

SALVATION CHRONICLES

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..... take this cup from me;
Luke 22:42

Our Lady of Salvation Church, Dadar

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From the Pastor's Desk

What is the first thought that comes to mind when we think of power? Is it physical strength, the power of position, of wealth, of social influence, or the power to change societies? Often we think power belongs to the high and mighty, to those who are born into prominent families. But the truth is that there is no one who does not have power. We truly are all powerful people. The problem is that we do not recognize that power. And if we do recognize it, we are hesitant to utilize it. And if we do use it, then it often transforms into an expression of ego instead of empathy. What I wish to state is that we all have power that can be used in a positive manner, to heal and help, instead of to disturb and disrupt. Yes, power is a multi-faceted tool. It can be the vehicle to dominate or serve, to grab or to give, to hurt or to heal.

By the time you receive this newsletter, you would have carried out the most significant task in democracy – the power to vote for your own leader. Whether we realize it or not, we must view this as a power, power to give a leader the chance to

govern us. And it is a power we must use wisely and well. It is a power to shape our tomorrows, to offer our nation a direction – only we have the ability to give.

The most inspirational example of the use of power for the betterment of mankind and of society is that of our Lord Jesus Christ. Jesus had divine power – even the incredible power to raise the dead. Yet He used His power only to do good. All the 37 miracles recorded in the Gospels, are miracles of compassion. He never used His power to defeat an enemy, to kill someone or to harm His opponents. Even on the Cross, when He appeared to be utterly powerless, He used the little strength left, to ask God to forgive those who were torturing Him to death. And this helps us understand that God's use of power is very different from our selfish quest for it. There is a prayer in the Mass, "O God, you show your power by pardoning and offering compassion." To forgive and to be merciful need far more power than punishing and cursing.

Let us look inwards, at the powers we all possess. If we have the power of words

and language, we can use it to bring healing and confidence in the lives of those who are depressed and disturbed. If we have the power to teach and explain, we can use it to make learning accessible to all, to make difficult concepts easy, to be patient in dealing with children who have grasping difficulties. If we have the power to lead and to hold people together, we must share our power with others, delegating as much as possible of our power, instead of concentrating it entirely in our own hands. What we then do is create a second rung of leaders, who can easily head our parish, associations and cells in the near future.

As members of various associations and cells, what powers do we possess and how do we use them? This is an introspection we must indulge in, if we are to correct any drawbacks in our behaviour and evolve as loving disciples of Jesus. First, if we have a talent, and all of us have something we are good at, we must use the power of that talent to let people know about it, not in a manner that is boastful, but to let that talent benefit others. For example, if you have organizational ability, use it to get people together to serve a cause larger than all of you. It could be to support someone who needs help, or to celebrate an event. To sit back and let others do all things is just another way of escaping one's responsibility. We have been entrusted with virtues by God, so we can use it to praise Him. In all we do, the powers invested in all of us, should serve one purpose only – to journey together as a community.

May we use our power lovingly and wisely – to bend down, to raise up the weak and never to crush or destroy them. The story of Jesus tells us that one day we will be

judged not on our positions and titles, not on the number of prayers we recited, but on how we treated the least powerful among us.

From my personal experience in this parish for a year, I have seen PPC members, SCC animators, members of cells and associations using the power invested in them, effectively and wisely, to build vibrant, prayerful and caring communities. We have experienced this in the wide variety of activities that have been organized with enthusiasm and fervour. I can recollect a few which have impressed me immensely. The SCC Rally, the Green Initiatives, the Women's Day celebration, the Summer Club for Children, the Sunday School Activities, the Youth Activities, the Activities for Senior Citizens & the Widows of the Hope & Life Movement, the Ruby Jubilee of the Medical Centre and other Liturgical Services organized by the PLT, are all programmes that have not only brought the parish closer, but acted as a motivation for many more activities we could plan in the future.

But whether I have mentioned the activities that have been put together or not, we must all remember that we work tirelessly, not to gain name, fame or recognition. We work for the larger good, even if we do so anonymously. This is the power of selfless service. It's echoes last till eternity. And will certainly be appreciated by our Lord Himself, who set an example of this behaviour in the way He lived and died. May our Blessed Mother and her Son give us the grace to be humble and meek in all that we say and do as a powerful and united community.

- Fr. Michael Pinto



From the Vice President's Desk

PPC & Trustee (Board of Management)

Dear Parishioners,

I extend warm Easter greetings to you and your loved ones. The season of lent this year was particularly meaningful with the three days English Mission conducted by Fr. Augustine Vallooran and his team from Divine Retreat Centre, Kerala. Witnessing our church packed to capacity, with many attendees from other parishes, was truly uplifting. Fr. Augustine's special one-hour talk for the Board of Management, PPC members, and heads of Cells and Associations was very well-received. The Konkani Missions led by Bro. Prakash D'Souza and his Team, was also attended in large numbers. Fr. Kelvin Santis' Three Hours agony on Good Friday was a prayerful experience, appreciated by our Parishioners. The Holy Week events, from the Blessing & distribution of Palms, the Passo Service, the distribution of Blessed Buns to every family of our Parish, to the Washing of the Feet of our Youth, made the Easter Triduum deeply meaningful. I extend my heartfelt gratitude to all involved along with our Priests' Team and The Board of Management for their meticulous planning and unwavering support throughout.

I also wish to express my sincere appreciation to all the members of our Cells and Associations who tirelessly dedicate their

time and efforts to make our Parish more vibrant and relevant. Your contributions are invaluable and deeply appreciated.

In terms of church infrastructure, the installation of HVLS Fans (High Volume Low Speed) in the Main Body of the church has been a tremendous success. It's heartening to see the seats in the center of the Main Body well-occupied, a sight that was rare in the past. We are now in the process of adding HVLS Fans in Our Lady's Oratory and Baptistry. The LED screens installed in the Church and Our Garden of Gethsemane have garnered widespread appreciation. Furthermore, our church has embraced sustainability with the installation of Solar Panels, which are now operational. My heartfelt thanks go to Fr. Michael Pinto and my fellow teammates on the Board Management for spearheading these initiatives.

As we enter the month of May - The Rosary Month, I urge you to pray the Rosary daily, lifting our Motherland in prayer as we approach the General Elections of 2024. Please remember to cast your vote on 20th May 2024. I encourage you to vote wisely for good governance that will foster peace, harmony, and progress in our Nation.

Once again, I extend my gratitude for your unwavering love and support. May you all stay blessed!

Warm regards,

Alfred Nogueira

Vice President,
Parish Pastoral Council (PPC)

ANIMATORS APPRECIATION MEET



The Animators Appreciation Meet was held on the 21st April at the Seva Kendra Hall where there were nearly 90 people who were a part of the PPC, SCC, and animators across the 23 communities. Wilfred Pereira and Lassie Gonsalves ensured that the program was highly engaging with their witty banter and contagious smiles.

All the activities conducted by the SCCs throughout the year was presented in an orderly manner displaying pictures which covered the 23 communities in action. This

was a very informative presentation as animators got to know about many activities across communities and at the same time everyone felt appreciated as their work was being showcased. Following this, there was a thrilling Awards program with nominees from several communities. There were many categories like 'The Best PPC - SCC Jodi', 'Outstanding Community', 'Active Zone', awards for 'The Participation of the Youth', and regular core group meetings. Both the winners and nominees were surprised as their



names and pictures flashed on the main screen during the program. The program concluded with a lucky dip where one person from each community was called to pick up a chit.

The main aim and purpose of the entire program was to highlight the contributions of Our Unsung Heroes working day in and day

out at the grassroots levels for their community. In addition, to express profound appreciation and awe for the unceasing efforts while having numerous obligations at home. They are the pillars of the church and it's only through them we can start making our communities stronger and more inclusive to one and all.

- Christina Eulalia Pereira

CATECHIST MOVIE SCREENING & FELLOWSHIP



On March 3rd 2024, Sunday School Catechists met for an evening of fellowship and entertainment. Father Joel and Cheryl Francis organized a movie screening for all of the teachers, which was followed by a homemade dinner.

‘Lucy Shimmers and the Prince of Peace’ was streamed at the Seva Kendra Hall. The film centered on a little child who, by emphasizing Jesus’ love and forgiveness for all of our sins, was able to transform the life of a criminal. The movie brought tears to one and all and it touched everyone deeply. It showed the impact a small child can make in a persons life by just being grateful for each and every day.

Post the movie, Father Joel encouraged the catechists to share about what struck them

the most about the movie. Catechists shared the importance of giving someone a second chance and loving people unconditionally just as the way God loves us. They also shared that no matter how bleak your situation is in life God has paved the way and all that you need to do is have faith in his plan. Some catechists also shared how Jesus & reading the Bible played a pivotal role in their personal transformations.

There were also some spot prizes and games played before the catechists broke for dinner. It was indeed a meaningful evening, full of memories that will be cherished by the catechists. It brought a sense of bonding and solidarity amongst all present.

- Christina Pereira

CHILDREN'S LENTEN MISSION



In the history of our parish, the Lenten Mission marked a milestone as it was the first time our parish organized a mission specifically for the students and parents of the Sunday School. This initiative was envisioned by our Sunday School Director Rev. Fr. Joel Pinto to provide an opportunity for both children and parents to deepen their faith and make this Lenten season fruitful. It was held on March 10, 2024, at Our Lady Of Salvation School Undercroft.

Dr. Angelica and Mr. Ashley, members of YU4C Mumbai Gospel band group, were invited as the resource people for the Lenten mission. The mission encapsulated an interactive session with the children & parents; all designed to convey the understanding of the purpose of our existence, our relationship

with God & and the importance of reflecting on what truly matters in life to draw us closer to God. Additionally, there was time dedicated for praise and thanksgiving through a prayer and action song.

Students, Parents and the Catechists joined in this tailored Mission which was conducted for fostering spiritual growth and deepening faith amidst the Lenten season.

Our Sunday School head Ms. Cheryl Francis concluded with the vote of thanks.

As the Lenten season unfolds, we pray and hope that our Sunday School children grow closer to God and live out the Gospel message of Love and Compassion and become the living examples of Christ's teachings.

- Steffi Z.J. Fernandes

FEAST OF DIVINE MERCY



The Parish Divine Mercy Cell organized the Novena of Divine Mercy, beginning on Good Friday. The Chaplet of Divine Mercy was prayerfully sung in English and recited in Konkani, with the Blessed Sacrament exposed and concluding with Benediction.

The Feast of Divine Mercy was celebrated on April 7, 2024, as Jesus said, "On this Day the very depths of My tender Mercy are open." We enjoyed a freshly prepared cool health drink each day and refreshments on the Feast Day.

With Fr. Michael Pinto, members of the Divine Mercy Cell became cheerful bearers of God's mercy, reaching out through the Corporal Works of Mercy:

Visit to the Special Children in our Parish, appreciated their parents, gave them a gift, and put a SMILE on their faces.

Visit to the Caregivers who selflessly look after their sick family members and gave them a touching prayer card.

Visit to Our Lady's Home Orphanage to share gifts/snacks with 140 boys.



Petitions before the Blessed Sacrament with the names of the Faithful Departed, prayers for the bereaved family, and visits to the bereaved families to offer them comfort and solace.

Packets of Biryani were served to terminally ill cancer patients outside Tata hospital, and visits/prayers with the terminally ill parishioners.

