



BREAKING OUT OF THE COCOON INTO EASTER

We all know the story of the caterpillar. It keeps on eating mulberry leaves and then builds a cocoon around it. It seems to be buried there with no life. After a period of time we see a winged creature struggling out of the cocoon. It makes its way out with great difficulty, painfully. Finally, this winged creature which we call a butterfly soars into the sky victoriously. The ugly worm of a caterpillar is now a butterfly of beautiful colours.

If we are allowed to do so without irreverence, we can apply this story to Jesus. As man like us, Jesus had to undergo the transformation of His Resurrection. He willingly and freely went into the cocoon of a life of self-emptying, of sacrifice, which ended in the indescribable agony of his death on the cross. St Paul so graphically describes this state of Jesus in his letter to the Philippians: "He emptied himself taking the form of a slave. He became obedient unto death even the death of the Cross" (Philip. 2/5-11). As he breathed his last, he gave up his old natural human life to soar up to His heavenly Father in the glory of the Risen life of God.

Like Jesus, each of us has to undergo the same process of transformation. But this process does not take place just through our own efforts as in the case of the caterpillar. This transformation takes place in and with Jesus Christ. Again to quote St. Paul: "Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death...so that the body of sin might be destroyed, and we might no longer be enslaved to sin. Just as Christ was raised from the dead to the glory of the Father, so we too might walk in newness of life" (Rom: 6 / 3). We must be aware then, that it is by the power of God's Spirit that we are transformed or transfigured.

Our life then, all during the year but especially in this season of Lent has to be one during which we go into the cocoon of a sustained struggle against our weak, sinful nature. With Jesus as our model in his temptations, and these continued all through his life, we

also make a serious effort to transform ourselves. That is the purpose of our Lenten practices of prayer, fasting and alms-giving. This key sentence of Jesus sums up our effort: "If any want to become my followers let them deny themselves and take up their cross daily and follow me" (Luke: 9/23).

There is one more means I would like to suggest to bring about this transformation: The Eucharist. To describe it briefly: It is the power of the Death and Resurrection of Jesus on Calvary made available to us on the altar through the signs of bread and wine. We come to the Eucharist with our weak human nature. We come, not just with our sinfulness, but because of it, with our brokenness in mind, body and spirit. As we listen to God's word, our minds are opened to His all transforming love. As the celebrant prepares our gifts we sing: "Lord accept this bread and wine take our hearts, our minds and make them thine. Make my body a living sacrifice, may my life be renewed". After the consecration the transformation takes place by the power of the Holy Spirit. Yet, not all at once because we are not totally ready, totally open to this transformation. The process is gradual, life-long. We need to come to the Eucharist frequently and with deep faith. Its transforming power keeps working in us as we live out each day. Could we all make the effort to come to mass daily during Lent & even after?

To open our hearts and lives to this process of Eucharistic transformation we need to understand what we are celebrating; to explore the depths of each part of the Eucharist. That is why in the following article we start a series in which each part of the Eucharist is explained. But as the Quest comes to us only once in three months we suggest that you avail of books on the Eucharist at the book table. Also, access our parish website: <http://www.geocities.com/olpschurch> - you will get the Mass explained in the section: "Notice Board".

Fr. Osie D'Souza, CsxR



Understand and Live What You Celebrate

Introduction: Sacrifice of The Cross

We say the Mass is the Sacrifice of the Cross celebrated on the altar. The word 'sacrifice' comes from two Latin words: 'sacrum' which means sacred and 'facere' which means to make. So Jesus on the Cross made himself sacred or consecrated himself as a gift of love to His Father. Rather than think of Jesus as paying for the sins of man in suffering on Calvary, we should think of God in Jesus breathing love into a hate-filled world.

In the beginning God breathed His life, His love into man and into the world. On Calvary the same God was breathing into the same man, the same Love – His life, while man was breathing against Him Satan's hate. On Calvary, God was making a gift of Himself to man in a situation of hate. That was the sacrifice of Jesus. Every self-giving is a sacrifice. Only when such self-giving takes place in a situation of hate rejection or resistance, it is accompanied by pain, even agony. That is what happened to Jesus. Hence every celebration of the Eucharist is God's self-gift, a Sacrifice, an offer of the Love and friendship by God – Father, Son and Holy Spirit to you and to me. Does it not make of the mass an experience of the personal love of the Trinity? It is this beautiful, tremendous thought which makes one who experiences it say: "If this is the mass I do not want to miss it".

