

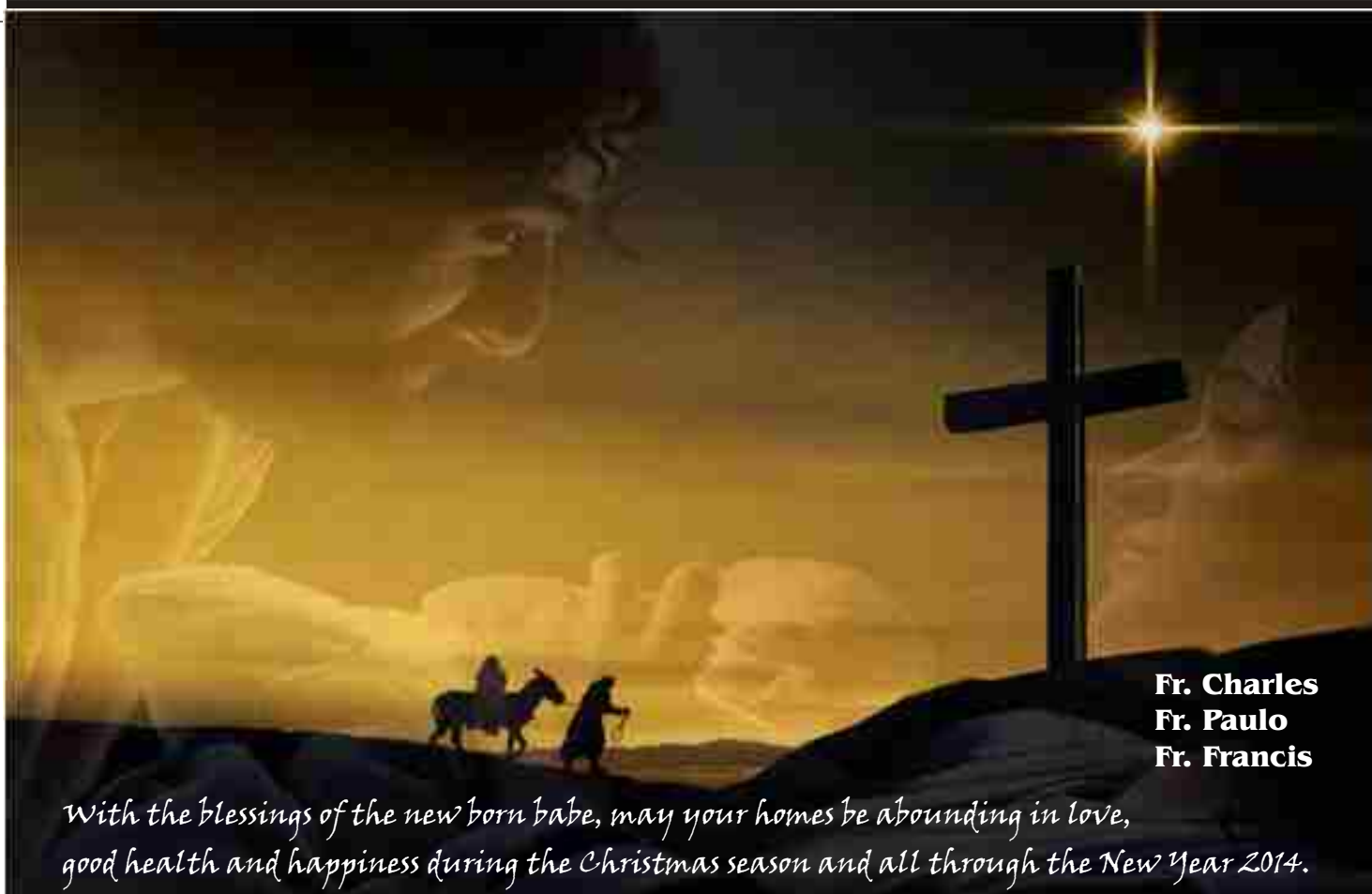
# Pallotti Notes

Dec 2013 - Jan 2014

Vinpal Family of God moving towards a Society where Love & Concern within the Family & Neighborhood is a Way of Life



*You are a gift, God gave to me,  
And I just know  
That we were always meant to be...*



**Fr. Charles  
Fr. Paulo  
Fr. Francis**

*With the blessings of the new born babe, may your homes be abounding in love, good health and happiness during the Christmas season and all through the New Year 2014.*

#### **Editorial Team**

Editor  
Fr. Paulo Dias

Bulletin Co-ordinator  
Jennifer Chavan

Cover Design  
Anil Chavan

Graphics  
Jennifer Chavan

Inviting articles for the next issue  
theme 'The Sacrament of Holy Orders'  
latest by 28th February 2014.

#### **Contents**

|                                                    |       |
|----------------------------------------------------|-------|
| From The Editor's Desk                             | 1     |
| A marriage sketch -<br>the Holy Family of Nazareth | 2     |
| Sin divides...God unites                           | 3     |
| Marriage a Celebration of Love                     | 4     |
| Make your marriage work                            | 5     |
| Sunday School Sightings                            | 6     |
| The Greatness of marriage                          | 8     |
| 10 Legal Rights for women                          | 10    |
| Candy Cane                                         | 11    |
| From the Counsellor's Desk                         | 12    |
| WWH-We Will Help Charitable Trust                  | 13    |
| Christmas Quiz, Puzzles, Jokes                     | 14-15 |
| Christmas Calendar                                 | 19    |
| Family Cell                                        | 20    |
| Vinpal Diary                                       | 32    |

Pallotti Notes | Dec '13 - Jan '14

A Bimonthly News Bulletin of **St. Vincent Pallotti Church**  
Vijay Nagar, Marol Maroshi Rd, Andheri (E), Mumbai 400 059 Tel: 29259328, 29259460  
[www.vinpalparish.com](http://www.vinpalparish.com), [pallottinotes@yahoo.com](mailto:pallottinotes@yahoo.com)  
**For Private Circulation Only**



