girl Child Day in September, and Violence-Free Family Day in November. In addition to these programmes, the group also organizes the Singles Meet in April in collaboration with the Marriage Bureau.

Rooted in the values of compassion, dignity, justice, and systemic change, the Women's Cell continues to empower women while strengthening family and parish life.

- Debbie Zuzarte

WIDOWS' CELL

The Parish Widows' Cell has been a beacon of faith, friendship, and support for the past 30 years. Today, our group consists of 40 members who meet on the first Wednesday of every month at 5.00 p.m. in the Infant Jesus Hall. Our meetings begin with the Holy Rosary, followed by the reading of God's Word and prayers for the eternal repose of our beloved husbands.

These moments of prayer strengthen our faith and remind us that we are never alone on our journey. Beyond prayer, we foster a spirit of love and companionship. We celebrate our members' birthdays with songs, wishes, and cake, and we visit those who are sick to pray with them and offer comfort and encouragement. Each year, we also enjoy a picnic, giving us an opportunity to strengthen our bonds of friendship and create joyful memories together. Whenever possible, our Spiritual Director joins us, offering valuable guidance and encouragement to help us face life's challenges with faith, hope, and courage.

Our Widows' Cell continues to be a welcoming community where every widow finds friendship, understanding, and spiritual support. We warmly invite widows of our parish to join us as we journey together in faith, trusting in God's unfailing love and the support of one another.

- Winnie Coutinha

SENIOR CITIZENS ASSOCIATION

Established in 2012, the Senior Citizens Association is a vibrant parish group with 235 registered members, dedicated to fostering fellowship, spiritual growth, and active ageing. The association meets on the first Monday of every month at 4:30 p.m. in St. Joseph Hall. Membership is open to all senior citizens by simply attending a meeting, with no registration fee.

Each gathering begins with a prayer to the patron saints of senior citizens, St. Joachim and St. Anne, followed by a spiritual reflection, motivational talk, light exercises, birthday celebrations, laughter therapy, games, gift distribution, blessings from the Spiritual Director, refreshments, and a closing prayer or hymn.

The association actively promotes the well-being of its members through pastoral care and community outreach. Members regularly visit the homebound, especially those living alone, encourage participation in parish life, conduct evening prayers, and support bereaved families by attending funerals. Annual highlights include a parish picnic, a pilgrimage to Mount Mary Basilica, a Lenten visit to an old-age home or priests' residence, and joyful Christmas and New Year celebrations. Through prayer, companionship, and service, the association continues to enrich the lives of senior citizens while strengthening the bonds of the parish community.

- Diago Fernandes (President)
Dixcy Dcruz(Secretary)