Eucharist: A Celebration

What is a celebration? A festive manifestation of gratitude and joy over blessings received. It is generally always done in community and never alone. Most celebrations include eating and drinking and other expressions of joy like singing and dancing. The key to a good celebration though is the: reason for the celebration that is generally shared by all the participants. The reason for any celebration is something good that has happened to me/us, a blessing we have received, a danger averted, a success achieved. The more personal and unusual the blessing the more the joy in celebrating, e.g., India's

Independence as a nation. So, let us develop the habit of recalling our personal reasons for celebrating before starting each Eucharist. The more the awareness, the more the rejoicing. Further, let us train ourselves to genuinely rejoice over the good others do. So, during the day we would find reasons to rejoice as we experience God's presence and power all round us.

How do we celebrate? The key attitudes we bring to the celebration are:

- * Joy - We have a song in our hearts... Jesus is risen and is with us. Whole hearted response in song prayer.
- * Unconditional acceptance of others celebrating with us...we offer real forgiveness.
- * Openness to share our blessings with others and to receive from them too.
- * To recall the celebration during the day expressing our experience of the Eucharist through a mantra often repeated.

Who Celebrates? Luke Ch. 15 tells us that it is the Father who celebrates and invites us to join in the celebration. So we have no right to be gloomy when we come for mass. Rather, our presence should be an encouragement for others to join in the celebration as well.

But what about our sins and failings? As long as we are sincerely repentant they are no blocks to our rejoicing. God loves us all the more in our weakness and invites us to come to the one source of healing, His unconditional love. For this to be an experience for us we need unconditional acceptance from a family member, relation or friend. Only then will we have a deep conviction that our inborn weaknesses don't make any difference at all to God's generous love for us. Then, in turn we should offer unconditional love to others.

Fr. Osie D'Souza, CSSR

COME TO ME

Come to Me all you who labour and are heavy laden and I will refresh you."

This is a very loving invitation from Jesus to each of us, to come to Him, everyday, with all that faces us. Within His loving invitation is also a promise "I will refresh you". Our assurance is, that when we come into His Presence and talk to Him about what is going on in our lives and the lives of those we love, He does not send us away empty, but He gives us His peace and strength to go back into our world and face Life's challenges with His blessings. Jesus never sends anyone away empty. He always knows the condition of His people and what will happen to them if he does not bless them, so no one, absolutely no one who comes to Him goes away empty.

Sometimes, we may come into His loving Presence, full of pain and misery and find difficulty praying; it may be difficult to talk to Him and tell Him what is lying heavily on our hearts. He understands that too and says to us "Be still and know that I am God" Ps.46:10. He understands us better than we understand ourselves. He knows every shade of emotions we experience, and so words are not

necessary in His presence. He is Love and Love needs no words. Love understands and reaches down and touches us and heals us, in the area we are hurting.

Living in our city of Mumbai is like living on roller skates. We rush from one job to another, one place to another, dragging our burden along with us! We have no time to relax, no time for friends, and often no meaningful time for family too. Work! That is our priority. The One who has time for everyone and who is always available, the One who makes us His first priority, is waiting for us to come to Him. He says to us, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life" John 8:12. Yet we are not willing to give up our busy schedules for at least half an hour and sit before Him in the Blessed Sacrament allowing His Light to flood our souls.

The gospel of Luke tells us about two sisters: one of them sat at Jesus' feet and listened to Him, the other one was busy working for Him. The one who was busy working for Him was often worried, anxious and frustrated with the amount of work she had to do. So she called out to Him for



help. Jesus said to her, "Martha, Martha, you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her" Luke 10:41.

There is a Martha in each of us. Jesus in His wisdom wants to replace the Martha in us with a Mary. Even though our day is extremely busy, packed with tight schedules let us come and sit with Jesus in the Blessed Sacrament. We will always be blessed. Without His blessings, His wisdom and discernment the schedules of our day could bring only anxiety, but if we sat at His feet first, surrendered our lives

and all we have to do to Him, things would go differently.

Jesus goes on to say to us "For where your treasure is, there is your heart" Matt 6:21. Martha's treasure was her work, and so her heart was in her work, and that brought anxiety into her life. Mary's treasure was Jesus and so her heart was with Him, and that brought peace into her life.

What is my treasure? What is my heart? What is my treasure bringing into my life?

Come sit before the Blessed Sacrament and let Jesus reveal the answers to those questions.