# The Vinpal Diary



## BORN IN CHRIST

|            |                  |                            |
|------------|------------------|----------------------------|
| 29-09-2013 | Roselyn Dsouza   | Unit 6, Aarey Milk Colony  |
| 06-10-2013 | Alena            | Unit 22, Aarey Milk Colony |
| 20-10-2013 | Rydyn S Lobo     | Malad, Mumbai              |
| 03-11-2013 | Leo Ajit         | Unit 20, Aarey Milk Colony |
| 10-11-2013 | Aneesha Mathew   | 12 Prerna, M.Rd            |
| 17-11-2013 | Nicole Furtado   | Mulund-(w), Mumbai         |
| 29-11-2013 | Leena Rodrigues  | Shanti Apts 2, M. Rd       |
| 01-12-2013 | Ethan C Anthony  | C-708 Sneh Sarovar, M.Rd   |
| 01-12-2013 | Joel Raj         | Unit 22, Aarey Milk Colony |
| 08-12-2013 | Amileah Alphonso | Virar                      |



## JOINED IN CHRIST

|            |                                     |
|------------|-------------------------------------|
| 20-10-2013 | Anita Bhamre & Gimeco Correa        |
| 26-10-2013 | Rolif Cornelio & Lizelle Fernandes  |
| 27-10-2013 | Edgar Xavier & Tutu Sebastian       |
| 05-11-2013 | Shivalik Naik & Eulu Rodrigues      |
| 16-11-2013 | Nanson Mascarenhas & Valina Coelho  |
| 20-11-2013 | Karen Crasto & Rehan Hashmat        |
| 28-11-2013 | Elaine Fernandes & Ashish Harsora   |
| 30-11-2013 | Vinay Sequeira & Rency Crasto       |
| 06-12-2013 | Dina Castelino & Pravin Kakar       |
| 07-12-2013 | Sunita Mascarenhas & Austin D'mello |

## SNAPSHOTS

- 20-10-13 Doctors & Nurses Day was celebrated by St. Vincent de Paul to felicitate the doctors and nurses in our parish.
- 1 to 31-10-13 The month of the Rosary was conducted with devotion by the communities in their respective areas.
- 31-10-13 Family Day was celebrated with pomp and jubilation in the parish with a solemn high mass at 6.30pm presided by Bsp. John Rodrigues followed by a cultural programme.
- 1 to 3-11-13 Sports Day was celebrated with enthusiasm and grandeur in the parish campus.
- 24-11-2013 Christ the King Feast was celebrated solemnly with community adoration through the day followed by a Eucharistic procession in Vijaynagar and solemn high mass at 5.30pm.
- 01-12-2013 The Advent Recital - "Christmas - A Promise Fulfilled" by the Vinpal Choir was a beautiful rendition of Christmas Carols which led the community into the spirit of Christmas.
- 08-12-2013 Vinpal Explorer - a Children's Day celebration organized by the Sunday School Catechists was a time of fun and excitement for the children of the parish.





## LOVE BORN IN A STABLE

From the Editor's Desk

"A noted poet was once asked in an interview if he could explain one of his poems 'in ordinary terms.' He replied with some feeling, 'If I could say what I meant in ordinary terms I would not have had to write the poem.' How True!

Having observed the beauty of God's creation, man finds no words to express and describe it perfectly in human ways. On the other hand, God, the master creator reveals the highest mystery in simple and ordinary human terms.

One of His greatest masterpiece is the LOVE BORN IN A STABLE. The Christmas story reminds us once again, that it was not man's idea that the Son of God should be born in a stable. The stable is usually small, dark, dirty and smelling! Why then, did He chose a stable and is still looking for a stable to born again now? His birth transformed the dirty stinking stable as a palace for the Universal King where three wise men worshipped Him with gifts. The stables that he is looking for now, are our hearts which are dirty and stinking with sin. Just as His birth dispelled the darkness and stench of that stable, the presence of the everlasting light Jesus Christ, will brighten and shine our lives too! This simplified truth is forgotten as the Christmas story that is now repeated year after year, is celebrated with close family and friends, with décor, sweets and pomp.

Out of love God created us, but discontent with our way of life, He embarked on a whole new life project to bring back His love to mankind. And love came down at Christmas wrapped in human flesh and is still looking for a place to manifest. Will your heart be the place He seeks?

In Scripture, the relationship between God and His people is often described in terms of a marriage. The sacrament of Matrimony too, involves embarking on a new life project where love is the driving force. It is a blessed vocation and a holy adventure, wherein a man and a woman entrust their hearts, their lives and their eternal destinies to one another. The scriptures tell us, Adam Knew Eve. This knowing in Biblical language is the sacredness of intimacy which is to be open to the gift of life-a new human being. In the wisdom of God, to be fruitful and multiply is not to cause a population explosion but the explosion of Love through responsible spousal living and loving. Are our marriages, wombs, homes, attitudes as narrow as inns? And even if they are, can we surrender in faith so that God will, in due time, transform them into palatial residences of Love that impact our world.

To trigger you further, this issue of Pallotti Notes brings you "Thoughts on love in marriage" during Christmas. Enjoy reading!!

Wishing every one of you, a grace filled Advent and Christmas and A prosperous new year 2014.



Fr. Paulo Dias  
Editor





## A MARRIAGE SKETCH - THE HOLY FAMILY OF NAZARETH



Bill Keane, creator of the Family Circus cartoon strip tells of a time, when he was penciling one of his cartoons and his little son Jeffy said, “Daddy, how do you know what to draw?” I said, “God tells me”. Jeffy said, “Then why do you keep erasing parts of it”.

Ah! wisdom from the mouth of babes. We seem to like this past time activity to invoke God and call Him the master artist and yet while on the canvas we like to do our own penciling to suit our plans, thus erasing what does not tally with our minds and plans.

This is the great lesson that we could pick from the Holy Family of Nazareth. Like any other human family, they were dodged by concerns, doubts and even questioned the plan of the Divine. But once they agreed that God was going to tell them what they are to do, they stuck to that belief and let him have his way. In as much as they were tempted to erase parts of the plan, they let go their own and allowed God to write their lives anew.

This family of Joseph, Mary and Jesus is known as the Holy family because GOD was the centre of the family. It was possible because first and foremost Mary and Joseph **listened to God** and owned **God's will as their own**. The famous “Yes” of Mary and Joseph is highlighted, but we are not to forget that their initial word was a “No”. How can this be? asked Mary, and Joseph in the Gospel of Matthew secretly planned on giving her a divorce. This relying on God's word enabled them to accept one another as they are. They both had their individual minds but an inner listening led them to saying “Yes” and so they did not erase any part of God's designs. Thirdly, they lived the vows of marriage that couples take. They stood with one another thick and thin, in good times and in bad. They were there for each other when there was no place for them in the inn. The flight to Egypt was long and tedious, yet, they stood by one another without grumbling, blaming or accusing.