Outreach to Alcoholic Anonymous (AA) group to appreciate their efforts to achieve sobriety, a cake was given.

We look forward to continuing to be channels of God's unfathomable Divine Mercy.

- Severina Peres

A VISIT TO HOMEBOUND PRAYER GROUP MEMBERS - BRINGING COMFORT AND CONNECTION



In the bustling neighbourhood of Dadar, amidst the lively streets and vibrant community life, there exists a quieter, more intimate aspect of parish life – the care and support extended to homebound individuals.

Recently, the members of Helmet of Salvation Prayer Group embarked on a heartwarming journey to visit 16 homebound senior members of the prayer group of yester years as well as recently bereaved prayer group members who were offered a mass card for their departed. Bearing our little gifts, symbolizing warmth and comfort, the prayer group members set out on their mission.

Each visit was more than just a simple drop-off; it was an opportunity to connect, to listen, and to share in the experiences of those who, due to illness or age, found themselves unable to join the regular gatherings of the parish community.

As we entered each home, the prayer group members were greeted with smiles and gratitude. The simple act of being present, of showing care and concern, meant the world to these individuals who often spent most of their days alone. The exchange of gifts, while symbolic, carried a profound message of love and solidarity.

However, it was during the moments of prayer and conversation that the true essence

of the visit emerged. Sitting together, hands clasped in prayer, we and the homebound individuals formed a circle of faith and support. They prayed for healing, for strength, and for the continued presence of God in their lives.

In these intimate moments, we learned valuable lessons about the challenges of aging and illness. Many of the homebound individuals shared their struggles with mobility, with managing daily tasks, and with the sense of isolation that often accompanies being confined to one's home. They spoke of their longing to participate in the activities of the parish, to be present among their fellow believers, but acknowledged the limitations imposed by their circumstances.

These conversations served as a poignant reminder of the importance of community and compassion. We were reminded of the importance of reaching out, of extending a helping hand, and of being present for those in need.

As we bid farewell to each homebound parishioner, we left behind more than just gifts.

- Felix Cardoz

Prayer Group Coordinator

Helmet of Salvation English Prayer Group

MASS FOR THE SICK AND THE AGED



The Legion of Mary in collaboration with the Senior Care Ministry organized a special mass for the sick and the home-bound on 10-02-2024.

Legionaries and members of the Senior Care Ministry visited the homebound and invited them to this mass. Transport was arranged for those who required assistance. Members of both the associations welcomed the aged members and led them to their seats. The parish fathers were present to hear the confessions of the aged and to bless them. Fr. Michael preached the homily during which he reminded us that the aged should be treasured for their wisdom and experience. For the homebound, who had not been able to attend mass for a long time, the Eucharistic Celebration was a profoundly moving and spiritual experience.

Our honoured guests were then taken to the Parish Hall where they were entertained by a live band while

refreshments were served to them. It was heart-warming to hear Fr. Michael and Fr. Joel sing to entertain the seniors.

Each of the homebound were presented with a small gift before they left, happy and smiling.

We thank Fr. Michael Pinto, Fr. Joel Pinto, our spiritual director and the other parish priests and the members of the Board of Management for their help and support.

We also thank the car owners and drivers who volunteered their services.

Most of all we thank Our Lord and His Blessed Mother.

- Bernadette Dease

Legion of Mary
Senior Care Ministry

NAVIGATING THE CLIMATE CRISIS

We have a shared responsibility for others and the world - Laudato Si (Praise be to you) 2015

In the encyclical, Pope Francis reminds us of our responsibilities to act on the Cry of the Poor and the Cry of the Earth. On 25th Feb 2024, Myron Mendes, National Facilitator for the Indian Network on Ethics and Climate Change (INECC) and Communications Manager for LAYA Resource Centre, spoke to 50+ attendees, guiding them through a well-laid journey of scientific facts on the Climate Crisis. Sudden weather changes accosting farmers and urban citizenry alike are highly irregular and seem to be changing at a rate much faster than in earlier centuries. Due to the release of Carbon Dioxide or Methane, human activities are rapidly changing the nature of the environment, thus affecting all. The actions of the rich and industrialized countries have a larger relative impact than others. For example, the use of air conditioning and fossil fuel-based energy is bound to increase, thus contributing even more to global warming. The question does remain, therefore – How do the poor, the slum dwellers, the tribals, the migrants deal with global warming, especially when they contribute least to global warming?

We live in Mumbai, where a lot of the land is reclaimed, and it is possible that in

PM MAKES FIVE PLEDGES

- 1 India will increase its non-fossil energy capacity to 500GW by 2030
- 2 India will meet 50% of its energy requirements from renewable energy by 2030
- 3 India will reduce the total projected carbon emissions by one billion tonnes from now to 2030
- 4 By 2030, India will reduce the carbon intensity of its economy by 45% (from a previous target of 35%)
- 5 By 2070, India will achieve the target of net zero

a few years, some of the land we see will be underwater due to rising sea levels caused by melting polar ice caps. But the immediate effect of what we are doing is in our diet. For instance, in the last few years, the Bombil or the Bombay Duck (Lizard Fish) is moving northwards and is being caught off the coast of Gujarat rather than Mumbai. Imagine the energy wasted in transportation and refrigeration of a fish that was, till a few years ago, available just off

Laudato Si'





our coastline. While countries are committing targets, it also implies that in our individual capacity, we too must contribute.

As emphasized by Myron, collectively we need to: a) reduce fossil fuel usage, b) capture and store carbon thus reducing global warming, c) adapt our lives to change, and d) build resilience to a changing environment. Start your journey by measuring your Carbon Footprint by scanning this QR Code.

Thanks to Myron Mendes for presenting in the session, Fr. Glasten for his encouragement, and the SGC for organizing the event.

- George D'mello

DAY OF PRAYER AND FASTING

On March 22, 2024, the CBCI called for a national day of fasting and prayer for our nation given that elections are also around. There are many things which are surely going wrong in different places in our country. People in Manipur are still refugees in their own land and with Churches destroyed, Right wingers are increasingly emboldened to threaten.

In line with the directive of the CBCI, our church too had a day of fasting and prayer for our nation and its people. On the last Sunday of Lent, A special holy hour was held after the 7pm mass, led by our parish priest Fr. Michael. This was well prepared and well attended.

The solemnity of the prayers led by Fr. Michael, as also Fr. Joel and Fr. Glasten touched my heart personally. They brought to the situation perfectly and also lineated

areas that we must pray for. It is the need of the hour that we pray for our nation and its people. I was reminded of St Paul who tells us to pray for our leaders (not just religious but also secular). I felt and prayed that our country needs good leaders to be elected. For me, it thus reminded, that it is the duty of every Christian to pray and come out to vote. It is a sacred duty. I am aware that some people are doing their best to ensure that some communities may not vote; my voter id itself was shockingly deleted from the list in Dadar; this is despite voting in so many elections from here. I therefore prayed personally that God defeat the plans of the evil, and that the good triumph. And while we do our best, it is only God who can help us and our nation and therefore as a people we all came together to seek His intercession for ourselves and our people.

- Dominic Mascarenhas

OUR GARDEN OF GETHSEMANE



On 14th February 2024, Shrove Tuesday (also known as Pancake Tuesday) a significant moment unfolded as we inaugurated Our Garden of Gethsemane. The atmosphere was filled with surprise yet deeply reverent as the Priests' team, alongside the Board of Management, ceremoniously cut the ribbon, marking the official opening of this renovated space. As attendees gathered, their eyes were met with a sight of profound beauty: a life-size statue of Jesus in prayer, surrounded by lush green lawns and a garden illuminated with vibrant colors.

Our Parish Priest, Fr. Michael Pinto, led us in a prayer, invoking blessings upon the statue and the entirety of Our Garden of Gethsemane. It was a moment charged with spiritual

significance, a testament to our commitment to creating spaces for contemplation and connection with the divine.

During the season of Lent, Our Garden of Gethsemane became a focal point for our Parish's reflection and prayer. The solemnity of the Way of the Cross found a poignant backdrop amidst the tranquility and serenity of this newly inaugurated garden.

As we continue to cherish and nurture Our Garden of Gethsemane, may it serve as a sanctuary for spiritual solace and communion with Jesus, inspiring us all to deepen our faith and walk the path of contemplation and compassion.

- Alfred Nogueira

SENIOR CITIZENS ASSOCIATION PROGRAM



The Senior Citizens Association, headed by our Spiritual Director Fr. Joseph Pimenta, arranged a Sing Along & Housie as well as a Lenten Recollection for the Senior Citizens of our Parish.

SING ALONG & HOUSIE

It was a day of fun and frolic for our 112 young at heart, sporty and energetic Senior Citizens, who registered for the Sing Along & Housie held in our Parish on 12th January, 2024.

The evening began with an Opening Speech by our President, followed by a game of housie. The members also enjoyed singing and dancing to the tune of old melodies of yesteryear's, which was played and sung by our very own members of the Senior Citizens' Committee.

It was truly an enjoyable evening and a great time for our Senior Citizens who

wholeheartedly enjoyed themselves...and said DIL MAANGE MORE.

Witnessing the appreciation, enthusiasm and positive feedback received, the Managing Committee is considering having many more entertainment programs planned for the future.

LENTEN RECOLLECTION

The Lenten Recollection, for Seniors of our Parish, was held on 7th March, 2024. It was a beautiful experience, where the true Lenten theme was portrayed. The Lenten Recollection was held at the Parish hall and attended by 63 Senior Citizens of our Parish. Our Spiritual Director, Fr. Joseph Pimenta, conducted the hour-long recollection with very apt scripture readings and inspiring reflections. It felt good to see the satisfied look on the faces of all participants as the session concluded.

- Alvito Fernandes
President

HEARTWARMING LENTEN OUTREACH



St. Paul's Community is renowned for its vibrant communal spirit, often seen through active participation in parish activities and fervent prayers. This year, however, the community sought to embark on a new and meaningful journey for Lent, one that would resonate deeply with its predominantly senior citizen demographic.

Recognizing the importance of inclusivity and outreach, the community decided to bring their prayers and sense of togetherness directly to their elderly members. They organized Cross Prayers to the 5 wounds of Jesus, held in various locations where the seniors reside.

The impact was profound. This initiative not only rekindled a sense of community among members but also brought comfort and

solace to those who might have felt isolated. It bridged generational gaps, showing that faith and community transcend age. The act of praying together in these familiar settings created a strong bond, reminding everyone of the power of unity in faith.

As the Cross Prayers reverberated through the community, echoing the deep-rooted faith and commitment of its members, St. Paul's Community stood as a shining example of innovation and compassion. This unique Lenten journey not only strengthened the bonds within the community but also served as a testament to the unwavering spirit of St. Paul's in embracing change and reaching out with love and inclusivity.

STATIONS OF THE CROSS AT COMMUNITY NO. 5



Our community conducted the Community Stations of the Cross on the 3rd of March at 5 pm. Given the presence of many senior citizens in our community, and some homebound individuals, we organized a mix of services - some held at their houses and others at all crosses in our community. Through the 14 Stations, we visited every building in our community.

The Stations of the Cross were well-attended by people of all ages. It brought a

smile to those who were homebound. We concluded the Stations of the Cross at one of our animator's houses and also held the Five Wounds Service. Following this, we had a small fellowship with members of the community. This was all made possible due to the hard work of Aunty Mary and her team, as well as the generous contributions of the members. We ensured that we put into practice the theme of inclusivity from the Synod.