Jane Pimenta

PREVENTION IS BETTER THAN CURE

A couple of weeks ago we collected some money in our parish for the treatment of AIDS affected patients. The money was collected for Sr. Tressamma's social work, and donated to authorities working in J.J. Hospital. I accompanied her one day to see the type of work being done.

At the Hospital I could not believe my eyes as so many people were sitting there for the doctor with their token – some old, others middle aged, some young – some very sad, some depressed and some struggling to walk.

That day a man accompanied by his wife came for treatment. Two of their children kept phoning to ask what was wrong with their father, but the mother did not want to reveal the illness because of social implications back home. Nobody was there to console them. The wife also was reluctant to touch him. He was in a semi-conscious condition and looked like a skeleton.

In the children's ward, we saw some children neglected by their parents, and some waiting for the day of their death. Then the Men's ward, where AIDS patients were admitted. As the ward is crowded, they were accommodated in an outside passage.

When we were in the Female ward we saw a lady lying on a cot with a young girl sitting next to her. One of the social workers asked the young girl "What is the relationship between you and this patient?" Her face became grim and she looked down. Other patients told us that the woman in the bed was her mother.

We saw another lady who had been lying there for four months. Her state was very pathetic. She could not move and was lying on a water bed, with her hands tied to the bed, to prevent her scratching her body.

There were so many more incidents like this. Once the HIV virus develops into AIDS there is hardly any cure. Death will come slowly and death is very miserable. To avoid this danger we must avoid situations that can transmit the virus. The younger generation especially must be aware and careful. For that purpose, a group of social workers under the leadership of Sr. Thressamma, arranged a seminar for AIDS awareness in our parish. We expected a good number to attend, but sadly the response to this programme, especially from the youth, was very poor.

So my humble request is "Be vigilant, life is precious, to be enjoyed and not to be destroyed". So such seminars and classes would help us to apply the maxim. "A stitch in time saves nine".

Bro. Majesh Cherukanayil C.Ss.R.

AN UPDATE ON THE REPAIRS AND RENOVATION OF THE CHURCH STRUCTURE

- 1) The civil work of the church wings is completed and all the windows & doors of the church have been repaired with additional carpentry work.
- 2) The front portions (portico) of the church, as well as the glass windows, need substantial civil work repairs.
- 3) The entire Church will need to be painted.
- 4) The funds collected so far are around Rs. 3 lakhs and we need to reach the target of at least Rs. 25 lakhs.

We would appreciate if parishioners come forward to fund the civil work & painting of the Church.

We request parishioners to provide us with email IDs of their relatives and friends residing abroad who belong to our parish and to whom the Parish Priest could send an appeal for donation towards Church repairs.

A VERY SPECIAL SHOW

February 3rd was a special day for the children in Sevadaan Special School. It was their annual day celebration and a large number of our parishioners came to cheer them.

Despite their limitations the children gave a very good presentation. One of the striking events was the class room jokes where they took the parts of teacher, helper and students.

It was wonderful to see them presenting their exercise hour. They were dancing, laughing with joy and some climbed up a rope displaying amazing skill. The whole community was there to encourage them.

All the teachers and helpers are doing a wonderful job of training these children, which is not an easy task. It needs a lot of patience and hard work and determination to do the task whole-heartedly.

Fr. Gregory Noronha thanked the school principal Latha Shenava and assistants for the wonderful service. Unfortunately Mrs. Latha Shenava – the principal, is resigning to complete her doctoral studies. The school needs your help to continue its good work.

Bro. Majesh Cherukanayil C.Ss.R.



JANUARY 27TH 2008: FIRST HOLY COMMUNION DAY

When our daughter went into the IV grade, we knew this was a very important spiritual milestone, the year when she would receive the sacrament of Holy Communion.

So we started her on this journey by insisting on her attending the 8.30 children's mass and Sunday school classes. Though she could not always wake up for the mass, she religiously attended the classes.

This faith formation continued for a few hours, for a few days, even during the Diwali vacations. The children learnt their mass prayers, prayers before communion, the act of contrition and hymns.

The week before first Communion Day was really eventful. The catechists asked them to prepare for their first Confession. On that day, Fr. Aldrin, as well as their teachers, helped them to do a meaningful examination of their conscience with the help of a chart representing the forbidden fruits that they would often face dangling before them, tempting and tantalizing them: laziness, envy, hatred, pride, anger, dishonesty being some of them. Parents were also invited to the Penitential Service, which

gave us a chance to pray for our innocent children to cleanse their hearts, calm their minds and prepare them for receiving Lord Jesus.