In the light of this we are to reflect if God is the centre of our Christian Homes. Do we allow God to draw up plans? Are we accepting of the diverse personalities who make up our homes? Do both spouses accept each other and offer human and spiritual space for the other to grow both as individuals and also as a couple. Are parents accepting of children and youth? Are we journeying as families in difficult times without escaping, laying blame on the others, being ashamed of the ones we think are the black sheep of the home? Do we stand by our family members? Standing by, means to be standing besides someone in a static manner, but really it means standing by in a verb form. Families are called not to be static but in constant action with and for the other. Like Mary who continued her constant being with Jesus which finally led her even to stand by the cross. Definitely a difficult plan sketched out by God for someone who was to be called Jesus, Yeshua which means God is my help/ God saves.

But Mary did not erase any part of the story. In allowing the hand of God to write and draw a new salvation history, we today along with many over the centuries have inherited the Gift of New life and salvation. Let us keep and use erasers to rub away and erase our mistakes. But God's Plans, NEVER !!

**“Glory to God in the highest, in heaven and on earth, peace among those Whom he favors” was the song of the angels at the birth of Jesus.**

Through our Baptism, each of us too has become the favoured one of God. As we celebrate Christmas, may we echo this song of praise, song of joy As families that have God at its centre like the Holy Family of Nazareth.

Fr. Charles Fernandes, SAC  
Parish Priest





## SIN DIVIDES...GOD UNITES

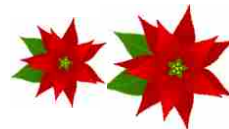
Marriage is arranged by God. It's a divine intervention. Jesus says: "but from the beginning of creation, God made them male and female - for this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh. So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate." (Mk 10: 6-9).

This sacred union is top priority in God's list. As a matter of fact, the first book in the bible speaks of the union of Adam and Eve (Gen 2-3) and brings into focus, towards the end of the New Testament, the union of the Bride (the church) with Her Bridegroom, Jesus Christ (Rev 19). As we look closely at sacred scripture, it becomes very clear that a marriage is that which God unites or takes responsibility in joining. It is for this reason that Jesus, quoting out of The Word of God in Genesis 2 said, "What God has joined...let no man separate" (Mt 19: 6).

After creating Adam, God wanted to complement his life with a companion, and so, the creation of Eve. Looking at her, Adam acclaimed, "This at last is bone of my bones and flesh of my flesh" (Gen 2: 23). Bone symbolises strength and flesh symbolises weakness. Adam acknowledges in the presence of God and accepts his partner both in strength and in weakness. The unifying element is God alone. He conjoins the two persons in one. But it is sin that brings division. The desire for greatness over God enters their thoughts and division takes place between them and God. Adam's complaint of "The woman whom you gave to be with me, she gave me the fruit and I ate" (Gen 3: 12) puts a kind of divide between him and Eve too. **SIN DIVIDES.**

Marriage is awesome! It is God's idea before 'Sin' entered the world. Therefore, marriage is something that is 'Heavenly'. With God's involvement in married life, we experience "Heaven on Earth". The sad thing is that the presence of doubt, misunderstanding, arguments, etc. can mar a relationship as beautiful as marriage too! God's presence in a marriage acts like an adhesive to unite the couple, that no worldly force will destroy. Sin divides but God Unites.

Fr. Francis Mariadas





## MARRIAGE, A CELEBRATION OF LOVE



If I tell young people of today that I hardly knew my husband, that our conversations had been very brief before our marriage, they will be in a total disbelief. How can such a marriage last? They will question me. It did last and is still lasting decades after his death. Till today I remember him with love. A true Christian marriage lasts forever.

In the present age, more so in the developed world, (where I make frequent family visits) people have no faith in marriage. Most of the marriages break down. It is supposed to be a free world, young and old are free to live as they like or with their partners as they like. For these people the virtue of virginity is a passé word. It is to be mocked and laughed at. It is common to see young teenagers going about with their babies in their prams. People grumble about their sick society. If there is no God, no morality and no marriage, the society in any part of the world will indeed be sick!

During my youth in Goa, practically all marriages were arranged marriages. Our parents considered marriage as a lifelong commitment. They worked towards the endurance of this commitment. They took the words of the sacrament of Matrimony “till death do us part” seriously. They taught us by word and example the sanctity and permanence of marriages. Even our Hindu friends believed in the same way. Because of our strict moral upbringing in Christian values and prayer life, young Goan men working abroad returned to their native land to seek their brides. They believed that girls with such background will be good wives. This paradigm is valid in today's age too. Fear of God and morality are necessary for a good marriage.

In my own marriage, even though my husband and I were totally different persons, there was a common bond between us, that is our Faith. God was most important for us and we prayed together. Our constant prayer brought us closer together that the words of the Scripture “the two shall be one”, “They are no longer two but one” became real for us. Christ became the 3<sup>rd</sup> unseen Partner in our marriage. (The revered spiritual writer, Bishop Fulton Sheen says so in one of his writings). The Lord poured His love into our hearts to make our marriage the most beautiful relationship, a celebration.

Dear readers, I am sharing my experience of marriage so that your marriage too can be a celebration of love. We are mortals and if we depend on our human love, it cannot last. We need the infinite love of Christ to make our permanent marital commitment, the most beautiful human relationship.

Good marriages are so very important in our modern world. Wherever there are good marriages, there will be no sick society!  
Maria Fernandes





## **Make Your Marriage Work**

Marriage as described in Collins' Dictionary is “the religious or legal ceremony formalizing the union of a man and woman as husband and wife”.

Analyzing the marriage in context with our Catholic faith -

God said “*It is not good for man to be alone: I will make him a helper suitable for him*”. God's purpose for bringing this union of man and woman together was definitely for them to love each other, care for each other, always be there for each other and also, for procreation of humankind. We spend a lot of money and time to build careers, but when it comes to marriage, people complain that they have to go through different preparatory courses. These are indeed required to start the marriage with a firm foundation. And even later, whenever there are opportunities to attend such talks, seminars, courses, we must be a part of them.

