

# Pallotti Notes

Mar - Apr 2013

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



*Forgiveness  
is the fragrance  
the violet sheds  
on the heel  
that has crushed it.  
~Mark Twain*

As members of the Parish  
family we, Frs. Charles, Paulo  
& Francis,  
wish all the families  
A Happy Easter



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Pallotti Notes | Mar - Apr '13

A Bimonthly News Bulletin of **St. Vincent Pallotti Church**

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**For Private Circulation Only**

## Forgive Yourself and Others

Jesus said “*I have come that you may have life and life in all its fullness*” (Jn 10:10). Jesus kept his promise. By shedding his blood on the cross for our sins and rising on the third day, he has given us new life, Life in abundance. But do we really live our lives fully? Fr. George Soares-Prabhu narrates the Buddhist story of Dighavu the prince of Kosala, who, when he had the murderer of his family and the usurper of his kingdom in his power, spared his life, because he remembered his father's advice while on his deathbed: “*Do not look far (i.e., do not let your hatred last long), do not look near (i.e. do not be quick to fall out with your friends) for hatred is not appeased by hatred. Hatred is appeased by non-hatred alone*”. How do I act in such situations? Like the prince of Kosala, who remembered his father's advice to respond appropriately to the situation, we need to remember Jesus' teaching and his very own example on the cross “Father, Forgive them....”. Forgiveness is the only way to give new life and live new life. When we incur hurts at the hands of others - forgiveness is the only viable response to the deep hurts. Forgiveness is the only way out of our self-imprisonment and releasing the energy we had been using to keep the hurt alive – releasing that energy for a new life. Forgiveness has two qualities: one is to allow yourself to be forgiven and the other is to forgive others.

John Powell says “Forgiveness is the name of love in the Wounded world”. It is rightly so. God's Love is expressed in forgiveness of mankind's faults through his Son Jesus. The scripture bears witness to this fact.

It is very difficult to forgive and ask for forgiveness. But without this, we remain fettered to our past – unable to live fullness of life. We need to forgive and be forgiven every day, every hour – unceasingly. It will help us march forward toward integral living. Therefore in this issue of **PALLOTTI NOTES** we share with you personal reflections and testimonies on “**FORGIVENESS**”, hoping You will enjoy the reading and come closer to God and your loved ones.

*Forgive and you will be forgiven.*

Wish you and your family **Blessed Holy Week** and in advance, **A Grace-filled Easter**.



**Fr. Paulo Dias**  
Editor

# FATHER FORGIVE THEM

A young woman immediately after the burial, had it inscribed on the tomb of her husband, 'REST IN PEACE.' Back home she had a good look at the Will, left behind by her husband which took her by surprise and even shock. She was left out of the Will totally. She dashed straight back to the cemetery, to the tomb stone, turned the full stop in to a comma and added another three words. It now reads, 'REST IN PEACE, TILL I REACH.'

It's amazing how we think that by nurturing anger, resentment and hurt we can square up with people and rest in peace. This is a Myth demolished both by experience as well as psychological research.

Forgiveness then is the process that we need to believe in.

**"Father Forgive them"** - These words of Christ have always have fascinated me. They have been a great inspiration and indeed pose a great challenge. It is amazing to hear a person praying thus, when he is unjustly condemned, treated cruelly, made to hang on the cross and being at the verge of breathing his last; to think of the others so kindly - the very ones who led him to this present state.

Normally the reaction would be one of curse and blame. Seneca wrote that those who were crucified cursed the day of their birth, the executioners, their mothers, and even spat on those who looked upon them. Cicero recorded that at times it was necessary to cut out the tongues of those who were crucified to stop their terrible blasphemies.