- The Core Team

Samuel 1:27 – “ I prayed for the child, and the LORD granted me what I asked of him.”

Our Parish, Our Lady Of Salvation Church, Dadar, held a beautiful and spiritual 3 days Lenten mission. This took me back in time when I was blessed with my first child.

I was married for 3 years. Every year I desired to go on a small vacation and that year I decided to visit Divine Retreat Centre. I attended the retreat with my parents who are frequent visitors of the Divine Retreat Centre. That year when I joined them I felt peace and found myself in a different and serene environment, I felt it was a call to me from Jesus. During the counselling session, I met Fr. Augustine and requested him to bless me with the gift of a child. On the last day of retreat, during the time of Healing and Adoration, Rev.Fr. Augustine proclaimed that I will be glad and radiant very soon and within a month I realised Fr. Augustine's blessings and proclamation turned into a miracle and exactly after 9 months I was blessed with my first child Aden; and we baptized our child as Aden *Divine* Dias.

After 3 years our family grew with the birth of our little angel , Alina.

Genesis: 1:28- “ You will be fruitful and multiply.”



Thank you Jesus and Thank you Mother Mary for this beautiful blessing you have showered on my family.

This is the acknowledgement of the blessing I received from our Lord Jesus Christ through the very pious and divine Rev. Fr. Augustine.

Romans 12:12- Be joyful in hope, patient in affliction, faithful in prayer.

- Rasna Dias

THE UNSUNG HERO – DR. MARINA PINTO

Dr. Marina Pinto is a very unassuming person. She personifies simplicity. Her humble and respectful nature does not give you the slightest inclination of her qualifications and the string of accolades she holds.

Dr. Marina Pinto has had a distinguished academic career spanning five decades and more. She was credited with the first position at the B.A. and M.A. examinations in Political Science and wrote a well-appreciated doctoral dissertation in Public Administration, all from the University of Mumbai.

She has also been the recipient of several prizes, scholarships, and awards, including the Haldane Prize of the Royal Institute of Public Administration, London (1991), the Professor PS Ramaswamy Memorial Best Teacher Award from the South Indian Education Society's (S.I.E.S) College of Arts, Science, and Commerce, Mumbai (2010), and the Paul H. Appleby Award from the Indian Institute of Public Administration (IIPA), New Delhi (2011). Dr. Marina Pinto has undertaken research projects, presented papers at National

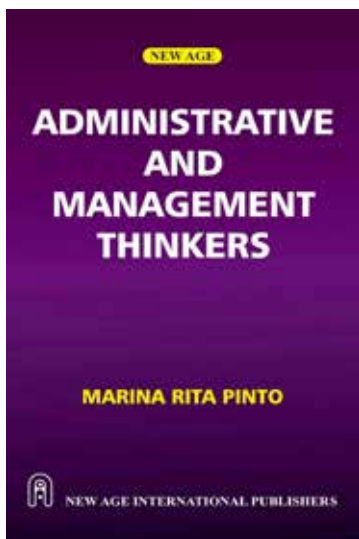


and International Conferences, and published extensively in reputed journals. She has authored 9 books, including "Metropolitan City Governance in India" (2000), "Municipal Corporation of Greater Mumbai and Ward Administration" (jointly with Dr. D.A. Pinto in 2005), an IIPA-sponsored monograph on "Women Administrators of Maharashtra" in 2015, and the latest book "*Administrative and Management Thinkers*". These books will benefit students, researchers, and scholars, as well as teachers of Management, Commerce, Public Administration, and Political Sciences, Civil Service aspirants, and Professionals in Government and Management Systems.

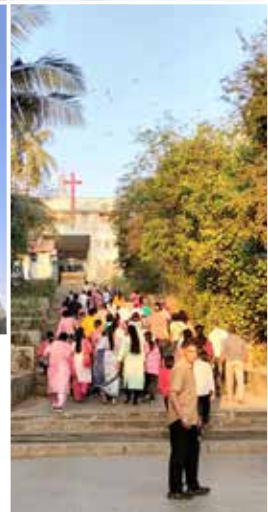
She continues to be active in her field of specialization and thereby contributes to the cause of higher education in India.

Dr. Marina Pinto, may you be blessed with happiness in your Home, Love in your Heart, Peace in your Soul, and Wonder in your Life, always.

- Shirley Fernandes



Walking Pilgrimage – A Project Of The Legion Of Mary



The Legion of Mary organized a walking pilgrimage from Our Lady of Salvation Church to Mount Mary Basilica on the 9th of March 2024.

About a hundred parishioners joined the legionaries for the pilgrimage. The pilgrims met at 5:15 a.m. in Our Lady's Oratory where Fr. Michael Pinto, our Parish priest, blessed the group before they set out on their pilgrimage. The pilgrims walked, reciting the rosary and singing hymns, in the quiet darkness of the early dawn. After walking for almost 2 hours, they reached the steps leading up to the Basilica. They paused at the cross on the steps and recited the Catena and the concluding prayers of the Legion. They were greeted by Fr. Vernon Aguiar, the rector of Mount Mary and the Parish priest of Mount Mary Basilica, Fr. Michael. The pilgrims attended

the Mass celebrated by Fr. Michael. After the Eucharistic celebration, the pilgrims met outside the church for some light refreshments after which they dispersed.

We thank Fr. Vernon Aguiar and Fr. Michael for giving us the necessary permissions. We also thank our Parish Priest Fr. Michael and the Spiritual Director of the Legion Fr. Joel Pinto as well as the members of the Board of Management for their unstinting help and support.

We also thank in a special way, all the parishioners who walked with us on the pilgrimage.

**- Bernadette Dease
Legion of Mary**

FROM AGONY TO GLORY



The 3-hour agony conducted by Fr. Kelvin Santis at our parish during the Lenten season was a profound reflection on the last words of Jesus before His crucifixion. As a first-time attendee, I was initially unsure of what to expect but was captivated by Fr. Kelvin's insights. He emphasized living the Christian life not just in words but in thoughts and deeds, highlighting the battle against temptations and the surrender exemplified by Mary.

Living as Christians is often challenged by worldly ideals, but true freedom lies in submitting to God's will. Jesus' forgiveness of the thief on the cross shows us the depth of God's love and mercy. Suffering, though difficult, can be a path to healing and grace. Our faith must be active and visible in our daily lives, not just on Sundays.

The term "YOLO" seems to dictate that since we have only one life to live, we should live freely, fully, and do all things that make us happy. However, is that the life we want to live in Christ, and did Christ shed His blood for us only so that we could experience life on our terms? Jesus called us to live life in abundance but in Him and through Him, and therefore exercising our free will is to submit willingly to His plans and His will. True freedom is to be on God's side and not the side of the world.

We are called not to be mere spectators but active participants in Christ's sacrifice. Our lives should reflect Christ's love and compassion, leaving a legacy of kindness and faith. Let us pray, like Mary, for God's will to be done in our lives, knowing that our ultimate reward is eternal salvation.

- Elenka Victoria Rebello

ECOLOGICAL CONVERSION: A JOURNEY WITHIN – PART 1 SUMMARISED

*The world needs an ecological “conversion” in order to manifest the
Church’s vision of an integral human ecology*

~ Pope Francis, Vatican City, Jun 8, 2019



(Image shot by the author)



(Image Reference taken from the Internet)

As I gaze out of the window, the afternoon sunlight dances on the leaves of the yellow Gulmohar tree, which blankets the bustling road below. The Peepal tree sways gently, tickled by a warm breeze. A coppersmith barbet calls out from a branch, seeking companionship. Nearby, a crow rests with eyes closed. Within this microcosm of green, yellow, red, and brown, ecological transformation begins.

Ecological conversion need not be grand; it quietly awakens us to make mindful choices in our daily lives. My awakening occurred during a college visit to St. Joseph’s School in Darjeeling. Despite the fear-inducing winding turns along the edge, mist and sunlight played together, revealing breathtaking views of the valley and distant peaks. In that moment, I realized my actions reverberated beyond my immediate surroundings. Discarded biscuit wrappers, water pouches, and breakfast remnants haunted me—their impact echoing through the intricate web of life.

Mindfulness of our place in the vast universe drives ecological conversion. We consciously choose to tread lightly, recognizing our shared existence with millions of organisms. Opting for reusables over disposables, savouring each morsel of food, cherishing seasons, and pausing to smell a flower—all contribute to this quiet transformation.

I now collect and segregate my waste for recycling, nurture a windowsill garden, and prefer walking whenever possible. I ensure that there is a bowl of water, always out for the birds in every season. These small steps ripple through the interconnected fabric of life, fostering a more harmonious coexistence. But there are miles to go before everything goes green...

Together, let us all hear the call and respond
- *In the whisper of leaves, I hear the invitation:
“Come, be converted.” And so, I begin.*

~ Andrew Williams

FROM POND TO STREAM: THE JOURNEY OF COMMUNITY 4



Community 4, once likened to the tranquil waters of a pond, has undergone a remarkable transformation, becoming a dynamic and thriving 'Model Community,' thanks to the efforts of our former Parish Priest, Fr. Calistus. Each member now actively contributes to the community's progress and well-being.

Throughout the year, we organized various events and activities to foster unity and spiritual growth. We celebrated Diwali and Christmas, spreading joy among children and elders of all faiths.

One of the highlights was the Mini SCC Rally, where we collaborated with other communities under the theme "Journeying Together," emphasizing the importance of unity in community building. This message resonated in our hearts through the song, "It's I / you / we who built communities."

During Lent, we deepened our spiritual bonds through shared practices. The Lenten

cross circulated among families, and we gathered weekly for prayer, strengthening our sense of belonging.

Additionally, we conducted the Stations of the Cross, with each family assigned a station for reflection and prayer. This period also included a Lenten Recollection, featuring prayers, hymns, Gospel readings, and a Lenten Quiz.

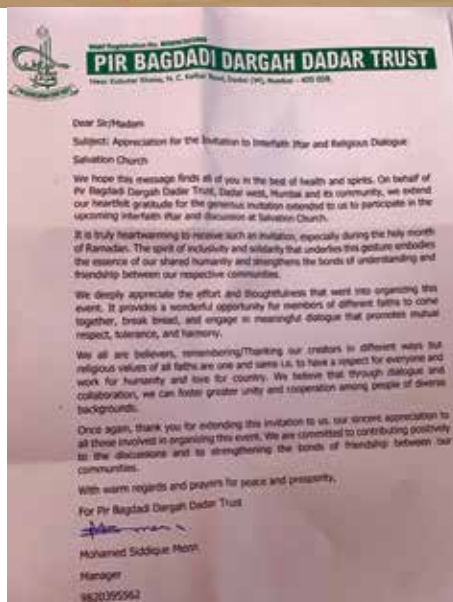
Our outreach efforts extended to the home-bound, where we spent quality time, shared scripture messages, and offered prayers. We concluded each visit with a small memento as a token of our love and care.

Through these activities, we have come to recognize the divine purpose behind our talents and the importance of community solidarity. We are committed to strengthening our spiritual bond and supporting one another, transforming from a 'Still water pond' to a 'Stream of running water.' All glory to God!