The Nativity of the Blessed Virgin Mary





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Easter Triduum















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Bible Cell



First Holy Communion - 2026





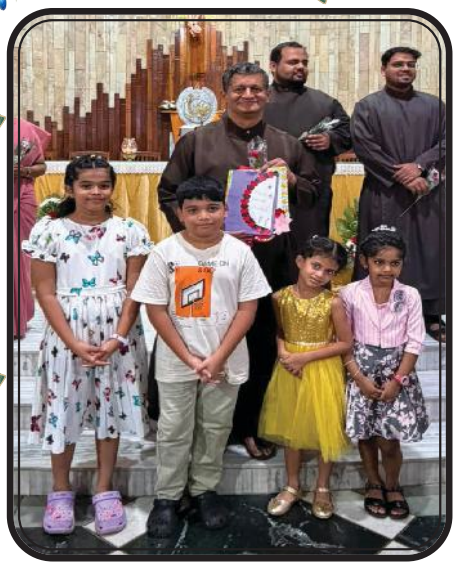






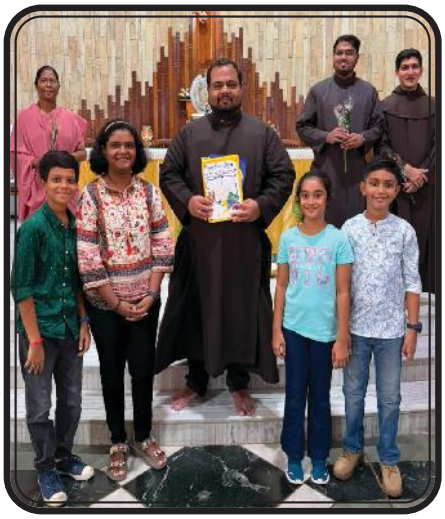


VIANNEY SUNDAY

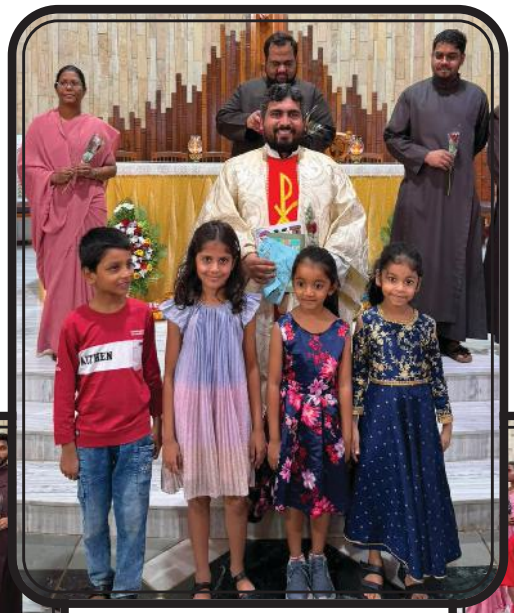






















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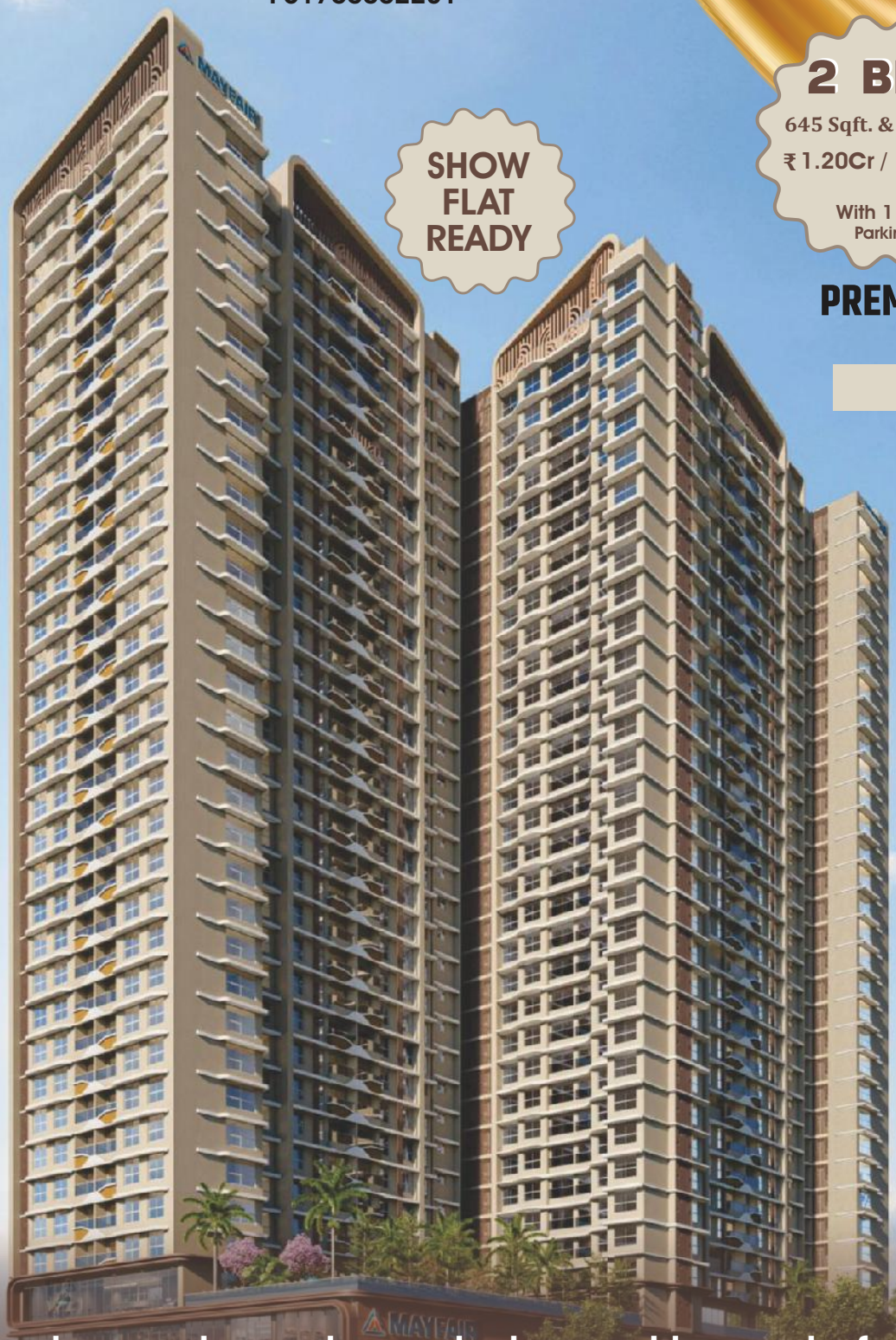

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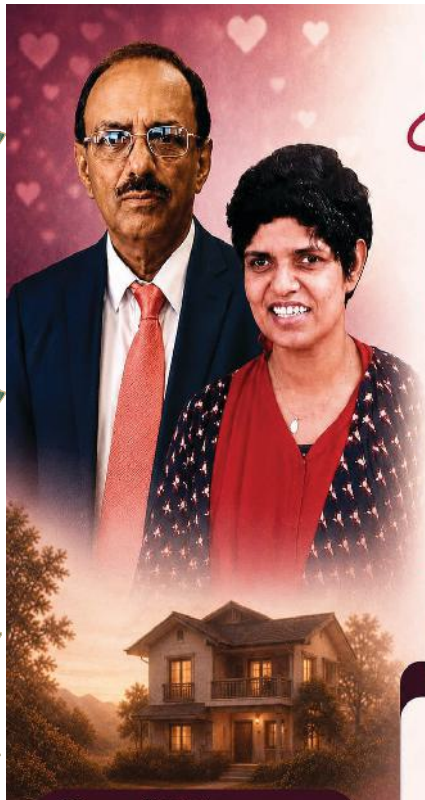

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FEAST OF NATIVITY OF BVM ON SEPTEMBERE 8, 2026.