Communion Day dawned and the churchyard was filled with angelic kids, in white with candles, veil and lace. The boys were handsome, tidy and well-behaved. Parents were happy and excited. Godparents, prayer guardians, relatives from far and near filled the church. The choir sang beautifully and the church echoed with the high voices of children.

At the end of the day, after the festivities were over with, I asked my little daughter "Was it a special day for you?" She nodded. "But was it better than Christmas?" I prodded. "Yes", she replied "because Christmas comes every year. This comes once in a lifetime", I sighed in relief. The message was given, clearly understood and now has to be lived out.

TINA D'SOUZA

INTERVIEW WITH A CATHOLIC SSC TOPPER

Rare are the occasions when you come across a flamboyant, diverse, scholarly and yet a fun loving person. She is a shining example of someone who has lived life to the fullest and yet made her dear ones proud when it came to academics. Not only has she been a topper in school and college, but also went on to secure a 26th rank all India, in Common Proficiency Test (CPT) entrance exam to Chartered Accountancy Course:-

Presenting Jonelle Fonseca. Currently pursuing her B.Com along with CA, life for this 19-year old is not as easy as it seems. However meeting her would definitely ensure a smile across your face. That's how charming she is

Q. Jonelle, firstly congratulations for your achievements. We are all very proud of you. How did it feel like when you walked into your school and found out that you topped school?

A. I was extremely excited. It came to me like a pleasant surprise. I had expected good marks, but topping was... (Laughs - she's left speechless).

Q. Did you prepare yourself from the start of the year?

A. Not exactly. I used to study well for my weekly tuition tests which eventually helped me in covering my entire portion for the year. We also had prelims, which again helped me a lot. I had some excellent teachers in school. A month before exams was hard work and I think it was this along with the tests that contributed to the final results.

Q. Tests every week, studying for them, tuition timings, you must have had busy days the entire year. Did you involve yourself in any extra-curricular activities?

A. Most definitely!!! I was my house captain and had to shoulder the responsibility of the entire Gold House, whether it was sports, feast day or annual day. For that matter I was even on the RSP squad. I have never let fun go by. It was my last year in school and I had to make the best of it.

Q. That's brilliant!!! You must have been excellent at time management.

A. I should thank my Mum for the "time-management" part of it. I used to sit and chalk out a time-table for the entire week. Barring the studies, everything used to go as per schedule (Laughs). On a more serious note, the time-table really helped.

Q. Tell me something about your HSC. You were a topper there too.

A. That I had truly worked for. My exams were excellent and I had expected to do extremely well in them. My professors and especially my French and Accounts teachers played an important role in my result.

Q. Would you like to thank anyone specifically?

A. God has showered his abundant blessings on me. I would like to thank my tuition teachers, my school teachers and principal.

Q. I'm sure after reading this quite a few of our parishioners might be inspired by you. Would you like to share a few words with them?

A. Your 10th is the last year you have in school. Enjoy it to the fullest. Take your everyday tests seriously and you will realize by the end of the year that you have completed your entire portion without having to sit for last minute, long hour studies. I would like to wish every student good luck.

Jonelle just proved that to be a good student is not always being a "nerd". She stands out to be a role model for many who know her well. Not only is she an active member in the church, Jonelle also lives a very prayerful life. What's more, she's one of the coolest people to hang-out with - and this is from personal experience!!!

Michelle



Our Father...YES, I AM LISTENING

Indeed Father, you are truly listening and the explanation of your Son's prayer given by Fr Shane Verghese from 18-26 June, 2007, must have brought a smile to your lips. We give the extracts of that explanation to remind us of God's steadfast love each time we say this prayer.

Our Father : God's Mercy and Compassion. God being passionately in love with us sent his only Son Jesus, who sacrificed His life for us. We can therefore run to this God, Abba, Father who accepts us, cares for us, forgives us and heals us. In times when faced with crises our best model is Mother Mary, who stood at the foot of the Cross and who will also stand by us.

Who Art in Heaven: Importance of Prayer. Heaven is not something far away, Heaven is in our hearts, and when we pray it is an ongoing relationship between two persons in love. Prayer is not exhibiting our goodness, but prayer is fundamentally God working with us and the Holy Spirit who takes over our hearts and minds and helps us to pray. Prayer is being open to God, and all we have to do is surrender ourselves to Him. Prayer is a great source of peace and no one can take this peace away. Mother Mary pondered everything in her heart. In Acts, Mary was there with the disciples praying. When we go through trials and tribulations Mary is with us praying.