But nothing of this happened on the Cross that Friday. For this time mounted on this Cross was not a Criminal but The Christ – the anointed one. Jesus was a carpenter and he seemed to use the very tools of his profession, wood and nails and hammer to become the instruments of redemption. The acceptance of the cross and his Words from Up there seemed a Sermon even greater than the Sermon on the Mount. Mounted on the cross unjustly, the first word that Jesus utters is one that places the wrong doers on the Mercy plea list. Father Forgive them, for they know not what they do. At the human level, we are baffled at a response of this kind. This is a behavior that defies logic, reason and offers the gift of forgiveness particularly to those who are Undeserving of it. Many of us need good reasons, why we ought to forgive those who wrong us or we wait for seasons to pass by before wisdom hits the right zone of our brains. Jesus did not need Reason nor Season to forgive. This is Divine behavior. The human element of suffering does not in any way drown or dim the consciousness of Jesus to embrace those who have wronged him. He authenticates his many teachings on forgiveness by making this prayer of forgiveness. He had preached "Love your enemies and do good to those who hate you". He did not forget this even at the most trying moments. This is the reason why these so many not so normal things and behavior have been recorded in our Gospels – which means Good News. It is not good news from a secular point of view, but viewed from the lens of the Sacred – it has the capacity to become good news.

The executioners and those who condemned him were able to have control over his physical body but not over his nature. He acted with complete freedom. The first of the Seven words from the

Cross attempt to be balm on wounded humanity. It is not a formula that is locked and meant for saintly use or for mere liturgical recitations and Kyrie lesion vocals. It is a way of life. Those who wish to follow JESUS will be moved to or at least attempt to make forgiveness an Inspiring reality, while continuing to be a great challenge, human as we are. When people spit at us, mock us, laugh at us, jeer us, make a play thing of us, accuse us, defame us and even crucify us – we are given an opportunity to show whether we are Cross Christians.

As we ponder over the paschal mystery of Christ during this lent we should be able to imitate this aspect of our Divine Master. Instead of carrying the heavy baggage of hurt and pain may we live in freedom of the children of God.

Wishing you all a very happy Easter.

Fr. Charles Fernandes

# Forgive!!!

## NO, NO .... Never...

How can I forgive? Why should I forgive? Whom to forgive? And how many times?

Forgiveness is so hard that I firmly believe that we need to lay our anger/hatred/despair onto Christ as he defeated these sins and can take them away and wash us white as snow. He will walk with us through forgiveness and is constantly there for us through the struggle.

Deliberate un-forgiveness is a sure sign of two things: selfishness and pride. One may use words like “deserve” or “earn” and forget about the dire need for grace. We deceive ourselves with our own foolishness where “Bitterness is the siren singing us to shipwreck”.

Let me share my experience on forgiveness. This was some years back when I used to work for a multinational company. My job responsibility was maintaining, testing, and trouble shooting and I possessed the required skills. Being the best person for this job and a dedicated individual, I was committed and determined to get the job done. Always being self motivated, I tried my best to motivate others. Job satisfaction and productivity was my goal. Meeting annual targets and getting the highest increment had now become a habit. Unfortunately at the time of promotion, others were given preference and an opportunity to run away with the booty. Anger and anxiousness kept building up as this occurrence reached its threshold. This was followed by stress and a repercussion on my health. Every day I prayed and went to sleep, a sense of strength built within me but nothing really changed when I woke up.

“Revenge” was the only light through this tunnel of darkness and suffering. I will return with the same revenge and more. Revenge started spreading into me like a disease, like a poison slowly affecting vital systems in my body.

Ultimately of all this anger, revenge and un-forgiveness, what do you think happened?

***A heart attack; a breath taking and a life changing turn.***

Un-forgiveness is a symptom of a heart not fully yielded to Christ. A poisonous symptom that needs to be surrendered immediately. It is comparable to cancer. It grows and spreads into every area of our lives. It not only hinders our faith from working, but it renders us defenseless and gives the enemy a foothold in our lives and a foothold can all too quickly become a stronghold. (2 Cor. 2:10-11, Eph. 4:26-27).

Repentance and forgiveness cannot be interchanged, but they are inter-related. If someone is repentant, we are to forgive. If someone is unrepentant, we are still to forgive. Perhaps we may not associate with them anymore, but an unapologetic individual is not a justification for us to harbor resentment.