DATE & DAY	TOPIC AND SCRIPTURE READINGS	ADULTS MASS SCHEDULES			CHILDREN MASS SCHEDULES		
		TIME	COMMUNITY	OFFERING/ COLLECTION	TIME	LITURGY	LOVE OFFERING
30th Aug SUN	Mary – Grace of the Immaculate Conception – Creation of the New Eve Jeremiah 20:7-9 Psalm 63:2,3-4,5-6,8-9 Romans 12:1–2 Matthews 16:21-27	6.45 A.M. 8.15 A.M. 9.40 A.M. 11.15 A.M. 5.00 P.M.	St. Valentine *	Collection *	9.40 A.M. (Church) 9.40 A.M. (Terrace)	#	Tooth Paste & Tooth Brush
31st Aug MON	Mary – Obedient Servant of God – The Annunciation Isaiah 7:10–14; 8:10 Psalm 40:7–8a, 8b–9, 10, 11 Luke 1:38	6.30 P.M.	Our Lady of Miraculous Medal **	Boxes will be kept for the intentions and love offering **	6.30 P.M.	##	Hand Towel, Bathing Towel, Hand Kerchief
01st Sep TUE	Mary – Ark of the Covenant – The Visitation to Elizabeth 2 Samuel 6:12b–15, 17–19 Psalm 132:6–7, 9–10, 13–14 Luke 1:39–56	6.30 P.M.	Our Lady of Assumption		6.30 P.M.		Bathing Soap
02nd Sep WED	Mary – Keeper of the Word - A Pondering Heart Proverbs 4:20–27 Psalm 119:9–11, 12, 103, 105 Luke 2:15–19, 41–51	6.30 P.M.	St. Michael		6.30 P.M.		Detergent / washing soap
03rd Sep THU	Mary – Queen of Families – The Wedding at Cana Sirach 3:2–6, 12–14 Psalm 128:1–2, 3, 4–5 John 2:1–11	6.30 P.M.	St. Dominic Savio		6.30 P.M.		Tea Powder
04th Sep FRI	Mary – Mother of the Church – At the Cross & Pentecost Acts 1:12–14 Psalm 87:1–2, 3, 5, 6–7 John 19:25–27	6.30 P.M.	Divine Mercy		6.30 P.M.		Long Book
05th Sep SAT	Mary – Queen of Heaven – Assumed into Heavenly Glory Exekiel 33:7-9 Psalm 95:1-2,6–7abc, 7d-9 Romans 13:8-10 Matthew 18:15-20	5.00 P.M. 6.15 P.M.	Our Lady of Snow	* 6.15 P.M. ## Offering of flowers	Children Mass Scripture Revelation 11:19a; 12:1–6a, 10ab Psalm 45:10, 11, 12, 16 Luke 1:46–55		Pen, Pencil
06th Sep SUN	Mary – Refuge of Sinners – Interceding for Humanity Exekiel 33:7-9 Psalm 95:1-2,6–7abc, 7d-9 Romans 13:8-10 Matthew 18:15-20	6.45 A.M. 8.15 A.M. 9.40 A.M. 11.15 A.M. 5.00 P.M.	Holy Cross *		9.40 A.M. (Church) 9.40 A.M. (Terrace)	#	Hat/ Caps Offering of flowers
07th Sep MON	Mary – Mother with an Immaculate Heart – Consecrating Ourselves to Her Song of Songs 2:8–14 Isaiah 61:10–11 Psalm 45:11–12, 14–15, 16–17 Luke 2:41–51	6.30 P.M.	St. Lawrence **		6.30 P.M.	##	1 liter Water bottle or Tiffin
08th Sep TUE	Born to bear Light – Walking with Mary as Children of the Promise Micah 5:1–4a OR Romans 8:28–30 Psalm 13:6ab, 6cd Matthew 1:1–16, 18–23	6.15 A.M. 7.30 A.M. 9.30 A.M. 5.00 P.M. 6.15 P.M.	Women and Widow Cell *		9.30 A.M. (Hall)	*Love Offering* Sweets will be distributed at the end of the children mass	

IMPORTANT NOTES

* Mass Collection ** Boxes will be kept for the intentions and love offering
# Sunday School Catechists and the children at church ## Sunday School Catechists & the children at Hall

Sweets will be distributed at the end of the children mass

Those who wish to sponsor the sweets on days of the novena kindly enquire at the church office.

Let us pray together and seek Mary's intercession for our families and community.

When we hear the word holy, many of us picture someone kneeling in prayer, standing with hands raised in church, or sitting quietly before the Blessed Sacrament. Others may think of priests, nuns or volunteers who serve tirelessly in parish activities. Holiness, in our minds, is often tied to visible religious practices or roles.Yet the Scriptures and the life of Christ remind us of a deeper truth: holiness is not about appearance, but about transformation.

What Holiness is Not

Let us begin by clearing away some misconceptions.