- Shirley Fernandes

INTER RELIGIOUS DIALOGUE (IRD)- INTERFAITH IFTAR

Spreading Peace & Happiness



On 9th April 2024, the **Inter Religious Dialogue (IRD)** cell of our parish, under the spiritual guidance of Fr. Michael Pinto, spearheaded a new initiative to spread peace -“AMAN”- and solidarity, and to take the words of Jesus to our Muslim & Hindu brethren in Dadar. An “Interfaith Iftar” was organized at our parish, to mark the end of fasting, through the holy month of Ramadan.

Thelma Cardoz (a senior IRD member) invited members of the “**Pir Bagdadi Dargah Trust**” - Mr. Badshah Shaikh, Mr. Mohammed Shekhan, Mr. Mohammed Mukarram and Siddiquebhai accepted the invite. Maria Miranda, invited her neighbours Ms. Farida, Ms. Tehera & Ms. Alisha. Lassie Gonsalves

- SCC co-ordinator, extended the invite to her neighbours from Koshravi Estate – Mr. Mohammed Kasim & Mrs Sharifa Kasim.

Along with our guest were parish staff, Sunita Borkar – social worker & parishioner Rosy Owalekar.

Guest were greeted with “Attar” on their hands (a traditional sign attracting angels and good fortune).

Our parish priest Fr. Michael along with Mr. Alfred Nogueira, inaugurated the event

with a prayer, sharing the importance of peace, and the acceptance that there is only one GOD, and his teachings are the same to each one of us.

Before the breaking of bread, everyone gathered at the meal, held hands and recited Our Lord's prayer.

A sumptuous meal was prepared by our very own IRD member - Sangeeta Valladares.

The table was laden with dates – (a symbol of food to break one's fast) fruits, biryani, kebabs, salad and sheer kurma. Members of the

Hope & Life, the Women's Cell and the IRD cell rallied together to make these arrangements, along with our parish priest Fr. Michael.

The event ended with words of gratitude from Mrs. Sharifa Kasim & Mr. Mohammed Shekhan. A token of appreciation was given to each of our guest. We thank Fr. Michael & Osburg D'souza for their graciousness.

We all took home the message of Love, Peace and Happiness.

- Joel Moniz

THE LAST SEVEN WORDS OF JESUS

Lent prompts the Universal Church to contemplate Christ's Passion and Death. Known as the seven last sayings, these words of Jesus not only reveal His priorities but also fulfil messianic prophecies. They offer insight, guidance, and inspiration to believers throughout history. What lessons do they hold for us today?

The first of these seven last words, recorded by the apostles, fulfils the prophecy of Jesus interceding for transgressors. These words, spoken from the cross, mark pivotal moments in Jesus's final hours, guiding us in our own lives.

These profound utterances, beyond their significance at the time, provide enduring examples of how we should think and live. As we reflect on them during Lent, we're reminded of the transformative power they hold, urging us to align our lives with the teachings of Christ.

FIRST WORD

"Father, forgive them, for they know not what they do." (Luke 23:34)

SECOND WORD

"You will be with Me in Paradise" (Luke 23:43)

THIRD WORD

"Woman, Behold Thy Son! ... Behold Thy Mother!" - (John 19:26-27)

FOURTH WORD

"Eli, Eli, lama sabachthani?" that is, "My God, My God, why have You forsaken Me?" (Matthew 27:46)

FIFTH WORD

"I thirst!" (John 19:28)

SIXTH WORD

"It is finished!" (John 19:30)

SEVENTH WORD

"Father, 'into Your hands I commit My spirit'" (Luke 23:46)

- Savio Fernandes



The Small Christian Communities, inspired by the motto “**No one in Want**” dedicated a **week-long series of activities** addressing the needs of our parishioners in November 2023 under the guidance of Fr. Michael. The objective was to ensure that no individual in our community would experience a state of deprivation.

Breakfast for the Poor was held on the 13th November, followed by a sing-song session. On the 14th, we had an **enchanted evening** dedicated to **widows and widowers**, aiming to sprinkle a touch of magic into their lives. On the 15th, we had a fun event for **Special Children** keeping with Pope Francis’ vision of inclusivity.

On Thursday 16th, we **visited the homebound** interacting with their caregivers, taking account of their sacrifices and struggles. We acknowledged their selflessness and

devotion. On the 17th there was a program for **domestic workers**. We visited families facing **severe financial hardships on the 18th**.

“For where two or three gather in my name, there am I with them.” - Matthew 18:20

Our week-long program culminated, with **Knight Riders**. Extending our support to cancer patients and their families. We distributed essential items such as mats, blankets, food aiming to bring some comfort and relief to them.

This was the first-of-its-kind initiative dedicating an entire week to those in need **through Love in Action**. All possible thanks to the relentless efforts of animators and coordinators, who consistently **embody the qualities of a servant leader** with unwavering dedication and utmost humility to the service of others.

- Christina Eulalia Pereira

HERITAGE CROSS ROSARY 2024



The rosary and gathering at a heritage cross on Sat, 4th May 2024, added a sense of history and reverence to see people coming together to express their faith and devotion to recite the Rosary, a powerful prayer in the Catholic tradition. Keeping in line with the Go-Green initiative of our Parish, prayer sheets were not printed but displayed on the TV screens that were set up.

It truly was a beautiful and meaningful event!

The Parish Priest addressed the congregation. The participation of the choir and the congregation in the rosary added a layer of communal prayer and shared spirituality to the experience witnessed by people of all faiths. As the prayers of the rosary were recited, the choir led the hymns in different languages & chants of the litany in Latin, enhancing the atmosphere of reverence and devotion.

Meanwhile, the congregation joined together in prayer, ushering a sense of unity as they meditated on the Joyful mysteries, led by the Sts. Luke, Mark, Mathew, John, and the parish Sports council in English, Hindi, Marathi, Konkani & English languages respectively. They dedicated and offered their prayers for the needs of their communities.

Praying the rosary at a heritage cross with members of different parish zones fostered a sense of community and spiritual connection. After incensing of the majestic cross, the devout people walked in a solemn procession upholding the cross into the church for the final blessings and veneration of the cross.

Traditional snacks of grams and cake after the service was a wonderful way to extend hospitality and foster fellowship among the participants symbolizing unity, generosity, and community. Heartfelt gratitude to all those who helped to make this a meaningful event.

- Alfred Nogueira

OUR LADY OF SALVATION CHURCH - "JOURNEY TOGETHER" SCC RALLY 26TH JAN 24



A sense of excitement filled the air on the 26th of January, as parishioners gathered to celebrate the **SCC Rally** in the Seva Kendra Hall at 5:30 pm. The theme was **"Journey Together."** The hall was beautifully decorated inspired by the synodal message.

The evening began with a video emphasizing the uniqueness of everyone and stating that we are part of God's plan, followed by our National Anthem. Prayers interlaced with hymns were prayed for the religious, families, youth, sick, orphaned, homeless, our parish communities,



and the world as we lit the lamp. The people joined in the community song- **It's I who build community.**

Mathew Zone started the parade in Indian traditional dresses spreading the message of communal harmony. Then Mark Zone danced to tunes of "Jai Ho" and "We are the world" stating that SCC includes all. Luke Zone followed with the image of the Holy Spirit guiding them representing the synodal theme to the tune of "Oh when the Saints go marching..". Finally, John Zone came in dancing to the beats of Konkani tunes.

There was a fashion show with a twist where members dressed up and danced to Konkani songs. Followed by a Bilingual Talk show that enlightened all and stressed the meaning and importance of being a part of the SCC.

The live band entertained the crowd with the songs of yester years and got everyone dancing. This was followed by a cake cutting which represented the four Zones -the entire parish. The evening ended with a vote of thanks to those responsible for the event.

- Shoba D'souza

LENTEN OUTREACH SCC'S: SPREADING JOY AND WARMTH TO THE AGED



The SCCs recently embarked on a heartwarming outreach initiative in the spirit of compassion. On 16th March, from 4 pm - 7 pm, we visited **Bapnu Ghar, Home for the Aged at Worli**. This endeavor was made possible due to many communities' overwhelming support and generosity.

Our mission was simple yet profound: to brighten their days, alleviate their loneliness, and immerse them in an evening of joy and camaraderie. From the moment we stepped inside, we were enveloped by their friendly smiles and eager spirits. We organized activities such as **Tambola and Antakshari**. Their laughter echoed through the halls as they sang & danced to the melodious tunes of their era, reliving those beautiful moments once again.

As a token of our appreciation and affection, we distributed snack packets and

gifts, including a grinder-mixer and an electric toaster. The joy and gratitude gleaming in their eyes were priceless, reaffirming the profound impact of simple acts of kindness. Our evening was not just about fleeting moments but about **developing meaningful connections and fostering a sense of belonging**.

We extend our sincerest thanks to the organizing team, led by Christina. Their tireless efforts and unwavering commitment made this outreach initiative possible within a week, exemplifying the power of unity and collective action. Reflecting on this memorable experience, we are filled with a renewed sense of purpose and determination. In the coming year, we are looking forward to expanding our outreach efforts and touching more lives with love and compassion.

- SCC Outreach Core Team



Our Lady of Salvation Church has **23 communities across 4 Zones** which constitute **the Small Christian Communities**. In July, **Grandparents Day** was celebrated at the Parish level. **Parents Day at the Zonal Level** witnessed an attendance of more than 600 people.

In August, **Independence Day** was celebrated by communities, with flag hoisting followed by inter-religious dialogue and fellowship. In September, **two members** attended the **Skills for Animators program** in Goregoan.

In **October**, communities conducted weekly rosaries followed by fellowship

activities. Inspired by the Motto **"No One in Want"** there was a **week-long series of activities** from the 13th- 19th Nov. During this, breakfast was distributed to the poor, an evening dedicated to the widows and widowers, an event for special children, visiting the homebound, essential items were distributed to cancer patients and their families etc. This was the first time something like this was conducted in the parish. At the Diocesan meeting, this was shared and received much praise and the plan was shared so that other parishes could replicate the same.

Diwali parties and diya and lantern-making activities were conducted in communities. **Two members attended a day-long leadership**



training program held at Victories in November. In December, **the Advent Wreath Service** was conducted at the cluster levels. The Wreath was **passed on from house to house to build solidarity in the neighbourhood**. There were also Christmas parties, carol singing, crib making activities.

In January 2024, **the SCC Rally with the theme of Journey Together** was held. We witnessed a good representation across all the communities. The zones prepared very well for the parade and all their activities. There was a lot of appreciation for the event and we are looking forward to having it on a larger scale. In February, we had the distribution of Crosses on Ash Wednesday. **The Lenten Service** was conducted weekly meditating on the **Five**

wounds of Jesus. Communities conducted community stations of the cross as well.

We have seen growth and development across the SCC's but we still have a long way ahead. We are looking forward to reaching out more over the next year while also **focusing on strengthening the grassroots** of the community through visitations, spiritual activities, and programs. It is very important to note that as a Church we are a Community and **it's only through the SCC's that we can make changes to grow this Community**. The SCCs are open to new members who would like to be animators and coordinators to help in Jesus's mission of building the community and spreading the Word of God.

- Christina Eulalia Pereira

TRASH TALK

Hello! This is Yellow – and cheesy as it may sound, I’m happy to have the spotlight on me this time around. News Flash!! I am happy to inform you that my contents have been handed over to a Smart Sustainability Solutions Company and we now have a special Tetra Pack Collection box. So that may just be the end of me – but happy to pass the baton to my successor.