Hallowed Be Thy Name: Worship and life must blend together. "Be Holy, for I your God am Holy" What is holiness? Is it only praying, novenas, daily mass, conventions, etc? Holiness is to see beyond ourselves and to be obedient to the Father. God is not easily satisfied with mere worship, therefore worship and life are inseparable. The Lord is inviting us to a tremendous in-depth spirituality, and beyond passive worship. What is our involvement in the Parish? Mary went in haste to visit Elizabeth – Do we go in haste to lend a helping hand in our Community / Parish? Because of our Eucharistic participation, are we challenged to do something? Holiness is an active response to God's call to help my brother.

Thy Kingdom Come, Thy Will Be Done: Expecting God's will in our life. In times of suffering and crises, we ask - "Where is God, Is there God at all? Why doesn't He answer my prayers?" We must surrender ourselves to the will of the Father just as Jesus did. We have to keep our gaze on the Cross, and only then will we receive a message of consolation.

On Earth, As It Is In Heaven: The grace of God helps us to overcome our sin. Is sin breaking rules, norms, commandments, precepts of the Church? No. Sin is breaking relationship with God. It is saying "No" to God's unconditional love, rejecting His mercy and grace. Sin is not against God alone, but all around. The newspapers which report rape, thefts, scams, reflect the degradation of society, and only by its eradication can we allow God into our lives. Another dimension of sin is Insensitivity. Our religion is not individualistic, but a community of people who worship together. Often we turn a blind eye to injustice. In spite of this, we can approach the God of Mercy for restoration and forgiveness through the Sacrament of Reconciliation. Mary's prayer in Lourdes was that, "Humanity must be restored to God". Whether our sins are of "omission" or "commission" God does not condemn, He sees our repentant hearts.

Give Us This Day Our Daily Bread: The providence of God. In the storms of our life we are called not to panic. Trust in God's providence, seek Mary's intercession, she will not let us down.

Forgive Us Our Trespasses: As We Forgive Those Who Trespass Against Us. To err is human, to forgive divine. So many of us do not experience peace because we harbour pain, anger and animosity. Whenever we choose not to forgive, we harm ourselves. We have the perfect model of Jesus. He was human, He experienced pain, rejection, rebuke, but Jesus made a definite choice when He prayed from the Cross, "Father, forgive them". The blood of Jesus gushing from his heart is the fountain of mercy.

Lead Us Not Into Temptation: Victory in the Lord over temptation. God is never a source of temptation, nor does he lay a snare, but allows us the freedom of choice. Fr. Shane on Jesus' temptation said that Jesus rejected the empty promises of power and success by trusting wholly in the Father. Our career, our positions at work, are not everything. We have to choose God. We expect miracles to happen in our lives but we reject the Lord of Miracles. We can always approach our Mother Mary to help us make the right choice.

But Deliver Us From Every Evil: Deliverance from all bondage and addiction. Jesus said "I have come to give you life and life in abundance". We have to ask God to set us free from our bondages. Only then will we begin to see hope. Remember there is power in the name of the Lord, there is victory in the Blood of the Lamb, there is joy in the presence of the Lord; only then, life becomes worth living.

Father...

YES, MY CHILD, I AM LISTENING.

CALL ON ME, WITHOUT AN APPOINTMENT ANY DAY, ANY TIME, ANY WHERE

Yvonne Miranda



THE HUMOUR OF LATE POPE JOHN PAUL II

- 1) "How many people work here in the Vatican?" asked a visitor. The late Pope John shrugged his shoulders and smiled: "About half of them."
- 2) When still a Nuncio in Paris, he visited a convent in Belgium. A very tall sister was presented to him. "Please pray for me", she requested. "You are so much nearer to heaven than I," replied the pope, "You must please pray for me."
- 3) One evening he was dining at a foreign embassy in Rome. One of the guests at table was a large attractive woman wearing a scandalously low cut dress. Everybody wondered what the Pope would say. He spoke to the woman with his usual charming friendliness. At the end of the meal he took an apple and handed it to her. She was a little surprised by this unexpected gesture and asked him the reason for it. "Madame", the pope said with a gentle smile, "It was only after Eve had taken the apple that she realized how little she was wearing".

A MATTER OF PRIDE FOR OUR PARISH

Did you know that in the vicinity of our OLP Church we have a Heritage Building? "BELVEDERE", the home of Dr. Aloysius & Freda Soares, was chosen by the Indian Heritage Society for an Urban Heritage Award for Individual effort for 2005. This bungalow

was also given the "Glory of Mumbai" award initiated by the Times of India and was among the prize winners for the Best Bungalows in Mumbai, last year.