- Going to church regularly is good and necessary, but it does not automatically make someone holy.
- Sitting in the presence of the Blessed Sacrament is a powerful practice, but if our hearts remain closed, it bears little fruit.
- Raising hands in prayer or speaking eloquent words of repentance is not enough if there is no change in how we live.
- Volunteering for church programs, committees, or councils even in leadership roles does not guarantee sainthood.
- Even converting to a new faith or sharing dramatic stories of religious experience does not make someone holy.

In other words, outward religion is not the same as inward transformation. Jesus himself confronted this when he told the Pharisees: “This people honours me with their lips, but their hearts are far from me” (Mark 7:6).

All these practices are essential to the Christian life. They are not ends in themselves but means by which God transforms us. Their true fruit is seen in lives marked by love, humility, obedience, mercy and service. Without this transformation, even the holiest-looking practices remain incomplete.

The Heart of Christian Holiness

As St. Peter writes, “Instead, as he who called you is holy, be holy yourselves in all your conduct; for it is written, ‘You shall be holy, for I am holy.’” (1 Peter 1:15-16). Holiness is God’s invitation to become more like Him in every aspect of our lives. Holiness is not simply being a kind or generous person. Many people perform good deeds and live morally upright lives. While these are admirable, Christian holiness is more than moral goodness. It begins with God’s grace working within us. Through prayer, the Sacraments and daily surrender to Christ, the Holy Spirit transforms our hearts so that our thoughts, words and actions increasingly reflect the love of Christ rather than merely human goodness.

A Story of Hidden Holiness

There is a story of a woman who visited the hospital regularly after caring for her own family. She spent time with patients who had no visitors. She would sit by their beds, pray with them, or simply hold their hand. Many never knew her name. She was not on any church committee or mentioned in parish bulletins. Yet her quiet presence brought Christ’s love to those who felt forgotten. Her actions reflected the holiness to which Christ calls every disciple, not because she sought recognition, but because she faithfully fulfilled her responsibilities at home and then freely chose to serve those in need. True holiness is rarely loud or showy. It is often hidden, seen only by God.

Holiness in Prison Ministry

One beautiful example of authentic holiness is found in prison ministry. When volunteers step into the dark corridors of prisons, they enter a place most of society has forgotten. They sit with people who carry heavy guilt, shame and regret. They listen without condemnation, pray with broken men and women and remind them of God’s mercy. This is holiness in action, for Christ himself said: “I was in prison and you visited me” (Matthew 25:36).

Consider the story of a prisoner who, after years of bitterness, encountered a volunteer who simply treated him with dignity. That small act broke open his heart to believe that God had not abandoned him. No sermon. No title. No public applause. Just the quiet holiness of mercy. Holiness is not just about kneeling before the altar; it is also about sitting on a hard bench in a prison cell, holding the hand of someone the world calls unworthy.

Holiness in Teaching the Young

In many parishes, catechism teachers devote their Sundays to preparing children for their First Holy Communion and Confirmation. Week after week, they explain the faith, answer difficult questions and guide little ones to encounter Jesus in the Sacraments. This ministry is not about status or recognition. Teaching the faith does not, by itself, make someone holy. Holiness shines through when a catechist lives what he or she teaches, so that every lesson becomes a living witness rather than mere words.

A catechist who teaches about forgiveness and humbly forgives when wronged, teaches about love and patiently guides restless children, and teaches about Jesus while radiating His compassion in daily life becomes a true sign of God’s holiness. God often builds the future of His Church through these seeds planted in young hearts. When teaching is done in love, humility and service, catechists not only instruct minds but also shape saints.

Holiness in Helping the Needy

In many parishes, there are quiet acts of generosity that often go unnoticed. A family struggling with medical expenses is supported by parishioners who contribute toward hospital bills. A child's education continues because the community comes together to pay school fees. A family that cannot afford daily meals receives ration support from caring members. These are not grand gestures for the spotlight but genuine expressions of holiness. As St. James reminds us: "Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world." (James 1:27).

Holiness is not only about sitting in front of the Blessed Sacrament; it is also about becoming the Body of Christ for those in need. When we lift a burden from someone's shoulders, when we provide food for the hungry, when we stand beside the weak, we are living out the Gospel. A truly holy parish is not measured only by how full the pews are, but by how far its love reaches into the lives of the suffering.

Holiness Loves Without Favoritism

Another challenge we sometimes notice in parish life is the way people including leaders interact. Some are warm and welcoming to certain members, while to others they show indifference or even harshness. This can happen with priests, parish leaders, or volunteers. But true holiness is never selective. Saint James warns clearly: "But if you show partiality, you commit sin and are convicted by the law as transgressors." (James 2:9). Jesus himself spoke kindly to the poor, the sinner and the outsider, not just to those who looked important or influential.

Holiness is not about treating certain people with respect and ignoring others. To live a holy life means seeing Christ in every person, whether rich or poor, familiar or unknown, likable or difficult. A person truly walking in holiness will not pick and choose whom to love. Instead, like Christ, they extend kindness to all, especially those who feel forgotten.

Guidance for us all

So how do we grow in true holiness?