Marriage is as good as any vocation, if not better. Spouses are expected to respect each other's views and overlook minor frictions. And when children come, they are on call 24x7 - stress, irritations, impatience, sets in and this is when both are to understand, adjust and give each other space to live life peacefully. Many young couples struggle through their marriages because of trying to meet the demands of office work, house work and the upbringing of children. Making a success of your marriage seems an impossible task, specially these days. The answer to ease these situations is, right from the beginning, Jesus should be the centre of a couple's life and whatever they do or take up, they must always surrender to Him and ask Him to guide them to do what's right.

They must be faithful to personal prayers, family prayers and also couple prayers.

Good communication between the spouses is a must.

Proper monthly budgeting should be planned and the expenses should not exceed the income.

They have to forgive each other and not let their egos clash / divide them.

Being courteous and honest with each other should be their motto.

Surprising your spouse with gifts and occasionally dating each other can keep the fire of love burning in a marriage.

Taking care of one's appearance is also a necessity.

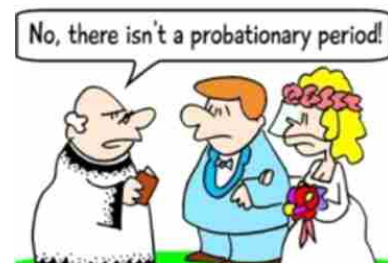
Have a one to one dialogue regularly between the spouses as well as with children.

### **Checklist:**

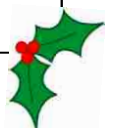
1. Do we give enough time for quiet talks together?
2. Do we use our sacrificial love where we can be more of a giver than a receiver?
3. Are we following a proper monthly budget? How can we improve our finances and save some money for future?
4. Are we constantly trying to change the other, rather than improve ourselves?
5. Do we keep good relationship with our in-laws? Do we remember and wish our family members on special occasions?
6. Do we spend enough time for personal/family/couple prayers? Are we attending the Church regularly for Eucharistic celebrations and support the various programs?
7. Do we give time for service to community?
8. Are family outings a regular feature in our lives?

A couple and their family is a gift from God  
and how we live with our family Is our gift to God.

Joe & Safira Fernandes  
Couples for Christ



Couples for Christ is an Association where we have formation courses for married couples so that they have a better family life and come closer to each other and God. Many of our couples who have joined, have found a change for the better in their lives. But, of course, it does not mean that changes take place overnight. We must keep our minds and hearts open and pray for our needs, as per God's Will .



# SUNDAY SCHOOL SIGHTINGS



## Communicants Creative Camp 2013

***"Where two or three are gathered in My name, I am there among them."***(Mt 18:20) And the presence of Jesus was experienced by 61 Communicants and their parents at the **Communicants Creative Camp** on 4<sup>th</sup> November 2013, as in togetherness they creatively grew in Faith. They voice....

Dear Communicant Teachers

Thank you and your team for all your effort given year after year.

Yes, it was indeed a good day and tried to give our best. I enjoyed the session and after reaching home, prepared a Christmas ball and showed it to my mom and younger daughter.

Regards - Genevieve Xavier  
-----

The items chosen were easy and fun to do. Appreciate the effort taken to keep all things ready.

Regards - Sanjay and Trinette D'mello  
-----

Thank you for the wonderful day we spent on 4th Nov. Indeed a very nice idea to teach children and parents what beautiful and simple things can be made. By the end of the day it was evident that one doesn't need to be an expert to make beautiful hand made artifacts. We can now think of gifting hand made ornaments for Christmas to our friends and relatives which we never even thought we were capable of doing. My son was so happy and excited even after the day was over. Normally kids have a short concentration span and get bored quickly but kudos to you, every child was still full with excitement even though we were there beyond our allotted time. One more thing, we wanted to give something to our friends and relatives as a memento on the day of his communion. Our search has finally ended. The rosary, that we made in the start of the program, fits the description perfectly. We never knew that the rosary can be made so easily. I also want to thank your entire team for being patient with us and willingly helping us each time we were stuck. Thank you once again.

Regards - Sandeeta & Francis  
-----

Big thanks to all of you and the core-committee parents for organizing the CCC which was a success.

Overall I enjoyed spending the entire day with my child giving her my undivided attention. Also, it was a good opportunity to meet and interact with other parents.

I especially enjoyed the communion candle carving & painting session.

Regards - Sharon Fernandes  
-----



It was indeed a good day spent , though tiring and had a stiff back at the end of the day, but it was worth it, as I got to spend that time one to one with my son and also did the craft activity after ages, which was a very good stress buster too. I don't remember having doing this when I was a kid, so it was a good feeling and I was excited and nervous too. Thanks to all the other Catechists and volunteers for organizing the camp. May God's blessing dwell on each one and their loved ones too.

Melini Paul  
-----

The camp was a totally refreshing experience!!

All the activities planned were great, especially the rosary making and the tablet of the Ten Commandments which my child can refer to and remember all the commandments with ease. Also the mysteries can now be recited with the help of the revolving rosary reference which helps him lead the rosary at home.

Thank you for the wonderful time with our child and helping us relive our childhood memories

Regards - Rena & Nelson  
-----

It was a very enlightening day for us parents and children. We had a lot to learn at the creative camp and we had great fun too. Unity and bonding, not only between parent and child but also with each other, was experienced through the day. It was an interesting day but it passed by, only too fast. A memorable day in all.

Fatima Simon  
-----

We had a great time on 4th Nov. It was nice to attend a the camp again after 5yrs. Thank you for the great work you and your team do.

Ida Quadros  
-----

God Bless you and your team for all your efforts and love for the Lord's work. We enjoyed the whole day program and salute to your efforts. It was after a long time that I could relive my childhood. My son Bryan was happy to help me make the rosary and jumped when we completed the same. He couldn't believe that we had actually made a Rosary all by ourselves. Thanks for everything.

Joyce Collaco  
-----

### **Vinpal Explorer 2013**

The much looked-forward-to yearly event for Sunday School children is the celebration of Children's Day. It may be a little bit late, but that doesn't dampen the excitement of the children. Over 300 of them assembled in the church premises on Sun 8<sup>th</sup> December 2013 to explore and exhibit their talents and have fun at the games galore.

A huge part of this Sunday was spent in companionship, laughter and enjoyment. And yes, we've not talking only about children !! It was a Hip-Hop-Happy Time for all !!