So, a few pearls of wisdom for you parishioners of Our Lady of Salvation. Do treat my successor well so that it stays in service for a long time. Firstly - please, please, please ensure that the tetra packs you drop in are CLEAN: well washed (till the water runs clear) and well dried. Dirty, unwashed tetra packs are very attractive – to rats. In Fact, the word seems to have gotten around the rodent world and the Green Cell Members who sort out the contents of my bin have noticed gnawed-out and stinky tetra packs. These cannot be taken through the intended process and become useless waste – not good for the Parish project (nor the rat).



HANDY HINTS: Cut the tetra pack in half and then dry it – it’s much easier. Or use it yourself. Tetra packs are made of light layers of polyethylene, paper, and aluminum and make great flower pots and school & home craft projects. But if you don’t feel crafty, donate away... with a good number (6500 boxes approx.) you may see a tetra pack bench in the parish premises – let’s aim for that!!

- Nisha



The Five R's

Refuse  Say 'No' to unnecessary waste, such as junk mail	Reduce  Buying less to throw less away	Reuse  Always opt for reusable items, or try to repurpose things	Recycle  If you can't do the first three, find products you can recycle	Rot (Composting)  Think before you throw! Is it compostable?
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VOTER'S REGISTRATION CAMP

(An Initiative of Bombay Catholic Sabha, Salvation Unit)



With the Lok Sabha Elections round the corner, the Bombay Catholic Sabha, Salvation Unit took up the initiative to assist the Parishioners as well as residents of other faiths in our locality with the Voter Enrollment as well as updations of Electoral Rolls with regards to corrections, deletions and checking for inclusion of names.

To achieve this, three Voter Camps were organized in our Parish. The first camp was organized on 5th December 2023 which focused on enrollments, corrections, updations and deletions. This camp saw 30 new enrollments, 20 corrections and 4 name deletions.

After the first list was notified in January 2024, the next Voter's Registration Camp was organized on 16th and 17th February 2024, once again for new enrollments, corrections, updations and deletions. At this camp, we had 66 enrollments for the various above requirements. If we consider the fact that many of those who came had 2 or more cards/details to be checked for other family members as well, the number of persons who would

have benefited from the exercise would be 100 plus.

The third and final camp was organized on 4th May 2024 for assisting parishioners to check and verify their details on the final voter's list. Here again we had a footfall of 65 participants, which if we also take in to mind the multiple family member details that would have been checked by those who visited would also translate into serving 100 plus parishioners.

The Bombay Catholic Sabha, Salvation Unit acknowledges the assistance from the volunteers of civil society as well as the BLO's of our area in this initiative.

The Bombay Catholic Sabha, Salvation Unit has thus played an important role in ensuring that the eligible voters get a right to vote. It is our hope that most (all) parishioners of our parish who are eligible for voting have taken care of the requirements that permit one to exercise their franchise. Voting is not only our right, but also our duty.

- Benedict Mascarenhas

WOMEN'S CELL - REPUBLIC DAY



Women's Cell of Church of Our Lady of Salvation, Dadar was revived by Our Parish Priest Rev Fr. Michael Pinto (also Spiritual Director of the cell) in 2023. The cell under the enthusiastic guidance of our Spiritual Director, has in less than a year reached out to various women in our parish irrespective of religion, through its programmes beginning with the Republic Day programme.

With Mrs. Laura Fernandes as the President and over 30 members, the cell is all set to uplift and encourage the women of the parish, to come out of their shell, be it at the parish level or within the walls of their homes.

The Republic Day flag hoisting program at the entrance of the church was held with a message. The Lady Senior Inspector and her Assistant at Dadar police station hoisted the tricolor to the singing of the National Anthem

led by the members of the Women's Cell dressed in white with a tricolor dupatta. They walked through the porch to the entrance holding aloft a life size national flag. 2 Patriots of our country, who worked for the upliftment of women - Jhansi Ki Rani and Babasaheb Ambedkar were represented by Judith Monteiro & Lawrence Rodrigues who dressed up in the respective attires and gave a message from the lives of the 2 patriots.

Senior Inspector enlightened the crowd gathered of the various initiatives taken by the Police Department to ensure safety of Women. Also, the helpline number started for women by the police. Fr. Michael emphasised the need for women to help each other, to look out for their neighbours who may be suffering abuse from a drunk husband or who may be bed ridden or alone, who need a helping hand.

- Women's Cell Team

WOMEN'S CELL - WOMEN'S DAY



The Women's Cell organized a five-day program to celebrate Women's Day (8th Mar). The program included moments of prayer, fun, laughter, tears of joy and pain shared, and appreciation moments. Not forgetting, tastebuds were kept busy with various delicacies.

Day 1 had members visit homes to appreciate the female homebound and female caregivers of those homebound, whether a family member or house help. A prayer was recited, and a token gift of appreciation was given to each of them. They expressed their joy at being remembered and being made a part of the celebration.

Day 2 saw the members assemble for a prayer service conducted by Our Spiritual Director, seeking strength and guidance from Our Lord in the Blessed Sacrament and Our Blessed Mother. The prayer focused on doing God's will, that those they meet and reach out to may see Christ in them, and that they may be like Our Blessed Mother, reaching out to help those in need.

Day 3 was a day of games, fun, and laughter in the Telegames organized and led by Fr. Michael, Br. Aldin, and the youth. With over 80 women participating, it was a packed hall of action and sportsmanship as on-the-

spot teams vied for the team prizes. Cold drinks, pani puri, and samosas kept the energy levels up.

Day 4 saw the female staff of our Parish being appreciated at their work desk with a card, flowers, and chocolates by members of the cell.

Day 5, the hall was packed with over 125+ women dressed up for the occasion. Youth DJs teamed with the guest to set the floor on fire with the ladies dancing to their hearts' content. Games and spot prizes organized by Fr., Br., and team had the crowd alert and racing for the prizes. Women heads of Cells/Associations/BOM were appreciated and acknowledged. A well-decorated backdrop and selfie point made for ideal photography moments. A theme cake was the pièce de resistance of the evening. A sumptuous flow of mouthwatering snacks - cake, sev puri, sandwich, samosa, cold drinks, and kulfi sated the tastebuds. Heartfelt thanks to Fr. Joel, Fr. Joseph, and Fr. Glasten for their presence, blessing, encouragement, and support to the Cell. Thanks also to the BOM (male members) for their presence and words of appreciation. Special appreciation and thanks to Br. Aldin for his support in organizing all the activities.

- Women's Cell Team

WOMEN'S CELL FELLOWSHIP DAY



They say a room full of Women and one can expect gossip galore, but this women's cell members FELLOWSHIP gathering in April began with a prayer and had FOOD galore. Yes, it was a Pound Party - of the members, by the members and for the members; and their Special guests were the Priests of the Parish. All pooled in by the members in the spirit of sisterhood led by our energetic Spiritual Director, the purpose being to just spend an evening knowing each other and guess what? We tasted the culinary skills of the members as it was a lovingly prepared home cooked meal of dishes - variety of pulaos, chops,

pork, chicken gravy, salads, chana masala, not forgetting the appetizers - wafers, chura, cheese sticks, limonata and the mouth-watering homemade dessert - chocolate mousse and goan vhon ending with the Alphonso ice-cream

The Women's Cell feels blessed to organise the daily Holy Rosary at the Church Grotto during the Marian Month of May. Along with the various Cells & Associations of the Parish, this surely will be a Prayerful bonding in the Parish. (Details in the next bulletin).

- Women's Cell Team

BLOOD DONATION DRIVE



The Legion of Mary, in collaboration with Holy Family Hospital, Bandra, organized a Blood Donation Drive on Palm Sunday, March 24th, 2024, from 8 am to 1 pm in the Parish Hall. The event saw an impressive turnout from both our parishioners and members of the wider community, with a total of 72 individuals registering to donate blood.

Despite some inevitable rejections following the necessary health screenings, the drive saw an admirable success, with 63 bottles of life-saving blood collected. The health screenings conducted prior to donation ensured that vital parameters such as blood pressure, hemoglobin levels, and weight were within acceptable ranges, guaranteeing the safety of both donors and recipients.

The decision to donate blood is a profound act of saving lives in times of dire need. The collected blood is carefully processed, separating it into its vital components – red blood cells, platelets, and plasma – which can then be utilized individually to address the specific requirements of patients undergoing treatment.

Ensuring the comfort and well-being of our donors was paramount throughout the event. Each donor was provided with refreshments and received attentive care to ensure they felt comfortable and supported after their donation.

The seamless coordination and dedication of the Legionaries as well as the invaluable support from the medical professionals of Holy Family Hospital, were instrumental in making this event a resounding success. Their tireless efforts and unwavering commitment to the cause are deeply appreciated.

As we reflect on the success of the Blood Donation Drive, we are reminded of the profound impact of collective action and the enduring spirit of giving. We extend our heartfelt gratitude to all the donors, Our Parish Priest Fr. Michael Pinto, and our Spiritual Director, Rev. Fr. Joel Pinto, for their invaluable support. “May the spirit of compassion and generosity continue to thrive in our Parish.

- Lalita Valles

ANNUAL ANIMATORS MEET

"For it is in giving that we receive."

Saint Francis of Assisi

There is absolutely nothing "aam" about the 'Annual Animators' Meet'. Held at the Seva Kendra Hall at 10:30am, sharp, this programme welcomed the esteemed presence of the animators spread over the four zones of Matthew, Mark, Luke and John. It was truly an '**Absolutely Amazing Meet**' where the 'hidden heroes' of our parish were now brought to light, each with their own set of strengths and capabilities, powered, of course, by the grace of God!

It was a time of bonding. It was a time of sharing, not to forget, the appreciation kept in store for these extended hands of the Church and Christ! This exuberant hour was further re-energized by their

parish priest, Rev. Fr. Michael Pinto, who congratulated and encouraged each animator to animate with greater zeal for the glory of the Kingdom of God. Compered by Wilfred and Laasie, with the visuals by Christina and the sound by Calvin and Angia, the atmosphere was raised with joyous laughter on the path of the participants of the programme which was of the animators, by the animators and for the animators!

The short programme promised lasting memories and further stirred the spirit of discipleship in the hearts of the animators who were only more than willing to dive deeper into the sea of SCCs (Small Christian Communities).

*Animators,
Over the years,
You've kept God's Spirit going;
Animators,
Sure, you'll do it again,
To welcome a community growing;
Animators,
You've got 'anima',
Breathing life in all you do,
Well, that's exactly what God did,
When He'd created Adam and you!*

- Sr. Carol Godinho

On Sunday, 21st April 2024, the Parish Bible Cell presented a short reflection based on the Easter Narratives for our parishioners in the Parish Hall. The aim was to reach out, discuss and grow in our understanding of the centrality of our faith – The Resurrection of Jesus.

The session began with an opening prayer and hymn, “Come into his presence”. A short introduction was given to the various symbols associated with Easter, such as Baptism, the Paschal Candle, the Holy oils and even Easter eggs. Alan Menezes and John D’Souza then proceeded to touch on the significance and meaning of Easter.