EXPLANATION OF GOD

This was supposedly written by an 8-year-old named Danny Dutton, who lives in Chula Vista, Ca, for his third grade homework assignment, to "explain God." (I wonder if any of us could have done as well).

One of God's main jobs is making people. He makes them to replace the ones that die, so there will be enough people to take care of things on earth. He doesn't make grownups, just babies. I think because they are smaller and easier to make. That way he doesn't have to take up his valuable time teaching them to talk and walk. He can just leave that to mothers and fathers.

God's second most important job is listening to prayers. An awful lot of this goes on, since some people, like preachers and things, pray at times besides bedtime. God doesn't have time to listen to the radio or TV because of this. Because he hears everything, there must be a terrible lot of noise in his ears, unless he has thought of a way to turn it off.

God sees everything and hears everything and is everywhere which keeps Him pretty busy. So you shouldn't go wasting his time by going over your mom and dad's head asking for something they said you couldn't have.

Atheists are people who don't believe in God. I don't think there are any in Chula Vista. At least there aren't any who come to our church.

Jesus is God's Son. He used to do all the hard work, like walking on water and performing miracles and trying to teach the people who didn't want to learn about God. They finally got tired of him preaching to

them and they crucified him. But he was good and kind, like his father, and he told his father that they didn't know what they were doing and to forgive them and God said O.K.

His dad (God) appreciated everything that he had done and all his hard work on earth so he told him he didn't have to go out on the road anymore. He could stay in heaven. So he did. And now he helps his dad out by listening to prayers and seeing things which are important for God to take care of and which ones he can take care of himself without having to bother God. Like a secretary, only more important.

You can pray anytime you want and they are sure to help you because they got it worked out so one of them is on duty all the time.

You should always go to church on Sunday because it makes God happy, and if there's anybody you want to make happy, it's God!

Don't skip church to do something you think will be more fun like going to the beach. This is wrong. And besides the sun doesn't come out at the beach until noon anyway.

If you don't believe in God, besides being an atheist, you will be very lonely, because your parents can't go everywhere with you, like to camp, but God can. It is good to know He's around you when you're scared, in the dark or when you can't swim and you get thrown into real deep water by big kids.

But...you shouldn't just always think of what God can do for you. I figure God put me here and he can take me back anytime he pleases.

And...that's why I believe in God.



HOW TO TACKLE NEGATIVE THOUGHTS

Positive and negative thoughts are a part of everyone's life. But negative thinking can harm our lives by influencing our thinking on a long term basis. Here are some tips to tackle such negative thoughts. All negative thoughts can be controlled, converted and replaced with a happy or a positive thought.

What to Do When a Negative Thought Creeps In:

- * Simple, take it and throw it out. Some can do it as simply as this, while for others it can take some time.
- * People who worry take a bit longer to overcome a negative thought than non-worriers. But it is not to say that negative thoughts cannot be overcome at all.
- * As soon as you get a negative thought try and identify it - is it a thought, feeling or action.
- * As soon as you identify the negative emotion, you can objectively view it and discard it.
- * Get busy with things like studying, sports and reading or hobby classes and don't allow negative thoughts to creep in.
- * And even if they do, so what? Develop a "So what!" attitude and you will notice a difference.

Negative Thoughts and You:

- * Most of the times, we end up blaming a situation or a person for our negative thoughts. But the fact is we ourselves are responsible for our own happiness.
- * You can choose to be happy or sad. Hence, you can choose to think positively or negatively.
- * Remember it's all in your mind and to overcome it, you need determination and will power.
- * Having faith in the almighty is another weapon against negative thoughts.
- * Imagining the worst case scenario allows you to look at negative thoughts in the face and they will stop bothering you.

MAKE YOUR LIFE AN ADVENTUROUS ONE!

Are you on the looking out for ways to make your life carefree? Use these 7 steps to attain personal change. And when you do, you'll find that the old comfort zone has now expanded and what once looked like a danger zone has now become a place you feel safe with.

1. Learn to Change Yourself:

When we find ourselves in an unsatisfactory position due to circumstances beyond our control, such as a job we no longer enjoy or people we no longer like, most of us try to change the situation. We complain, moan, criticize, judge, and condemn. There is only one way to change a disappointing situation. And that is to change ourselves.

2. Set Changes:

When we stay well established in old positions, even if they are no longer relevant, there is no possibility of a change or improvement. That's when it is time to take a risk.