*"But you are the deceiver with a lying tongue and matching lips,  
My heart thirsts for vengeance, but my Father has taught me forgiveness.  
If I had not decided to follow Him, I'd devour you like a lion, leaving your bones out to dry.  
I'd put you through the same hell you put me through, pouring out Conspiracies and lies." -  
(August Burns Red Lyrics "Leveler")*



I thank God every day and finally realize that God was in all my troubles since day one. He planned all this not to hurt me, but to teach me to guard my heart and not to just give it away freely. Who knows, I may not be here if it was not for forgiving them when I did. Everything happens for a reason. God seeks not to punish but to redeem. I did get my heart broken, but God has healed it now. Instead of revenge, resentment, and judgment, I show generosity, compassion,

and kindness. Mat 18 : 21-22 Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times."

To sum up, if you want to benefit from the life-extending benefits of forgiveness, don't wait for others to apologize to you or to promise that they will change. It is not something accomplished in hours or days or even weeks. It is a process that, without Christ, is impossible for us. Start the process within your own mind, and you will be happier, and live longer. I urge you to forgive. Not for my sake, or their sake, but for your own.

Hard way can be created to be learnt from. But forgiving now will make this process an easier way of life. There have been many who let me down in my life in small or big ways, but forgiveness and grace is really the only way you can move forward without walking around with open wounds. Do you wish to forgive? I would surely forgive now rather than never. God Bless,

From the heart: Edward G. Fernandes

# Joy at the Funeral of Pride

He asked me to apologize for no mistake of mine  
With me, how on earth could that be fine?  
No, I started to rebel  
Not wanting to let my ego sell.

He smiled and knew I would melt,  
There comes the saccharine bomb! - I felt;  
He was black mailing me sweetly:  
'If you want inner joy, then do as I say quickly.'

I tried to make Him understand,  
'What if my friend doesn't forgive me or acts arrogant?'  
He said, 'you do your part.'  
Trust me; the feeling was the same as allowing someone,  
to swing at you some dart.

'Sorry' – it's simple to spell but difficult to utter.  
To say such a simple word I wasn't willing  
Nor the courage I could muster.  
He winked and said, 'You can do it!'

I went straight to my friend, Don't know how the 'sorry' popped out,  
She apologized as well; no doubt.  
I can't explain those emotions that ran down,  
There was a magical silence in my heart.

He was not wrong, I felt the inner joy, it persisted for long.  
It was worth offering a wreath to my pride  
I felt I had done something really nice.

He often tries these stunts with each one of us,  
Sometimes we perform it and sometimes stay adamant.  
Humbling oneself has never been an easy call,  
But it tears down the Saul in us, giving way to Paul.

In an era where eye for an eye was the norm,  
This man Jesus chose humility and forgiveness to reform.  
May this prayer be ours then,  
To imitate the Master, when faced with choices ever again.

- Anttonette Alva

# FORGIVENESS

Thomas A. Edison, the great American inventor, was working on one of his inventions "the light bulb". It took his team many long hours to put just one together. When the light bulb was finished, Edison gave it to a young helper boy and asked him to carry it up the stairs. Nervously, clutching the bulb, the boy started climbing the flight of stairs. He was almost at the end of the destination, but came crashing down and along with him, the priceless piece of work. It took the entire team of men, twenty-four more hours to make another bulb. Finally, tired and longing for a break, Edison was ready to have his bulb carried up the stairs, once again. What did he do? He did not give in to the negative advice of the other team members, but willingly gave the bulb to the same young boy who dropped the first one. By this act, he demonstrated that he had not only forgiven the boy but also given him another chance.

The dictionary meaning of the word 'forgive' is 'to excuse for a fault or an offense'. Forgiveness, is giving up resentment against someone, along with the right to get even, no matter what has been done. Unforgiveness, on the other hand is just the opposite. It is based on the attitude that the wrongdoer must pay for the wrong done. It causes physical ailments and mental depression and in many cases leads to suicide and murder. On the other hand, forgiveness brings healing. It allows the other person a chance to start life afresh and move on.

It is easier to forgive the hurt caused by a stranger than by a loved one. Petty quarrels which can be easily ignored, snowball into massive fights between spouses, siblings or adults. What could have gone wrong in these relationships? The answer would be 'Betrayal of trust and Unforgiveness'. Jesus, too, was betrayed by his own people. Whilst Peter denied him three times, Judas betrayed him and handed him over to the authorities to be tried and crucified. But Jesus chose to forgive and his dying words on the Cross were 'Father, forgive them for they know not what they do'.