1. Seek God's Presence Daily – Prayer, Scripture and Sacraments are not ends in themselves, but tools that shape us into Christ's likeness.
2. Live the Gospel Outside Church – Our holiness is tested not in the pew, but in how we treat our family, neighbours, co-workers and even strangers.
3. Serve Without Recognition – Do good quietly, without seeking attention. Holiness grows in humility.
4. Forgive and Reconcile – A heart that clings to anger cannot be holy. Just as we are called to forgive others, we must also seek God's forgiveness through sincere repentance and the Sacrament of Reconciliation. Forgiveness is the soil in which holiness blossoms.
5. Walk in Humility – The holiest people are often the first to recognise their own weaknesses. Rather than considering themselves better than others, they depend daily on God's mercy.
6. Love the Forgotten – Seek out those who cannot repay you: the poor, the sick, the lonely, the prisoner. There you will meet Christ.

Conclusion: The Mark of Holiness

Scripture reminds us that authentic faith is recognised by the love, mercy and service it bears, especially toward "the least of these" (Matthew 25:31-46). True holiness is not about doing more religious things; it is about becoming more like Jesus. A holy person carries Christ not just into the church but into every encounter, every act of kindness, every hidden corner where light is needed most. That is what makes a person truly holy.

As our Lord reminds us, "By this everyone will know that you are My disciples, if you love one another" (John 13:35). May we always remember: a holy person makes Christ visible in the world. We do not become holy by our own strength, but by allowing Christ to live and work through us.

- Philip D'souza
(Our Lady of Mercy Community)



MONSOON SKIN & HAIR CARE

Simple Changes for a Healthy Season

We all love the monsoon. After months of scorching summer heat, we eagerly wait to welcome the rains and the cool breeze. The season is often romanticised with fried pakodas and cutting chai while watching the rain from our windows and balconies. Isn't this season really exciting?

However, with all its excitement and charm, the monsoon also brings its share of challenges for our skin and hair. High humidity, especially in cities like Mumbai, can contribute to concerns ranging from excessive oiliness and acne breakouts to frizzy hair and increased hair shedding.

Why Does the Monsoon Take a Toll on Skin and Hair?

During the monsoon, high humidity, sweat, pollution and excessive cleansing can contribute to persistent breakouts. Over-cleansing may disrupt the skin's natural barrier, leading to dryness and irritation. At the same time, excess oil and sweat can clog pores, contributing to acne, dullness and sticky skin.

Similarly, sweat and prolonged scalp dampness can worsen itching, flaking and scalp irritation, while seasonal hair shedding may become more noticeable. Unfortunately, cooler temperatures often make us believe that our skin and hair need less care. In reality, the rainy season simply demands a more targeted and balanced approach.

Monsoon Skincare: Keep It Simple and Light

One of the most common skincare mistakes during the monsoon is over-moisturising or layering heavy products, which may clog pores and trigger breakouts. Instead, keep your routine simple, light and consistent.

Cleanse your face twice daily with a gentle cleanser suited to your skin type, followed by a lightweight, non-comedogenic moisturiser. Never skip sunscreen—even on cloudy days—as UV radiation remains present and can contribute to tanning, pigmentation and premature ageing. Limit exfoliation to once or twice a week, avoid touching your face with unclean hands, and choose lightweight, breathable makeup whenever possible.

Always remember, building an effective skincare routine does not require luxury brands. Look for proven ingredients such as salicylic acid to help keep pores clear, niacinamide to control excess oil and soothe inflammation, and hyaluronic acid for lightweight hydration. Introduce new products gradually and always patch test before regular use.

Finally, healthy skin also depends on healthy habits. Stay well hydrated, eat a balanced diet rich in fruits and vegetables, and remain consistent with your skincare routine. During the monsoon, simplicity is often the secret to healthy, glowing skin.

Monsoon Haircare: Keep Your Scalp Healthy

Sweat, rainwater, pollution and prolonged dampness can trigger dandruff, scalp irritation, frizz and make seasonal hair shedding more noticeable. The key to healthy hair during the monsoon is maintaining good scalp hygiene.

Wash your hair regularly with a mild shampoo suited to your scalp type. If you get drenched in the rain, rinse your scalp thoroughly and shampoo if your hair feels dirty, oily or has been exposed to polluted water. Follow with a conditioner to reduce frizz and improve manageability.

Avoid keeping your scalp damp for prolonged periods and ensure your hair is thoroughly dry before tying it up. If you enjoy oiling your hair, use a small amount before shampooing rather than leaving oil on the scalp overnight during humid weather. Clean your combs and brushes regularly, avoid sharing hair accessories or towels, and limit excessive heat styling.

A balanced diet rich in protein, iron, zinc and essential vitamins supports healthy hair. If dandruff, persistent itching or excessive hair fall continues beyond a few weeks, consult a qualified dermatologist for proper evaluation and treatment.

The monsoon is meant to be enjoyed—not spent worrying about every breakout or bad hair day. A few simple changes, consistent care and timely medical advice when needed can help you enjoy the rains while keeping your skin and hair healthy throughout the season.