## THE GREATNESS OF MARRIAGE

A wedding day is always a joyful occasion. A great deal of effort and much preparation ensures that it will be the best day in the lives of the couple getting married. Most newly wedded couples believe that life will be a smooth run from them on, but unfortunately, this belief does not always come true. Two different people living together day in and day out is not easy. Sooner or later disillusionment sets into their lives and they cease to enjoy their relationship. They feel disconnected often, as their expectations are not met. Sometimes they enter into an abusive, distressed relationship. These days it is common to hear of couples, who mutually agree to dissolve their marriage because they “can't get along” or think they are incompatible. How can an ailing relationship be revived and energized so that they can once again enjoy the beauty, joy and passion that was once theirs? It is important that couples are aware of what marriage entails. “Marriage is a legitimate union between a man and a woman to build a lifelong community of love, in which children are born, are nourished and grow into maturity.

The Church's view on marriage is more profound. The Church has elevated marriage to the status of a Sacrament **THE SACRAMENT OF MATRIMONY**. The uniqueness of this Sacrament is that the couple ministers the Sacrament to each other. **THEY ARE MINISTERS OF CHRIST'S GRACE TO EACH OTHER**. We will understand better when we realize that the Sacrament of Matrimony is a visible sign of Christ's love for the Church. We married couples are called to a special relationship through our Sacrament. We must make known the unconditional, forgiving, healing and accepting love of Jesus by the way we respond to each other in a loving, caring, forgiving manner.

Marriage is also a covenant relationship that cannot be broken. A man and woman enter into a covenant with each other and God. A covenant is a promise to be faithful to each other no matter what. In the Old Testament God made a covenant with Noah and Abraham. So we know that marriage is important, beautiful and HOLY. It is a lifelong commitment wherein couples are invited to work at their relationship every day of their lives to connect and enhance it.

### ***HOW DO WE BUILD A GREAT MARRIAGE***

Over years of striving, we have learnt some techniques that have worked for us. We would like to share them. First of all we must admit, for a marriage to be an enduring bond, the most important fact is **DEPENDANCE ON GOD**. Without God's grace it is not possible to have a strong relationship.

**IMPORTANCE OF PRAYER:** It helps us to set aside time, a few minutes each day for couple pray. We thank God for all the blessings and graces He has given us and ask Him to give us the strength and grace to accept His Holy will in everything we do each day. There is deep contentment and inner peace that comes from living life in union with God.

**GOOD COMMUNICATION:** We honestly share our innermost feelings - positive and negative, our hopes, fears and also **LISTEN** to each other with the heart (This is not just hearing).

**TRUSTING OUR SPOUSE IMPLICITLY:** We need to trust our spouse to be truthful, faithful and responsible in whatever he/she does. Giving the other the benefit of the doubt when necessary.

**ACCEPTANCE, APPRECIATION AND AFFIRMATION:** It is important that we accept our husbands / wives for who they are with their strengths and weaknesses. We also need to appreciate the good things they do rather than focus on things they haven't done.

**FAITHFULNESS AND RESPECT** are also important ingredients in a good marriage. We are called to be loyal, faithful and dependable. We should show respect by speaking well of each other. We should also be polite and courteous to each other, within the family.

**INTIMACY** is expressing and communicating our love for each other. This deepens the bond between husband and wife and helps us to grow in harmony, unity and love.

Most important is **FORGIVENESS AND HEALING** : Accepting your spouse when both know that what he/she has done is unacceptable and hurtful is very difficult, specially when there is no assurance of complete amends. So we ask God to help us to forget our quarrels and hurts and reach out in love to heal each other.

Every married couple is called to be a powerful sign of the tender, loving, merciful love that God has for all men. Our loving relationship, the love, patience, understanding and forgiveness we show each other every day, in good times and bad, in sickness and in health, in riches and poverty, is the way we are called to witness everyday. So that people can know the Father's love for us. This is the greatness of our marriage. How can people learn of the Father's love for them if they do not see our love for each other?

In no way do we, Joe and Edith claim to be the ideal couple. In spite of being married for forty-four years, we still continue to struggle to keep our relationship strong and stable. It is a daily struggle. There are successes and failures. When we succeed we thank God, and when we fail, we ask His help and God has never let us down. We do not have a perfect marriage but we do share a wonderful marriage. Our married life is filled with varied experiences some happy some funny and some so unexpected and beautiful; but there have also been experiences, that were sad, painful and some filled with deep sorrow. We have gratefully accepted the good times and don't regret the painful experiences, for, with strength from above, we have emerged stronger and more caring and sensitive towards those in pain.

We still have arguments; and disagreements occur, but we have learnt it is better to be in **RELATIONSHIP**, than to be **RIGHT**. We have learnt never to let the sun go down on our anger. Our relationship has improved and enhanced with the passing years, thanks to our close involvement with the Marriage Encounter Movement, that has been instrumental, in helping us, to renew and strengthen our relationship with each other.

**THE MARRIAGE ENCOUNTER MOVEMENT** helps to make good marriages better by providing useful guidance to a richer life together. It is for couples who desire a fuller and deeper relationship. Even the best marriages can find new meaning and joy. It is good to experience the Marriage Encounter weekend, not because you need it, but because you deserve the best.

We as couples have a tremendous challenge to come up to the ideal of Jesus "Love one another as I have loved you" (Jn 15:12) Can we try to be more loving, understanding and less critical? Can we strive to be more trusting and forgiving? YES, WE CAN!! With God's grace and blessings and our own willingness, efforts and determination, it is possible.

Soon we will celebrate Christmas, God entering into our world in simplicity, as one of us. May we enter into each other's world every day, in simplicity and love and strive to be life giving to each other, our family and our community.

May the **JOY AND PEACE OF CHRISTMAS BE WITH ALL OF US.**

JOE & EDITH BRAGANZA





**10 LEGAL RIGHTS EVERY WOMAN MUST KNOW**

**1) Free legal aid :**

Exercise your right to free legal aid. It is necessary to have a lawyer with you while you lodge the FIR, so that there is no risk of being misquoted or the statement being tampered with.

**2) Right to privacy while recording statement :**

Section 164 of the Criminal Procedure Code states that, a woman can record her statement before the district magistrate and no one else needs to be present. Alternatively, she can record the statement with only one police officer and woman constable.