To understand the significance of Easter it is necessary to start from the very beginning, i.e in the Garden of Eden, where the beauty of God’s Relationship with Humanity is shown by only one line, *‘God walked with Adam and Eve everyday’*. And even though He knew of their disobedience, for Him, his relationship with Humanity was more important (Gen 2: 8-13).

Saint John Paul II, in his work “The Theology of the Body”, explains, that this was the moment when God came in search of Adam and Eve, was very important. And Adam/Humanity choose to tell God that they were fine without Him. This implies the guilt and the shift in focus of Adam/Eve. They fail to see themselves as God’s children who can be pardoned. They now see themselves different from God as ‘created’, and therefore not worthy of God, because of their disobedience. Humanity in this moment died – spiritually.

God could have overruled their actions and rectified everything, but the very love that led God to create all of creation, stopped him from doing this. Because in creating Man, made Man

like himself with the gifts of love, freedom, choice and self-determination (Gen 1:27). After pushing God away from their lives, humanity in its insecurity, fear and guilt took for itself things like greed, selfishness, power, lust, loneliness and the stench of self-destruction (Gen 2:17). Therefore, God in Genesis 3:15 made plans to save humanity. All of the Old Testament is the story of God, shepherding humanity to a time and place where He could save humanity. In the Incarnation of Jesus – God becoming human, we see that time and place had come. And Jesus accomplished and fulfilled God’s promise in Genesis 3:15 with His passion, death and resurrection.

Understanding this, the resurrection and its signs and events make sense. The Empty Tomb tells us that death is no longer final, there is hope for all humanity.

Mary Magdalene is referred to as ‘the woman’ in St. John’s Gospel, just like Mary at the wedding feast and at the Cross. Magdalene the Woman is in a Garden, just like Eve in the Garden. Eve who Adam said was the cause of his disobedience. God on his part is elevating woman by granting her the first encounter of the Risen Christ.

So did Jesus come into His resurrection by His own power or the act and will of the Father. This contrasts Adam’s own pride and rejection of God. Jesus humbled himself in faith like Joseph from the Old Testament, so that just as Pharaoh was pleased with him and made him Prime Minister of Egypt, God being pleased with Jesus’ *obedience unto death*, as a sacrifice, could make Jesus ruler over all of Creation (Philippians 2:1-11).

God in His Love for Humanity, even before Adam Eve’s disobedience had set in motion the

grace through which to save humanity. This is the grace of Marriage. In marriage the woman takes on the name and family of the man, thus she is no longer associated with her maiden life. The Church is called the Woman in the book of Revelation, the bride of the Lamb. And by virtue of its Marriage with the Lamb, is made clean and saved. But...

To be part of Jesus' Bride, we need to accept His Love for us and believe in Him. Believe means to literally live what we know to be the true. If Jesus became incarnate, He did not do so to go back, but to abide with us and in us. This then is the significance of the Emmaus Story

written by St. Luke. It is a promise that just like Adam and Eve who walked with God (Eternal Like, meaning sharing in God's life), we also are now invited to walk with God, here and now, *sharing with Him our lives*.

To help everyone of this reality, Rozario Pereira shared how God has become real for Him in everyday life. He shared how he has asked God for things and God has blessed Him at each stage. Claiming to know Jesus through scripture, Jesus has lit his life with His life (Ps 119:105). We ended the recollection with a closing prayer by a participant.

The Bible Cell meets on Thursdays after the evening mass in Conference Room
#1. At present we are studying the book of Revelation.

YOUTH LENTEN RECOLLECTION



On March 3, 2024, our parish hosted the Youth Missions, a transformative event led by Deacon Ivan Fernandes. Commencing with a reverent Eucharistic celebration, the day unfolded with spiritual talks, moments of adoration, and opportunities for confession. These activities fostered a profound sense of closeness to God among the youth. The

youth missions, exemplified the vibrancy and commitment of our youth community, uniting them in a shared journey of faith and discipleship.

Overall, the Youth Missions served as a beacon of hope and transformation, igniting hearts with the fire of God's love.

EMBRACING THE MYSTERY



On a serene Wednesday evening, devout members of the CLM Konkani Men's Sodality, CLM Konkani Ladies Sodality and Konkani speaking Community gathered together for a profound Lenten Recollection. Held at Our Lady of Salvation Church parish hall, the event was a unifying experience, drawing a large number of faithful attendees.

Led by our revered Preacher, Brother Benny Sequeira, and accompanied by the angelic voices of Maria and David, the recollection delved deep into the core of our beliefs. The theme echoed the essence of our faith: "Believe in the Holy Trinity - The Father, The Son, The Holy Spirit."

The recollection commenced with a soulful opening prayer dedicated to our revered Mother Mary. The atmosphere was infused with reverence and anticipation as participants immersed themselves in reflection and prayer.

Throughout the recollection, Brother Benny Sequeira guided us on a spiritual journey, unraveling the profound mysteries of the Holy Trinity. Through scripture, meditation, and heartfelt testimonials, attendees were encouraged to deepen their understanding and

embrace the divine unity - The Father, The Son, and The Holy Spirit.

As the recollection drew to a close, hearts were uplifted and spirits rejuvenated, preparing us for the evening's Konkani Mass. Following the Mass, participants embarked on the sacred ritual of the Konkani Stations of the Cross, further enriching their Lenten journey.

In the spirit of gratitude, heartfelt thanks were extended to our esteemed Spiritual Director, Father Joseph Pimenta, whose unwavering guidance continues to inspire and nurture our faith. Special appreciation was also conveyed to Brother Benedict Sequeira for his enlightening teachings, and to Maria and David for their melodious hymns that uplifted our souls.

As the echoes of prayers and hymns lingered in the air, the Lenten Recollection served as a beacon of spiritual enlightenment and communal solidarity, reaffirming our devotion to the Holy Trinity and our journey "Through Mary to Christ Jesus".

- Allan Rebello

KONKANI LENTEN MISSIONS



Our parishioners had a wonderful opportunity to renew, reflect, and recommit themselves during a three-day Konkani Lenten Mission preached by Brother Prakash Dsouza and his team of priests and laypeople. The mission program, which included talks, Holy Eucharist, Praise and Worship, and Adoration of the Blessed Sacrament, took place from March 15th to 17th, 2024. The church and

lawns were filled with people who came with their family members, including youth and children.

The theme of the first day was Family. We were reminded of the importance of family and encouraged to make our families like the Holy Family. The preacher shared four tools for a good married life: Faithfulness, Love (1 Corinthians 13), Companionship, and Forgiveness. He also reminded



married couples of the three C's they vowed on their wedding day: Conviction in their marriage, being Companions to each other, and being Co-creators with God. During the adoration service, we were encouraged to invite Jesus, the Living Bread, into our families, to experience His presence filling our homes.

On the second day, the focus was on God's Love and Forgiveness. We were reminded that God is Love and is concerned about us. As we express our love to God through the Eucharist, we remain close to Him in our trials, and He gives us strength and courage to face life. During adoration, Brother Prakash led us to surrender our lives to God and open our hearts to experience His love and forgiveness. A special prayer for healing of the sick helped many to experience the healing touch of Jesus.

On the third day, we were invited to strengthen our prayer life. We were reminded that cross and suffering are a part of our lives, and as we accept them, God will honor us. Our vocation is to bring others to Jesus, and our lives are transformed when we lead others to experience Him. The teaching on prayer emphasized asking God with a pure heart



and praying for the good of our neighbors. We were reminded of the importance of prayer, the Word of God, and the Eucharist in our families. During adoration, Brother Prakash led us in a prayer for inner healing and infilling of the Holy Spirit.

Each day, the praise and worship and Music team prepared our hearts through lively action songs, which bonded us into a family of God. We thank God for Fr. Joel and his team for making this Lenten Mission possible, and for Brother Prakash and his team for their services and prayers to help us all return to God during the Lenten season.

- Sylvia Fernandes, Severina Peres

LIFE IN SPIRIT SEMINAR



With the spiritual guidance and active support of Fr. Joel Pinto, 10 members of the Konkani Charismatic Prayer Group went through a series of talks starting in December 2023. These talks were part of the Life in the Spirit Seminar, which aims to achieve two main goals:

Renewing and igniting the power of the Holy Spirit received at baptism and confirmation.

Promoting a closer relationship with Jesus Christ to experience a personal Pentecost.

After confessing and participating in an inner healing prayer session, the members were invited to make a deep personal commitment to Jesus Christ during a Eucharistic service led by Fr. Joel on 17th April 2024. This commitment was followed by the laying on of hands for the outpouring of the Holy Spirit.

We thank and praise God for giving us this experience of a grace-filled moment.

- Members of Konkani Charismatic Prayer Group

THE RUBY JUBILEE OF OUR SALVATION MEDICAL CENTRE

CELEBRATING 40 YEARS OF COMPASSIONATE CARE



On March 19, 2024, Salvation Medical Centre celebrated four decades of dedicated service to our community. To mark this milestone, a special event was held on May 1, 2024, gathering doctors, staff, volunteers, and their families, both past and present. We were honored to invite our revered Ex-Parish Priests and also our visionary founder, Fr. Rocky Banz. Bishop Allywn D'Silva graced us as the esteemed Chief Guest, bestowing his blessings on our celebration.

The festivities began with a Holy Eucharist at 7 pm in our Church, led by Bishop Allwyn D'Silva and concelebrated by Fr. Aniceto Pereira, Fr. Vernon Aguiar, Fr. Joel Pinto, and Fr. Glasten Gonsalves. Fr. Michael Pinto's message was read by Fr. Joel Pinto after Mass. Our church choir, Cantors for Christ, added divine harmony to the Eucharistic celebration. Following the Mass, cake was shared amongst our parishioners, symbolizing unity and fellowship.



The celebration continued in the Seva Kendra Hall, where guests, including Fr. Rocky Banz and Fr. Felix D'Souza, were welcomed with a prayer and the lighting of the Diya. An icebreaker activity, "The Human Housie game," set the tone for an evening of joy. Dr. Belinda Vaz presented the history of our Medical Centre, and Fr. Rocky Banz shared anecdotes about its beginnings.

Mementos were given to all our esteemed invitees in recognition of their contributions. Bishop Allywn D'Silva inspired us with words of wisdom and encouragement. Before a sumptuous meal, Fr. Vernon Aguiar led a

grace-filled prayer. Fr. Glasten Gonsalves concluded with a heartfelt vote of thanks.

With hearts full of gratitude and spirits uplifted, we departed, committed to continuing the legacy of healing and hope that defines our medical center. We extend our deepest appreciation to all who have contributed to our success over the past four decades. Together, let us continue to shine as a beacon of compassion and care, lighting the path towards a healthier and happier tomorrow for all.

- Alfred Nogueira

SUNDAY SCHOOL ANNUAL BIBLICAL SPORTS DAY



The Salvation Sunday School celebrated Annual Biblical Sports Day on 25th February 2024 at the Salvation School Undercroft from 9:00 am to 11:30 am. The children were divided into different sections for the games, to ensure maximum participation and age-appropriate games. The sections were based on the age groups namely,

- Primary,
- Secondary,
- Higher Secondary & Confirmation

This was a novel activity conducted at the Salvation Sunday School, and an exciting learning experience for both the Catechists and the children. The games chosen were a combination of fun activities, with a biblical theme to each of them.