— Dr. Nicholas Drago MBBS,MD (DVL)
Consultant Dermatologist
Our Lady of Seven Seas; Cluster 6



FIRST FRUITS - GOD'S BLESSINGS

Giving your First Fruits is a biblical principle of offering to God the very first and the best of what you receive, whether it is the first harvest or your initial income. This act of obedience is believed to invite divine abundance, financial breakthrough, and generational blessings upon our households (Proverbs 3:9–10; Ezekiel 44:30). In the Bible, First Fruits refers to the earliest and finest portion of a harvest offered to God as an act of faith, gratitude, and acknowledgment that He is the source of every blessing. This practice reflects a heart of trust in God's providence and recognizes that everything we have comes from Him. The concept of First Fruits carries agricultural, historical, and profound spiritual significance throughout both the Old and New Testaments.

HISTORY OF THE FIRST FRUITS

In ancient Israel, farmers brought the first and finest portion of their spring harvest to the priests before consuming any of it themselves. By dedicating the first produce of their harvest to God, they expressed their gratitude, trust, and dependence on Him, believing that He would bless their households with lasting prosperity and future generations. Even today, many Christians continue this practice as a demonstration of their faith in God's providence. Over the centuries, traditions and liturgical customs have evolved to meet the pastoral and cultural needs of different communities. As a result, the observance of the offering of First Fruits varies according to region and local custom. In South India, particularly in Mangalore, the First Harvest Festival is celebrated on 8th September, the Feast of the Nativity of the Blessed Virgin Mary, and is popularly known as Monti Fest. In many Western Catholic traditions, the blessing of first fruits, herbs, flowers, and crops is associated with the Solemnity of the Assumption of the Blessed Virgin Mary on 15th August, often celebrated as a Harvest Feast. In these traditions, Mary is spiritually regarded as the perfect "First Fruit," having been assumed into heaven as the first and fullest realization of God's promise of salvation. While Communities celebrate this with rich cultural traditions, here is the Mangalorean tradition.

MANGALOREAN TRADITION

Celebrated on 8th September, Monti Fest is a cherished tradition among Mangalorean Catholics, commemorating the Nativity of the Blessed Virgin Mary and giving thanks to God for the first harvest. As a sign of gratitude, the faithful bring the first fruits of the season to the church to be blessed and later share them with their families.

The feast is preceded by a nine-day Novena, during which children offer flowers to the Infant Mary. The celebrations culminate in a solemn Eucharistic celebration, the blessing of the First Fruits, and a joyful procession with the statue of the Infant Mary.

More than a cultural festival, Monti Fest is a beautiful expression of faith, gratitude, family, and community, honouring Mother Mary and thanking God for His abundant blessings and the gifts of creation.

- Hilary C. D'Silva

St. Joseph's Konkani Welfare Association

Advocate Luann Crasto

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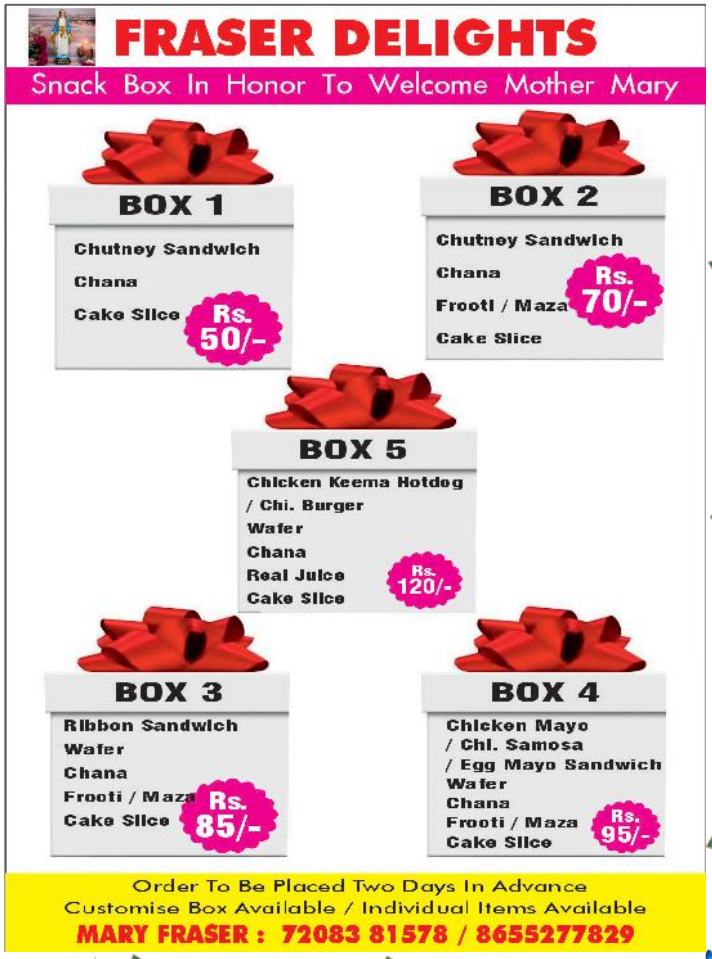



Church Diary...