3. Begin like a New Start:

When we start a new adventure or a new enterprise, there is a buzz around it. We've all felt it. It's like the first day at a new school or a new job. Sadly, we soon lose that feeling under everyday routines and habits. In taking personal risks, we can re-discover it. As Ray Kroc, founder of McDonalds said, "When you're green you grow; when you're ripe, you rot."

4. Re-Invent Yourself:

Real personal change happens when we do more than just learn a few new skills and habits. Learn to cast yourself off from one identity to another. Tom Peters goes so far as to say that the imagination and zeal to regularly re-create yourself is the definition of greatness. And it doesn't have to be something you do just a few times in a lifetime; it can be something you do every day.

5. Manage Your Own Self-Esteem:

Taking risks is fraught with difficulties and dangers but we can keep going if we learn how to manage our own morale. The keys to morale management are working on your belief that things will turn out positively in the end and creating a support system to help you through tough times. This can be your own support group, the inspiration of people who've been there and done that, and keeping the whole process light.

6. Step Back:

When we take risks, it is valuable to be able to distance ourselves from what we are involved in and take an objective position. Here we can see what is going on without being in the fray. When we do that, we can accept criticism dispassionately and not personally. It's also the place we can go to take a breather and chill out.

7. Be Prepared to Fail before You Succeed:

All risk carries with it the possibility of failure. Fear of failure is one of the chief reasons we hesitate to take risks in the first place. But we can overcome the fear of failure by making friends with it. As William Faulkner says, there is far more to learn from failure than from success.



Kuch Kuch Ho Raha Hai..... community activities (December 2007 to February 2008)

Once again we congratulate all our Small Christian Community Co-ordinators, Animators & their members for their dedicated service in their communities and also for submitting their quarterly report for the period July 2007 to December 2007 in time. Hope you will continue the service with the same zeal and dedication this year too. Your next quarterly report will be due for the period January 2008 to March 2008 and should be submitted at the parish office before the 7th of April 2008. Blank forms will be available at the parish office.

Here is a brief report of all the happenings in our 21 SCCs for the period - December 2007 to February 2008: -

The Holy Hour in the Church for the month of December 2007, January & February 2008 was conducted by the appointed SCCs on the First Friday of every month. In the month of December all our SCCs were busy preparing for the birth of Our Lord Jesus Christ. We first began, with our Youth going around all the 21 communities Carol singing from December 15th to 19th. The communities welcomed the youth in large numbers. The youth group also visited Bal Anand – a home for abandoned children and brought in the joy of Christmas by their carol singing. A number of communities had their Christmas-get-togethers. In addition to this, there were Christmas parties organized for the Sunday school, the Altar servers & the less fortunate children of our parish. The spirit of Christmas was felt all around. Many contributed generously towards Christmas Hampers for the less fortunate. During Christmas week Core-group members took time to visit the sick, the aged and bring to them the Christmas Joy. One SCC visited Bal Anand & entertained the kids there with Carols and eats.

Sessions – We are the Church & The Worth of the Eucharist were conducted in 3 SCCs. One Community has restarted the ALM. They took up illegal parking of Autos, Cars, etc. in front of their Housing society and agreed to deploy a Nuisance Defection Squad to eliminate this nuisance. One SCC celebrated the adoption of a Baby Boy by a couple. In the month of January some SCCs had their New Year Celebrations. The Presentation of the Creed was conducted for the confirmed in most of the SCCs wherein the essence of the creed was explained. Some communities are conducting home-to-home Way of the Cross during Lent. Some communities also visited the sick & aged in their area.

Wilson U. Patrao

*SCC Co-ordinators & Animators
Please note that the 19th Steering
Committee Meeting will be held on
Tuesday, 8th April 2008 at 7.30 p.m.
in the Meeting Room*



HOLY WEEK PROGRAMME

Sunday, 16th March 2008 PALM SUNDAY

7.15 a.m. Blessing of palms in front of the Church

Monday, 17th March to Wednesday, 19th March 2008

6.00 p.m. Confessions

Thursday, 20th March 2008 MAUNDY THURSDAY

5.00 p.m. In the Church – Eucharist for children, the sick & the aged.