The purpose of the event was to foster a team spirit while imbibing fun activities – thus the children were divided into smaller groups and overall, with children from different classes, thus ensuring they interact with each other. Overall, there were four games played in each category, and after the completion of each game, the children were scored, and their

points noted on a chart paper. When all the games in the category were completed, the final score was calculated, and winners were declared. There were three group prizes for the first, second and third place.

The below games were played across the above categories:

1. Bible Jig-saw Puzzle
2. Enter Noah's Ark
3. Wearing Joseph's Colorful robe
4. Carrying the Ark
5. Jacob the Graber
6. Tower of Babel
7. Crossing the River Jordan
8. Wall of Jericho
9. Going fishing

The children enjoyed themselves and there was excitement and vigor in the undercroft that day. It was a time of fun and entertainment. At the end of the event, prizes were arranged for the group winners. It was a successful event for the Salvation Sunday School children, as they left happy, energetic, and excited.

- Rosetta Mendes

Sunday School Catechist & Media Team

SUNDAY SCHOOL PICNIC AND VISIT AT KARJAT



Unveiling of the statue of Saint John Marie Vianney & the Thank You Board with names of the Priests at Our Lady of Salvation Church, Dadar West.

It was an early morning on Sunday, 14th April 2024 as 18 Catechists accompanied by Fr. Joel Pinto, the Spiritual Director and Cheryl Francis, the Lay Head of the Salvation Sunday School team headed to Karjat for an outing and planning. They visited the Don Bosco Yuva Sanstha at Karjat, which is managed by the Salesians of Don Bosco (SDB).

The team arrived at the center and enjoyed a delicious breakfast prepared by the staff at the Center and then headed to the Rosary Garden where the unveiling of the Statue of Saint John Marie Vianney was done by Fr. Joel Pinto. This statue was donated by the Priests of Our Lady of Salvation Parish. A short prayer was recited, the statue was blessed, and photographs taken.

Moving back to the hall, the team was now ready for the Planning Session facilitated by Fr. Joel. They reflected and discussed on the past year and together created a vision and plan for the next year from June 2024 to March 2025. It was a wonderful brainstorming activity with

the invocation of the Holy Spirit and a focus on the children, different ways to impart the Faith to them. The teachers were then divided class-wise and designed their Annual Lesson Plan together. Post this they attended the Holy Mass celebrated by Fr. Joel Pinto at the Center Hall.





Sunday School Team at Karjat with the Statue of Saint John Marie Vianney

It was lunch time and after a full and scrumptious meal and dessert, the team was ready for games and fun movement. There were cheers and laughter as the games were played – a modified version of Housie conducted by Cheryl miss and a Hat exchange and Mind twister game conducted by Peter, leaving everyone bamboozled. There was time for relaxation and rejuvenation as the Center offered the team their foot and back massage facility to destress.

The day culminated with snacks and tea, a short prayer for the team and the hosts while the Catechists returned home in the bus. Despite the long journey and sweltering heat, the team of Catechists had a wonderful time and enjoyed themselves. As Fr. Joel always says that **“teaching the Faith at Sunday School is not like another school or job – it is a vocation, a call from God we need to push beyond our limits and burn for our Faith”**.

Rosetta M., Sunday School Media Team.

Sharing here the testimonials received from our fellow Catechists:

“Attending my first planning meeting for the upcoming year, I found the experience both inspiring and enlightening. The meeting brought together a diverse group of people who shared their ideas for opportunities to better themselves as Catechists, with the goal of making the learning experience for the children engaging and meaningful. Moments of quiet introspection along moments of fun and frolic sums up the day at Karjat.”

Johnston Borge, Sunday School Teacher – Class 7 & 8

“It was an amazing outing and planning session for all the teachers – the best part that I liked was that Fr. Joel gave us an opportunity to speak about our experience of last year with so many activities (canteen day, sports day, etc.) and told us to think differently for this year so that our children and teachers enjoy and look forward to Sunday School. Fr. always motivates us and considers our suggestions and implements our ideas and unique thoughts that we share. We also had a chance to witness the inauguration of the statue of Saint John Marie Vianney which was donated by our Parish. We all had lot of fun and enjoyed ourselves.”

Amelia D’costa, Sunday School Teacher – Class 3

THE LETTER : A MESSAGE FOR OUR EARTH

The film “The Letter” is a beautiful view of the perspective of Pope Francis on the writing of Pope Francis on the writing of the “Laudato Si” encyclical that highlights the importance of why we should “care for our common Home”

The Salvation Green Cell aired the movie which was open to all, not only parishioners in the Salvation Kendra Hall on 21st April 2024 at 8 pm. Eighty viewers left the Seva Kendra hall with a new perspective to our surrounding and that we Humans in his need to make a change now.

It was an awakening to see how so many worldwide across caste, creed and age barrier are fighting to save our Common Home “God’s lovely creation”.

FEEDBACK FROM WITNESSES TO THE LETTER

“Thanks to the Green Cell for arranging such events for us. This was a good opportunity for me and my Husband to see this movie. He normally goes to sleep while watching movies. But he was very attentive to this movie. So, I know it has made an impact on him. And he whispered in my ear, that we will go back and have a meeting with the building society members and the community to change the World in any small way we can. We have to take our Mother Earth seriously and give our best to save it. By doing so at least our future generation will breathe in fresh air and have a better living’. So, thank you for your efforts (SGC) for organizing this.

~ Shirley Fernandes.

I appreciate the efforts done by the Green Cell in this Parish. And I am thankful to Pope Francis, because Christianity is one of the largest religions in the world, especially Catholics, connecting us, bringing us together for this agenda. It is not one man’s job. It requires everyone to take efforts so that the world can be a better place. Mother Earth has to be respected. We cannot afford to have concrete jungles. Because when Mother Earth shakes a little, earthquakes happen, floods happen. So, we need to take care of Mother Earth so that the future generation can have a better world to live in ~ **Moses Gomes**

I really like this movie The Letter. It has very powerful images and it makes me feel like becoming one of the characters in the movie, where I can stand up for nature.

~ Little Girl (Don’t have her name)

It was very impressive... you can see the journey.....(This sound byte wasn’t clear at all, so haven’t been able to capture what the lady has said.

~ Veronica Miranda

While a wonderful evening of witnessing human stories and Pope Francis’s message, finally came to an emotional end, we at the SGC strongly believe that the 2022 film – The Letter and the 2015 encyclical letter – Laudato Si should be disseminated amongst as many as possible so as to affect an Ecological Conversion at scale.

If you missed the showing of the **2022 film – The Letter** then please scan the QR Code to view the same.



If you wish to read the **2015 encyclical – Laudato Si** then please scan the QR Code to view the same.



- George D'Mello

PYC AND PYAT TRAINING



The training program held on March 9, 2024, led by Deacon Ivan Fernandes, was an enriching experience that provided invaluable insights into the roles and responsibilities of each PYC and PYAT member. The youth participants learned about their individual significance within the group and the various methods they could employ to create a safe and welcoming environment for their peers. The session was an eye-opener, shedding light on the crucial impact they could make in fostering a supportive community.

Through interactive discussions and practical exercises, the youth were equipped with the tools and knowledge needed to become more effective leaders and collaborators. The training underscored the importance of teamwork, empathy, and proactive engagement, enabling each participant to grow personally and collectively. By the end of the session, the youth felt more empowered and inspired to take on their roles with renewed enthusiasm and a clearer understanding of their potential impact.

CHOIRS: THE VOCAL PILLARS OF OUR PARISH COMMUNITY



Echoing St. Augustine's wisdom, "he who sings prays twice," we recognize the indispensable role of choirs in our church's services. While many labor behind the scenes, choirs stand front and center, lending their voices to our communal worship.

Our parish is graced with a diverse array of choirs. The St. Joseph's choir, a cornerstone of our community, sings at the 9:30 am Sunday mass and various special occasions, fostering intergenerational connections and even sparking life partnerships. The children's choir enriches the 8 am Sunday mass and participates in events like the Nativity novena, while the Konkani choir leads the music during Konkani masses on Sundays and Wednesdays, as well as various feasts and triduum celebrations of patron saints of the Konkani men and women's sodality, and the feast of St. Francis Xavier.

Moreover, choirs faithfully serve at Saturday evening and, occasionally,

Sunday evening masses. They devote hours after work and studies to rehearse, ensuring their harmonies resonate with the soul of our worship.

These choirs, alongside other parish groups, partake in our annual Christmas carols night, enhancing the spiritual tapestry of our community. During moments of sorrow, such as funerals, choirs step forward at short notice, offering solace through their heartfelt melodies.

Individuals or small groups further enrich our weekday masses, arriving early in the morning or during the evening to share their vocal gifts.

We thank God for the beauty of their melodious voices and music, which elevate the quality of our liturgical services to a higher spiritual level. We also thank each of these choirs for giving of their time and talent for the greater glory of God.

- Dominic Mascarenhas



Saint Dominic Savio Community No 21 organised a Lenten Prayer on the Last Seven Words of Jesus on 9th March, 2024. In the spirit of unity and reflection, our Community Lenten prayer was a deeply enriching experience that brought together individuals from all walks of life. Each person who graced us with their presence played a vital role in enhancing the solemnity and significance of this gathering.

Special thanks to the dedicated individuals who led the 7 Stations, ensuring a meaningful experience. Members' readings added depth to our reflections. The involvement of our younger

members was particularly heartwarming, as they eagerly participated by holding candles, crosses, and banners.

Special recognition goes to Amelia and Valerie for their tireless efforts in planning and executing every aspect, from prayers to F&B arrangements. Thanks to Fr. Joel for uplifting prayers and blessings. Heartfelt thanks to Starzelle, our photographer, for capturing the essence of this event, preserving its beauty for us to cherish.

Sincerely,

- Savio Fernandes PPC

LENT – A JOURNEY OF SPIRITUAL GROWTH



As a lifelong Catholic, Lent has traditionally involved rituals such as receiving ashes on the forehead, abstaining from certain pleasures, attending Stations of the Cross, and practicing Penance. However, this year felt different—a chance to rekindle my connection with Christ and His Church. I seized this opportunity eagerly. One significant moment was the English Lenten Mission led by Fr. Augustine Vallooran and his team from the Divine Retreat Centre. They dedicated themselves to guiding us in a deeper understanding of the Lenten journey and its significance in spiritual life.

Held from February 23rd to 25th, 2024, under the theme “Come Holy Spirit, fall on me now,” the three evenings were profound encounters with God and the Holy Spirit. The overwhelming response, not only from our parish but also from visitors from afar, testified to our shared longing for Divine solace and renewal. The Mission offered engaging and uplifting praise and worship sessions, invoking the presence of the Holy Spirit. Fr. Augustine and his team delivered impactful sermons,

delving into topics such as the value of suffering, God’s promises for family salvation, discovering one’s purpose through prayer and Scripture and how to bear witness in one’s own family.

Each evening culminated in the celebration of the Holy Eucharist and exposition of the Blessed Sacrament for adoration and healing. I personally felt God’s presence in moments of struggle, receiving His love and solace. The provision of spiritual counseling during the first half of each day ensured holistic support for parishioners, with live-streaming extending the Mission’s reach to the homebound.

Reflecting on past Lenten seasons where little changed, I am grateful for the remarkable difference this year. I extend heartfelt appreciation to our parish priests for their dedicated efforts, making this Lenten season profoundly meaningful for all. This Lent has provided abundant opportunities for spiritual renewal, guiding us towards a transformed celebration of Easter.