The most common obstacles to forgiveness are pride and fear of looking weak. A proud person can never look beyond oneself and will always want the other person to initiate reconciliation. Fear of looking weak or being misunderstood and negative advice from well meaning relatives and friends are impediments to forgiveness. But, Mahatma Gandhi, has aptly said : 'The weak can never forgive. Forgiveness is the attribute of the strong.'

A Sunday School teacher was taking a class on 'Forgiveness' and asked her young students to bring a clear plastic bag to class the following Sunday. In front of the class, a sack of potatoes was kept. The teacher started the class with a simple instruction - each child had to pick potatoes and write the date and name of the person who had hurt them and they refuse to forgive and put the potatoes in their own plastic bag. Some of their bags, as you can imagine, were quite heavy. They were then told to carry this bag everywhere, putting it beside their bed at night, on their school bus seat or car seat when driving and next to the desk at school. The children thought it was an easy task and filled

their plastic bags with a good quantity of potatoes. But after a few days, the potatoes started rotting and gave out a bad odour and slime. As days passed, it became unbearable for the children to even lift the bag and many of them started falling sick. By the end of two weeks, the children begged to be relieved of the burden. It didn't take the teacher much effort to explain the subject. Unforgiveness is like a bag of rotten potatoes hanging around the neck. It makes you weary and sick.

Very often, we think of forgiveness as a gift to the other person, and while that is true, it clearly is also a gift for ourselves. Life is too short and too precious to be bound in the chains of unforgiveness. Forgiveness begins with a decision, the emotions will follow. We may not be able to forgive with our own strength, but if we seek guidance and help from the Lord, He will show us the way. ***Let this Lenten Season be a time of grace, forgiveness and healing !***

Bibiana D'souza

# WHAT IS FORGIVENESS ?

The word 'Forgive' means 'Pardon'. But in real life, when faced with the task of forgiving someone, we think twice. In doing so, we allow his highness Mr. Satan to readily take-over our lives. He gives us all the backing we need to clench our fists, roll up our sleeves, grind our teeth, memorize our opponents' history and polish our known and unknown vocabulary fluently. If we cannot handle ourselves, he guides us to the right source to take care (at our cost & consequences) of our tussle. He increases our low blood pressure to the desired level to make us courageous and active. Now we are ready for a show down of grand 'Retaliation' or 'Revenge' oral, physical, or legal. The result is well-known problems, enmity with immediate opponents and with people we are associated. Each time we come across them, an undesired reaction in our system causes us to be mentally disturbed. We become angry, less optimistic, vindictive, lose our self confidence and increase our stress levels which is one of the reasons for our ill-health.

Some say 'Revenge is sweet and compromise, a sign of weakness'. Certainly not! If we do not forgive a person who has hurt us, then we are chewing our thoughts of revenge over and over again like a cow ruminates his food when he is idle. The result, battalions of trouble such as disturbed mind, ruined health, problems in the family or at work, addiction, anger etc.

As per the findings of Dr. Fred Luskin, co-founder of Sanford University of Forgiveness Project, the people who lost their loved ones in the blood shed in Ireland were taught the act of forgiveness. It was found that the affected people improved their problem-solving skills and complex thought processes and had better functions of thinking and reasoning. Famous American religious leader James E Faust says "If we can find forgiveness in our hearts for those who have caused hurt and injury, we will rise to a higher level of self-esteem and well-being". "It is hard to forget, but forgiveness is something you do for yourself", says the author of the book titled '*The Secrets of the Bulletproof Spirit*', Azim Khamisa.

When we pray the Lord's prayer, 'forgive us our trespasses', He wants us to forgive those who have hurt us. It is not easy to let go and empty our hearts of festering resentment. The savior has offered to all of us his precious peace through His Atonement, but we can receive it only if we open up our hearts to welcome him and cast out our negative feelings of anger, spite and revenge.

Let us see what Gladys Staines stated in her affidavit before the commission "The Lord God is always with me and helps me accomplish the work of Graham. But I sometimes wonder why Graham was killed at all and what exactly was it that made his assassins behave in such a brutal manner on the night of 22nd January 1999. It is far from my mind to punish the persons who were responsible for the death of my husband Graham and my two children, **but it is my desire and hope that they would repent and be reformed**".