7.00 p.m. Playground – Solemn celebration of the Lord's Supper, followed by procession to the Altar of Repose

Vigil in the Church

8.30 p.m. to 9.00 p.m. – Marathi

9.00 p.m. to 9.30 p.m. – Tamil

9.30 p.m. to 10.00 p.m. – Konkani

10.00 p.m. to 10.30 p.m. – Malayalam

10.30 p.m. to 11.00 p.m. – English

11.00 p.m. to Midnight - All in Silence

Friday, 21st March 2008 GOOD FRIDAY – Day of Fast & Abstinence

Way of the Cross in the Church

7.00 a.m. English

8.00 a.m. Konkani

9.00 a.m. Marathi

8.30 a.m. Malayalam (Outside the Church)

10.00 a.m. Tamil

6.00 p.m. Celebration of the Passion of Christ (Playground)

Saturday, 22nd March 2008 HOLY SATURDAY

8.00 p.m. Easter Vigil followed by the Eucharist (Playground)

Sunday, 23rd March 2008 EASTER SUNDAY

Masses at 7.30 a.m. / 8.30 a.m. / 9.30 a.m. & 10.30 a.m.

NO EVENING MASS

PARISHIONERS WHO HAVE NOT YET
CONTRIBUTED TO THE COMMUNITY FUND
FOR APRIL 2007 TO MARCH 2008
ARE REQUESTED TO DO SO
AT THE EARLIEST - THANK YOU



EASTER ZONAL MASSES

Monday, 24th March, 2008

- | | |
|--|------------------------|
| 1. Crusaders
Cross Roads, Gaothan,
15 th Road, Kamlesh Bhavan,
Manohar Villa, Postal Colony,
BARC & Sarvodaya,
Gama Grandeur. | Joanita D'Souza |
| 2. Ave Maria
Lotus / Convent View
Waman Apts., New Borla
Sangam Apts. | Rodin Rodrigues |
| 3. OLPS Tamil Seva Sangam
Tembe Nagar & Saibaba Nagar | Mary |

Tuesday, 25th March, 2008

- | | |
|--|--------------------------|
| 1. St. Francis of Assisi
Assisi Nagar,
Gautam Nagar,
Limboni Baug | Elizabeth Joseph |
| 2. Torch Bearers
St. Anthony Road (N)
& Central Avenue & 5 th Road | Theresa Fernandes |
| 3. Shri Nagar
Lokhande Marg | Wilma Sequeira |
| 4. Stars
St. Anthony Road (S) & RBI | |
| 5. Divine Providence
Swastik, Naka,
Shivpuri, Apurva,
Sindri Society. | Rowena Babu |

Wednesday, 26th March, 2008

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|--|--------------------------|
| 1. Good Shepherd (A)
Bldg. 1 -15 | Manuel Pereira |
| The Archangels (B)
Bldg. 16-27, 29 & 30 | Mathew D'Souza |
| The Madonna (C)
Bldg. 36 - 46 | Joe |
| Disciples (D)
Bldg. No. 31 -35,
47-56, 283
& Saraswati Colony | Lynette Sanctis |
| St. Anthony
Amir Baug | Anita Rodrigues |
| 2. St. Francis Xavier
Old Barracks / RC Barracks | Joanna Bramblebee |
| 3. Perpetual Resort | Yvonne Miranda |
| 4. Jeevan Prakash
13 th , 2 nd , 3 rd & 21 st Roads,
Khandari Colony,
N.G. Acharya Marg. | |

Thursday, 27th March 2008

- | | |
|--|--------------------------|
| 1. Our Lady of Victories
Twinkle Star, Seema Society,
Greenfields, Uttam Society,
Sai Nagar, Sachatma,
Mumbadevi, Sai Nidhi. | Gracinda |
| 2. Harmony
Madhugiri, Atur Park,
Fairlawns, Maitri Park,
Bharat Tirth, Sunder Apts.,
Panorama, Dreamland,
Gulab Baug, Chadwa Apts.,
Maska Chawl & Borla Society | Ramola D'Cunha |
| 3. Dilkhush
14 th , 16 th , 17 th , 18, 19 th Roads,
Emma Towers & Anchorage | Effie Acharya |
| 4. Emmanuel
Edel, 11 th & 12 th Roads,
Marian Mansion. | Charlotte D'Souza |

Friday, 28th March 2008

- | | |
|--|---------------------------|
| 1. Shellites
Shell Colony, Sahakar Nagar,
Thakarappa | Geraldine Monteiro |
| 2. Morning Star | Cyril Makasare |
| 3. Sangam
Ghatla, Moti Baug,
Duke, Amar Nagar & Khardeo Nagar | Francis Fernandes |

The Rector, the Redemptorist community and the parish team
wishes all our parishioners
a hope-filled experience of the Resurrected Christ.

Happy Easter

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