- Renuca Williams

KNOW OUR YOUTH



YOHAN D'SOUZA - Lectors Head

a) If you had to describe the cell you are currently a part of in one word (adjective), what would it be?

Uplifting

b) Share a favourite Bible verse or inspirational quote that has guided you in your faith journey.

Romans 8:28: Indeed, if God Brings You into any situation, trust Him to bring you through it.

c) Share a favorite Christian song or hymn that always lifts your spirit.
Give Em All to Jesus, by Evie Tournquist

d) If you had a chance to meet any Saint, who would it be?

St. Anthony and St. Sebastian



Nicole Dsouza - The Helmet of Salvation

a) If you had to describe the cell you are currently a part of in one word (adjective), what would it be?

It's quite a spirited place

b) Share a favourite Bible verse or inspirational quote that has guided you in your faith journey.

With God all things are possible. - Matthew 19:26

c) Share a favorite Christian song or hymn that always lifts your spirit.
'Lord I Need You by Matt Maher' tops my list.

d) If you had a chance to meet any Saint, who would it be?

St. Joan of Arc, my school squad's patron.



Ashley Rodrigues - Ushers

a) If you had to describe the cell you are currently a part of in one word (adjective), what would it be?

Graceful

b) Share a favourite Bible verse or inspirational quote that has guided you in your faith journey.

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. - Colossians 3:23-24

c) Share a favorite Christian song or hymn that always lifts your spirit.

Amazing grace by Forrest frank

d) If you had a chance to meet any Saint, who would it be?

St. Francis Xavier



PETER FERNANDES – Sunday School Catechist

a) If you had to describe the cell you are currently a part of in one word (adjective), what would it be?

Blessing

b) Share a favourite Bible verse or inspirational quote that has guided you in your faith journey.

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. - 1 Thessalonians 5:16-18

c) Share a favorite Christian song or hymn that always lifts your spirit.
Lamb (Elevation worship Ft. Tiffani Hudson)

d) If you had a chance to meet any Saint, who would it be?

Padre Pio

Attention

Attention

Attention

SALVATION CHRONICLES
(Our Parish Bulletin)

is pleased to announce that we are now introducing classified advertisements for the upcoming issues. Showcase your business or event to our readership.

Tariff:

❁ **Full Page: Rs. 6000/-**

❁ **Half Page: Rs. 3000/-**

For booking and inquiries, please contact

MR. GASPER, Accounts Office,

1st floor, Seva Kendra Building, Dadar.

“Be Still And Know That I Am God.” In the beginning of the prayer service, I found difficulty to concentrate and keep away my thoughts and distractions, to be aware of the Holy Spirit and to bring my mind to stillness and attentiveness.

I tried very gently and slowly to repeat the word *Ma-ra-na-tha* continuously, but still there were unwanted images in my mind. I invoked the Holy Spirit to pour into my ears the willingness to listen and made a serious effort to be still and listen to God.

At the end of the meditation, I discovered for a short span of time, a deeper sense of the presence of Christ. The experience seemed very difficult but possible.

If I need to be in the presence of God, I ought to make time, have patience and persevere in the lightest form of complete Prayer at least twice a day.

- Marie Baptist

“Do come in large numbers”, a call, yet another time to the parishioners during this Season of Lent to experience God’s grace.

When I heeded this call and attended the Meditation Service on 9th March, after the evening Mass, I was not sure what to expect.

The scripture verse from Mt 24 - Jesus’ agony at Gethsemane - set the sombre tone for the meditation. The intoning of *MARANATHA* interiorly brought a calming, relaxing peace as the entire congregation sat in silent stillness.

It was spiritually rewarding to take part in this simple prayer exercise that directed our distracted minds to a stillness of being.

This year marks 20 years since the practice of meditation was started in an organized way at our parish church by Fr. Laurence Freeman, a Benedictine monk and present spiritual director of the

World Community for Christian Meditation WCCM. He introduced the teaching to those present from the various parishes of our diocese. The parish Christian Meditation group meets every Monday in church at 6.15 p.m.

- Lystra Murzello

RECORDS

BAPTISM

Sr. N.	D.O.Birth	Name	Parents Name
1	13th June 2023	Sheryl Rodrigues	Thomson Osmond & Sneha
2	01st August 2023	Miyora Mercy	Michael John Francis & Jelita
3	14th August 2023	Amaira Joglekar	Prasad & Dipika
4	20th August 2023	Reuel D'souza	Gabriel Anthony & Rita Gabriel
5	30th August 2023	Niall Fernandes	Joseph Rohan & Ankita
6	18th September 2023	Zane D'souza	Walter & Priscilla
7	03rd October 2023	Skyden Sylvester Martin's	Sylvester & Diana
8	01st January 2024	Pia Fernandes	Allan Gasper & Pooja Allan
9	05th January 2024	Nigel Rebeiro	Valentine & Bindiya
10	26th January 2024	Crescencia Trindade	Stranlon Bazil & Carol Stranlon
11	03rd February 2024	Grace Correia	Julian & Gloria
12	07th February	Aiden Samuel Peters	Rohit Vincent & Stuti

MARRIAGE

Sr. N.	Date	Name Of Bridegroom	Name Of Bride
1	04th October 2023	Thomson Osmond Rodrigues	Sneha Waghmare
2	25th November 2023	Saurabh Ravindra Gaikwad	Marissa Alexander Valladares
3	11th November 2023	Waylon Jude D'costa	Lizann Lobo
4	04th November 2023	Sebatian Fernandes	Bella Fernandes
5	04th November 2023	Sharith Shridhar Shetty	Ezme Jacques
6	02nd December 2023	Rocky Fernandes	Severine Maria Lobo
7	08th December 2023	Charels Luis Mascarenhas	Rowena Sharon D'souza
8	09th December 2023	Steven D'souza	Niloufer Fazalbhoy
9	26th December 2023	Leon Christopher Pereira	Felicia Regina Fernandes
10	26th December 2023	Pascoal D'souza	Natasha Fernandes
11	28th December 2023	Jude Marvin Fernandes	Genevieve Pereira
12	30th December 2023	Steven Fernandes	Anamari Jeral
13	06th January 2024	Joshua Salvador Avelino D'souza	Erika Gertice D'sa
14	13th January 2024	Ralston Roland D'souza	Claritha Fernandes
15	10th February 2024	Allan Felix Fernandes	Pooja Arun Nadgaonkar
16	06th April 2024	Savio Joshua Derrick Vaz	Bonisha Jacinta Alphonso
17	13th April 2024	Bosco Diago Rodrigues	Rita
18	29th April 2024	Cajetan Kenneth Fernandes	Maria Bambina Barad
19	18th May 2024	Roman Sebastian D'souza	Claribel kasab

FUNERAL

Sr. N.	Name Of Deceased	Age	Date
1	Bernard Custodio Fernandes	72 yrs	6th September 2023
2	Philip John Gonsalves	65 yrs	14th September 2023
3	Anita Sebastian Saldanha	69 yrs	23rd September 2023
4	Joseph Sebstian Coelho	76 yrs	13th October 2023
5	Asha Cajetan Fernandes	74 yrs	15th October 2023
6	Carmeline Elliyo Dsouza	77 yrs	23rd October 2023
7	Muriel Clara Dsouza	85 yrs	26th October 2023
8	Dennis Alexander Dias	90 yrs	27th October 2023
9	Lucas Dsouza	92 yrs	28th October 2023
10	Devdit Kojma D'costa	78 yrs	5th November 2023
11	Anthony Caitan D'costa	50 yrs	7th November 2023
12	Filipin Cajetan Fernandes	45 yrs	7th November 2023
13	Iona Fonseca Shinde	51 yrs	7th November 2023
14	Leena Anthony Dsilva	82 yrs	18th November 2023
15	Kate Margaret Pereira	83 yrs	22nd November 2023
16	Vivian Joseph Fernandes	70 yrs	1st December 2023
17	Eugene Thomas Rodrigues	67 yrs	9th December 2023
18	Naresh Rodrigues	61 yrs	20th December 2023
19	Lily Joseph Rodrigues	79 yrs	21st December 2023
20	Lionel Maurice Marshal D'mello	83 yrs	29th December 2023
21	Ashwin Augustine Fernandes	48 yrs	29th December 2023
22	Anthony Simon Mascarenhas	69 yrs	31st December 2023
23	Mary Elis Ferreira	74 yrs	2nd January 2024
24	Annamaria Rosario Dsouza	92 yrs	2nd January 2024
25	Raymond Alex Menezes	73 yrs	3rd January 2024
26	Astrid Mary Dsouza	81 yrs	10th January 2024
27	Sylvia Domnic Miranda	88 yrs	24th January 2024
28	Liberata Augustine Dias	61 yrs	31st January 2024
29	Mary Edward Vaz	75 yrs	1st February 2024
30	Mary Antoinette Kleona Miranda	84 yrs	2nd February 2024
31	Sebastian Fernandes	58 yrs	6th February 2024
32	Adelina Alphonso	71 yrs	6th February 2024

FUNERAL

Sr. N.	Name Of Deceased	Age	Date
33	Theresa Augustine D'souza	63 yrs	10th February 2024
34	Matilda Maxie Sequeira	66 yrs	14th February 2024
35	Baptist Alex Fernandes	75 yrs	14th February 2024
36	Flora Fernandes	72 yrs	14th February 2024
37	Bendeict Francis Trinidad	71 yrs	15th February 2024
38	Lovina Francis Pereira	41 yrs	18th February 2024
39	Rosalyn Alex Fernandes	69 yrs	18th February 2024
40	Carmeline Dennis Dsouza	81 yrs	21st February 2024
41	Carmeline Jose Dsouza	72 yrs	27th February 2024
42	Charles Diago Furtado	87 yrs	27th February 2024
43	Mary Banat Fernandes	83 yrs	6th March 2024
44	Juliana Mary Alvares	75 yrs	8th March 2024
45	Joseph Valerian Fernandes	66 yrs	13th March 2024
46	Perpet Isidor Rodrigues	75 yrs	18th March 2024
47	Joseph German Dsouza	85 yrs	20th March 2024
48	Jeshron Joseph Tao	28 yrs	28th March 2024
49	Clyde Bosco Castellino	42 yrs	2nd April 2024
50	Queenie Mary Miranda	87 yrs	3rd April 2024
51	Serophine Dcunha	80 yrs	5th April 2024
52	Mary Baltu Fernandes	81 yrs	7th April 2024
53	Augustine Andrew Dcosta	60 yrs	9th April 2024
54	Valerian Dominic Lima	70 yrs	12th April 2024
55	Antoinette Fernandes	92 yrs	14th April 2024
56	Nicholas Salvador Dsouza	68 yrs	16th April 2024
57	Francis Coutinho	60 yrs	20th April 2024
58	Francis Pais	54 yrs	20th April 2024
59	Esperance Francis Gonsalves	67 yrs	23rd April 2024
60	Rita Coelho	79 yrs	29th April 2024
61	Geogory D'sa	73 yrs	1st May 2024
62	Dorothy Patricia Menezes	84 yrs	8th May 2024
63	Trinidad Coelho	75 yrs	10th May 2024
64	Piedade Ferrao	96 yrs	20th May 2024

Summer Camp





Youth Social Visit at the Dongri Juvenile



Youth Fellowship