Marriages



Date	Bridegroom	Bride
11-04-2026	Ratish Ramesh Nair	Krystle Sophia Pereira
12-04-2026	Roystan Dcosta	Rupali Baban Sorte
19-04-2026	Joesh Xavier Noronha	Lynette Pinto
21-04-2026	Vivian Ignatius Pereira	Alisha Fernandes
25-04-2026	George(Kevin)	Melissa stacey Fernandes
25-04-2026	SaiPrasad Rane	Rubina Rodrigues
29-04-2026	Naresh Singh	Joshita Kumar
03-05-2026	Melroy Samson Noronha	Shrutika Jitendra Gaikwad
10-05-2026	Merwin John Sequeira	Brycil Noronha
10-05-2026	Ridge Lobo	Pitta Aishwarya Reddy
17-05-2026	Brian Conrad Pinto	Supriya Sarjerao Bashetty
24-05-2026	Richard Kenneth Dantes	Nikita Miranda
28-05-2026	Prashanth Saldanha	Salchi Marak
30-05-2026	Adrian Sheldon Pereira	Sanaichi Dias
30-05-2026	Md Rafiuddin Ahmed	Esther Anthony
06-06-2026	Blaise Bernad	Nancy Shahi
28-06-2026	Samuel	Kaveri Nair
07-07-2026	Francis Andre Basil Fernandes	Deepa Nayak
11-07-2026	Nelson Hugget	Jennie Silveira
18-07-2026	Joaquim Miranda	Henrietta Marie John
16-08-2026	Daniel Dsouza	Glanith Monteiro

Baptism



Date	Name of the Child	Born To
15-03-2026	Richelle Dsouza	Royce & Sonia
11-04-2026	Aliston Goveas	Kelwin & Asunta
11-04-2026	Alina Alan Nazareth	Alan & Sweta
12-04-2026	Enzo Dcunha	Rinaldo & Mingueline
12-04-2026	David Dane Leena Kovathur	Leena David Kovathur
12-04-2026	Yohaan Almeida	Allwyn & Benedicta
19-04-2026	Theo Dsouza	Pascal & Kiran
25-04-2026	Joshua Kerai	Nijaraj & Shobha
10-05-2026	Caleb Liam Saldhana	Jeff & Leona
16-05-2026	Raphinhia Alex Mascarenhas	Allwyn & Karen
17-05-2026	Ezekiel Pereira	Viviyan & Alisha
22-05-2026	Nancy Shahi	Bhanu & Lalmoni
24-05-2026	Iliana Pinto	Brian & Supriya
07-06-2026	Evanna John	Michael & Albeensa
21-06-2026	Evaan Pais	Errol & Vandana
29-04-2004	Radhika Linngam	Shankar & Swapna
04-07-2026	Jayden Pinto	Kevin & Rukshie
11-07-2026	John Wilson Dsouza	Wilson & Josna
18-07-2026	Elijah Cordhero	David & Renita
02-08-2026	Syon Dmello	Nelson & Sylvia
08-08-2026	Kiyan Dodke	Chetan & Janet
08-08-2026	Bryden Nadar	Berlin & Radhika

Burials



Date of Death	Name	Age
19-02-2026	Norman Joseph D'Souza	63
08-03-2026	Fredrick Menezes	81
13-03-2026	Cecil Simon Saldanha	73
15-03-2026	George Suares	71
17-03-2026	Vincent Vaz	64
18-03-2026	Karen Aquelina Stanley	22
24-03-2026	Carmin Sabestian Pais	79
24-03-2026	Melvin John Pereira	60
26-03-2026	Munni Mathias	76
05-04-2026	Irene Dmello	78
07-04-2026	Ispras Inas Fernandes	93
12-04-2026	Valerian D'Souza	61
16-04-2026	Hazel Couthino	66
18-04-2026	Serefina Caridade Paul	90
19-04-2026	Richard John Desouza	71
23-04-2026	Russel Harold Pavey	73
23-04-2026	Moffy Neil Carvalho	64
26-04-2026	Lancelot D'Souza	59
26-04-2026	Dominic Alphonso	68
26-04-2026	Stella Santis	84
29-04-2026	Mary Celine Fernandes	77
29-04-2026	Dolphi Albert Lewis	67
28-04-2026	Philomena F Menezes	76
01-05-2026	Wendel Charles Dsouza	53
05-05-2026	Raju Kuriakose Varghese	71
29-04-2026	Grace Pereira	73
12-05-2026	Lucy Salvodar D'Mello	72
12-05-2026	Thomas A Menezes	62
29-05-2026	Denis Francis Mascarenhas	72
02-06-2026	Joseph Peter Pereira	82
02-06-2026	Irene Sanctis	79
03-06-2026	Joseph Anthony Noronha	71
10-06-2026	William Wilson Almeida	39
11-06-2026	Anthony John Tixeira	77
12-06-2026	Maria Rita Dias	83
12-06-2026	Lorraine John Pinto	43
14-06-2026	Luvigin Costance Fernandes	78
14-06-2026	Jayashree Rozalin Alphonso	69
14-06-2026	Anthony Pereira	67
14-06-2026	William Santan Fernandes	49
13-06-2026	Carmine Menezes	82
17-06-2026	Rita Ramed Crasto	60
18-06-2026	Florence Bella Dias	72
21-06-2026	Bhaskar Shantappa Maben	75
27-06-2026	Alwin Dian Cabral	68
30-06-2026	Derek Xavier Fernandes	55
27-06-2026	Joseph Richard D'Souza	73
30-06-2026	Philomena Noronha	60
03-07-2026	Olive Bertha Fernandes	87
03-07-2026	Remedia D'Souza	72
06-07-2026	Eliza Lourdes Fernandis	88
09-07-2026	Fathimamary Shetty	68
12-07-2026	Milleana Almeida	69
14-07-2026	Maria Paul Mendonca	88
15-07-2026	Sebastian Bernard Dsouza	89
16-07-2026	Ferdinand Pereira	85
23-06-2026	Orminda D'Silva	83
16-07-2026	Albert Luis Cardoza	81
20-07-2026	Juliana Sequeira	86
20-07-2026	Lily Maxim Dsouza	76
21-07-2026	Thomas Baptist Pinto	80
23-07-2026	Lawrence Dsouza	78
25-07-2026	Bridgith Fernandes	89
07-08-2026	John Anthony Lobo	81
09-08-2026	Latty Marshall Dsouza	83
12-08-2026	Anarozaria J. Fernandes	66