Our life would be perfect if only Anger had A STOP Button, Mistakes had a REWIND, Hard Times Had a FORWARD Button, And Good Times Had A **PAUSE!!**

We must understand that to enjoy peace of mind we must forgive and accept forgiveness. Forgive yourself and others. To err is human but to forgive – Divine.

From a Senior Vinpal Citizen

# HOLY WEEK PROGRAMME

## CONFESSIONS

22nd & 23rd March 2013: 7.30am to 8.30am in the mornings.  
6.00pm to 7.00pm and 7.30pm to 9.00pm in the evenings.

## PALMSUNDAY

24th March 2013      Masses at 6.00am, 7.00am, 8.00am & 5.30pm (in English)  
No 9.15am mass. Tamil mass at 10.30am.  
Blessing of palms at the 8.00am mass.

## MAUNDY THURSDAY

28th March 2013      No 7.00am mass.  
5.30pm – Mass for the sick and aged.  
7.30pm – Mass of the Lord's Supper  
After mass – Adoration at the Place of Repose  
9.00pm to 10.00pm – Military Road, Tamil Units  
10.00pm to 11.00pm – Bhavani Nagar & Sai Nagar  
11.00pm to midnight – Vijaynagar, Police Camp, Sisters & Priests

## GOOD FRIDAY

29th March 2013      Day of **Fast & Abstinence**  
7.00am – Stations of the Cross (in English) on the grounds  
9.00am – Stations of the Cross (in Tamil) in the hall  
3.00pm – Novena to Divine Mercy begins (in the church)  
6.00pm – Commemoration of the Passion & Death of our Lord.

## HOLY SATURDAY

30th March 2013      No 7.00am mass.  
8.00pm – Solemn Easter Vigil Service

## EASTER SUNDAY

31st March 2013      Masses at 7.00am, 8.00am & 9.15am (in English)  
No 6.00am & 5.30pm mass.  
Tamil mass at 10.30am.

# **SCHEDULE FOR EASTER HOUSE BLESSING**

Easter House Blessing begins in the week of Easter Sunday,  
everyday from 5.00pm onwards.

Days allotted to Communities are as follows:-

## **Monday – 1st April 2013**

St. Joseph, St. Stephen,  
Vailankanni.

## **Tuesday – 2nd April 2013**

Bl. Mother Teresa, St. Bonaventure,  
St. Ignatius of Loyola, St. Mary.

## **Wednesday – 3rd April 2013**

St. Anthony, St. Jude,  
St. Paul, Poomary.

## **Thursday – 4th April 2013**

Sacred Heart, St. Francis Xavier,  
St. Michael, St. Patrick.

## **Friday – 5th April 2013**

St. Lawrence, Holy Family,  
St. Peter, St. Theresa, St. Thomas.

## **Saturday – 6th April 2013**

Ave Maria, Don Bosco,  
Infant Jesus, Rose of Sharon.



# SPECIAL MOMENTS OF VINPAL FAMILY





## **Thanksgiving to St. Jude**

### **Novena Prayer**

O Holy St. Jude, apostles and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present urgent petition, in return I promise to make your name known and cause you to be invoked.

3Three Our Father, 3 Hail Mary, and 3 Glory be.

St. Jude pray for us and all who invoke your help.

-Contributed by Sylvia Saldana, B-503, Jagdish Apts, Military Road, Marol

## **Thanksgiving to Ave Marie**

### **Novena Prayer**

O most Holy Virgin you were chosen to be the Mother of Jesus permit me your devoted client to praise you for this unique privilege. O tender mother and comfortress of the afflicted grant me the special protection which you have promised to those who venerate you. Relying on the infinite mercies of your Divine Son, trusting on His Promises that those who ask would receive, and penetrate with confidence in your powerful intercession I most humbly entreat you to obtain for me the favors which I petition for in this novena if it is the holy will of God or else whatever graces I most stand in need of (Here specify your request)

In veneration of the love and joy – with which your heart was replenished when the “Word was made Flesh in your womb” I offer you the sentiments of my heart.