**3) Time doesn't matter :**

The Supreme Court has ruled that the police must register an FIR even if there has been a gap between the report and the occurrence of the incident. If the police informs you that they can't lodge your FIR since you didn't report it earlier, do not concede.

**4) Email to the rescue :**

If, for some reason, a woman can't go to the police station, she can send a written complaint through an email or registered post addressed to a senior police officer of the level of Deputy Commissioner or Commissioner of Police. The police can then come over to the residence of the victim to take her statement.

**5) Cops can't say no :**

A woman has the right to lodge an FIR at any police station in the city under the Zero FIR ruling. This is a Supreme Court ruling that not many women are aware of, so don't let the SHO of a police station send you away saying it "doesn't come under his area".

**6) No arrests after sunset :**

According to a Supreme Court ruling, a woman cannot be arrested after sunset and before sunrise, even if there is a woman constable accompanying the officers. In case the woman has committed a serious crime, the police has to get it in writing from the magistrate explaining why the arrest is necessary during the night.

**7) You can't be called to the police station :**

Section 160 of the Criminal Procedure Code states that, a woman cannot be called to the police station for interrogation. The police can interrogate a woman at her residence in the presence of a woman constable and family members or friends.

**8) Protect your identity :**

Under no circumstance can the identity of a rape victim be revealed, by the police or media. Section 228-A of the Indian Penal Code makes the disclosure of a victim's identity a punishable offense.

**9) The doctor can't decide :**

A case of rape can't be dismissed even if the doctor says rape had not taken place. A victim of rape needs to be medically examined as per Section 164 A of the Criminal Procedure Code. Rape is crime and not a medical condition. It is a legal term and not a diagnosis to be made by the medical officer treating the victim.



## **Thanksgiving**

O Glorious Apostle St. Jude Thaddeus,  
To whom God has granted the privilege  
of aiding mankind in the most  
desperate of cases, I sincerely thank  
you for your timely help.

O Queen of Heaven and Earth !  
You have showered many blessings on  
me and my family who came to you  
seeking your help, I thank you Mother  
Mary, for all the blessing and favours  
granted to me.

With a grateful heart I thank you  
O most gracious Infant Jesus for all  
the blessing and favours granted.



### 10) Employers must protect :

According to a guideline issued by the Supreme Court, it is mandatory for all firms, public and private, to set up a Sexual Harassment Complaints Committee, to resolve matters of sexual harassment. The committee should be headed by a woman and comprise 50% women as members. Also, one of the members should be from a women's welfare group.

Mr. J. J. D'Costa B.Com., L.L.B., L.L.M. (Mobile) : 98200 21013 / 9320021013

(Free legal advice at the parish office on 1<sup>st</sup> & 3<sup>rd</sup> Sunday of every month, from 10:00 am to 11:00 am)

### A Candy Maker's Witness ..... Anonymous

A candy maker in Indiana wanted to make a candy that would be a witness, so he made the Christmas Candy Cane. He incorporated several symbols for the birth, ministry, and death of Jesus Christ.

He began with a stick of pure white hard candy. White to symbolize the Virgin Birth and the sinless nature of Jesus, and hard to symbolize the Solid Rock, the foundation of the Church, and firmness of the promises of God.

The candy maker made the candy in the form of a "J" to represent the precious name of Jesus, who came to earth as our Savior. It could also represent the staff of the "Good Shepherd" with which He reaches down into the ditches of the world to lift out the fallen lambs who like all sheep, have gone astray.

Thinking that the candy was somewhat plain, the candy maker stained it with red stripes. He used three small stripes to show the stripes of the scourging Jesus received by which we are healed. The large red stripe was for the blood shed by Christ on the Cross so that we could have the promise of eternal life.

Unfortunately, the candy became known as a candy canea meaningless decoration seen at Christmas time. But the meaning is still there for those who "have eyes to see and ears to hear." I pray that this symbol will again be used to witness to the wonder of Jesus and His great love that came down at Christmas and remains the ultimate and dominate force in the universe today.

## CHRISTMAS HUMOUR

Q. What's the difference between the Christmas alphabet and the ordinary alphabet

A. The Christmas alphabet has **NO-EL!**

=====

Q. What is the best Christmas present in the world?

A. A broken drum, you can't beat it!

=====

Q. What Christmas carol is a favourite of parents?

A. Silent Night.

=====

Q. What is a child's favourite KING at Christmas?

A. StocKING !

=====



## Cheers! Bring the fizz back into your marriage

Choose to grow in LOVE with your spouse. Here's a checklist that helps you to. A happy married life requires commitment, good communication and a good dose of Love and affection, with each partner giving their 100% to their marriage.

### COMMITMENT

- ✓ Put you marriage first- over the needs and wishes of others.
- ✓ Seek fun and excitement within your marriage and family. Find things to do together.
  - ✓ Adjustment and respect for each other makes for great bonding in marriage.
- ✓ Couples that share together stay together- family responsibilities, household chores.

### COMMUNICATION

- ✓ Be a good listener. Listen to not only what your spouse is saying, but also the unsaid as communicated in the tone of voice and body language.
- ✓ Agree to disagree, but come to a common consensus. Differences of opinion help you to see things from another perspective.
- ✓ Praise and appreciation area MARRIAGE TONIC. Give each other a full measure daily.
- ✓ Never say things intentionally to hurt your partner. When angry keep to the subject and try not to personally attack your partner.
- ✓ Share and discuss your plans..... Don't expect the spouse to play the GUESS GAME.

### LOVE & AFFECTION

- ✓ Nurture your relationship with kind words
  - ✓ Don't take each other for granted
- ✓ Do little things for each other that makes the person feel loved and brings a smile on the face- little everyday things can make a LIFE CHANGING EXPERIENCE.
- ✓ Spend a little time together everyday- even if it is just sipping the morning cup of coffee, or taking an after dinner walk.
  - ✓ Surprises make the relationship exciting.

**Little changes in you can lead to big changes in the relationship.** Remember you have not married someone you can live with, but someone you can't live without.....so go on and give it your 100%.