A Daughter from the lens of a Father

Daughters are small hands, big hearts, endless light and an endless supply of drama that could win an Oscar. I am a fortunate father of two lovely daughters, Tashia and Tabitha, and a full-time unpaid employee of their fan club.

I have always believed that God is very selective about which men He chooses to bless with the privilege of a daughter or two, in my case, because apparently, He thought I needed the advanced course. It feels like a special grace, almost like winning a lucky draw, and I am honored to be part of this elite club. What more could I possibly ask for?

Tashia and Tabitha are the apple and orange of my eyes. Opposites in nature, they balance love and chaos in equal measure, and their bond keeps our home lively, loud, and delightfully messy.

This blessing is nothing new, of course. Mother Mary, a favored daughter of God, played a pivotal role in God's plan by demonstrating profound faith and courage. Her "Yes" made the incarnation possible, bringing Jesus into the world. Her journey from a young, humble girl to a central figure of faith stands as an enduring testament to the power of trust and surrender to God's will.

Culturally and historically, sons are often favored but raising a daughter brings a father a joy and a perspective that lasts a lifetime. I once carried them on my shoulders; now they carry my emotional stability. Before them, I made decisions, now I make negotiations. They're the reason I now know the difference between "salmon pink," "hot pink," and "magenta pink" and why getting it wrong is not an option.

The father-daughter bond is, and will always be, a special one. It is a wonderful feeling to care for someone and to be cared for in return. I would thank God a million times over for this unique bond, and I pray that the Almighty blesses every man with little princesses of his own and perhaps, the wisdom to lose every argument gracefully.

- Elvis Mattos
St. Nicholas Community

Chefs CORNER



POTHRADE RECIPE

Ingredients:

- 1 Kg Ukda Rice
- 10-14 Red Chillies
- 1 Tsp Rai or Mustard Seeds
- 1 Tsp Jeera or Cumin Seeds
- ½ Tsp Methi or Fenugreek Seeds
- ½ Tsp Haldi or Turmeric Powder
- Little Tamarind
- 25 Terepana Leaves
- 8-10 Pepper Seeds
- 8-10 Curry Leaves
- 2-3 Tsp oil / Ghee
- Salt to taste

Method:

1. Soak the rice for 4-6 hrs
2. Grind 6 chillies, Little Tamarind and Soaked Rice together
3. Cut the Terepana Leaves in to smaller pieces and mix with the Rice batter.
4. Take a Steam pot (tondor) make pan cakes and cook for ½ hr. (can use leaves for pan cakes)
5. When cooked make small pieces.

For the Curry:

1. Roast or Fry 8 Red chillies, 8 Pepper seeds, small tamarind, ½ tsp turmeric, ½ tsp rai (mustard seeds), ½ tsp jeera (cumin seeds), 2 onions, ½ methi (Fenugreek seeds),1 coconut,Curry leaves and grind to make paste.
2. Heat the oil/Ghee in a pan/kadhai and fry onion and curry leaves till it gets brown then, add the curry paste and add the cut pieces of pancake when boiled.
3. You may add coconut milk too to dilute the paste.
4. You may also add to the curry either chicken or mutton as per your preference.
5. Add salt as per Taste.

-Mrs. Hilda Serrao
(St. Joseph's Konkani Welfare Association)

Gospel of Matthew
CROSSWORD



Down:

1. Jesus was born in the town of ____
3. Jesus' final command to 'go and make disciples' is known as the Great ____
4. Matthew, also called Levi, was a ____ when Jesus called him
6. The great discourse, containing the Beatitudes, is known as the Sermon on the ____
7. Jesus was baptized by John in the River ____

Across:

2. The prophetic name for Jesus meaning 'God with us' is ____
5. The Wise Men brought gifts of gold, ____ and myrrh
8. The genealogy in Matthew shows Jesus is the Son of Abraham and the Son of ____

JOIN THE DOTS AND COLOUR ME:
OUR LADY OF MT. CARMEL & THE SCAPULAR



FIND OUR LADY & HELP HER GIVE THE SCAPULAR!

(Hint: Join the dots from 1 to [final number] and then color!)

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