(Here recite nine Hail Marys)

(Hail Mary full of graces, the Lord is with you, blessed are you among women and blessed is the fruit of your womb Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of our death. Amen.)

O Mother of God accept theses salutations in union with the veneration with which the Angel Gabriel first hailed you “Full of Grace”. I wish most sincerely that these may become so many gems in the crown of your celestial glory. Mother Mary to your keeping, Soul and body we confide, toiling, resting, walking, sleeping. Be you ever at our side, cares that vex us, joys that please us. Life and death we trust in you. You make yours all for Jesus – and for all eternity. Amen.

- Contributed by Norman Fernandes



# The Vinpal Diary



## BORN IN CHRIST

|          |                    |                                     |
|----------|--------------------|-------------------------------------|
| 09-12-12 | Aidan D'Souza      | C-1006, N.G. Complex, M. Rd         |
| 09-12-12 | Nevan Mendonca     | 17/4/15 Sterling CHS, Bhavani Nagar |
| 09-12-12 | Jude D'Mello       | 7/5/9 Bhawani Nagar                 |
| 16-12-12 | Princy Laura       | Unit 22, Aarey Milk Colony          |
| 28-12-12 | Brianna D'Souza    | A2/705 Lok Yamuna, M. Rd            |
| 13-01-13 | Zidane D'Souza     | E-1202 Manavsthal, M. Rd            |
| 13-01-13 | Nishita Kunhiraman | D-601 Customs Colony, M. Rd         |
| 27-01-13 | Kiaan Rodrigues    | LT 30/2 Vijaynagar                  |
| 27-01-13 | Nathanael D'Mello  | Kharghar, Navi Mumbai               |
| 10-02-13 | Rianna D'Silva     | 601 Spring Leaf, M. Rd              |
| 10-02-13 | Darren D'Souza     | D-301 Akruiti Aneri                 |

## JOINED IN CHRIST

|          |                                      |
|----------|--------------------------------------|
| 15-12-12 | Tejas Pathak & Olivia Patrao         |
| 22-12-12 | Anthony Fernandes & Caroline D'mello |
| 22-12-12 | Kevin Cutinho & Nisha Pais           |
| 27-12-12 | Denzil D'Souza & Carine D'Souza      |
| 28-12-12 | Ryan D'Souza & Phiona D'Sa           |
| 29-12-12 | Roshan D'Mello & Aleeta Carnelio     |
| 02-01-13 | Jeremy Aranha & Perpetua Rodrigues   |
| 05-01-13 | Royston D'Souza & Willene Miranda    |
| 13-01-13 | Noel Mascarenhas & Divya Madhavan    |
| 13-01-13 | Mathew Thuruthyil & Francine Pinto   |
| 14-01-13 | Savio Saldanha & Lirio Liston        |
| 19-01-13 | Glen D'Souza & Richelle Lobo         |
| 25-01-13 | Rohit Satyavrata & Elrica D'Souza    |
| 02-02-13 | Alphonso D'Souza & Rancy D'Souza     |
| 12-02-13 | Onil Satardekar & Hilda Renjal       |



## REST IN CHRIST

|          |                         |                            |
|----------|-------------------------|----------------------------|
| 19-12-12 | Antuliamma Singh        | Unit 22, Aarey Milk Colony |
| 24-01-13 | Sebastian Dias          | B-1/13 Vijaynagar          |
| 27-01-13 | Tresa George            | 2/3 Blossom Soc., M. Rd    |
| 28-01-13 | (Still born child-Mary) | A-702 Blue Monarch, M. Rd  |
| 18-02-13 | Michael D'Souza         | B-402 Riddhi Siddhi, M. Rd |
| 24-02-13 | Charles Sequeira        | 17/2/14 Bhawani Nagar      |

## FORTHCOMING EVENTS

|              |                                             |
|--------------|---------------------------------------------|
| 14-4-13      | Sacrament of First Holy Eucharist           |
| 21-4-13      | Sacrament of Confirmation                   |
| 13 & 14-4-13 | Parish Pastoral Council Members – Elections |
|              | Summer Camp for school children             |