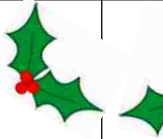
## Counselling Services for Family and Child

St Vincent Pallotti Church Welfare Centre

Every Friday : 6.30 -7.30 pm

*An initiative of the St Vincent Pallotti Parish-Family cell*

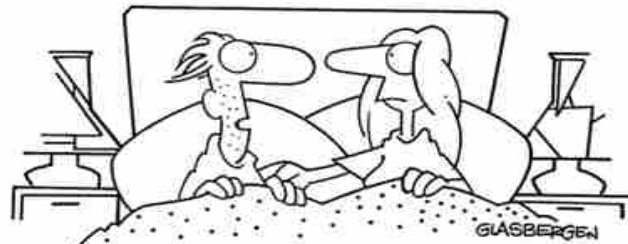




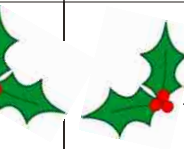
Pope Francis emphasized that family is founded on the sacrament of marriage, referring to matrimony as "a first sacrament of the human."

"Spousal and family love also reveals clearly the person's vocation to love in a unique way and forever, and that the trials, the sacrifices, the crises of the couple as those of the family itself represent passages to grow in the good, in truth and in beauty," he said. "In matrimony one gives oneself completely without calculations or reservations, sharing everything, gifts and renunciations, Trusting in the Providence of God."

Contributed by Caroline D'Souza  
Family Cell



**"Let's try getting up every night at 2:00 AM  
to feed the cat. If we enjoy doing that,  
then we can talk about having a baby."**



## **WWH (We Will Help) Charitable Foundation Inaugurates its Community Centre on 20th Oct 2013**

It was a historic day for WWH Charitable Foundation to set up its first Community Centre in one of the 32 slums of Aarey at Unit 22, Aarey Colony, Goregaon East, Mumbai 400 065 on 20th October 2013.

The Centre's objective is to uplift the whole underprivileged community by providing grass root training programs for children, women, youth and adults in 4 areas: 1) Education 2) Health 3) Community development 4) Learning and Skills development Program

In the sphere of **Education** , following Training Programs have already been initiated

a) Computer Basic, Tally, DTP, Hardware b) Martial arts c) Music & Dance

There are other training programs being worked out on a long term : MSCIT, Mobile repairing, Nursing, English speaking. Various Cultural activities, Drawing, Arts & Crafts and Library facilities are also planned.

In the sphere of **Health**- first Medical Camp was successfully conducted on 17th Oct 2013 by tying up with Larsen and Toubro Health Care centre. Over 120 patients benefited from the Health Camp. Plans are underway to conduct a Blood Donation Camp which has never been conducted in Unit 22 so far. Health awareness and basic nutrition programs will be focussed in the long term.

In the sphere of **Community Development** Cleanliness, Hygiene and Sanitation; Environmental awareness ; Counselling; Legal advise & Self Help groups are in progress.

In the sphere of **Learning and Skills Development Program**- Sewing cum Tailoring Programs and Beautician & Mehendi training have already been initiated. Embroidery, Social Enterprising programs are in plans.

Fr Charles Fernandes, Parish Priest and Spiritual Director of SSVP, St. Vincent Pallotti Church, Marol kindly blessed the Centre followed by Hon Chief Guest Bro John Lobo, President of Central Council of Bombay formally inaugurating the Centre with cutting of the ribbon. The program then commenced with lighting of the traditional lamp by trustees of WWH who were then felicitated with a bouquet of flowers by Mrs Varsha. This was followed by a lovely Patriotic Dance program conducted by Mr. Dinesh and his troupe of underprivileged children.

Fr Charles Fernandes expressed his happiness over the birth of WWH and gave his blessings and best wishes for the growth of WWH. Fr Charles expressed his confidence that the efforts of WWH will transform lives of the urban poor. Bro John Lobo, President of Central Council of Bombay appreciated the works initiated by WWH and stressed the need for hygiene in the community to prevent spread of diseases like Dengue which has been quite rampant in the country. Mr. Anthony Francis, a trustee, who is also the President of the Area Council of SSVP, NW III and President Lions Club of Mumbai Metro who has been working quite closely in this community for over a decade, spoke about how vital the role of WWH is and will be to further the cause of development of various areas of the community.

Dr Janet Hendricks, one of the Trustees, who is also President of Lions Club of Sujok spoke in Marathi stressing the importance of the role of WWH in bringing about various government programs/benefits to the masses which they have so far not even been aware of. Mr. Amaldas, one of the trustees spoke in Tamil and stressed how WWH would work together with the Community and how important is "Team work" to bring about holistic growth of the community. Mrs Marina Fernandes, a trustee, who is also the Secretary of Central Council of Bombay and SSVP, St.Vincent Pallotti Church, Marol so beautifully convened the whole inauguration program.



Mr Eugene Das, Managing Trustee of WWH, who is also the President of SSVP, St.Vincent Pallotti Conference, Marol specified the Vision and Mission of WWH and its short term and long term goals to uplifting the community as a whole. He was greatly appreciative of the efforts of Mr. Ashley Pereira, Exec Officer Operations & Mr. Swapnil More Sr. Manager (Projects) in helping the formation of WWH. Mr Das also invited volunteers/tutors who could provide their valuable time and expertise to further the cause of WWH and to visit the Centre often to provide valuable guidance on how to help make this community a much better place to live.

The program ended with a Vote of thanks by its Sr. Project Manager Mr Swapnil and the acrobatic Taekwando demonstration by "White Tigers Association". Bro Santan D'Souza, Chairman of EFFANS, Niramay Niketan and Bro Alex D'Souza, Treasurer of Central Council of Bombay were also present amongst other SSVP members of St Vincent Pallotti Church, Marol and various other dignitaries.

For more information on the activities of the trust, please feel free to visit: [www.wwhtrust.org](http://www.wwhtrust.org)

**Eugene Dass**

## Christmas Decorations Word Search

Can you find all the Christmas words hidden in the puzzle?

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | E | T | S | C | D | D | W | N | E | M | W | O | N | S | P | Q |
| T | B | M | X | Q | A | T | S | A | P | J | B | O | W | S | B | Y |
| S | T | Y | R | M | W | N | N | T | F | G | T | K | M | K | W | S |
| T | T | T | V | L | J | G | D | D | N | L | Z | X | C | N | I | R |
| A | J | I | M | Q | E | O | B | Y | R | E | I | N | V | E | F | N |
| R | N | V | S | L | R | E | S | T | C | E | M | G | G | F | Y | J |
| S | E | I | S | F | C | S | E | I | I | A | E | A | H | Z | A | Y |
| D | E | T | R | T | H | A | L | N | D | I | N | D | N | T | T | Z |
| F | R | A | G | T | M | L | B | S | J | S | M | E | N | R | S | Z |
| V | T | N | A | C | J | X | U | E | Y | C | R | Y | S | I | O | C |
| I | K | E | R | T | M | Y | A | L | L | R | L | L | L | D | E | J |
| N | R | J | L | Z | M | F | B | W | L | E | I | P | E | L | I | R |
| W | P | I | A | R | E | K | C | A | R | C | T | U | N | S | O | O |
| F | X | H | N | Y | U | G | P | O | Q | H | S | A | N | T | A | H |
| Q | U | M | D | P | T | R | E | G | N | E | C | T | N | H | D | T |
| S | T | O | C | K | I | N | G | S | S | L | L | E | B | I | Q | S |
| H | O | R | E | G | N | S | S | L | E | I | G | H | U | Z | O | I |

ANGELS  
BAUBLES  
BELLS  
BOWS  
CANDYCANS  
CRECHE  
GARLAND  
HOLLY  
LIGHTS  
NATIVITY  
NUTCRACKER  
ORNAMENTS  
REINDEER  
TREE  
SANTA  
SLEIGH  
SNOWMEN  
STARS  
STOCKINGS  
TINSEL  
WREATHS



## A peek at the festive months of December 2013 January 2014



|                                                            |             |                                                                                                                                       |
|------------------------------------------------------------|-------------|---------------------------------------------------------------------------------------------------------------------------------------|
| 21 <sup>st</sup> & 22 <sup>nd</sup> Dec                    | Sat & Sun   | <b>Christmas bazaar</b> after all masses                                                                                              |
| 19 <sup>th</sup> , 20 <sup>th</sup> & 21 <sup>st</sup> Dec | Thurs - Sat | <b>Confessions</b> 7.30am to 8.30am<br>6.00pm to 7.00pm & 7.30pm to 9.00pm                                                            |
| 19 <sup>th</sup> & 20 <sup>th</sup> Dec                    | Thurs & Fri | <b>Christmas wishes</b> by the parish fathers to the bereaved families in the morning hours.                                          |
| 22 <sup>nd</sup> Dec                                       | Sunday      | <b>Christmas Float</b> in the parish from 6.30pm to 10.00pm                                                                           |
| 24 <sup>th</sup> Dec                                       | Tuesday     | 7.00 pm evening mass stands cancelled.<br><b>Christmas Tableau</b> at 9.20pm<br>followed by <b>Solemn high mass</b> at 10pm           |
| 25 <sup>th</sup> Dec                                       | Wednesday   | <b>Christmas Day.</b> Morning masses at 7.00, 8.00, 9.15am in English & 10.30am in Tamil. No evening mass.                            |
| 26 <sup>th</sup> Dec                                       | Thursday    | Christmas Celebrations for Senior Citizens Eucharistic Celebration at 10.00am followed by get-together.                               |
| 28 <sup>th</sup> Dec                                       | Saturday    | Feast of the <b>Holy Innocents.</b><br>Get-together for Special children at 4.00pm.                                                   |
| 29 <sup>th</sup> Dec                                       | Sunday      | Feast of the Holy Family.                                                                                                             |
| 31 <sup>st</sup> Dec                                       | Tuesday     | Evening mass as usual at 7.00pm.<br><b>Thanksgiving adoration</b> from 10.00pm to 11.45pm<br>followed by midnight mass in the church. |
| 1 <sup>st</sup> Jan                                        | Wednesday   | Solemnity of Mary Mother of God. Morning Mass at 7.00am, 8.00am & 9.15am. Evening mass as usual at 7.00pm.                            |
| 5 <sup>th</sup> Jan                                        | Sunday      | Solemnity of the Epiphany of our Lord.                                                                                                |
| 12 <sup>th</sup> Jan                                       | Sunday      | Feast of the Baptism of our Lord.                                                                                                     |
| 15 <sup>th</sup> 19 <sup>th</sup> Jan                      | Wed- Sun    | Vinpal Fete.                                                                                                                          |
| 26 <sup>th</sup> Jan                                       | Sunday      | Parish feast.                                                                                                                         |



# VINPAL FUNFAIR 2014

## 5 NITES OF FUN, FROLIC & FIESTA

Wednesday 15<sup>th</sup>, Jan. 2014 to Sunday 19<sup>th</sup>, Jan. 2014

Venue: St. Vincent Pallotti Church Ground

Marol Maroshi Road. Andheri (East). Mumbai - 400059

Excitement begins from 7.00 pm onwards

**RANG TARANG** 15<sup>th</sup> Jan, Wednesday

**FUSION** 16<sup>th</sup> Jan, Thursday

NIGHT SHIFT 19<sup>th</sup> Jan, Sunday

16<sup>th</sup> Jan, Thursday

FALCON BLUES

**MUZIK MACHINE** 18<sup>th</sup> Jan, Saturday

17<sup>th</sup> Jan, Friday

### ★ ATTRACTIONS AT THE FAIR ★

★ LIVE BANDS IN ATTENDANCE

★ GREIG SOUND

★ AMUSEMENT PARK

★ RANG TARANG CONTEST

★ GAMES OF SKILL

★ MCRONNIE'S CAFETERIA



#### BUS ROUTES

From Goregoan (E)  
From Borivli (E)  
From Kurla (W) & Kamani  
From Ghatkopar St.(W)

#### : Central and Western Suburbs

: Routes 450  
: Routes 470 & 498  
: Routes 446, 326, 341, 22 Ltd.  
: Route 334

From Vile Parle (E) & Sahar  
From Vile Parle (W) & Bandra  
From Andheri (E)  
From Andheri (W)  
From Mulund (W)

: Route 35  
: Route 324  
: Routes 184, 186, 434.  
: Routes 328 & 290  
: Route 398

# Christmas Crossword

Make all the words fit into this crossword.  
Each word is only used once.

ELF  
TOY  
GIFT  
BELL  
TREE  
STAR  
SANTA  
COMET  
CUPID  
VIXEN  
CANDY  
FROSTY  
WREATH  
DASHER  
DONNER  
SLEIGH  
DANCER  
CHIMNEY  
BLITZEN  
RUDOLPH  
PRANCER  
SNOWMAN  
PRESENTS  
REINDEER

